

<栄養成分・アレルギー表示一覧>

●=食材由来のもの □=その食材以外に製造・調理過程で、混入する可能性があるもの

2024年10月28日改訂

| ★新商品 ☆リニューアル ※一部店舗販売 | エネルギー(kcal) | たんぱく質(g) | 脂質(g) | 炭水化物(g) | 灰分(g) | 食塩相当量(g) | 卵 | 乳 | 小麦 | 落花生 | そば | えび | かに | くるみ | 大豆 | さば | 豚肉 | 鶏肉 | 牛肉 | ゼラチン | りんご | もも | いか | いくら | オレシジ | ケツイ | あわび | まつたけ | さけ | バナナ | やまいも | ごま | カシュー | アーモンド | | |
|-----------------------------------|-------------|----------|-------|---------|-------|----------|---|---|----|-----|----|----|----|-----|----|----|----|----|----|------|-----|----|----|-----|------|-----|-----|------|----|-----|------|----|------|-------|---|--|
| ラーメン | 378.8 | 15.8 | 5.2 | 67.5 | 7.8 | 6.8 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| 玉子入ラーメン | 451.8 | 21.9 | 10.6 | 67.5 | 8.2 | 6.9 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| 肉入ラーメン | 437.0 | 19.9 | 9.8 | 67.5 | 8.2 | 7.0 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| 特製ラーメン | 510.0 | 26.1 | 15.2 | 67.5 | 8.6 | 7.2 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| メンマラーメン | 390.4 | 16.2 | 5.3 | 69.6 | 8.7 | 7.6 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| 肉マシマシラーメン | 495.2 | 24.0 | 14.4 | 67.5 | 8.6 | 7.3 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| ワントン種 | 438.8 | 19.3 | 5.0 | 79.1 | 8.2 | 7.1 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| 麺大盛 | 167.1 | 6.3 | 1.2 | 32.8 | 1.9 | 1.5 | ラーメン・玉子入ラーメン・肉入ラーメン・特製ラーメン・メンマラーメン・肉マシマシラーメン・ワントン種 参照 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 野菜ラーメン | 490.3 | 19.5 | 10.0 | 82.2 | 9.5 | 8.2 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | |
| 麺大盛 野菜ラーメン(大盛分のみ) | 181.5 | 6.6 | 2.1 | 34.0 | 2.3 | 1.9 | 野菜ラーメン 参照 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃い味スガキヤラーメン | 625.0 | 25.3 | 26.9 | 70.7 | 9.2 | 7.6 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| 濃い味スガキヤラーメン(大盛分のみ) | 211.4 | 7.1 | 5.4 | 33.7 | 2.1 | 1.8 | 濃い味スガキヤラーメン 参照 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 味噌ラーメン(11/28販売開始) | 520.7 | 22.0 | 14.2 | 77.4 | 9.6 | 8.3 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| 麺大盛 味噌ラーメン(大盛分のみ)(11/28販売開始) | 306.4 | 11.5 | 12.0 | 38.1 | 4.3 | 3.8 | 味噌ラーメン 参照 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ミニラーメン | 193.2 | 8.0 | 2.8 | 34.0 | 3.2 | 2.7 | ● | ● | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| 五目ごはん | 291.2 | 6.4 | 3.9 | 54.9 | 1.8 | 1.4 | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| 五目ごはん(大盛) | 404.1 | 8.9 | 5.5 | 76.2 | 2.5 | 2.0 | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| (ミニ五目ごはん) | 145.6 | 3.2 | 2.0 | 27.5 | 0.9 | 0.7 | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| サラダ(玉ねぎドレッシング) | 45.6 | 1.0 | 2.4 | 5.3 | 0.8 | 0.5 | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | |
| 五目サラダセット(玉ねぎドレッシング) | 336.8 | 7.4 | 6.4 | 60.2 | 2.6 | 2.0 | | ● | | | | | | | ● | | | | ● | | | | | | | | | | | | | | | | | |
| 直火炒めチャーハン | 335.9 | 7.6 | 12.2 | 48.7 | 2.2 | 1.8 | ● | ● | | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | |
| チャーハンサラダセット | 381.5 | 8.6 | 14.7 | 54.1 | 3.0 | 2.3 | ● | ● | | | | | | | ● | | ● | | ● | | | | | | | | | | | | | | | | | |
| セットチョコ | 126.9 | 2.5 | 5.0 | 18.0 | 0.7 | 0.2 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| デザートセットチョコ(セットチョコ+五目ごはん) | 418.1 | 8.9 | 8.9 | 72.9 | 2.5 | 1.6 | | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| セットベリー | 128.3 | 2.4 | 4.9 | 18.9 | 0.7 | 0.2 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| デザートセットベリー(セットベリー+五目ごはん) | 419.5 | 8.8 | 8.8 | 73.8 | 2.5 | 1.6 | | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| デザートセットオリジナル(カップソフトミニ+五目ごはん) | 405.6 | 8.8 | 8.8 | 70.2 | 2.5 | 1.6 | | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| キッズセット(アップルジュース付) | 433.9 | 11.2 | 4.8 | 85.3 | 4.1 | 3.5 | | ● | ● | | | | | | ● | ● | ● | | | | ● | | | | | | | | | | | | | | | |
| キッズセット(ジュースなし) | 337.9 | 11.2 | 4.8 | 61.3 | 4.1 | 3.4 | | ● | ● | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | |
| スガキヤまるごとミニセット(ミニ五目+サラダ+玉ねぎドレッシング) | 556.0 | 15.7 | 14.5 | 89.7 | 5.9 | 4.2 | | ● | ● | | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | |
| 半熟玉子 | 73.0 | 6.2 | 5.4 | 0.0 | 0.5 | 0.2 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トッピング ネギ | 11.2 | 0.2 | 0.0 | 2.9 | 0.2 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トッピング メンマ | 11.6 | 0.4 | 0.2 | 2.1 | 0.9 | 0.8 | | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| トッピング 肉 | 58.2 | 4.1 | 4.6 | 0.0 | 0.4 | 0.3 | | | ● | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | |
| トッピング コーン | 44.4 | 1.4 | 1.0 | 7.4 | 0.4 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トッピング 野菜 | 49.5 | 2.7 | 0.6 | 10.3 | 0.4 | 0.2 | | | □ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トッピング ワンタン | 74.6 | 4.5 | 1.0 | 11.6 | 0.6 | 0.4 | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | | |
| トッピング バター(11/28販売開始) | 44.3 | 0.0 | 4.9 | 0.1 | 0.0 | 0.1 | | ● | | | | | | | □ | | | | | | | | | | | | | | | | | | | | | |
| ソフトクリーム レギュラー | 233.3 | 4.7 | 9.4 | 32.5 | 1.3 | 0.4 | | ● | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | | □ | |
| カップソフトクリーム | 171.6 | 3.5 | 7.3 | 22.9 | 1.0 | 0.3 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | □ | |
| ソフトクリーム ミニ | 161.8 | 3.3 | 6.3 | 23.0 | 0.9 | 0.3 | | ● | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | | □ | |
| カップソフトクリーム ミニ | 114.4 | 2.3 | 4.9 | 15.3 | 0.6 | 0.2 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チョコクリーム | 214.7 | 4.1 | 8.3 | 30.9 | 1.1 | 0.3 | ● | ● | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | □ | □ | |
| ベリークリーム | 217.5 | 3.8 | 8.1 | 32.7 | 1.0 | 0.4 | ● | ● | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | □ | □ | |
| クリームぜんざい | 330.5 | 7.1 | 7.7 | 58.2 | 1.2 | 0.3 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カップクリームぜんざい | 297.3 | 6.3 | 7.1 | 51.9 | 1.1 | 0.3 | ● | ● | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | □ | □ | |
| あんみつ | 237.1 | 4.0 | 3.3 | 48.2 | 0.8 | 0.2 | | ● | □ | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| モンブランクリーム | 258.7 | 4.0 | 9.2 | 39.9 | 1.1 | 0.3 | ● | ● | ● | | | | | □ | | | | | | | | | | | | | | | | | | | | | | |
| プリンシューク | 296.1 | 7.1 | 11.0 | 42.2 | 1.8 | 0.3 | ● | ● | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| 鮭もなかぜんざいパフェ | 399.6 | 8.6 | 6.6 | 76.3 | 1.1 | 0.2 | | ● | □ | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| ★ 珈琲アフガート(11/28販売開始) | 261.4 | 4.1 | 7.9 | 44.3 | 1.1 | 0.3 | □ | ● | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| ★ 紅茶アフガート(11/28販売開始) | 258.4 | 3.8 | 7.9 | 43.7 | 1.0 | 0.3 | □ | ● | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| ※ メロンソーダフロート | 152.9 | 1.8 | 3.7 | 28.3 | 0.5 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ※ コーラフロート | 146.4 | 1.8 | 3.7 | 26.6 | 0.5 | 0.1 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ★ のむヨーグルト(10/28~11/3アプリ無料) | 275.6 | 9.9 | 10.1 | 35.9 | 2.1 | 0.5 | | ● | | | | | | | ● | | | | | | ● | | | | | | | | | | | | | | | |
| ★ トッピング ワンタン4個(11/4~11/10アプリ無料) | 59.8 | 3.6 | 0.8 | 9.3 | 0.4 | 0.3 | | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| ★ 蒸し鶏入りサラダ(11/11~11/17アプリ無料) | 71.7 | 6.4 | 2.9 | 5.5 | 0.8 | 0.6 | □ | □ | ● | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | |
| ラーメンこしょう | 390.0 | 8.9 | 8.3 | 69.8 | 0.8 | 0.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| おみやげ五目の素 | 313.6 | 14.2 | 17.1 | 25.6 | 10.2 | 9.3 | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| おみやげメンマ | 25.0 | 1.1 | 0.3 | 4.4 | 2.1 | 2.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| スガキヤラーメンの肉 | 742.0 | 29.2 | 64.8 | 2.4 | 6.8 | 5.6 | | | ● | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | |

<お客様へ> 調理・盛りつけ過程においては、アレルギー物質の2次的混入を防ぐために細心の注意を払っておりますが、絶対的なものではありません。重篤な方、過敏な方は十分にご理解・ご留意頂きますようお願い申し上げます。