

西萩の酒と肴 たい助

Nishioji No Sake To Sakana

# Taisuke

TEL 03-5346-0355

3-7-7 Nishioji-Minami, Suginami-ku

Open 5:00pm/5:30pm-L.011:30pm

Tuesday-Friday LunchTime 11:30am-1:30pm

## Sashimi お刺身

1. おまかせ刺身盛り合  
(Recommended Sashimi Assortment) ..... ¥2500 ~
2. ○印お好み三点盛り  
(3 Kinds of Sashimi Assortment) ..... ¥1200
3. ○印お好み五点盛り  
(5 Kinds of Sashimi Assortment) ..... ¥2000
4. まぐろ刺身  
(Tuna Sashimi) ..... ¥1200
5. あおりいか刺身  
(Squid Sashimi) ..... ¥900
6. まぐろぬた・山かけ  
(Tuna dressed with Nuta-Miso or Grated Yam) ..... ¥600
7. 魚介納豆和え  
(Seafood dressed with Natto) ..... ¥600

## Vegetables 菜の物

8. 海鮮サラダ  
(Seafood Salad) ..... ¥900
9. 焼ささみサラダ  
(Grilled Chicken Breast Salad) ..... ¥800
10. 自家製ぬか漬け  
(Homemade Bran Pickles) ..... ¥400
11. おひたし  
(Boiled leafy vegetable) ..... ¥400

## Grilled Food 焼き物

12. かぶと焼き  
(Grilled Fish Head) ..... ¥1500
13. 北海道ししゃも焼き 三尾  
(Grilled Smelts (3Fish) ..... ¥800
14. 三面川塩引き鮭焼き  
(Grilled Salty Salmon from Miomote-River) ..... ¥700
15. 地鶏焼き(塩・たれ)  
(Grilled Chicken (Salt / Sauce)) ..... ¥600
16. つくね焼き(塩・たれ)  
(Grilled Meat Ball (Salt / Sauce)) ..... ¥600

## Braised Food 煮物

17. かぶと煮つけ  
(Braised Fish Head) ..... ¥1500 ~
18. 金目鯛煮つけ  
(Braised Red-bream) ..... ¥900
19. 豚もつ煮込み  
(Braised Pork Giblets) ..... ¥600

## Deep-fried Food 揚げ物

20. 天ぷら盛り合わせ  
(Tempura Assortment) ..... ¥1200
21. あおりいかかき揚げ  
(Mixed Squid Tempura) ..... ¥1000
22. 椎茸鶏ささみ忍ばせ揚げ  
(Mixed Tempura of Shiitake Mushroom and Chicken Breast) ¥800
23. 納豆茄子はさみ揚げ  
(Deep-fried Eggplant with Natto) ..... ¥800
24. 豚ぷら  
(Pork Tempura) ..... ¥700
25. 揚げたて厚揚げ  
(Deep-fried thick Tofu) ..... ¥600
26. 豚バラミルフィーユ  
(Pork Rib Mille-feuille) ..... ¥800
27. おからコロッケ  
(Okara Croquette) ..... ¥700
28. ひなどりの塩唐揚げ  
(Deep-fried Salted Chicks) ..... ¥1200

29. 地鶏唐揚げ  
(Deep-fried Chicken) ..... ¥700
30. 里芋の唐揚げ  
(Deep-fried Taro) ..... ¥600
31. 揚げだし豆腐  
(Deep-Fried Tofu) ..... ¥600

## Delicacies 珍味

32. 珍味三点盛り  
(Assorted 3kinds of Delicacies) ..... ¥1000
33. 鮭の酒浸し  
(Dried Salmon) ..... ¥700
34. 骨せんべい  
(Bone Crackers) ..... ¥400
35. いか塩辛  
(Salty Squid Innards) ..... ¥400
36. かつお酒盗  
(Salted and Fermented Bonito) ..... ¥400

## Vinegared Food 酢の物

37. 生くらげ酢  
(Vinegared Fresh Jellyfish) ..... ¥600
38. 鶏ささみぬた  
(Chicken Breast dressed with Nuta-Vinegared Miso) ¥600
39. もずく酢  
(Vinegared Mozuku-Seaweed) ..... ¥400

## Egg 玉子

40. 茶碗蒸し  
(Steamed Egg Custard) ..... ¥600
41. 厚焼き玉子  
(Pan-fried Omelette) ..... ¥600

## Dishes ご飯物

42. 新潟ピザ  
(Niigata Pizza) ..... ¥ 1000
43. 海鮮どんぶり  
(Seafood Rice Bowl) ..... ¥ 1200 🍣
44. 海鮮ひつまぶし  
(Seafood Hitsumabushi Rice Bowl) ..... ¥ 800 🍣
45. おにぎり1ケ (梅・鮭・焼きたらこ・明太子)  
(Rice Ball, Choose one from the below  
(Plum, Salmon, Grilled Tarako, Mentaiko)) ..... ¥ 300 🍣
46. 焼きおにぎり1ケ  
(Grilled Rice Ball 1piece) ..... ¥ 300
47. お茶漬け (梅・鮭・焼きたらこ・明太子)  
(Rice in Green tea, Choose from the below  
(Plum, Salmon, Grilled Cod Roe, Spicy Cod Roe)) ..... ¥ 600 🍣
48. 静岡茶そば  
(Shizuoka Green tea Buckwheat Noodles) ..... ¥ 600
49. 山形黒打ち田舎そば  
(Yamagata Kurouchi Countryside Buckwheat Noodles) ¥ 600
50. 山形杵打ちうどん  
(Yamagata Kineuchi Udon Noodles) ..... ¥ 600
51. ライスセット (ご飯・赤だし・新香)  
(Rice Combo (Rice, Miso Soup, and Pickles)) ..... ¥ 500
52. 赤だし  
(Miso Soup) ..... ¥ 300

## Dessert デザート

53. 手作りモカアイス  
(Handmade Moca Ice cream) ..... ¥ 300
54. 季節のおすすめデザート  
(Recommended Seasonal Dessert) ..... ¥ 400

## Dinner Party Plan (Resevation needed)

### 宴会 (要予約)

55. 幕ノ内弁当  
(Makunouchi Lunch Box) ..... ¥ 3000
56. お子様弁当  
(Kid's Lunch Box) ..... ¥ 1500
57. 3000 円コース  
(小鉢・海鮮サラダ・焼き物・揚げ物・煮物 (冬季はお鍋))  
(3000yen Course (Small bowl, Seafood Salad, Grilled Dish,  
Deep-fried Dish and Stew \*Hot Pot in Winter)) ..... ¥ 3000 🍴
58. 3500 円コース  
(小鉢・サラダ・刺身盛合せ・焼き物・揚げ物・煮物  
(冬季はお鍋)・ご飯物 (冬季は雑炊))  
(3500yen Course (Small bowl, Salad, Sashimi Platter, Grilled Dish,  
Deep-fried Dish, Stew \*Hot Pot in Winter and Rice  
\*Rice Porridge in Winter)) ..... ¥ 3500 🍴
59. 4000 円コース  
(小鉢・サラダ・茶碗蒸し・刺身盛合せ・焼き物・揚げ物・煮物  
(冬季はお鍋)・ご飯物 (冬季は雑炊)・デザート)  
(4000yen Course (Small bowl, Salad, Steamed Egg Custard,  
Sashimi Assortment, Grilled Dish, Deep-fried Dish, Stew \*Hot Pot  
in Winter, Rice  
\*Rice Porridge in Winter and Dessert)) ..... ¥ 4000 🍴

#### <Notice>

Some of restaurants accept Credit Cards Accepted  
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