# すし上等！　カロリー・アレルゲン情報　一覧表

更新日　2020年6月1日
（東日本・東海）

※お問い合わせ先
【お客様相談室】フリーダイヤル
0120-594-096

①カロリー情報は、原則として検査機関で分析した数値です。(一部の食材については、五訂日本食品標準成分表による計算値です。)
　また、店舗でひとつひとつ手作りしているため、実際の商品では数値に誤差が出る場合もございますので、あくまでも『目安』として表示しております。
②アレルギー情報は、商品の原材料についてのものです。
　ただし、工場での食材製造時や店舗での調理時に多くの食材を扱いますので、他の食材が付着・混入する可能性があり、絶対的なものではありません。
　下記表の ●印は原材料としてアレルゲンが含まれるものを表します。
※『銀のさら』『釜寅』『すし上等！』店舗では卵、乳、小麦、えび、かに、そばを含む商品を調理しています。
※ネタの交換をご希望された場合は、カロリー情報・アレルギー情報は変わります。
※ご購入の際は、専門医とご相談のうえ、お客様ご自身が最終的にご判断下さい。
※切玉子を含む桶商品は、切玉子を含めてカロリーを計算しています。
※切玉子、しゃり、ガリ、おしょうゆにつきましては、最終頁をご覧下さい。

## すし上等！　メニュー一覧

| | 商品名 | 対象人数 | 貫数 | カロリー(kcal) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | | 卵 | 乳 | 小麦 | そば | 落花生 | あわび | いか | いくら | えび | オレンジ | かに | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | バナナ | ゼラチン | ゴマ | カシューナッツ |
| 桶(5人前～1人前)<br>5人前～3人前はガリ30gを含む<br>2人前はガリ20gを含む<br>1人前はガリ10gを含む | 桜 | 1人前 | 10 | 570 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2人前 | 20 | 1,136 | | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | | |
| | | 3人前 | 30 | 1,703 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4人前 | 40 | 2,269 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 5人前 | 50 | 2,835 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 梅 | 1人前 | 9 | 551 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2人前 | 18 | 1,098 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 27 | 1,646 | ● | | ● | | | | ● | | ● | | | | | | ● | ● | ● | | | | | | | | | | |
| | | 4人前 | 36 | 2,193 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 5人前 | 45 | 2,741 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 桃 | 1人前 | 11 | 789 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 2人前 | 22 | 1,574 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 3人前 | 33 | 2,359 | ● | | ● | | | | ● | | ● | | | | | | ● | | ● | | | | | | | | | ● | |
| | | 4人前 | 44 | 3,144 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 5人前 | 55 | 3,929 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牡丹 | 1人前 | 10 | 618 | | | ● | | | | | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | ● | |
| | 向日葵 | 1人前 | 10 | 1,423 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | ● | |
| | 大人プチ | 0.5人前 | － | 324 | | | ● | | | | ● | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| 丼 | 上海鮮丼 | 1人前 | － | 423 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 上海鮮丼_ダブル | 1人前 | － | 781 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| | うな丼 | 1人前 | － | 695 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | ● | |
| | うな丼_ダブル | 1人前 | － | 887 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | ● | |
| | ネギトロ丼 | 1人前 | － | #N/A | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ネギトロ丼_ダブル | 1人前 | － | 878 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | サーモンイクラ丼 | 1人前 | － | 669 | ● | | ● | | | | | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| | サーモンイクラ丼_ダブル | 1人前 | － | 806 | ● | | ● | | | | | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| | 海鮮ちらし | 1人前 | － | 673 | ● | | ● | | | | ● | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| | 海鮮ちらし_ダブル | 1人前 | － | 1,000 | ● | | ● | | | | ● | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| | あなご丼 | 1人前 | － | 647 | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | あなご丼_ダブル | 1人前 | － | 766 | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 三宝丼 | 1人前 | － | 664 | ● | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | | ● | | | | |
| | 三宝丼_ダブル | 1人前 | － | 865 | ● | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | | ● | | | | |
| | いくら三昧 | 1人前 | － | 864 | ● | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | | ● | | | | |
| | いくら三昧_ダブル | 1人前 | － | 1,195 | ● | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | | ● | | | | |
| | 極上ちらし | 1人前 | － | 878 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| | 極上ちらし_ダブル | 1人前 | － | 1,143 | ● | | ● | | | | ● | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| | トロ鉄火丼 | 1人前 | － | 799 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | トロ鉄火丼_ダブル | 1人前 | － | 1,088 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |

| | 商品名 | 対象人数 | 貫数 | カロリー(kcal) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | | 卵 | 乳 | 小麦 | そば | 落花生 | あわび | いか | いくら | えび | オレンジ | かに | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | バナナ | ゼラチン | ゴマ | カシューナッツ |
| 肉丼 | しょうが焼き丼 | 1人前 | - | 843 | ● | | ● | | | | | | | | | | | | | | ● | | ● | | | | | | | ● | |
| | しょうが焼き丼_ダブル | 1人前 | - | 1,183 | ● | | ● | | | | | | | | | | | | | | ● | | ● | | | | | | | ● | |
| | 竜田揚げ丼 | 1人前 | - | 851 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | 竜田揚げ丼_ダブル | 1人前 | - | 1,157 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | 合鴨丼 | 1人前 | - | 600 | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 合鴨丼_ダブル | 1人前 | - | 698 | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| すしキッズ | A | 1人前 | 7 | 458 | | | ● | | | | | ● | ● | | | | | | ● | ● | ● | ● | | | | | ● | | | | |
| | B | 1人前 | 5.5 | 521 | ● | | ● | | | | | | ● | | | | | | | ● | ● | ● | | | | | | | | ● | |
| お得なセット盛り<br>ガリ10gを含む | マグロづくし | 1人前 | 3 | 203 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | 貝づくし | 1人前 | 3 | 153 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | イクラ・ウニ | 1人前 | 4 | 219 | | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | | ● | | | | |
| | エビづくし | 1人前 | 3 | 138 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | |
| | イカ2種盛り | 1人前 | 2 | 95 | | | ● | | | | ● | | | | | | | | | | ● | | | | | | | | | | |
| | 中トロ4貫 | 1人前 | 4 | 323 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 中トロ握り・トロ鉄火巻セット | 1人前 | 4 | 423 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 細巻3本セット | 1人前 | - | 546 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 助六 | 1人前 | - | 722 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | さば棒寿司＜8コ＞ | 8個 | - | 942 | | | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | | |
| サイドメニュー | 手羽先(甘辛)2本 | - | - | 170 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | |
| | 手羽先(甘辛)4本 | - | - | 340 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | |
| | おだまき蒸し<br>うどん入り特大茶碗蒸し | 1食 | - | 148 | ● | | ● | | | | | | ● | | | | | | | | ● | ● | | | | | | | | | |
| | 海鮮茶碗蒸し | 1食 | - | 89 | ● | ● | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 茶碗蒸し | 1食 | - | 65 | ● | | ● | | | | | | ● | | | | | | | | ● | ● | | | | | | | | | |
| | カップみそ汁(あさり) | 1食 | - | 75 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | カップ赤だし(あさり) | 1食 | - | 82 | | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 竜田揚げ5個(ぽん酢) | 1食 | | 286 | | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | 竜田揚げ5個(タルタル) | 1食 | | 408 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | 竜田揚げ10個(ぽん酢) | 1食 | | 572 | | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | 竜田揚げ10個(タルタル) | 1食 | | 816 | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | 竜田揚げ2個 | 1食 | | 106 | | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | フォンダンショコラ | 1食 | | 398 | ● | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | ベリーストロベリーアイス | 1食 | | 148 | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ぶっかけうどん | 1食 | | 223 | | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | ぶっかけうどん(温玉付き) | 1食 | | 313 | ● | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | わらびもち<br>＜黒みつ付＞ | 1個 | - | 196 | ● | ● | ● | | | | | | ● | | | | | | | | ● | ● | | | | | | | | | |
| | お茶 | 1本 | - | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トッピング | 温泉玉子 | - | - | 90 | ● | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | | ● | | | | |
| | イクラ | - | - | 51 | | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | ● | ● | | | | |
| | 味付とろろ | - | - | 23 | | | ● | | | | | | | | | | | | | ● | ● | | | | | ● | | | | | |
| | ネギトロ | - | - | 231 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| お好み寿司<br>握り<br>ガリを含めない | いなり | - | 1 | 122 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | イカ | - | 1 | 46 | | | | | | | ● | | | | | | | | | | ● | | | | | | | | | | |
| | ゲソ | - | 1 | 46 | | | ● | | | | ● | | | | | | | | | | ● | | | | | | | | | | |
| | あなご | - | 1 | 56 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 玉子 | - | 1 | 82 | ● | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 炙りさわら | - | 1 | 53 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 合鴨 | - | 1 | 51 | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | エビ | - | 1 | 50 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | |
| | 北海道トロしめさば | - | 1 | 86 | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | こはだ | - | 1 | 60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | ネギトロ | - | 1 | 68 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | エビマヨ | - | 1 | 61 | ● | | ● | | | | | | ● | | | | | | | | ● | | | | | | | | | | |
| | マグロ | - | 1 | 2 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | サーモン | - | 1 | 67 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | 炙りサーモン | - | 1 | 67 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | 炙りマヨサーモン | - | 1 | 73 | ● | | ● | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | づけマグロ | - | 1 | 82 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | ● | |
| | 甘エビ | - | 1 | 48 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | |
| | エンガワ | - | 1 | 65 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 生エビ | - | 1 | 47 | | | | | | | | | ● | | | | | | | | ● | | | | | | | | | | |
| | 北海道ホタテ | - | 1 | 51 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | ツブ貝 | - | 1 | 47 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 鮭イクラ | - | 1 | 53 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 熟成金目鯛 | - | 1 | 58 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 赤貝 | - | 1 | 51 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |

| | 商品名 | 対象人数 | 貫数 | カロリー(kcal) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 卵 | 乳 | 小麦 | そば | 落花生 | あわび | いか | いくら | えび | オレンジ | かに | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | バナナ | ゼラチン | ゴマ | カシューナッツ |
| | イクラ | ー | 1 | 59 | | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | | ● | | | | |
| | 中トロ | ー | 1 | 80 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ウニ | ー | 1 | 49 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 細巻<br>ガリを含めない | かっぱ巻 | 1本 | ー | 159 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 納豆巻(ネギなし) | 1本 | ー | 194 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | かんぴょう巻 | 1本 | ー | 175 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 鉄火巻 | 1本 | ー | 189 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | トロ鉄火巻 | 1本 | ー | 260 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |

| | 商品名 | 対象人数 | 貫数 | カロリー(kcal) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 卵 | 乳 | 小麦 | そば | 落花生 | あわび | いか | いくら | えび | オレンジ | かに | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | バナナ | ゼラチン | ゴマ | カシューナッツ |
| 手巻 | ネギトロ手巻 | 1本 | － | 228 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | |
| | 鉄火手巻 | 1本 | － | 174 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 穴きゅう手巻 | 1本 | － | 205 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | サーモン手巻 | 1本 | － | 213 | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | |
| | 納豆手巻 | 1本 | － | 214 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | イクラ手巻 | 1本 | － | 207 | | | ● | | | | | ● | | | | | | | | ● | ● | ● | | | | | ● | | | | | |
| | うな手巻 | 1本 | － | 227 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | ● | | |
| | かんぴょう玉子手巻 | 1本 | － | 219 | ● | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | ● | | |
| | イカ納豆手巻 | 1本 | － | 201 | | | | | | | ● | | | | | | | | | | ● | | | | | | | | | | | |
| | ネギマヨサーモン手巻 | 1本 | － | 234 | ● | | ● | | | | | | | | | | | | ● | | ● | | | | | | | | | | | |
| | カモたく手巻 | 1本 | － | 182 | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | トロたく手巻 | 1本 | － | 274 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | サーモンイクラ手巻 | 1本 | － | 205 | | | ● | | | | | ● | | | | | | | ● | ● | ● | ● | | | | | ● | | | | | |

※お好み寿司の握りのカロリーアレルゲン表には、ガリを含めておりません。

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | しゃり 21g | | 1 | 38 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ガリ 10g(1人前) | | － | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ガリ 20g(2人前) | | － | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ガリ 30g(3～5人前) | | － | 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おしょうゆ | 1袋 | － | 8 | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | | |