

Urizun-syokudo

うりずん食堂

TEL 03-3330-4757

2F, 3-22-3, Koenji-kita, Suginami-ku

Open 5:00pm-2:00am

Credit Cards Accepted

Cover charge 400yen

フードメニュー Food Menu

前菜 Appetizes

1. 冷やしトマト Hiyashi Tomato (Sliced Cold Tomatoes) ¥ 320
2. きゅうりの塩こんぶあえ Kyu-ri no shiokonbu ae (Cucumber with Salt and Seaweed) ¥ 300
3. 枝豆 (Edamame (Soybeans in a Pod)) ¥ 380
4. 黒糖ピーナッツ Kokuto- Peanuts (Brown Sugar Peanuts) ¥ 350
5. にんにく丸揚げ Nin-niku maruage (Grilled Garlic) ¥ 320
6. アボカドスライス Avocado slice (Sliced Avocado) ¥ 350
7. キャベツのあんだんす味噌添え Cabetsu no andansumiso zoe (Cabbage with Miso Dip) ¥ 380
8. アヒポキ (ハワイ風マグロのツケ) Ahipoke (Ahi Poke) ¥ 480
9. ゴーヤキムチ漬け Go-ya kimuchi zuke (Goya Kimchi) ¥ 380
10. 島野菜のピクルス Shimayasai no pickles (Pickled Vegetables) ¥ 380

沖縄塩辛 Okinawa Salted Fish Intestines

11. 沖縄塩辛 4 種盛 Okinawa shiokara yonshu mori (4 Various Okinawa Mix) ¥ 600
12. スクガラス Skugarasu (Mottled Spinefoot) ¥ 480
13. タクガラス Takugarasu (Octopus) ¥ 480
14. ワタガラス Watagarasu (Bonito) ¥ 480
15. イチャガラス Ichagarasu (Squid) ¥ 480

とうふ Tofu

16. 島豆腐の冷奴 Shimadoufu no hiyayakko (Cold Tofu) ¥ 380
17. 島豆腐揚げ Shimadoufu age (Fried Tofu) ¥ 450
18. 島豆腐の手作りコロッケ Shimadoufu no tezukuri croquette (Tofu Croquette) ¥ 650
19. 豆腐よう Toufuyou (Fermented Tofu) ¥ 480
20. じーまみー豆腐 Ji-mami-doufu (Peanut Tofu) ¥ 500
21. ゆし豆腐 Yushidoufu (Yushi Soybean Tofu) ¥ 650

沖縄野菜 OKinawa Vegetables

22. ゴーヤ梅肉あえ Go-ya bainiku ae (Goya and Dried Plum) ¥ 450
23. 島らっきょう Shima rakkyou (Pickled Rakkyo Onion) ¥ 550
24. ツナとベニ芋のディップ 塩せんべい添え Tuna to beni-imo no dip shiosenbei zoe (Tuna and Pickled Yam Dip with Salted Rice Cake) ¥ 570
25. 青パパイヤと大根のシャキシャキサラダ Ao papaya to daikon no shaki shaki salad (Blue Papaya and Daikon Radish Salad) ¥ 650
26. 島野菜たっぷりサラダ Shimayasai tappuri salad (Vegetable Salad) ¥ 700
27. ゴーヤと島豆腐のサラダ Go-ya to shimadoufu no salad (Goya and Tofu Salad) ¥ 630
28. 梅ぶどうと島魚の美ら海サラダ Umibudou to shimazakana no churaumi salad (Sea Grapes and Fish Salad) ¥ 800

沖縄の海の幸 Okinawa Seafood

29. 海ぶどう Umibudou (Sea Grapes) ¥ 580
30. もずく酢 Mozuku su (Mozuku Seaweed and Vinegar) ¥ 450
31. もずく天ぷら Mozuku tempura (Mozuku Seaweed Tempura) ¥ 680
32. グルクンの姿揚げ Gurukun no sugata age (Grilled Pterocaesio Digramma) ¥ 780
33. グルクンの一夜干し炙り焼き Gurukun no ichiya boshi aburi yaki (Seared Pterocaesio Digramma) ¥ 800
34. 県産イカのうちな〜天ぷら Kensan ika no uchina- tempura (Squid Tempura) ¥ 680
35. チキアギ Chikiagi (Fried Carrot and Gobo Root) ¥ 680
36. 大東寿司 Daitouzushi (Daitou Sushi) ¥ 720
37. イカスミソーミンちゃんぷる Ikasumi so-min champuru (Stir Fried Squid Ink Vermicelli Noodles) ¥ 750

沖縄和牛 Okinawa Wagyu Beef

38. 牛たたき Ushi tataki (Seared Beef) ¥ 1200
39. 炙り寿司 Aburizushi (Seared Sushi) ¥ 900
40. ステーキ 100g Steak 100g (Steak 100g) ¥ 1800
41. ステーキ 200g Steak 200g (Steak 200g) ¥ 3500

豚肉料理 Pork

42. ポーク玉子 Pork tamago (Pork and Eggs) ¥ 650
43. テビチ煮付け Tebichi nitsuke (Simmered Crubeen) ¥ 750

<Notice>

Some of restaurants accept CASH ONLY
 The price including or excluding TAX is depending on the restaurant
 Some of restaurants require COVER CHARGE
 Some of restaurants require to order at least ONE DRINK

<Ingredients/Taste>

Chicken
 Pork
 Seafood
 Vegetables
 Flour
 Beef
 Fish
 Egg
 Dairy Products
 Spicy

協力: **なみじゃない、杉並!**
中央線あるある PROJECT

EXPERIENCE SUGINAMI TOKYO

- 44. テビチ唐揚げ Tebichi kara-age
(Fried Crubeen) ¥ 780
- 45. ミヌダル Minudaru (Black Sesame Pork) ¥ 840
- 46. ポチギ炒め Pochigi itame
(Portuguese Sausage) ¥ 650
- 47. スーチカとキャベツ Su-chika to kyabetsu
(Salted Pork and Cabbage) ¥ 800 
- 48. ミミガー シークアサーポン酢あえ Mimiga-
(Pig Ears with Lemon Ponzu) ¥ 480
- 49. 軟骨ソーキの炙り焼き Nankotsu so-ki no aburiyaki
(Seared Pork Spare Ribs Cartilage) ¥ 800
- 50. ラフティー Rafuty (Stewed Pork Cubes) ¥ 840

うちな～逸品 Special

- 51. 沖縄おでん盛 Okinawa oden mori
(Okinawa Fish Cake Mix) ¥ 800 
- 52. 八重山かまぼこ 3 種盛
Yaeyama kamaboko sanshumori
(3 Selections of Yaeyama Kamaboko Fish Cake) ¥ 630 
- 53. スンシー Sunshi- (Sunshi Mushrooms) ¥ 680
- 54. ヒラヤーチ Hiraya-chi
(Okinawa Tuna, Garlic, Chives Pancake) ¥ 580
- 55. ドゥルワカシー Duruwakashi-
(Mashed Potato and Pork) ¥ 720  
- 56. クーブイリチイ Ku-bu irichi-
(Stir Fried Seaweed) ¥ 720
- 57. 人参シリシリー Ninjin shirishiri-
(Grated Carrot Stir Fry) ¥ 580 

揚げもの Fried Foods






- 58. カーリーフライ Ka-ri- fry (Curly Fries) ¥ 530 
- 59. 島豆腐揚げ Shimadoufu age (Fried Tofu) ¥ 450
- 60. 島豆腐の手作りコロッケ
Shimadoufu no tezukuri croquette
(Tofu Croquette) ¥ 650
- 61. 紅芋コロッケ Beniimo croquette
(Red Potato Croquette) ¥ 630 
- 62. スパムカツ Spam katsu (Spam Cutlet) ¥ 560 
- 63. 島野菜の天ぷら盛り合わせ
Shima yasai no tempura moriawase
(Vegetable Tempura Mix) ¥ 800 

- 64. 紅芋の天ぷら Beniimo no Tempura
(Red Potato Tempura) ¥ 570 
- 65. 島らっきょうの天ぷら Shima rakkyou no tempura
(Rakkyou Onion Tempura) ¥ 630 
- 66. チキアギ Chikiagi (Fried Fish cake) ¥ 680 
- 67. もずく天ぷら Mozuku tempura
(Seaweed Tempura) ¥ 680
- 68. 県産イカのうちな～天ぷら
Kensan ika no uchina- tempura
(Squid Tempura) ¥ 680 
- 69. グルクンの姿揚げ Gurukun no sugata age
(Grilled Pterocaesio Digamma) ¥ 780
- 70. テビチ唐揚げ Tebichi kara-age
(Fried Crubeen) ¥ 780
- 71. 揚げミミガーのみぞれあえ Age mimiga- no mizore ae
(Fried Pig Ears) ¥ 650 
- 72. 鶏の唐揚げ Tori no kara-age
(Fried Chicken) ¥ 580 


炒めもの Stir Fry

- 73. ゴーヤちゃんぷる Go-ya champuru (Bitter Melon Stir
Fried with Pork, Egg, Tofu, and Vegetables) ¥ 730   
- 74. フーちゃんぷる Fu- champuru (Noodles Stir Fried with
Pork, Egg, Tofu, and Vegetables) ¥ 700   
- 75. パパイヤちゃんぷる Papaya champuru (Papaya Stir
Fried with Pork, Egg, Tofu, and Vegetables) ¥ 730   
- 76. 島豆腐ちゃんぷる Shimadoufu champuru (Tofu Stir
Fried with Pork, Egg, Tofu, and Vegetables) ¥ 650   
- 77. 中身イリチイ Nakami irichi-
(Stir Fried Ginger Pork and Vegetables) ¥ 730   
- 78. ソーミンちゃんぷる So-min champuru
(Vermicelli Noodles Stir Fried with Pork, Egg, Tofu, and
Vegetables) ¥ 650   
- 79. イカスミソーミンちゃんぷる Ikasumi so-min
champuru (Squid Ink Vermicelli Noodles Stir Fried with
Pork, Egg, Tofu, and Vegetables) ¥ 750   
- 80. ナーベラーンブシー Na-bera-nbushi-
(Simmered Miso Dish) ¥ 730

そば Noodles

- 81. 八重山そば Yaeyama soba (Yaeyama Soba) ¥ 680
- 82. 半そば Han soba (Half Soba) ¥ 480
- 83. ソーキそば So-ki soba (Soba with Pork) ¥ 800 
- 84. 半ソーキそば Han so-ki soba (Half Pork Soba) ¥ 600 
- 85. 沖縄塩焼きそば Okinawa shio yakisoba
(Okinawa Salted Stir Fried Noodles) ¥ 820  
- 86. うちなあ～ナポリタン Uchina- napolitan
(Napoli Noodles) ¥ 820 

ご飯 Rice

- 87. タコライス Tacorice (Taco Rice) ¥ 680 
- 88. クファージュシー Kufa-ju-shi-
(Seasoned Rice with Meat and Vegetables) ¥ 550 
- 89. ラフティ入りキムチ炒飯 Rafuty iri kimuchi cha-han
(Pork Rib Kimchi Fried Rice) ¥ 800 
- 90. おきなわ和牛の炙り寿司
Okinawa wagyu- no aburizushi
(Seared Okinawa Wagyu Beef Sushi) ¥ 900 
- 91. 大東寿司 Daitouzushi (Daitou Sushi) ¥ 720 
- 92. 海ぶどう丼 Umibudou don
(Sea Grape Bowl) ¥ 720
- 93. あんだんすのおにぎり Andansu no onigiri
(Minced Pork Rice Balls) ¥ 250 

スイーツ Sweets

- 94. ブルーシールの紅芋アイス Blue seal no beniimo ice
(Blue Seal Red Potato Ice Cream) ¥ 400
- 95. マンゴーシャーベット Mango sherbet
(Mango Sherbet) ¥ 400
- 96. じーまみー豆腐のわらびもち風
Ji-mami-doufu no warabi mochi hu
(Tofu Mochi) ¥ 300
- 97. ブルーシールのさとうきびアイス
Blue seal no satoukibi ice
(Blue Seal Sugar Ice Cream) ¥ 400
- 98. 島豆腐のレアチーズ仕立て
Shimadoufu no rare cheese jitate
(Tofu with Rare Cheese) ¥ 350
- 99. サーターアンドギー Sa-ta-andagi-
(Okinawa Deep Fried Bun) ¥ 150