



カロリー、アレルゲン表示

イオンタウン富雄南店

最終的なご注文の判断は、お客様ご自身でお願いいたします。

○はアレルゲン物質を含む商品、▲製造工場においてアレルゲン物質が混入する可能性がある商品、空欄は含まない商品。

※ 青のりには極稀にエビやカニの成分が混ざる場合がございます。

更新日 2022/11/25

| 商品名 | カロリー Kcal | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--------------|-------|-----|----|----|----|----|----|----|-----|-----|----|-----|-----|----|-----|----|----|----|------|----|------|-----|-----|----|----|-----|----|
| | | 卵 | 乳製品 | 小麦 | 大豆 | 牛肉 | えび | かに | そば | 落花生 | あわび | いか | いくら | ワタシ | 初イ | くるみ | さけ | さば | 鶏肉 | まつたけ | もも | やまいも | リンゴ | ビーツ | パル | ごま | おろし | 豚肉 |
| ふうわり焼 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ふうわり焼きたこ | 311 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | ▲ | | | | | ▲ |
| ふうわり焼きたこ梅 | 336 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | ▲ | | | | | ▲ |
| ふうわり焼きたこネギ | 324 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | ▲ | | | | | ▲ |
| ふうわり焼きたこネギ | 324 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | ▲ | | | | | ▲ |
| ふうわり焼きたこハーフ | 156 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | ▲ | | | | | ▲ |
| ふうわり焼きたこ梅ハーフ | 172 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | ▲ | | | | | ▲ |
| ふうわり焼きたこネギハーフ | 162 | ○ | ▲ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | ▲ | | | | | ▲ |
| ふうわり焼きたこチーズハーフ | 243 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | ○ | ▲ | | | ▲ | ▲ | | | | | ▲ |
| おつまみ・一品 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷奴 | 111 | | | ○ | ○ | | | | | | | | | | | | | | ▲ | | | | | | | | | |
| 冷やしトマト | 19 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 枝豆 | 131 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| 黒胡椒ポテトサラダ | 148 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | ○ | | | | ○ | | | | | | |
| サラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豆腐の和風梅しらすサラダ | 260 | | | ○ | ○ | | | ▲ | ▲ | | | | | | | | | | | | | ○ | | | | ○ | | |
| 普通の野菜サラダ | 162 | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| トマトサラダ | 158 | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| ポテトサラダ | 240 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | ○ | | | | ○ | | | | | | |
| 鉄板焼き | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| お好み焼き屋だし巻き | 246 | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ゲソの塩焼き | 189 | | | ○ | ○ | | | | | | | ○ | | | | | | | | | | | | | | | | |
| ホタテバター | 133 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| じゃがチーズ | 696 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| やわらか牛ステーキ | 315 | ▲ | ▲ | ○ | ○ | ○ | | | | | | | | | | | | | | | | ○ | | | | | | |
| とんべい焼き | 428 | ○ | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | ○ | ▲ | | | ○ | ○ | ▲ | | ○ | ○ | |
| 上ホルモン炒め | 348 | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| 明太子じゃがチーズ | 730 | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | ○ | | |
| 国産鶏の上砂ずり | 147 | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| ねぎずりボン | 133 | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| 鶏せせり柚子胡椒添え | 235 | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| 鶏なんこつ | 68 | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| コーンバター | 191 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| あらびきソーセージ5本 | 335 | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| 長芋のバター醤油焼き | 119 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | ○ | | |
| 牡蠣のバター焼き | 131 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牡蠣とねぎボン酢 | 107 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| ごはんもの | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚とろだししょうゆチャーハン | 609 | ○ | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | ○ | | ○ |
| 焼きおにぎり | 321 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | ○ | | ○ | ○ |
| ごはんセット | 434 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | ○ | | | | |
| デザート | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 北海道バニラ | 90 | ▲ | ○ | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| レモンシャーベット | 51 | ▲ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| わらび餅&大学芋 | 186 | ▲ | ▲ | ▲ | ○ | | | ▲ | | | | | | | | | | ▲ | ▲ | | | ▲ | ▲ | ▲ | ○ | | ▲ | |
| 京わらびもち | 177 | ▲ | ▲ | ▲ | ○ | | | ▲ | | | | | | | | | | ▲ | ▲ | | | ▲ | ▲ | ▲ | ▲ | | ▲ | |
| 大学芋 | 181 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チョコサンデー | 491 | ▲ | ○ | ▲ | ○ | | | | | | | | | | | | | ▲ | | | | | | | | | ▲ | |
| 苺サンデー | 457 | ▲ | ○ | ▲ | ○ | | | | | | | | | | | | | ▲ | | | | | | | | | ▲ | |
| ホクホクおきつサンデー | 520 | ▲ | ○ | ▲ | ○ | | | | | | | | | | | | | | | | | | | | | ○ | | |
| ランチメニュー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| お好み焼7分 | 970 | ○ | ○ | ○ | ○ | | | ▲ | ▲ | | | | | | | | | ○ | ▲ | | | ○ | ○ | ▲ | | | ○ | |
| 焼きそば7分 | 1,061 | | | ○ | ○ | | | ○ | ▲ | ▲ | | | | | | | | | | | | ○ | ○ | ▲ | | | ○ | |
| ハーフ&ハーフ7分 | 1,015 | ○ | ○ | ○ | ○ | | | ○ | ▲ | ▲ | | | | | | | | ○ | ○ | | | ○ | ○ | ▲ | | | ○ | |
| ここやねんランチ | 1,184 | ○ | ○ | ○ | ○ | | | ○ | ▲ | ▲ | | | | | | | | ○ | ○ | | | ○ | ○ | ▲ | | | ○ | |
| 牛ステーキランチ | 665 | ▲ | ▲ | ○ | ○ | | | | | | | | | | | | | | | | | ○ | ○ | ○ | | | ○ | |
| スタミナホルモンランチ | 819 | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | ○ | ○ | | ○ | | |