

# Yamanashi Food Diversity Certified

- Certified No.  
**YFDC005-5-VG-1**
- Company  
**Hinosawabo, a religious corporation**  
<https://www.hinosawabo.com>
- Certified Category  
**Vegetarian Friendly**
- Product( 1 ) A-1 Early Spring Menu



•Raw Material : Boiled food(sweet potato, carrot, freeze-dried tofu, shishito peppers, dried shiitake mushrooms) Tofu hotpot(vermicelli, tofu, Chinese cabbage, enoki mushrooms, carrots, ponzu sauce) Raw yuba and konnyaku sashimi(fresh yuba, sashimi konnyaku, daikon radish, cucumber, shiso leaf, shiso tips, wasabi, soy sauce) Ancient black rice(white rice, ancient black rice)Soup(somen noodles, dried knotted yuba, wheat gluten, Mitsuba) pickled vegetables(radish, cucumber, plum)

•Food Allergy : soy,flour,



Contaminated

Above allergy information provided here is for reference only. Please check directly with each company for accurate information.

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- Product(2) A-2 Spring Dinner



•Raw Material : Boiled food(bamboo shoots, tofu, and rape blossoms) Tempura(bamboo shoots, Maitake mushrooms, and Koshiabura [spring wild vegetables]) Raw yuba sashimi (fresh yuba, radish, wasabi) Green onion nuta (green onion [or other greens if you are using five pungent vegetables]) Bamboo shoot rice (white rice, bamboo shoots, fried tofu)

•Food Allergy : soy,flour,



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**Vegetarian Friendly**

## ■ Product( 3 ) A- 3 Early summer menu

•Raw Material : Boiled food(turnip, bamboo shoots, fried tofu, broad beans) Deep-fried mixed yuba (fresh yuba, dried shiitake mushroom, green vegetables, tomato, shiso leaf [except when five pungent vegetables are included]) Fresh yuba soaked in soy milk (fresh yuba, soy milk, ginger [except when five pungent vegetables are included]) Simmered greens and fried tofu (green vegetables, fried tofu) Jelly dessert (cherry) pickled vegetables (cucumber, carrot, Nozawana, sesame)

•Food Allergy : soy,peach,sesame,



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- Product(4) A-4 Early Autumn Menu



•Raw Material : Deep-fried eggplant(eggplant, Shishito pepper, Daikon radish, Sesame) Tempura(fresh yuba, burdock, maitake mushroom, sesame) Spicy Cucumber(cucumber, ginger [except when five pungent vegetables are included])

•Food Allergy : soy,flour,peach,sesame,



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**YFDC036-41-VG-1**

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## ■ Certified Category

**Vegitarian Friendly**

## ■ Product(5) A-5 Autumn Menu

•Raw Material : Steamed radish (daikon radish, shishito peppers, sweet miso, kelp) Yamaimo vinegared dish (yam, plum flesh)  
Chestnut rice (white rice, glutinous rice, chestnuts, sesame)  
Thickened soup with raw yuba (fresh yuba, ginger (except when five pungent vegetables are included))

•Food Allergy : soy,flour,alcohol,buckwheat,



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## ■ Certified Category

**Vegetarian Friendly**

## ■ Product(6) A-6 Autumn Menu

•Raw Material : Cold tofu(tofu, okra, salted kelp) Brassica rice(white rice, bracken) Spring stew (bamboo shoots, broad beans, Japanese pepper leaves [except when used for the five pungent vegetables]) Mixed raw yuba with thick sauce(fresh yuba, dried shiitake mushrooms, green onions [or green vegetables if you are taking five pungent vegetables], bamboo shoots, and rape blossoms) Simmered summer vegetables(pumpkin, eggplant, zucchini, shishito peppers, red peppers) Early autumn stew(taro, eggplant, miso, green yuzu) Yuba Akebono with soy sauce(fresh yuba, dried shiitake mushrooms, carrots, burdock, radish, Akebono soybeans) Yuba cream croquette(yuba cream croquette, lettuce) Sauteed yuba with cream sauce(fresh yuba, onion, shimeji mushrooms, broad beans, fresh cream, vegetable bouillon) Yuba spring rolls(fresh yuba, glass noodles, dried shiitake mushrooms, bamboo shoots, spring roll wrappers) Deep-fried shiitake mushrooms stuffed with raw yuba(fresh yuba, dried shiitake mushroom, bamboo shoot, green onion, ginger, fresh shiitake mushroom, butterbur shoot) Hamburger steak with raw yuba (fresh yuba, dried shiitake mushrooms, bamboo shoots, Akebono soybeans, tomatoes, shiso leaves) Fresh yuba carpaccio (fresh yuba, lettuce, baby leaves, cucumber, tomato, roasted onion) Yuba salad (fresh yuba, cherry tomatoes, radish sprouts, cucumber, potato chips) Pear and cucumber with mustard (pear, cucumber, mustard, lemon vinegar) Chilled tomato and yuba (tomato, fresh yuba, roasted onion) Akebono soybeans boiled in salt (akebono soybeans) Corn rice (white rice, corn, sake,) Soba (New buckwheat, Akebono soybeans, raw yuba, green onion, radish, wasabi)

•Food Allergy : soy,flour,alcohol,buckwheat,



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- Product(7) B Breakfast



•Raw Material : Komatsuna and fried tofu dressed with ponzu sauce(komatsuna, fried tofu) Japanese rolled omelet (eggs [not suitable for vegans or lacto-vegetarians], Hanami sugar) Bean sprout namul (bean sprouts) Spring greens with sesame sauce (spring green,sesame) Stir-fried bamboo shoots(bamboo shoots, green laver)

•Food Allergy : soy,sesame,egg,



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