

# YAMAURA STAY

## Dining Guide



ヤマウラステイ  
YAMAURA STAY

Cook-at-home meal kit

# Breakfast Set



One of the greatest appeals of summer in the countryside is the fresh local vegetables.

If you feel like cooking, we can prepare a cook-at-home meal kit made up of locally sourced veggies, rice, eggs, and miso. Every house is provided with an induction cooktop, pots and pans, and other basic kitchen utensils. There is also a selection of seasonings (salt, pepper, sugar, soy sauce, and oil), so that you can cook with ease. The kit will be delivered beforehand to the farmhouse, where you will find it ready inside the fridge.

(In winter, vegetables come from outside the prefecture.)

- 1. Small (for 2-3 people)** **JPY 3,410 (tax incl.)**  
Local rice (3 cups), local miso, sausages, seasonal vegetables
- 2. Small (for 2-3 people) - Vegan** **JPY 3,740 (tax incl.)**  
Local rice (3 cups), local miso, local tofu, seasonal vegetables, and fruits
- 3. Large (for 4-6 people)** **JPY 4,290 (tax incl.)**  
Local rice (6 cups), local miso, eggs, sausages, seasonal vegetables
- 4. Large (for 4-6 people) - Vegan** **JPY 5,280 (tax incl.)**  
Local rice (6 cups), local miso, local tofu, seasonal vegetables, and fruits



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# Dinner Set



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(In winter, vegetables come from outside the prefecture.)

- 1. Small (for 2-3 people)** **JPY 3,740 (tax incl.)**  
Local rice (3 cups), local miso, chicken, seasonal vegetables
- 2. Small (for 2-3 people) - Vegan** **JPY 3,740 (tax incl.)**  
Local rice (3 cups), local miso, deep-fried tofu, seasonal vegetables and mushrooms
- 3. Large (for 4-6 people)** **JPY 5,280 (tax incl.)**  
Local rice (6 cups), local miso, chicken, seasonal vegetables
- 4. Large (for 4-6 people) - Vegan** **JPY 5,280 (tax incl.)**  
Local rice (6 cups), local miso, deep-fried tofu, seasonal vegetables and mushrooms



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# Yose-nabe (Japanese hot pot) Set

What is better than a steaming hot pot in the middle of winter?  
This meal kit contains all the necessary to enjoy a delicious Japanese stew  
at the farmhouse: fresh vegetables and high-quality organic soup stock.

Every house is provided with a portable induction cooktop, clay pot, and other  
basic kitchen utensils. There is also a selection of seasonings (salt, pepper, sugar,  
soy sauce, and oil) so that you can cook with ease. The kit will be delivered  
beforehand to the farmhouse, where you will find it ready inside the fridge.

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|---|------------------------------|
| <b>1. Small (for 1-3 people)</b><br>Local rice (3 cups), local miso, seasonal vegetables<br>and mushrooms, chicken, soup stock  | <b>JPY 4,070 (tax incl.)</b> |
| <b>2. Small (for 1-3 people) - Vegan</b><br>Local rice (3 cups), local miso, seasonal vegetables<br>and mushrooms, local tofu, vegetable soup stock                       | <b>JPY 3,300 (tax incl.)</b> |
| <b>3. Large (for 4-6 people)</b><br>Local rice (6 cups), local miso, seasonal vegetables<br>and mushrooms, local tofu, chicken, soup stock                                | <b>JPY 6,160 (tax incl.)</b> |
| <b>4. Large (for 4-6 people) - Vegan</b><br>Local rice (6 cups), local miso, seasonal vegetables<br>and mushrooms, local tofu or deep-fried tofu,<br>vegetable soup stock | <b>JPY 4,620 (tax incl.)</b> |



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# Sukiyaki Set (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) Sukiyaki Set

**JPY 4,180/person (tax incl.)**

### Menu (Example)

\*Orders are accepted from 2 persons.

\*Not available on Sundays.

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



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