

YAMAURA STAY

Dining Guide



ヤマウラステイ
YAMAURA STAY

Delivery (Breakfast)



K a m o s u y a

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 nourishes the body and soul.

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

Muffin and Seasonal Variety Breakfast: JPY 3,850/person (tax incl.)

【Option Menu】

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

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



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Muffin and Seasonal Variety Breakfast (example)

- Perilla muffin
- Scarlet runner bean cake salé
- Herb-roasted chicken with koji salt
- Burdock root and soy milk soup
- Seasonal vegetable salad
- Fruits
- Yogurt with homemade blueberry jam

Japanese-style Breakfast (example)

- Two onigiri rice balls and miso soup
- Japanese pickles (2-3 types)
- Tofu pickled with sake lees
- Fried wakasagi (pond smelts)
- Stewed scarlet runner beans)
- Egg tenyose (agar cake)
- Vegetable stew
- Fruits

You can only order one type of breakfast per day.

The *Muffin and Seasonal Variety Breakfast* and *Japanese-style Breakfast* cannot be ordered together on the same day.



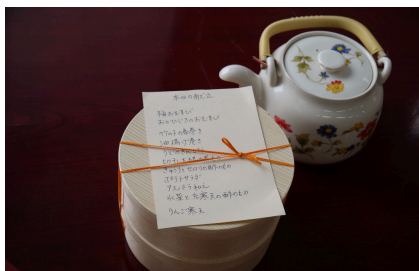
ヤマウラステイ
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Delivery (Breakfast, Lunch, Dinner)



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 Seasonal Bento Box:	JPY 3,850/ person (tax incl.)
Vegetarian Dinner Catering:	JPY 5,500/ person (tax incl.)



(Only available from April to November)

Yatsugatake Ohisamaya

Delivery (Breakfast, Lunch, Dinner)

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

Yatsugatake Ohisamaya



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Delivery (Dinner)



Katsuyama Soba

Katsuyama Soba is a local soba restaurant well-known for its dark-colored rustic noodles. The chef-owner loves to incorporate seasonal ingredients and play with tradition to create new mouth-watering dishes.

Cold soba	Soba with dipping sauce	JPY 1,540 (tax incl.)
	Soba variety set (mushroom, tempura, & Japanese yam)	JPY 2,420 (tax incl.)
Hot soba	Soba soup	JPY 1,540 (tax incl.)
	Soba 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 dango (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: 5:00 p.m. - 7:00 p.m. (Delivery to Kinkei only)
- Closed on Wednesdays, 1st and 3rd Tuesdays



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Delivery (Dinner)



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.)

- Delivery to Kinkei available for an additional JPY 1,100/group (tax incl.)
- Delivery time: around 5:30 p.m.
- Closed on Mondays

Delivery (Dinner)

Yamaura Stay Original Delivery Bento (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

Mori no Ya Hanamaki-ten



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Delivery (Dinner)



Oshokuji Kenroku

Oshokuji Kenroku, located in the foothills of Mt. Tateshina, uses local ingredients in its seasonal fusion cuisine that transcends cultural boundaries. The owner-chef crafts each dish with love, arranging seasonal ingredients into a feast for the senses. Enjoy a heartwarming meal in the comfort of your private farmhouse.

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

- Delivery fee: JPY 1,100/group (tax incl.)
- Vegetarian and vegan options available
- Delivery time: 6:00-7:00 p.m.
- Closed on Sundays and Mondays
- Orders are accepted from 2 persons



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Delivery (Dinner)

Yamaura Stay Seasonal Delivery Bento (Example)

Spring Menu

- Grilled brown rice crackers
- Crackers made from local flour
- Gitaro Shamo chicken rillettes
- Shinshu Taro Pork pâté de campagne
- Smoked Iizuna Duck
- Fresh onion mousse and spring vegetable terrine
- Spring vegetable mariné
- Seasonal soup
- Yawatamaki eel roll
- Seasonal fish grilled with sweet sake malt
- Roast Shinshu Taro Pork
- Shinshu Premium Beef stewed in local beer
- Rice cake wrapped in bamboo leaves
- Seasonal fruit kanten (agar) jelly

Oshokujiki Kenrokku



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Nagamine Seinikuten is a popular butcher 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)

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

*Orders are accepted from 2 persons

*Not available on Sundays



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Nagamine Seinikuten