

みちのくらすん

Michino Kurasan

TEL 03-3334-8654

3-38-15 Shoan, Suginami-ku

Open 5:30pm-11:30pm L.O.11:00pm

Closed Sunday

Food お食事

1. 仙台油麩の卵とじ Sendai Aburafu No Tamago Toji
(Fried Sendai-Gluten cake Boiled in Egg) ¥ 630 🍳
2. 仙台油麩丼 Sendai Aburafu Don
(Fried Sendai-Gluten cake Rice Bowl) ¥ 780
3. 仙台牛のビーフシチュー(ブレッド付き) Sendaigyū No Beef Stew
(Sendai Beef Stew (with Bread)) ¥ 780 🍴🍴
4. 仙台牛の肉サラダ Sendaigyū No Niku Salada
(Sendai Beef Salad) ¥ 680 🍴🍴
5. 香港屋台の牛すじ煮込み Hong Kong Yatai No Gysuji Nikomi
(Hong Kong Stalls Style Beef Stew) ¥ 650 🍴
6. すじポン～仙台牛すじのポン酢和え～
Sujipon ~ Sendai Gyusuji No Ponzu Ae ~
(Sujipon, Sendai Beef Tendon with Ponzu Sauce) ¥ 630 🍴
7. エロうま豆腐 Ero Uma Tofu (Erotic Delicious Tofu) ¥ 550
8. たい焼きステーキ (Taiyaki Steak) ¥ 580
9. チーズ納豆 (Cheese Natto) ¥ 630
10. にんじん一本サラダ Ninjin Ippon Salada
(The whole Carrot Salad) ¥ 560 🍴
11. ぽてサラの炒めオムレツ Potesala No Itame Omelet
(Stir-Fried Potato Salad Omelet) ¥ 630 🍴🍳
12. 江戸の煮奴 Edo No Niyakko (Edo Boiled Tofu) ¥ 580
13. 梅安なべ Baian Nabe (Baian Hot Pot) ¥ 580
14. ほろほろ豆腐 (Horohoro Tofu) ¥ 580

15. 蒸し鶏と大根おろしの二杯酢和え
Mushidori To Daikon Oroshi No Nihaizu Ae
(Steamed Chicken and Grated Radish in Vinegar) ... ¥ 580 🍴
16. バカのアホ炒め Baka No Aho Itame
(Stir-Fried Stupid with Fool) ¥ 650
17. ほや塩辛のとろとろ卵とじ Hoya Shiokara No Torotoro Tamago Toji
(Salted Chimney Boiled in Eggs) ¥ 680 🍴🍳
18. ほや塩辛のおろし納豆 Hoya Shiokara No Oroshi Natto
(Salted Sea Squirt with Natto and Grated Radish) ¥ 680 🍴
19. まぐろの山かけ焼き Maguro No Yamakake Yaki
(Grilled Tuna with Grated Yam) ¥ 680 🍴
20. まぐろのんにく味噌バター焼き Maguro No Ninniku Miso
Butter Yaki (Grilled Tuna with Garlic Miso and Butter) ¥ 630 🍴
21. めかじきの西京かに味噌焼き Mekajiki No Saikyo Kanimiso Yaki
(Grilled Swordfish with Saikyo Crab Miso) ¥ 680 🍴
22. あん肝のみそ漬け(クリームチーズ添え)
Ankimo No Misozuke
(monkfish liver Paste with Miso (with Cream Cheese)) ¥ 680 🍴
23. チーズのかるめ焼き Cheese No Karume Yaki
(Grilled Cheese Caramelo) ¥ 580
24. くらすんの怪しい焼き鳥 Kurasan No Ayasii Yakitori
(Suspicious Kura's Skewers) ¥ 630 🍴
25. 茄子のうるか煮(鮎の内臓の塩辛) Nasu No Uruka Ni
(Simmered Eggplant in Uruka (Salted Guts of Sweet fish)) ¥ 750 🍴🍴
26. 潤久来(うるかとほやの塩辛) Ukurai
(Ukurai (Salted Sweetfish Guts and Sea Squirt)) ¥ 880 🍴
27. チーズのラビオリ Cheese No Ravioli(Cheese Ravioli) ¥ 650
28. 肉々しい肉どうふ Nikunikushii Nikudofu
(Tofu and Meat) ¥ 630
29. 夏野菜の炒り卵 Natsuyasai No Iritamago
(Scrambled Egg with Summer Vegetables) ¥ 650 🍴🍳
30. ソース焼き鳥(ぼんじり& きんかん) Sauce Yakitori
(Grilled Chicken with Sauce(Tail and Egg Yolk) ¥ 630 🍴
31. タラトウイユ(鱈のソテー、ラタトウイユソース) Taratuiyu
(Ratatouille (Sauteed Cod, Ratatouille Sauce)) ¥ 650 🍴
32. 鶏もみじの飲茶風煮込み Torimomiji No Yamucha Fu Nikomi
(Dim Sum Style Stewed Chicken Feet) ¥ 530 🍴
33. 蒸し茄子のカニあんかけ Mushi Nasu No Kani Ankake
(Steamed Eggplant with Crab Starchy Sauce) ¥ 630 🍴🍴
34. うにキャベツ Uni Kyabetsu
(Sea Urchin with Cabbage) ¥ 580 🍴🍴

35. 松庵3丁目の焼きカレーパン Shoan Sanchoe No Yaki
Curry Pan (Shoan 3-Chome Curry Bread) ¥ 580
36. やみつき味噌(かに味噌& ふきのとう味噌)
Yamitsuki Miso
(Addictive Miso (Crab Miso & butterbur sprout Miso)) ¥ 680 🍴
37. あまちゃんのにら玉 Amachan No Niratama
(Amachan's Egg with Leek) ¥ 650 🍴🍳
38. 怪しい肉じゃが Ayashii Nikujaga
(Suspicious Stewed Meat and Potato) ¥ 630 🍴🍴
39. 超・ポーチドエッグ Cho Poached Egg
(Ultra Poached Egg) ¥ 630 🍳
40. 小いわしのアヒージョ Koishashi No Ahijo
(Ajillo of Small Sardine) ¥ 650 🍴
41. 絶品のクールガイ(うにのかぜ水、ほや塩辛)
Zeppin No Cool Gay
(Excellent Cool Guy (Sea Urchin Stock and Salted Sea Squirt)) ¥ 680 🍴🍴
42. 牡蠣と蟹味噌のリゾット Kaki To Kanimiso No Risotto
(Oyster and Crab Miso Risotto) ¥ 780 🍴
43. AKB48(あさりとかきとベーコンのパスタ) AKB48
(AKB48 (Clams, Oysters and Bacon Pasta)) ¥ 650 🍴
44. くらしきナポリタン(ポロネーゼ& トマトソース)
Kurashiki Napolitan
(Kura Style Napolitan (Bolognese & Tomato Sauce)) ¥ 650
45. くらしきカレー(ブレッド付き) Kurashiki Curry
(Kura Style Curry (with Bread)) ¥ 650
46. エビ子麺 Ebiko Men (Shrimp Small Noodles) ... ¥ 580 🍴
47. カキソース和えそば Kaki Sauce Ae Soba
(Soba dressed in Oyster Sauce) ¥ 680 🍴
48. 酒によく合うえび焼きめし Sake Ni Yokuau Ebi Yaki Meshi
(Grilled Shrimp Rice that goes well with Sake) ¥ 650 🍴
49. ねぎソバ Negi Soba (Green Onion Soba) ¥ 580 🍴
50. ライス・ジェノベーゼ (Rice Genovese) ¥ 650
51. インドネシアのナシゴメン Indonesia No Nashigomen
(Indonesian Nasigoreng Noodles) ¥ 680
52. 超・TKG(うなぎのたれかけ卵ご飯) Cho TKG
(Ultra · Tkg (Fresh Egg on Rice with Eel Sauce)) ¥ 650 🍳
53. エセうどん Ese Udon (Fake Udon) ¥ 580

Alcohol お酒

54. 日本のまっこり Nihon No Makkori
(Japanese Makgoli) ¥ 580
55. あんず棒サワー Anzu Bo Sour (Apricot Sour) ... ¥ 680
56. 梅酒ホッピー Umesyu Hoppy (Plum Wine Hoppy) ¥ 580
57. きんかんハイサワー Kinkan Haisawa
(Kumquat High Sour) ¥ 680
58. ラムハイ (Rum High) ¥ 680
59. ゆずのシャーベットロック Yuzu No Sorbet Rock
(Citrus Sherbet on the Rock) ¥ 680
60. ジンジャーハイサワー (Ginger High Sour) ¥ 680
61. しゃりきんハイサワー (Sharikin High Sour) ¥ 680
62. 本格米焼酎こめのすけ Honkaku Kome Syochu
Komenosuke (Rice Shochu Komenosuke) ¥ 680
63. ココアの焼酎ロック Cocoa No Shochu Lock
(Cocoa Shochu on the Rock) ¥ 630

Wine ワイン

64. 赤ワイン / 白ワイン (グラス) (Red / White Wine (Glass)) ¥ 680
65. 赤ワイン / 白ワイン (ハーフ) (Red / White Wine (Half)) ¥ 1800
66. 赤ワイン / 白ワイン (ボトル) (Red / White Wine (Bottle)) ¥ 3200

Tohoku Sake 180ml

東北6県の銘酒

Miyagi 宮城

67. 阿部勘 (特別純米) Abekan
(Abekan (Special Pure Rice)) ¥ 850
68. 日高見 (特別本醸造) Hitakami
(Hitakami (Special Brewed)) ¥ 750

Aomori 青森

69. 田酒 (特別純米) Denshu
(Denshu (Special Pure Rice)) ¥ 880

Iwate 岩手

70. 南部美人 (純米吟醸) Nanbu Bijin
(Nanbu Bijin (Brewed Pure Rice)) ¥ 880
71. あづまみね (特別純米) Azumamine
(Azumamine (Special Brewed)) ¥ 850

Akita 秋田

72. 刈穂 超辛口 (純米) Kariho Cho Karakuchi
(Kariho Super-Dry (Pure Rice)) ¥ 850
73. 雪の茅舎 (山麩純米) Yuki No Bousha
(Yuki no Bousha (Yamahai Pure Rice)) ¥ 850

Yamagata 山形

74. 初孫 (純米) Hatsumago
(Hatsumago (Pure Rice)) ¥ 850

Fukushima 福島

75. 大七 生もと (純米) Daishichi Kimoto
(Daishichi Kimoto (Pure Rice)) ¥ 800

Beer & Shochu &

Shaoxing Rice Wine & Whiskey

ビール&焼酎&紹興酒&ウイスキー

76. 生ビール 琥珀エビス (中)
(Draft Beer Kohaku Ebisu (Medium)) ¥ 650
77. 生ビール 琥珀エビス (小)
(Draft Beer Kohaku Ebisu (Small)) ¥ 500
78. サッポロラガービール (中瓶)
(Sapporo Lager Beer (Medium Bottle)) ¥ 580
79. 麦焼酎 麦のすけ (かめ出し) 福岡
(Barley Shochu Muginosuke(Kamedashi) Fukuoka 90MI) ¥ 550
80. 芋焼酎 芋のすけ (かめ出し) 鹿児島
(Sweet Potato Shochu Imonosuke(Kamedashi) Kagoshima 90MI) ¥ 550
81. そば焼酎 蕎麦のすけ 熊本
(Buckwheat Shochu Sobanosuke Kumamoto 90MI) ¥ 600
82. 栗焼酎 ダバダ火振 高知
(Chestnut Shochu Dabada Hiburi, Kochi 90MI) ¥ 600
83. 八年熟成 本格紹興酒 (中国・紹興)
(Eight Years Aged, Quality Shaoxing Rice Wine
(China, Shaoxing) 150MI) ¥ 580
84. 八年熟成 本格紹興酒 (中国・紹興)
(Eight Years Aged, Quality Shaoxing Rice Wine
(China, Shaoxing) 250MI) ¥ 950
85. ニッカハイボール (Nikka Highball) ¥ 650

High Sour & Soft drink






ハイサワー&ソフトドリンク

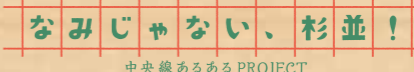
86. 緑茶ハイ Ryokucha High (Green Tea High) ¥ 550
87. ウーロンハイ (Oolong High) ¥ 550
88. グレープフルーツサワー (Grapefruit Sour) ¥ 680
89. シークワーサーサワー (Shikuwasa Sour) ¥ 680
90. 梅酒ホッピー Umeshu Hoppy (Plum Wine Hoppy) ¥ 580
91. 特製・白玉レモンサワー Tokusei Siratama Lemon Sour
(Special Lemon Sour with rice-flour dumplings) ¥ 680
92. 特製・白玉梅干サワー Tokusei Siratama Umeboshi Sour
(Special Plum Sour with rice-flour dumplings) ¥ 680
93. 梅酒サワー Umeshu Sour (Plum Wine Sour) ¥ 650
94. ゆずのシャーベットロック Yuzu No Sorbet Rock
(Citrus Sherbet on the Rock) ¥ 680
95. 緑茶 Ryokucha (Green Tea) ¥ 450
96. ウーロン茶 Oolong Cha (Oolong Tea) ¥ 450

<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: 

中央線あるあるPROJECT

 EXPERIENCE
SUGINAMI TOKYO