

# Orders of 1 piece available just like a sushi restaurant

Only available at counter seats



1piece



Half Portion



Portion

Manno style

## The 3 Ways



We offer the three best ways to fully enjoy our quality beef!  
Only "Manno" beef professionals know!

The  
1st  
Way

### Simply Grilled

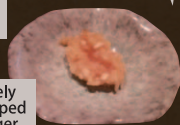
素焼き

With fish infused soy sauce, with "Kuro shichimi" or finely chopped wasabi or ginger.



Finely  
chopped  
wasabi

Please add extra seasoning to taste. "Kuro shichimi" (7 kinds of black pepper), finely chopped wasabi or ginger.

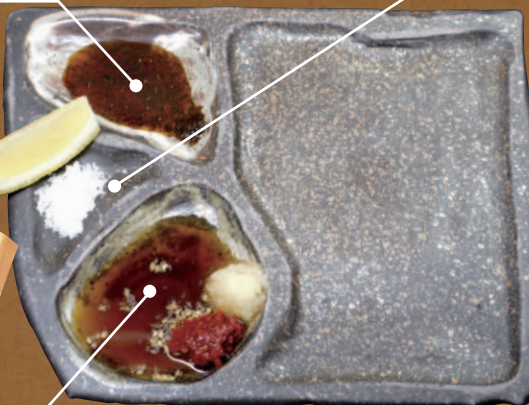


Finely  
chopped  
ginger

"Kuro shichimi"  
(7 kinds of  
black pepper)

For new guests, as recommended by us and "yakniku" (Japanese BBQ) lovers everywhere.

Our highly recommended special fish infused soy sauce has been produced by renowned soy sauce makers in Gunma for more than 140 years. Please grill the ingredients by itself and dip into soy sauce after its grilled.



The  
2nd  
Way

### Salted and Grilled

塩焼き

Naturally dried sea salt and black pepper

High quality natural sea salt really brings out the flavour.

Ishikawa prefecture is situated on the the Noto peninsula, central Japan. Our salt is painstakingly extracted from sea water by natural drying methods in Suzu city. We recommend this precious salt with freshly ground black pepper.

The  
3rd  
Way

### Grilled with Special Sauce

たれ焼き

Starving? For big eaters! Special sauce is best with rice!

Lightly marinated in a sweet sauce before cooking and served with a mildly light dipping sauce. A great combination. Recommended for guests who want to eat a lot of rice.

Our seasoning blender employs 310 season blending professionals. Our special beef dressing uses a light soy sauce, a fermented Chinese alcoholic beverage and apple vinegar which really brings out the flavour of our quality beef.



〇〇はありますか?

英 Can I have a 〇〇, please?



おしぼり

英 Moist hand towel



小皿

英 Small dish



コップ

英 Glass



茶碗

英 Bowl



つまようじ

英 Toothpick



ナイフ

英 Knife



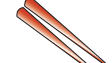
スプーン

英 Spoon



フォーク

英 Fork



箸

英 chopsticks

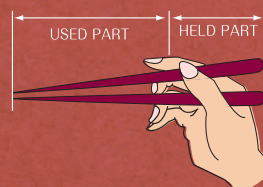


灰皿

英 Ashtray

### How to use chopsticks.

Place a chopstick between your thumb and index finger and touching the tip of your ring finger. Then hold the other chopstick with your thumb, index and middle fingers. Only move the top chopstick to pick up food.





# Thick Steaks **A**

**The best quality beef.**  
**Our special Japanese beef with bone**

"Wild" best describes these steaks. The meat near the bone is especially flavourful. Recently, well aged beef is becoming popular. However, we do not mature our beef for such long periods. We age our beef from 5 to 10 days and butcher carefully, thus keeping the best quality. We also offer 3 kinds of meat on the bone for you to enjoy. We grill and roast our beef perfectly to achieve the best flavour.



## **A-1** The best quality beef rib eye with bone (About 1 kg) (For 5-6 people)

極雌 骨付リブローズ (約1kg) (5~6人前)

Rib eye sliced through the bone and trimmed. Remove the bone before eating and enjoy it your way. Seasoned with only ground pepper and natural sun-dried sea salt. The most recommended way is to add fish infused soy sauce. If you need extra seasoning, 7 kinds of black pepper, finely chopped wasabi and finely chopped ginger are available.

**¥ 11,290**

**How about being  
a wild carnivore tonight?**

**Thick grilled steak orders take longer to cook.  
Please wait 30-40 minutes after ordering.**



## **A-2** Short ribs with bone (About 400g per plate) (For 3-4 people)

大きな骨だけカルビ (約400g) (3~4人前)

Grilled short ribs are popular in our family restaurant. With sauce is the best way. Please enjoy these sweet and delicious ribs with our special sauce. Bones available for take-out. Ask our staff to bag them for you.

**¥ 3,333**



## **A-3** Sirloin with bone (About 500g) (For 2-3 people)

骨付サーロイン (約500g) (2~3人前)

The best quality beef. Please enjoy our Japanese beef! The "L bone" part of the sirloin fat melts at low temperatures with an unmistakable aroma. A choice favourite among beef lovers. "Simple is the best." We take juicy thick steaks and cook them using our special techniques. Please cut to your required size and enjoy.

**¥ 7,979**



## **A-4** Lean meat (Orders of 100g-1kg available)

赤身肉 (約100g~1kg)

(Uchihira, Kamenokou, Tonbi, Sotohira, Rampu, Kurimi)  
High quality lean beef is beautifully tender and flavourful. First we offered these thick steaks as part of a set course. They became so popular we made them a la carte. Please try this deeply tasty meat cut.

**Price per 10g ¥ 140**



## **A-5** High quality lean meat (Orders of 100g-1kg available)

上赤身肉 (約100g~1kg)

(Ramushin, Hiuchi, Ichibo, Uwamono)  
Usually thought of as a precious cut and served in small portions, we serve it as a juicy thick steak. Meat may differ slightly depending on supplier and shipping. Recommended for feminine boys and powerful girls!

**Price per 10g ¥ 180**

※Prices exclude tax.



# GRILLED SLICED BEEF

## PREMIUM QUEEN'S BEEF

"Yakiniku" (Japanese BBQ) thick beef steaks are good but... Our high quality beef is sliced thinly so it cooks at a low temperature. Just the smell of beef makes you hungry. Try this new way to eat it.

### The best way to enjoy "Yakisuki" (Grilled wafer beef).

It's best to spread the thin slices of meat over the entire grid and roast them lightly and quickly for about five seconds on one side only.

To eat, dip this in the egg, which contains special dashi. In addition, you can add the leftover egg and special dashi to the accompanying mini rice portion.



**B**



#### **B-1 "Chimaki"** (Shank) チマキ

The fore and hind leg cuts. This meat is good for stewed and minced dishes as it has an intense taste and heavy texture.

¥1,000



#### **B-2 "Borisuke"** (Brisket) ブリスケ

The chest ribs. If it is sliced correctly, the lean meat and fat can be made into one delicious cut.

¥1,100



#### **B-3 "Akami"** (Lean meat) 赤身肉

We choose the best lean meat on the day from all 4 legs. Lean meat is good for a healthy diet as it is rich in iron and low in fat.

¥1,400



#### **B-4 "Riburosu"** (Rib eye) リブローズ

The king of beef. Served thinly sliced. Beautifully balanced marbled meat.

¥1,900

※Prices exclude tax.



“YAKINIKU” (JAPANESE STYLE BBQ)

# LEAN MEAT

Many different cuts of beef can be tried in our restaurant.



**C-1 "Kappa"**  
カッパ

The surface lean meat of the short ribs. Usually a little tough, so we score it to make it more tender.

**¥600**

Half Portion **¥320** 1 piece **¥160**



**C-2 "Karubi" With Bone**  
骨だけカルビ

Lean meat around the ribs, delicious in both fish and meat. Becoming more popular nowadays and eaten like tendon.

1 piece **¥320** 2 pieces **¥600**



**C-3 "Bara"**  
バラ

Boneless short ribs. The delicious "King of ribs"

**¥950**

Half Portion **¥500** 1 piece **¥250**



**C-4 "Buriske" (Brisket)**  
ブリスケ(肩バラ)

Becoming popular in recent times. Enjoy our thin sliced brisket cut.

**¥1,000**

Half Portion **¥530** 1 piece **¥270**



**C-5 "Karubi"**  
カルビ

The cut next to the "Harami" (Skirt). Delicious with an additive texture.

**¥1,100**

Half Portion **¥580** 1 piece **¥290**



**C-6 Lean Meat**  
赤身肉

The soft cut of the leg shank. The meat used for "Yukke" (Korean style raw beef dish).

**¥1,300**

Half Portion **¥680** 1 piece **¥340**



**C-7 Sirloin**  
ロース

The most popular cut for the BBQ. Well marbled meat is the best.

**¥1,500**

Half Portion **¥790** 1 piece **¥400**



**C-8 High Quality Lean Meat**  
上赤身肉

High quality delicious marbled leg shank meat. A repeat order favourite.

**¥1,600**

Half Portion **¥840** 1 piece **¥420**



**C-9 Extra Marbled "Karubi"**  
大とろカルビ

"Kainomi", "Furanku", "Hedo Bara". The softest, most delicious cuts.

**¥1,800**

Half Portion **¥950** 1 piece **¥480**



**C-10 High Quality Sirloin**  
上ロース

We use the best quality sirloin, of course.

**¥1,800**

Half Portion **¥950** 1 piece **¥480**

1 piece orders only available at counter seats.

※Prices exclude tax.



# Fresh offal prepared the same morning **D**

## **D-1** Today's assorted plate of offal

(3 different kinds every day)

日替ホルモン盛合せ (3種)

Assorted offal differs daily as we strive to offer you the freshest available on the day.

**¥1,800**



## **D-2** "Mino" (First stomach)

ミノ (第一胃袋)

Scored along the thin part to make it easier to eat. "Mino" is a really sweet tasty part.

**¥500**

Half Portion **¥270** 1piece **¥140**



## **D-3** "Haramisuji" (Diaphragm tendon)

ハラミスジ (横隔膜筋)

Loved by tendon fans. The tendon along the skirt steak cut.

**¥500**

Half Portion **¥270** 1piece **¥140**



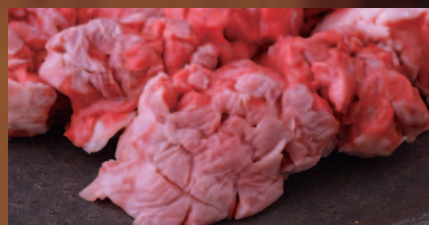
## **D-4** "Gyu Mame" (Kidney)

牛マメ (腎臓)

Fresh "Mame" is unique. Delicious but very pungent. You have been warned! Loved by meat enthusiasts. Give it a try.

**¥500**

Half Portion **¥270** 1piece **¥140**



## **D-5** "HukuZEN" (Lung)

フクゼン (肺)

Cow lung. A beautiful pink colour and marshmallow textured light taste.

**¥500**

Half Portion **¥270** 1piece **¥140**



## **D-6** "Tecchan" (Large intestine)

テッチャン (大腸)

A chewier textured tastier part of the large intestine than "Shimachou". Cut thinly for easier eating.

**¥500**

Half Portion **¥270** 1piece **¥140**



## **D-7** "Kobukuro" (Womb)

コブクロ (子宮)

Cow womb. Very difficult to find fresh. You're lucky if you can find it!

**¥500**

Half Portion **¥270** 1piece **¥140**



## **D-8** "Nekutai" (Esophagus)

ネクタイ (食道)

Cow esophagus. A chewy textured lean part. A little chewy but delicious.

**¥500**

Half Portion **¥270** 1piece **¥140**



## **D-9** "Kokoro" (Heart)

ココロ (心臓)

We use fresh "Kokoro" (heart) both raw and grilled. The freshest "Kokoro" has no odor at all.

**¥500**

Half Portion **¥270** 1piece **¥140**



## **D-10** "Korikori" (Aorta)

コリコリ (大動脈)

The main heart artery. A plain tasting part, low in calories with a popular texture. Good with all types of seasoning.

**¥650**

Half Portion **¥350** 1piece **¥180**



## **D-11** Exquisitely Fresh Liver

超新鮮レバー (肝臓)

Freshness is the most important thing for good liver. The sweetness and flavour of really fresh liver is amazing. Recommended!

**¥650**

Half Portion **¥350** 1piece **¥180**



## **D-12** "Kotecchan" (Small intestine)

こてっちゃん (小腸)

Broil lightly and taste the difference of this sweet cut. Please broil lightly. You will taste the difference.

**¥650**

Half Portion **¥350** 1piece **¥180**

1 piece orders only available at counter seats.

※Prices exclude tax.



# Fresh offal prepared the same morning **D**



**D-13 "Abushin"** (Fatty heart cut)  
脂心(心臓)

Juicy sweet fat with lightly flavoured heart meat make a great pair. Among the 5 most popular cuts at present.

**¥650**

Half Portion **¥350** 1piece **¥180**



**D-14 "Akasen"** (Fourth stomach)  
アカセン(第四胃袋)

Known as "Giara" in the Kanto area (east of Japan). It's smokey, sweet aroma makes it a popular cut.

**¥650**

Half Portion **¥350** 1piece **¥180**



**D-15 "Urute"** (Adam's apple)  
ウルテ(喉骨)

Rich in calcium. As the picture shows, the surface is heavily scored for easy eating. We personally recommend this part well done.

**¥650**

Half Portion **¥350** 1piece **¥180**



**D-16 "Tsurami"** (Cheek meat)  
ツラミ(頬肉)

A chewy part, scored for easy eating.

**¥650**

Half Portion **¥350** 1piece **¥180**



**D-17 "Senmai"** (Third stomach)  
センマイ(第三胃袋)

How easily it can be turned inside out is an indication of it's freshness. Before cooking, soaking in iced water accentuates texture and flavour.

**¥650**

Half Portion **¥350** 1piece **¥180**



**D-18 "Mino Sando"** (First stomach)  
ミノサンド(第一胃袋)

A rare, fatty nutritious part between the stomachs.

**¥650**

Half Portion **¥350** 1piece **¥180**



**D-19 "Hohozuri"** (Lower cheek)  
ホホズリ(頬下)

The cut next to the chin. Similar to chicken gizzard in texture and taste. A prized cut. Each cow produces enough for no more than a 2 person serving.

**¥650**

Half Portion **¥350** 1piece **¥180**



**D-20 "Korikori Tan"** (Edge of the tongue)  
コリコリタン(舌下)

The edge of the tongue is the toughest part so we score the surface for easy eating.

**¥650**

Half Portion **¥350** 1piece **¥180**



**D-21 "Marucho"** (Small intestine)  
丸腸(小腸)

A circular shape part of the intestine. Possibly originating from Kyushu. Intensely delicious.

**¥850**

Half Portion **¥450** 1piece **¥230**



**D-22 "Jou Akasen"** (Fourth stomach)  
上アカセン(第四胃袋芯)

A thick, strong tasting part taken from the "Akasenmai" (fourth stomach)

**¥850**

Half Portion **¥450** 1piece **¥230**



**D-23 "Jo Tecchan"** (Large intestine)  
上てっちゃん(大腸)

A prized part to some. Also known as "Shimacho" and "Toro horumon."

**¥850**

Half Portion **¥450** 1piece **¥230**



**D-24 "Gurensu"** (Pancreas)  
グレンス(膵臓)

A less flavourful part with and interesting rich texture. Experiencing a popularity boom right now!

**¥850**

Half Portion **¥450** 1piece **¥230**

1 piece orders only available at counter seats.

※Prices exclude tax.



# Fresh offal prepared the same morning **D**



**D-25 "Jo Mino"** (First stomach)  
上ミノ(第一胃袋芯)

High quality Japanese "Mino" is pink in colour. Thin cuts along the surface let the flavour out.

¥850 **Half Portion** ¥450 **1piece** ¥230



**D-26 "Hachinosu"** (Second stomach)  
ハチノス(第二胃袋)

Literally all guests instantly love this with their first taste. Originally a dark offal, the preparation changes it to a creamy colour.

¥850 **Half Portion** ¥450 **1piece** ¥230



**D-27 "Mimikuri"** (Base of the ear)  
ミミクリ(耳元)

A cut from the base of the ear. A meaty texture. A fairly new cut with a nice fatty part.

¥850 **Half Portion** ¥450 **1piece** ¥230



**D-28 "Biwa Harami"** (Hanging diaphragm)  
ビワハラミ(サガリ)

One of the two parts that make up "Harami" (skirt). A succulent, juicy, appealing cut.

¥1,400 **Half Portion** ¥740 **1piece** ¥370



**D-29 "Jo Harami"** (Diaphragm, skirt)  
上ハラミ(横隔膜)

Did you know "Harami" (skirt) is offal? It's one of the three most popular cuts along with "Karubi" and "Sirloin".

¥1,500 **Half Portion** ¥780 **1piece** ¥390



**D-30 "Harami"** (Diaphragm, skirt)  
ハラミ(横隔膜)

This is America's highest-quality beef, matching Japanese beef on taste, juiciness and softness.

¥1,000 **Half Portion** ¥530 **1piece** ¥270



**D-31 "Jo-Tan"** (High quality tongue centre)  
上タン(舌中)

Always a high selling cut. Rare or well done, both great.

¥1,100 **Half Portion** ¥580 **1piece** ¥290



**D-32 Very Thick Tongue** (Centre of the tongue)  
極厚タン(舌中)

A thick cut taken from the centre of the tongue. A satisfyingly large portion.

¥1,300

1 piece orders only available at counter seats.

※Prices exclude tax.



# Assorted fresh raw beef E



## E-1 Assorted appetizers and raw beef

前菜とお刺身の盛合せ

Amazing freshness! We aim to prepare quickly. Please savour it's sweet delicious flavour.

¥2,000



## E-2 "Kokoro" (Heart)

ココロ刺し

¥600



## E-3 "Senmai" (Third stomach)

生センマイ

¥600



## E-4 "Harami" (Skirt)

和牛ハラミ刺し

¥1,300



## E-5 Beef Tongue Sashimi

牛タンのお刺身

¥1,700



## E-6 "Surendo"

(Raw Japanese beef and egg yolk)

和牛スレンド

¥880



## E-7 "Surendo" (Raw Japanese beef and egg yolk) with grated yam

和牛月見とろろスレンド

¥930



## E-8 Gokumen Grilled Carpaccio

極雌の炙りパッチョ

¥850



## E-9 Plenty Vegetable and Rare Steak Carpaccio

たっぷり野菜のレアステーキカルパッチョ

¥1,300



## E-10 Beef Tongue Yukhoe

牛タンユッケ

¥1,500

## What is "Surendo?"

"Surendo" is sliced raw lean meat with a light sweet sauce. A really popular dish.



## Dear guests who order raw dishes

Even though we take every care to prepare fresh quality dishes, would the following people please be mindful when ordering those containing raw meat.

●People who don't usually eat raw food. ●People with existing health issues. ●Elderly people and small children

# A la carte F



## F-1 Japanese minced beef patty

和牛つくねハンバーグ

¥600



## F-2 Japanese beef ajillo

和牛のアヒージョ

¥850



## F-3 Ahijo with full of Ingredients

具沢山のアヒージョ

¥800



## F-4 "Saiboshi" (smoked horse meat)

サイボシ (馬肉の燻製)

¥580



## F-5 Grilled brand bacon from Miyazaki prefecture.

宮崎完熟豚の本物ベーコン

¥600

## F-6 Golden Stew Of Extremely Tender Beef Tendon

牛すじのとろとろ黄金煮

¥480

※Prices exclude tax.



# Vegetables G



**G-1 Chef's salad**  
シェフズサラダ ¥800



**G-2 Assorted sausage**  
ソーセージ盛合せ  
6 sausages ¥900 3 sausages ¥530

**G-3 Cheese sausage**  
チーズソーセージ 2 sausages ¥380

**G-4 Garlic sausage**  
ガーリックソーセージ 2 sausages ¥380

**G-5 Thick sausage**  
(coarse ground and seasoned)  
粗挽きソーセージ 2 sausages ¥380



**G-6 Egoia Perilla Seed Oil**  
Mixed Sprout And Citrus Salad  
エゴマオイルのsproutとシラスのサラダ ¥700



**G-7 Coriander and sesame leaf salad**  
大人のパクチーとゴマの葉サラダ ¥600



**G-8 Leek salad**  
葱サラダ ¥500



**G-9 Mannoya Special Potato Salad**  
萬野屋スペシャルポテトサラダ ¥580



**G-10 Wild mashed potatoes**  
男のポテトサラダ ¥380



**G-11 Best Matching Of Garlic Chives And Cucumber**  
ニラと胡瓜のベストマッチ ¥450



**G-12 Shiitake Anchovy Olive**  
椎茸アンチョビオリーブ ¥450



**G-13 Shiitake**  
椎茸 ¥350



**G-14 Grilled garlic with oil**  
にんにくオイル焼 ¥350



**G-15 Grilled seasonal vegetables**  
季節の焼き野菜 (各種) ¥300~



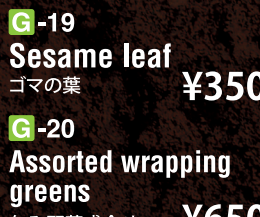
**G-16 Assorted grilled seasonal vegetables**  
旬の焼き野菜盛合せ ¥700~



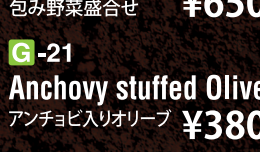
**G-17 Cabbage**  
キャベツ ¥280



**G-18 Wild lettuce**  
チシャ菜 ¥350



**G-19 Sesame leaf**  
ゴマの葉 ¥350



**G-20 Assorted wrapping greens**  
包み野菜盛合せ ¥650



**G-21 Anchovy stuffed Olive**  
アンチョビ入りオリーブ ¥380



**G-22 Bean sprout appetizer**  
もやしナムル ¥300



**G-23 Korean style spicy pickled cabbage**  
白菜キムチ ¥400



**G-24 Korean style spicy pickled white radish**  
大根キムチ ¥400



**G-25 Korean style spicy pickled cucumber**  
胡瓜キムチ ¥400



**G-26 Assorted Korean appetizers**  
ナムル盛合せ ¥600



**G-27 Assorted Korean pickles**  
キムチ盛り合わせ ¥750

※Prices exclude tax.



# SOUP & RICE



## H-1 Assorted beef sushi platter

お寿司盛合せ

Fresh lightly broiled Japanese beef with our special suishi rice  
Highly recommended.

4 pieces **¥1,400**



## H-2 Oofurumai Ribeye Steak

大盤振る舞いリブコース  
1 piece **¥1,000**



## H-3 Oofurumai Red Meat

大盤振る舞い 赤身

1 piece **¥800**



## H-4 Oofurumai Brisket

大盤振る舞い ブリスケ

1 piece **¥600**

## H-5 Broiled red meat sushi

赤身炙り握り寿司 1 piece **¥350**

## H-6 Broiled brisket sushi

ブリスケ炙り握り寿司 1 piece **¥350**

## H-7 Raw beef and egg yolk sushi

スレンド軍艦寿司 1 piece **¥350**

## H-8 Broiled thin sliced beef tongue sushi

牛トロ炙り握り寿司 1 piece **¥450**

寿司



## H-9 Egg soup

玉子スープ **¥400**



## H-10 Seaweed soup

わかめスープ **¥400**



## H-11 Bean sprout soup

もやしスープ **¥400**



## H-12 Egg and seaweed soup

玉子&わかめスープ **¥500**



## H-13 Soft beef tripe soup

あぶらかすスープ **¥500**



## H-14 Korean style beef tendon and leek soup

すじ葱スープ **¥600**



## H-15 Korean spicy soup with beef and vegetables

ユッケジャンスープ **¥750**



## H-16 Beef tail soup

テールスープ **¥1,000**



## H-17 Noodles with soft beef tripe

あぶらかすラーメン **¥600**



## H-18 Korean style chilled noodles

冷麺 **¥650**



## H-19 Korean spicy noodle soup with beef and vegetables

ユッケジャンラーメン **¥850**



## H-20 "Kuppa" (Korean style risotto)

クッパ **¥550**



## H-21 Japanese minced beef with soy sauce on rice

和牛そぼろ丼 **¥450**



## H-22 Rare sliced beef on rice with egg yolk and leek

牛トロレアステーキ丼 **¥1,500**



## H-23 Korean rice bowl "Bibimba" with chopped vegetables and beef

ビビンバ **¥600**



## H-24 Secret Beef Soup

秘伝の肉吸い **¥800**



## H-25 Ishi Yaki Garlic Rice

石焼ガーリックライス **¥500**



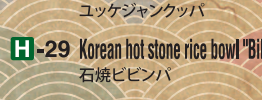
## H-26 Mini Beef Curry Made From Professional Spice Division

プロ香辛料師が作ったミニ・ビーフカレー **¥780**



## H-27 Tail soup risotto

テールクッパ **¥1,200**



## H-28 Korean spicy soup risotto with beef and vegetables

ユッケジャンクッパ **¥850**



## H-29 Korean hot stone rice bowl "Bibimba" with chopped mixed vegetables and beef

石焼ビビンバ **¥980**



## H-30 Raw Japanese beef and egg yolk on rice

和牛スレンド丼 **¥1,000**

## H-31 Rice

ライス S **¥200** M **¥250** L **¥300**

※Prices exclude tax.