



Let's have breakfast everyday!

# Quick and Easy Breakfast Recipes



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# Introduction

In this recipe collection, you will find some ideas and recipes to help you develop a habit for eating breakfast.

Eating breakfast has the following effects.

- ①It regulates the body's daily rhythm and help wake up your body.
- ②It raises your body temperature and allows you to move more energetically.
- ③It supplies glucose, the energy source for the brain.

On the other hand, continuing to miss breakfast can lead to the following problems.

- ①It leads to snacking and bingeing during lunch and dinner.  
This results in a higher daily energy intake.
- ②A decrease in the number of meals leads to an increase in the synthesis of triglycerides and cholesterol in the liver.

Breakfast plays a very important role in physical condition management and body building.

Why don't you start with what you can do?



This recipe collection can be found on the Sapporo City Kita-ku website, "Quick and Easy Breakfast Recipes".

## Prepare something ready to eat.

The following items can be prepared in advance for easy eating.

<b>Staple foods</b>  Foods that contain a lot of carbohydrates	Rice (frozen rice balls), bread, cereal, cup noodles, nutritional supplements, bananas 
<b>Main dishes</b>  Foods that contain a lot of protein	Sausage, fish sausage, eggs, natto (fermented soybeans), tofu, cheese, milk, yogurt, drinking yogurt, soy milk, salad chicken, frozen foods (edamame (green soybeans) and meat and fish side dishes) 
<b>Side dishes</b>  Foods rich in vitamins minerals Foods rich in dietary fiber	Vegetable juice, 100% fruit juice, commercial smoothies, fruits, cherry tomatoes, cucumbers, instant soups (tomato/corn soup, etc.), frozen foods (vegetable side dishes) 

## Let's make breakfast a morning routine.

It can be hard to think of a menu for every breakfast. So, if you standardize your menu and reduce the burden of thinking, it will be easier to make it a habit.

In this recipe collection, you will find short, easy, and affordable recipes and sample weekly menus. Why don't you think about creating your own "my standard breakfast" by referencing the sample menus?

# ★Let's make breakfast! ~Short, Easy, Affordable Recipes~

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The menu items in this recipe collection can be made for less than 100 yen per dish!

※All recipes include [a reference price] for one serving.

The prices are calculated based on the prices of nearby stores in the North Health Center neighborhood store price as of February 2021.



### A quick and easy way to make your cooking easier

- Use the microwave oven efficiently.
- Use of cut vegetables, instant foods, canned foods, etc.
- Use aluminum foil and plastic bags to reduce cleanup time.
- Use frozen storage.



※ The cooking times given in each recipe are approximate.

※ If you don't have a measuring spoon, you can use a curry spoon for the tablespoon and a teaspoon for the teaspoon.

# ★Example of my standard breakfast for a week —p.13~14

## 【Notes on cooking and storage】

- Wash your hands with soap and water before cooking.
- Do not leave cooked foods at room temperature, but eat them immediately.
- When making leftover food, store it in the refrigerator as soon as possible after it has cooled, and eat it as soon as possible or freeze it.
- To prevent food poisoning, always reheat leftover food before eating.

※Here are some things to keep in mind when reheating

- Heat the food thoroughly to the center (center temperature should be at least 75 degrees Celsius for at least one minute or more).
- Bring miso soup and other soups to a boil.
- When heating in a microwave oven, stir occasionally to ensure even heating.



# 1. Side dish for rice

With only a few ingredients and no mistakes in seasoning! Anyone can make it tasty.  
Just add a few ingredients to make it more satisfying!



Egg(44yen)



Natto(50yen)



Salmon flakes  
(69yen)



Ochazuke  
(63yen)



Kimchi  
(70yen)



Tuna mayo  
(72yen)



Nametake  
(40yen)



Canned mackerel stewed in miso  
(68yen)



Baked seaweed  
(34yen)



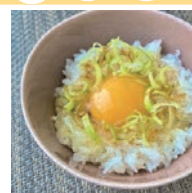
Broiled and Seasoned Canned Saury  
(101yen)

## Simple arrangements of standard rice dishes

Add a little to raw egg on rice !



Dried bonito flakes  
(47yen)



Japanese Leek  
(50yen)



Salted kelp  
(54yen)



Nametake  
(55yen)



Frozen spinach  
(49yen)



Frozen okra  
(50yen)



Grated garlic  
(47yen)



Baked seaweed  
(48yen)

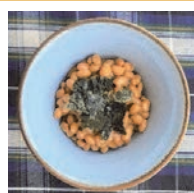


Mekabu  
(68yen)



Shirasu  
(91yen)

Add a little to natto !



Baked seaweed  
(53yen)



Grated radish  
(53yen)



Radish sprouts  
(60yen)



Shredded dried plum  
(72yen)



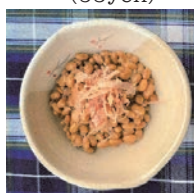
Frozen okra  
(61yen)



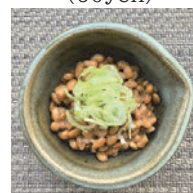
Shirasu  
(73yen)



Shibazuke  
(59yen)



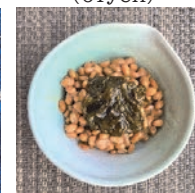
Dried bonito flakes  
(55yen)



Japanese Leek  
(55yen)



Egg yolk  
(65yen)



Mekabu  
(66yen)



Nametake  
(60yen)

## 2. Dishes using bread

Breads and bread rolls can be arranged in a variety of ways by adding ingredients to them. And, when toasting bread in a toaster oven, lay out a sheet of aluminum foil and place the bread on it to minimize the mess on the plate! It will also save you from having to wash dishes.

### 【Recommended ingredients】

Mixed vegetables (frozen), instant soup, natto (fermented soybeans), shirasu (baby sardines), canned fish (tuna, mackerel), eggs, ham, sausage, melted cheese, etc.



### Pizza-style toast    Cooking time 3 minutes

#### 【Ingredients (for 1 person)】

Bread…1 slice	Ham…1 slice
Ketchup…as needed	Melted cheese…1 piece
Mayonnaise…as needed	(or pizza cheese)

#### 【How to make】

1. Spread ketchup and mayonnaise on bread and top with ham and cheese.
2. Bake in a toaster oven until browned.

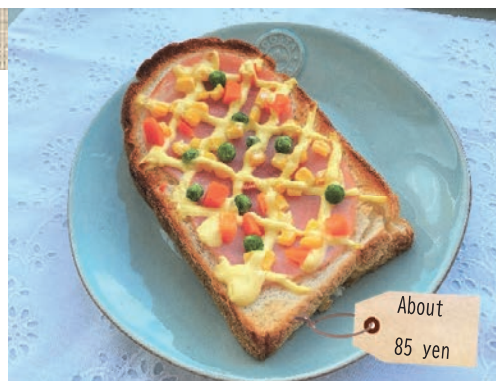
### Veggie ham toast    Cooking time 3 minutes

#### 【Ingredients (for 1 person)】

Bread…1 slice	Ham…2 slices
Mixed vegetables (frozen)…2 tablespoons or more	
Mayonnaise…as needed	

#### 【How to make】

1. Place the ham on the bread and sprinkle the frozen mixed vegetables on top.  
Sprinkle with mayonnaise as desired.
2. Bake in a toaster oven until browned and crispy.



### Natto cheese toast    Cooking time 3 minutes

#### 【Ingredients (for 1 person)】

Bread…1 slice	Natto…1 package (with sauce)
Melted cheese(or pizza cheese)…1 piece	
Dried green laver(or dried bonito flakes)…as needed	

#### 【How to make】

1. Mix the natto with the sauce provided.  
If no sauce is provided, add a little soy sauce.
2. Put the cheese and natto on the bread and bake in a toaster oven until browned.
3. Sprinkle with dried green laver. If you like it thick, you can add mayonnaise before baking.





About  
48 yen

Easy to make in  
the microwave!

## French toast

Cooking time 3 minutes

【Ingredients (for 1 person)】

Bread...1 slice

Egg...1

Milk (or soy milk)...100ml

Sugar...1 tablespoon

【How to make】

1. Crack the egg into a deep heatproof dish (or a large mug). Then add the milk and sugar and mix.
2. Tear the bread into bite-sized pieces by hand and put them in the deep heatproof dish, mixing so that the liquid from the eggs soaks into the bread.
3. Heat in a microwave oven (600W) for 2 minutes and 30 seconds without wrapping.

## Bread soaked in soup

Cooking time 1 minute

【Ingredients (for 1 person)】

Bread...1 slice (or 2 bread rolls)

Instant soup...1 serving

Boiling water...as indicated on soup package

【How to make】

1. Put instant soup in a cup and pour boiling water and mix well.
  2. Soak the bread.
- ※You can also dip the bread in it if you like.



About  
74 yen



About  
81 yen

## Sausage roll

Cooking time 3 minutes

【Ingredients (for 1 person)】

Bread rolls (plain)...2 pieces

Sausage...2

Ketchup...as needed

【How to make】

1. Cut a slit in the middle of each bread roll.
2. Place aluminum foil in the toaster oven, place bread and sausage on the aluminum foil, and bake until browned.
3. Place the sausage in the center of the roll and top with ketchup.

Shortened time by  
simultaneous  
cooking!

## Tuna Roll

Cooking time 1 minute

【Ingredients (for 1 person)】

Bread rolls (plain)...2 pieces

Canned tuna...1 can(70g)

Mayonnaise...as needed

※Uses radish sprouts as needed

【How to make】

1. Mix drained tuna with mayonnaise.  
(You can also add mustard or black pepper as you like.)
2. Cut a slit in the middle of the bread roll and insert the tuna.



About  
110 yen

### 3. Instant recipes using instant soup and instant miso soup

Instant soups and instant miso soups are easy to make, just pour in hot water and you have a delicious soup. Instant soups and instant miso soups are delicious just as they are, but you can also add ingredients to make them more filling and nutritious.

#### 【Recommended ingredients to add to the soup】

Staple food...rice, rice cakes for shabu-shabu, bread, crackers, etc.

Main dishes...salad chicken, sausage, tofu, egg, melted cheese, etc.

Side dishes...cabbage, onions, lettuce, frozen vegetables (okra, spinach, broccoli, etc.), mixed vegetables (frozen), dried wakame seaweed, etc.

Seasoning...grated ginger (tube), grated garlic (tube), cheese powder, chili oil, etc.

### Western-style soups

Find your favorite from a variety of flavored soups such as corn soup, tomato soup or chowder.



#### Vegetable soup      Cooking time 1 minute

##### 【Ingredients (for 1 person)】

Mixed Vegetables (frozen)...3 tablespoons

Instant soup (of your choice)...1 serving

Boiling water...as directed on soup

##### 【How to make】

1. Put instant soup and mixed vegetables in a deep heatproof dish or mug.
2. Pour in boiling water and mix well.

#### Tomato soup with salad chicken and cheese      Cooking time 2 minutes

##### 【Ingredients (for 1 person)】

Instant soup...1 serving

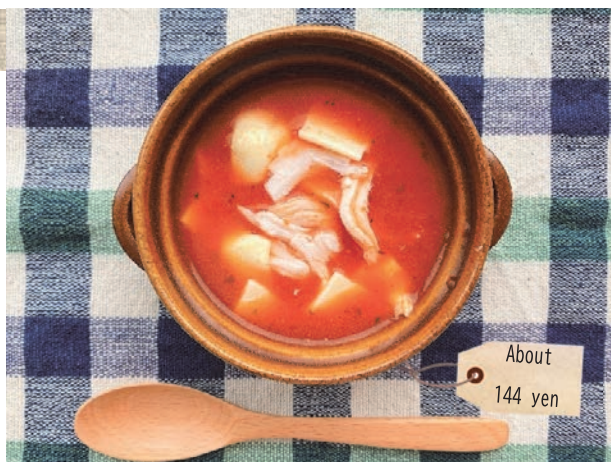
Salad chicken...1/4

Melted cheese...1 piece

Boiling water...as directed on soup

##### 【How to make】

1. Break up the salad chicken into bite-sized pieces.
2. Put instant soup ingredients in a deep heatproof dish or a large mug, pour boiling water over the ingredients, mix, and serve with salad chicken and cheese.





## Miso soup



### Miso soup with grilled cabbage and sausage

Cooking time 2 minutes

#### 【Ingredients (for 1 person)】

Sausage...2                      Cabbage leaves ...1/2  
Oil...as needed                  Instant miso soup...1 serving  
Water...as indicated on the instant miso soup package

#### 【How to make】

1. Tear cabbage into bite-size pieces by hand.
2. Heat oil in a pan over medium heat and fry cabbage and sausage until browned.
3. Add water to the pan and bring to a boil, then turn off the heat. Then add the instant miso soup and mix.

### Miso soup with onions and stirred eggs

Cooking time 2 minutes

#### 【Ingredients (for 1 person)】

Onion...1/8(25g)  
Egg...1  
Instant miso soup...1 serving  
Water...as indicated on the instant miso soup package  
Dried wakame seaweed...a pinch of dried wakame seaweed

#### 【How to make】

1. Thinly slice the onion. Stir the egg.
2. Put water and onion in a pan and bring to a boil over high heat until the onion becomes transparent. Add the stirred eggs little by little, and mix all together.
3. When the eggs are cooked, turn off the heat. Add instant miso soup and dried wakame seaweed and mix.



### Miso soup with tofu and cabbage

Cooking time 3 minutes

#### 【Ingredients (for 1 person)】

Small tofu...1/2package(75g)    Instant miso soup...1 serving  
Cabbage leaves...1/2  
Dried wakame seaweed...a pinch of dried wakame seaweed  
Water...as indicated on the instant miso soup package

#### 【How to make】

1. Tear cabbage into small pieces by hand.
2. Scoop tofu into bite-sized pieces with a spoon and place in a deep heatproof container.
3. Add ingredients 1 and 2 and pour water, cover softly with plastic wrap, and microwave at 600W for 2 minutes.  
※If the cabbage is too tough, heat it further.
4. Add instant miso soup and dried wakame seaweed and mix.

Easy to make in  
the microwave!



## 4.Cabbage a la carte

Cabbage is a vegetable that lasts a relatively long time and is easy to use. It can be torn and cooked by hand without using a knife, so cleanup is easy.

Why don't you try arranging one cabbage into a variety of dishes?

(You can arrange it with lettuce, mizuna, chinese cabbage, bok choy, komatsuna, onions, etc.!)



### Sesame mayo salad with tuna and cabbage

Cooking time 3 minutes

【Ingredients (for 1 person)】

Canned tuna...1/2 can (35g)

Cabbage leaves...2 (70g)

Mayonnaise...1 tablespoon

Grounded white sesame seeds...1 teaspoon

Mentsuyu(4 times concentrated)...1/2 teaspoon

※1 teaspoon if using 2 times concentrated

Easy to make in the microwave!

【How to make】

1. Tear cabbage into bite-size pieces by hand, place in a heatproof container, cover with plastic wrap, and microwave for 2 minutes at 600W.
2. Remove cabbage from heat and dress with drained tuna and seasonings.

### Cabbage seasoned with salted kelp

Cooking time 10 minutes

【Ingredients (for 1 person)】

Cabbage...2 pieces (70g)

Salted kelp... 1 tablespoon

Sesame oil...1 teaspoon

Just put it in a plastic bag and mix!

【How to make】

1. Tear cabbage into bite-sized pieces by hand.
2. Put all the ingredients in a plastic bag and knead the bag to blend the flavors. (5 to 10 minutes)



### Steamed salad chicken and cabbage

Cooking time 3 minutes

【Ingredients (for 1 person)】

Cabbage...2 pieces(70g)

Salad chicken...1/4

Ponzu sauce...as needed

Easy to make in the microwave!

【How to make】

- 1.Tear cabbage into bite-size pieces by hand. Place cabbage in a heatproof container, cover with plastic wrap, and microwave for 2 minutes.
2. Mix the loosened salad chicken and 1 with ponzu sauce.

## 5. A simple dish using common ingredients

Easy to prepare with eggs or tofu that you always use.



### Seasoned eggs      Cooking time 3 hours

【Ingredients (for 4 eggs)】

Eggs...4      Mentsuyu(4 times concentrated)...100ml  
Hot water...100ml  
※50ml if using 2 times concentrated mentsuyu

【How to make】

1. Fill a pot with enough water (not included in recipe) to cover all the eggs and boil it to your favorite egg hardness. ※Approximate time: 6 to 7 minutes for half-boiled, 9 to 10 minutes for hard-boiled.
2. As soon as the eggs are done boiling, remove them from the hot water and let them cool well before peeling off the shells.
3. Put mentsuyu and water in a pot, bring to a boil, then immediately turn off the heat and remove from heat.
4. Put the eggs and water in a container or a zipper bag, and refrigerate to soak up the flavor. (Allow to soak in the refrigerator for 2 to 3 hours.)  
※If you soak the eggs in mentsuyu for more than 3 hours, the flavor will become too strong.

### Hot tofu with tuna and cheese      Cooking time 2 minutes

【Ingredients (for 1 person)】

Small package of tofu...1 package(150g)  
Melted cheese...1 piece      Canned tuna...1/2 can(35g)  
Soy sauce...as needed      ※Use frozen okra for color.

Easy to make in  
the microwave!



【How to make】

1. Place tofu in a deep heatproof dish. Drain off the excess oil from canned tuna, and add the tuna and cheese, then microwave for 1 minute and 30 seconds at 600W. Drain off the excess oil
2. Pour soy sauce over the tofu.



### Rice bowl with tofu and egg      Cooking time 3 minutes

【Ingredients (for 1 person)】

Small package of tofu...1 package(150g)      Oil...as needed  
Onion...1/8(25g)      Egg...1      Rice...as needed  
Mentsuyu(4 times concentrated)...1 tablespoon  
※2 tablespoons if using 2 times concentrated mentsuyu  
Water...2 tablespoons  
※1 tablespoon if using 2 times concentrated mentsuyu  
※Use radish sprouts for color.

【How to make】

1. Lightly drain the tofu and cut into bite-size pieces. Thinly slice the onion.
2. Heat oil in a frying pan over medium heat, add tofu and onions, and fry.  
※Be careful not to over mix the tofu as it tends to fall apart!
3. When onions become transparent, add mentsuyu and water, and simmer until the liquid is gone.
4. Spread the beaten egg over the entire pan. When the egg is half-boiled, turn off the heat and serve on top of the rice.



## 6. Meal prep! Arranged with side dish soboro

If you have time to make a meal and freeze it, you can use it quickly for breakfast.

### Basic side dish soboro Cooking time 3 minutes

#### 【Ingredients】

Minced pork or chicken...200g      Grated garlic (tube)...4cm  
Sugar...2 teaspoons                  Grated ginger (tube) ...4cm  
Mentsuyu (4 times concentrated)...2 tablespoons  
※4 tablespoons if using 2 times concentrated mentsuyu



#### 【How to make】

1. Put minced meat, grated garlic, and grated ginger in a frying pan. Saute over medium heat. (If a lot of oil comes out, you can wipe it off with paper towel.)
2. When the minced meat changes color, add mentsuyu and sugar, and simmer until the liquid is gone.

Let's try to arrange "Basic side dish soboro".



### Stir-fried side dish soboro with cut vegetables

Cooking time 2 minutes

#### 【Ingredients (for 1 person)】

Basic side dish soboro (※see recipe above)...80g  
Cut vegetables...1 handful  
Water...2 tablespoons                  Oil...as needed

Easy to cook  
with cut  
vegetables!

#### 【How to make】

1. Put oil in a frying pan, add cut vegetables and water, and fry.
2. When the vegetables are cooked, add the basic side dish soboro and mix.

Add some boiled udon noodles!

### Yaki udon (fried udon) Cooking time 2 minutes

#### 【Ingredients (for 1 person)】

Boiled udon noodles...1 serving  
Stir-fried side dish soboro and cut vegetables (※see recipe above)...1 serving  
Mentsuyu (4 times concentrated)...1 tablespoon

#### 【How to make】

1. Boiled udon noodles in a microwave oven (600W) for 1 minute.
2. Add 1 and stir-fried cut vegetables and side dish soboro to pan.
3. Add mentsuyu to finish.



You can also use yakisoba  
(fried soba) or pasta!



## Dry curry

Cooking time 1 minute

【Ingredients (for 1 person)】

Basic side dish soboro...100g

Curry powder...about 1 teaspoon

Rice...as needed

Egg yolk (optional)...1

※Use edamame (green soybeans) and paprika for color.

Just add curry powder!

【How to make】

1. Add curry powder to the side dish soboro.
2. Stir and fry everything.
3. Serve rice and 2 on a plate and add egg yolk on top as needed.

## Mapo tofu

Cooking time 2 minutes

【Ingredients (for 1 person)】

Basic side dish soboro...50g

Mentsuyu(4 times concentrated)...1 teaspoon

Small package tofu...1 package (150g)

Raayu (Chili oil)...as needed

Water...100ml

Japanese Leek ...as needed

The addition of chili oil gives it a Chinese flavor!



【How to make】

1. Put side dish soboro, tofu cubes, and water into a pot and heat.
2. Mix 1 with mentsuyu and turn off the heat.
3. Add raayu and negi to finish.

※To thicken the sauce, add potato starch with water to make it easier to blend the flavors.



## Two-color rice bowl with side dish soboro

Cooking time 2 minutes

【Ingredients (for 1 person)】

Basic side dish soboro...100g Rice...as needed

Egg...1 Sugar...1 teaspoon

※Use red ginger for color.

【How to make】

1. Place rice, side dish soboro and scrambled eggs in a bowl.

Easy to make in the microwave!

《Easy to make in the microwave! Scrambled eggs》

1. Crack the egg into a heatproof container, add sugar and mix.
2. Heat 1 in a microwave oven (600W) without wrapping for 30 seconds, then remove and mix with chopsticks.
3. Heat for another 30 seconds (the whole thing will start to clump together). Remove from microwave and mix with chopsticks until fine.

The basic side dishes soboro can be made in bulk and frozen.

【Points to keep in mind when freezing】

- Freeze in a thin, flat layer, then fold and remove the necessary portions when ready to use.
- It can be used frozen, without thawing. However, be sure to cook it well.





# 7.Canned food Recipes

Canned food can be stored at room temperature, so it is a convenient ingredient to keep in stock.



## Bean sprouts champloo Cooking time 2 minutes

【Ingredients for 2 servings (easy-to-make amount)】

Canned tuna...1 can

Bean sprouts...1 bag

Egg...1

a pinch of salt and pepper

【How to make】

1. Saute drained canned tuna and bean sprouts in a frying pan, season with salt and pepper.
2. Stir eggs, add to 1 and stir fry.

## Canned tomato soup Cooking time 5 minutes

【Ingredients (in easy-to-make portions) for 5 servings】

Medium carrot...1

Consommé...1

Large size onion...1

Water...2 cups

Canned cut tomatoes...1 can

Soy sauce...1 tablespoon

Sausage...4

a pinch of salt and pepper

【How to make】

1. Add diced vegetables, sliced sausage, water, canned tomatoes, and seasonings to frying pan and cook until vegetables are soft.
2. Season with salt and pepper to taste.

※If you can't eat it all, freeze it.



You can substitute your favorite vegetables or add rice to make risotto!



## Rice bowl topped with egg and canned saury

Cooking time 2 minutes

【Ingredients (for 1 person)】

Broiled and Seasoned Canned Saury...1/2 can

※Canned mackerel is also good.

Komatsuna (Japanese mustard spinach)...1 plant

Egg...1

White sesame seeds...as needed

Rice...as needed








【How to make】

1. Cut komatsuna into 3cm pieces.
2. Place saury and komatsuna in a heatproof container, cover with plastic wrap, and microwave at 600W for 1 minute.
3. Mix 2 the beaten egg with 1 teaspoon of canned saury sauce, then microwave for 40 seconds.
4. When the egg are cooked, place it on rice and sprinkle with white sesame seeds.

Easy to make in the microwave!















# My standard breakfast menu for a week

## Weekly menu for those who prefer rice

Monday	<ul style="list-style-type: none"> <li>• Rice</li> <li>• Natto with grated radish P3</li> <li>• Cabbage seasoned with salted kelp P8</li> </ul>		<u>Total</u> <u>77yen</u>
Tuesday	<ul style="list-style-type: none"> <li>• Egg over rice (with shirasu) P3</li> <li>• Miso soup with tofu and cabbage P7</li> </ul>		<u>Total</u> <u>122yen</u>
Wednesday	<ul style="list-style-type: none"> <li>• Ochazuke P3</li> <li>• Hot tofu with tuna and cheese P9</li> </ul>		<u>Total</u> <u>153yen</u>
Thursday	<ul style="list-style-type: none"> <li>• Rice</li> <li>• Natto (with Shibazuke) P3</li> <li>• Miso soup with onions and stirred eggs P7</li> </ul>		<u>Total</u> <u>119yen</u>
Friday	<ul style="list-style-type: none"> <li>• Egg over rice (with nametake) P3</li> <li>• Sesame mayo salad with tuna and cabbage P8</li> </ul>		<u>Total</u> <u>129yen</u>
Saturday	<ul style="list-style-type: none"> <li>• Rice</li> <li>• Kimchi P3</li> <li>• Miso soup with grilled cabbage and sausage P7</li> </ul>		<u>Total</u> <u>124yen</u>
Sunday	<ul style="list-style-type: none"> <li>• Dry curry P11</li> <li>• Steamed salad chicken and cabbage P8</li> </ul>		<u>Total</u> <u>212yen</u>



## Weekly menu for those who prefer bread

<b>Monday</b>	<ul style="list-style-type: none"> <li>• Veggie ham toast P4</li> <li>• Milk</li> </ul>	 	<u>Total</u> <u>102yen</u>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• Sausage roll P5</li> <li>• Tomato soup with salad chicken and cheese P6</li> </ul>	 	<u>Total</u> <u>178yen</u>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• Pizza-style toast P4</li> <li>• Vegetable soup P6</li> </ul>	 	<u>Total</u> <u>160yen</u>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>• Tuna roll P5</li> <li>• Canned tomato soup P12</li> </ul>	 	<u>Total</u> <u>168yen</u>
<b>Friday</b>	<ul style="list-style-type: none"> <li>• Bread soaked in soup P5</li> <li>• Sesame mayo salad with tuna and cabbage P8</li> </ul>	 	<u>Total</u> <u>148yen</u>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>• French toast P5</li> <li>• Vegetable juice</li> </ul>	 	<u>Total</u> <u>128yen</u>
<b>Sunday</b>	<ul style="list-style-type: none"> <li>• Natto cheese toast P4</li> <li>• Cabbage seasoned with salted kelp P8</li> </ul>	 	<u>Total</u> <u>82yen</u>



Start the day with a healthy breakfast!



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If you have any questions or comments about  
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