

fine-quality milk

Cold tea contract-farmed in the Kurohime Highlands in northern Shinshu Kurohime Kogen Milk Recommended



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. Housemade Sweets

Housemade sweets

Savor Nagano Prefecture's local cuisine and housemade dishes.

### Nagano Tokyu REI Hotel Breakfast Buffet ?

Hours

6:30~9:30

### Cereal

# Housemade

The fine flavor of housemade jam made of seasonal fruit

Original Sweets of the day. such as buckwheat tea blancmange and sweet ( Soke (amazake) pudding, are available.

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

### Hot Dishes

Only Soba made with more than 10% buckwheat flour qualities as Shinshu soba.

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

Shinshu

## Local Cuisine and Dishes

Local Delicacies

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

# Local Side Dishes



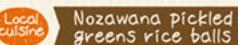
Creative tofu jelled with agar. an Ina specialty. Gentle flavor and texture, featuring white Soup Stock.



#### Sanzokuyaki

Jumbo fried chicken. Nagano's dynamic B-class gourmet!



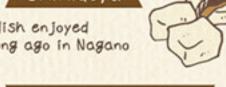


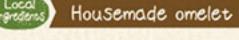
Rice balls containing chopped Nozawana pickled greens





Local dish enjoyed from long ago in Nagano





The omelet of Nanohana Miyuki eggs, characterized by their rich flavor!



### Salad

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

Mixed Salad

Flavoroil 3 kinds, including

one with Shichimi

(7-flavor)

seasoning

Scrambled

Sausage

Bacon

Local Miso Soup

Daily side dishes (litems from Japanese, western, and Chinese dishes)

Daily vegetable dish dishes

Simmered







Soba Soup

Grated



Japanese radish (daikon)





Tonyu kanten-dofu

Original dressings

Original dressings

Savor vegetables with original dressings made with apples. onions, carrots,



Rock Salt

and pepper

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Ketchup



Soup du jour

Miso Soup

using Shinshu miso

Miso soup made with on

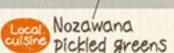
naturally brewed miso,

with rice koji

and soybeans

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Miso Soup condiments



Laver eggs

pickled greens Condiments,

Rice Toppings

Nozawana pickled greens, and

green tea turikake, pickled plums,

buckwheat grains, shichimi miso

Coddled Soybeans

(natto)

Yawataya Isogoro Shichimi

This famous shichimi (7-flavor) seasoning is an indispensable condiment for Shinshu soba.

Tororo grated yam made from Matsushiro nagaimo yam

Grate nagaimo cultivated in Matsushiro, said to be its place of origin, has a Strong, delicious viscosity.

### Nanohana Miyuki egg omelet

This excellent brand of eggs is nurtured in liyama and by the farmer's knowhow.

### Coffee and Tea

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

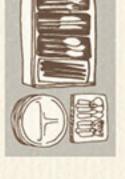


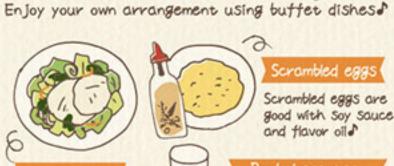


Entrance









Mixed Salad +

Soymilk agar tofu



Nagano Prefecture's

rice is used.

Koshihikari brand

Scrambled eggs are good with Soy Sauce and flavor oil

Buchwheat tea flavored blancmange + Kurohime Kogen (brand) milk

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



Croissants

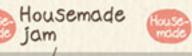




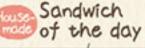


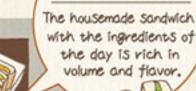






Butter and jam





Sandwich

of the day



