

Drinks

Drink server

Cold tea

Kurohime Kogen Milk

Recommended drinks

Safe and secure, fine-quality milk contract-farmed in the Kurohime Highlands in northern Shinshu.

Cereals

Yogurt

Fruit cocktail

Fruit

Cereal

Dry fruits

Dessert

Housemade Sweets

Original sweets of the day, such as buckwheat tea blanchmange and sweet sake (amazake) pudding, are available.

Housemade Sweets

Our Chef Recommends

About 3 kinds of original sweets made with local ingredients are available. Among them are healthy desserts made of buckwheat grains or amazake. Each is served in a small container.



Savor Nagano Prefecture's local cuisine and housemade dishes.

Nagano Tokyu REI Hotel Breakfast Buffet

Hours 6:30~9:30

Local Delicacies

Local Cuisine and Dishes

Enjoy daily choice of Sanzokuyaki (deep-fried jumbo chicken), Shimidofu (freeze-dried tofu), Nozawana onigiri (rice ball with Nozawana pickled greens), etc.

Local Cuisine & Side Dishes

Local ingredients **Tonyu Kanten-dofu** (Soy milk agar tofu)
Creative tofu jelled with agar, an Ina specialty. Gentle flavor and texture, featuring white soup stock.

Local cuisine **Sanzokuyaki**
Jumbo fried chicken. Nagano's dynamic B-class gourmet!

Local cuisine **Nozawana pickled greens rice balls**
Rice balls containing chopped Nozawana pickled greens

Local cuisine **Shimidofu**
Local dish enjoyed from long ago in Nagano

Local ingredients **Housemade omelet**
The omelet of Nanohana Miyuki eggs, characterized by their rich flavor!

Salad

Daily choice of seasonal vegetables, housemade salad, toppings, etc.

Mixed Salad

Original dressings

Flavor oil

3 kinds, including one with shichimi (7-flavor) seasoning

House-made

Housemade Jam

The fine flavor of housemade jam made of seasonal fruit

Scrambled eggs

Local ingredients

Sausage

Bacon

Grilled fish

Daily side dishes (2 items from Japanese, western, and Chinese dishes)

Daily vegetable dish

Simmered dishes

Hot Dishes

The daily menu is a good balance of Japanese, Western, and Chinese dishes, including substantial side dishes, for your enjoyment.

Only soba made with more than 40% buckwheat flour qualifies as Shinshu Soba.

Shinshu (Nagano) Soba

Soba is a famous Nagano food. Enjoy it with tororo grated yam or shichimi (7-flavor) seasoning as you prefer.

Original dressings

Savor vegetables with original dressings made with apples, onions, carrots, etc!

Rice

Nagano Prefecture's Koshihikari brand rice is used.

Soup

Miso Soup using Shinshu miso

Miso Soup made with naturally brewed miso with rice koji and soybeans

Rice Toppings

Nozawana pickled greens, and green tea furikake, pickled plums, buckwheat grains, shichimi miso

Bread

6 to 8 varieties, including chef's housemade bread are always available.

Loaf bread

Pain de campagne

Basil rolls

Choco Danish

Croissants

Baguette

Brown Sugar rolls

Twisted doughnuts

Housemade Jam

Housemade jam

Sandwich of the day

Sandwich of the day

Butter and jam

The housemade sandwich with the ingredients of the day is rich in volume and flavor.

Coffee and Tea

- Hot coffee
- Decaf coffee
- Green tea, black tea, herb tea, etc.

Coffee take-out OK

Entrance

Recommended breakfast arrangement!

Enjoy your own arrangement using buffet dishes!

Tofu Salad
Mixed Salad + Soy milk agar tofu

Scrambled eggs
Scrambled eggs are good with soy sauce and flavor oil!

Buckwheat tea flavored sweet latte
Buckwheat tea flavored blanchmange + Kurohime Kogen (brand) milk

* Buffet menu items and layout are for display purposes only and change according to season and ingredient availability. Ask staff for details. ▶ 裏面は日本語です