# 朝食ブッフェ

| メニュー名 | アレルギー種別　△はエキスを含む | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | 牛肉 | 豚肉 | 鶏肉 | 大豆 | ゴマ | カシューナッツ | アーモンド | ヘーゼルナッツ | クルミ | 貝類 | いか | いくら | さけ | さば | もも | バナナ | オレンジ | キウイ | りんご | 山芋 | ゼラチン | アルコール |
| サラダリーフ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 水菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キュウリ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ミニトマト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| オニオン＆コールスロー | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| 石垣の塩ドレッシング | | | ● | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| 豆乳ごまドレッシング | ● | | ● | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| ノンオイル青じそ刻みたまねぎ | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | ● | | | | |
| ロースハム | ● | ● | | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | |
| ごぼうと昆布の松前漬け | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| 蓮根の梅和え | | | ● | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| 中華春雨 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ポテトサラダ | ● | ● | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| ねばねばサラダ | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| ほうれん草の胡麻和え | | | ● | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| パンプキンサラダ | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| ヨーグルト | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| アロエ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フルーツカクテル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チョコクリスピー | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| コーンフレーク | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チョコレートファウンテン | | ● | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| バナナ | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| マシュマロ | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ライチ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| オレンジ | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| パイン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 穂先筍土佐煮 | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| 金平蓮根 | | | ● | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| 里芋のそぼろあんかけ | | | ● | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | |
| 揚げ空豆天 | ● | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| 紅芋団子 | ● | ● | ● | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| 山芋　梅しそ巻き | ● | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | ● | | | |
| 皮つきポテト | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
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| ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 銀鮭の塩焼き | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 鯖の沖縄の塩焼き | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| サーモンクリーム | ● | ● | ● | | | | | | | | ● | | | | | | | | | ● | | | | | | | | | | ● |
| 肉じゃが | | | ● | | | | | ● | | | ● | | | | | | | | | | | | | | | | | | | |
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| ソーセージ | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| ゆず胡椒こんにゃく旨味仕立て | ● | ● | ● | | | | | ● | ● | ● | ● | ● | | | | | ● | | | | | | | | | | | | | |
| 人参しりしり | ● | ● | ● | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | |
| 大根イリチー | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| ランチョンミート | ● | | ● | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | |
| モモベーコン | ● | ● | ● | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | |

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| 冬瓜とゴーヤの豆腐寄せ | ● | ● | ● | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | |
| 冬瓜と薩摩揚げ | ● | ● | ● | | | | | ● | | | ● | ● | | | | | | | | | | | | | | | | | |
| ゆし豆腐 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| 醤油 | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| ポン酢 | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| 辣油 | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | |
| しゅうまい | ● | ● | ● | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | |
| 水餃子 | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | |
| 麦味噌一本漬け | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| 辛子明太子 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 梅干し | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| もずくのり | | ● | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| つぼ漬け | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| 白湯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 味付け海苔 | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| 納豆 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| 白飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| おかゆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みそ汁 | | | ● | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| コーンスープ | ● | ● | ● | | | | | ● | ● | | ● | | | | | | | | | | | | | | | | | | |
| 淡路島産たまねぎスープ | | | ● | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | |
| かぼちゃスープ | | ● | ● | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | |
| 自家製パン | ● | ● | ● | | | | | | ● | | ● | ● | ● | ● | | | | | | | | ● | ● | | | | ● | ● | |
| イチゴジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 自家製パインジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ハチミツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| マーガリン | | ● | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| ふーちゃんぷる | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | |
| パパイヤちゃんぷる | ● | ● | ● | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | |

※当日の仕入れ状況により、メニューが変更になる場合がございます。　※変更になった食材については当日表記をさせて頂きます。