

YAMAURA STAY

Dining Guide



ヤマウラステイ
YAMAURA STAY

Delivery (Breakfast)



Kamosuya

The philosophy of Kamosuya is to deliver genuine food made with local ingredients and lots of care. The central elements of every meal are fermented foods, such as miso and tsukemono (pickles), all handmade by the owner. The result is a delicious breakfast that is also good for your body.

Western-style Breakfast: JPY 3,850/person (tax incl.)

Japanese-style Breakfast: JPY 3,850/person (tax incl.)

Seasonal Smoothie: JPY 1,650/person (tax incl.)

【Additional options】

Soy Milk Amazake*: JPY 550/person (tax incl.)

Apple Juice: JPY 550/person (tax incl.)

*Amazake is a traditional sweet, non-alcoholic drink made from fermented rice.



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Western-style breakfast (example)

- Muffins (2 flavors) Ex. Perilla, Vanilla
- Soy milk soup Ex. Herb Chicken Soup
- Seasonal Vegetables Ex. Salad with kanten (agar) and yam
- Fruits

Japanese-style breakfast (example)

- (Choice) Onigiri rice balls (2 types) and Miso Soup
or
Soba porridge
- Japanese pickles (2~3 types)
- Tofu pickled with sake lees
- Fried Wakasagi (pond smelts)
- Stewed Hanamame (runner beans)
- Egg Tenyose (agar cake)
- Vegetable Stew
- Fruits

You can only order one type of breakfast per day.

Western-style and Japanese-style breakfasts cannot be ordered together on the same day.



Delivery (Breakfast, Lunch, Dinner)



Yatsugatake Ohisamaya

Yatsugatake Ohisamaya prepares flavorful vegetarian meals made with locally grown ingredients. Their cuisine is in harmony with nature and follows the rhythm of the land and its seasons.

Vegetarian two-layered Bento Box: JPY 3,850/ person (tax incl.)

Vegetarian Dinner Catering: JPY 5,500/ person (tax incl.)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	-	-	○	○	○	○	-
Lunch	-	○	○	○	○	-	-
Dinner	-	○	○	○	○	-	-

Breakfast bento boxes will be delivered the day before in the afternoon
(Only available from April to November)

Delivery (Breakfast, Lunch, Dinner)

Yatsugatake Ohisamaya

Vegetarian Japanese Meals Two-layered Bento Box (example)

- Brown rice
- Marinated Tofu
- Fried Vegetarian Meat with Shiitake Mushrooms
- Black soybeans and Shungiku (Japanese greens) with onion dressing
- Radish with Soy milk “cottage cheese”
- Tomato stew with daikon strips Broccoli with walnut dressing
- Pumpkin Rolls
- Mashed Sweet Potato and Chestnut Wrap
- Glazed Kinkan (kumquat)
- Snap peas

Vegetarian Catering (example)

- | | |
|----------------------------------|---------------------------------------|
| • Beetroot Soup | • Marinated Mushrooms |
| • Fried Tofu skin Rolls | • Gratin |
| • Vegetarian “Meatballs” | • Stir-fried potatoes and broccoli |
| • Tofu pickled with Miso | • Three-layered Terrine |
| • Mini Tomato Finger Food | • Sandwiches or Vegetable Sushi Rolls |
| • Vegetarian Fried “Fish” | |
| • Vegetable Pie | |
| • Salad | |
| • Grated Carrots and Red Cabbage | |



ヤマウラスティ
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Delivery (Dinner)



Katsuyama Soba

Katsuyama Soba is a local soba restaurant well-known for its dark-colored rustic noodles. Their shop located right in front of Kinkei no Yu Onsen.

Chilled soba	Soba with dipping sauce	JPY 1,540 (tax incl.)
	3-tiered soba (mushroom, tempura, & Japanese yam)	JPY 2,420 (tax incl.)
Warm soba	Soba in warm soup	JPY 1,540 (tax incl.)
	Soba in warm soup with shrimp & veggie tempura	JPY 2,090 (tax incl.)
Rice bowls	Tempura rice bowl	JPY 1,760 (tax incl.)
	Katsudon (pork cutlet rice bowl)	JPY 1,760 (tax incl.)
Misc.	Tempura (shrimp, 4 types of vegetables)	JPY 2,090 (tax incl.)
	Sweet soba dumplings (2 sticks with 4 dumplings/stick)	JPY 660
	Large serving of soba (1.5x larger)	+ JPY 440
	Large serving of rice	+ JPY 220

- Delivery fee: JPY 1,100 per trip
- Delivery time: 5 p.m. - 7 p.m. (Delivery to Kinkei only)
- Closed on Wednesdays

Delivery (Dinner) / Eating out



Mori no Ya Hanamaki-ten

An authority when it comes to local cuisine, the owner-chef prepares dainty meals that offer a new take on traditional recipes from the Yamaura. Pleasing both to the palate and the eye, his menus feature regional classics such as tenyose agar cakes, soba gaki (buckwheat porridge), and nota mochi (partially-pounded sticky rice with savory edamame sauce). One of the main themes of Mori no Ya is also dote kusa, literally “grass from rice-field banks,” which indicates all the edible spontaneous vegetation that can be found around rural villages.

Yamaura Stay Original Delivery Bento: JPY 6,600/person (tax incl.)

Yamaura Stay Original Menu (eating out): JPY 6,600/person (tax incl.)

Delivery available only to Kiyomizu, Hanato, and Shibumichi

Restaurant hours

- 6:00 p.m. - 8:00 p.m. (last order)
- Closed on Mondays

Access

- From Kiyomizu and Hanato: 10 min by car
- From Shibumichi: 5 min by car, 18 min on foot
- From Kinkei: 35 min by car

Delivery Dinner – Three-layer Bento Box (Example)

First Layer (vegetable entrée)

- Salted Tofu
- Sweet beans and apple pickles
- Stewed burdock
- Cucumbers pickled with sake lees
- Pumpkin with yogurt dressing
- Stewed Daikon strips

Second Layer (local specialties)

- Soba Gaki (Soba “porridge”) with young soybean sauce
- Fried pork with sauce
- Wild Vegetable and Herb Tempura
- Sasa-zushi (Vegetable sushi wrapped in bamboo leaves) & inari-zushi (Sushi rice wrapped in fried tofu skin)

Third Layer (food that goes well with sake)

- Seasonal Potato Salad
- Fried Shinshu Salmon with sake lees
- Roast Beef
- Soba Tenyose (agar cake)

Chawan-mushi (egg custard steamed in a tea bowl) with Chinese Lantern Sauce



Delivery (Dinner)



Nagamine Seinikuten

Nagamine Seinikuten is a popular meat shop in Chino specializing in local Shinshu Beef. Their sukiyaki set features apple-fed wagyu, which is known for its refreshing taste and melt-in-your-mouth texture, as well as fresh vegetables, sukiyaki stock, eggs, and rice. This set will be delivered to your farmhouse beforehand, and you will find it ready in your fridge.

Shinshu Beef (apple-fed wagyu) Suki-yaki Set: JPY 4,180/person (tax incl.)

Menu (Example)

- Shinshu Beef (apple-fed wagyu) (150 g/person)
- Seasonal vegetables
- Onions and green onions
- 2 types of mushrooms
- Shirataki noodles
- Deep-fried tofu
- Suki-yaki stock
- Eggs
- Rice (3 cups of Suwa Takashima-han premium rice)