### To eat is to live

Health and beauty are sourced from within the body.

Grateful for natural resources,

we are committed to developing products with mild flavors and homemade ...

Our proposal is that of a simple, organic lifestyle.

At Agio, we follow the energy of the lunar phases (celestial rhythms) and change the ingredients and seasonings every 14 days, from new moon to full moon and from full moon to new moon.

Whether you are Vegetarian, Vegan, or have allergies (gluten, eggs...), we will do our best to adapt our menus and thus avoid using an ingredient during preparation, when possible. Please let our staff know.

The rice we cook is "first harvest brown rice" and "white rice" free of pesticides.

\*Early brown rice" is a small green whole grain rice with very high GABA (gamma-aminobutyric acid) content, produced by natural farming in rice terraces in the Chugoku region. The "white rice" is a pesticide-free rice from Kumano City, Fukuyama.

We are committed to using mainly organically grown vegetables

\*Other vegetables are soaked in vinegar water for 20 minutes to remove pesticides before being served.

The ingredients and seasonings we use are carefully selected and are also organic, whenever possible, and free of pesticides and additives.

We use the eggs of "unume momiji tamago" brand.

This brand of tasty eggs, with a strong taste, has won the prize of the Ministry of Agriculture, Forestry and Fisheries.

Their nutritional quality is also superior to conventional eggs:

- Vitamin E content is 6 times higher
- Vitamin D content 1.3 times higher
- lodine content 1.6 times higher

All desserts are half the calorie content of similar products.

All our breads and sweets are free of trans fatty acids.

The mayonnaise and cream used in our desserts are made from Tofu, exclusively produced in Japan.

We use our additive-free agio original cereal bread.



Trans fatty acids are unhealthy oils produced mainly during the processing of fats and oils. Food products containing trans fatty acids include margarine, spreads, cream, chocolate bars...



The gliadin in gluten promotes appetite, while the amylopectin causes a rapid increase in blood sugar. Their consumption promotes weight gain and the degradation of the intestinal environment. Gluten is a viscoelastic substance found in cereals such as wheat, barley and rye.

agio

# アージョ 食品アレルギー表示

## agio List of Allergens agio Liste des Allergènes

	日本語(Japanese)		英語(English)		フランス語 (Français)
**	ごま	*	sesame		sésame
30	大豆	00	soybean	00	soja
	マスタード		mustard		moutarde
	たまご		egg		œuf
	乳		dairy		lait
	えび		shrimp		crevette
	小麦(グルテン)	*	wheat		blé
1	ナッツ類		nuts	9	fruits à coques
<b>1</b>	さかな		fish		poisson
<b>&amp;</b>	鶏肉	<b>&amp;</b>	chicken	<b>&amp;</b>	viande de poulet
	豚肉		pork		porc
1	牛肉		beef		bœuf
<b>6</b>	オレンジ	6	orange	<b>6</b>	orange
	りんご		apple		pomme
	バナナ		banana		banane
*	はちみつ	*	honey	*	miel
	ゼラチン		gelatin		gélatine
~	ビーガン対応可	~	Vegan on request	~	Vegan
*	トランス脂肪酸フリー	*	No trans fatty acids	*	Sans acide gras trans
*	グルテンフリー	*	Gluten free	*	Sans Gluten
	テイクアウト		Take-out	≜	A emporter



### Salada morning

thin slices ¥850 thick slices ¥880

An assortment of organic vegetables in a salad, toast, 0%MG yogurt, hard-boiled eggs and a drink.

- \* Extra blueberry jam without sugar + ¥ 60
- \* eggs and dairy products (yogurt and butter)
- \* Use of herb (baby leaf)













### Gen mai onigiri set

The set includes two rice balls with almonds and black and white sesame seeds, a salad, a fruit, a small bowl (Japanese ume plum, chirimenjako (dried sardine fry) etc. ) and a drink.

- \* The variety of vegetables changes from day to day.
- \* Organic brown and white rice.
- \* Use of herb (baby leaf, rosemary, oregano, thyme)

















### toast set

4 slices of toast, a soft-boiled egg, a mini-salad of organic vegetables and a drink.

- \* Extra blueberry jam without sugar + ¥ 60
- \* eggs and dairy products (butter)
- \* Use of herb (baby leaf)















¥1,250 Kabocha" set of hot pumpkin sandwiches ¥1,250 Ninjin" set of hot carrot sandwiches ¥1,150 Set of hot vegetable sandwiches "yasai"

Set "bi hada avocado" hot sandwich with ¥1,150 avocado for a beautiful skin

\* Set including Yoghurt 0% MG and drink



#### gen mai kayu set

¥850

This set includes brown rice porridge, organic vegetable salad, organic green juice from vegetables produced in Japan, lemon drink from Setoda.

- \* Large size + ¥ 100
- \* Extra Egg+ ¥ 150
- \* Organic brown and white rice.
- \* Use of herb (baby leaf)















### In addition to the MORNING MENU

Vitalizing Drink **Fermented Plant Extract** (mini size)

· 53 ingredients -Fermented Enzyme Drink Without pesticides



Unume momiji tamago" egg (soft-boiled egg)

This brand of tasty. full-flavored eggs won the award from the Ministry of Agriculture. Forestry and Fisheries of Japan. ¥150 Yogurt 0% MG



¥150

**a** 30

\* Desserts can also be ordered.



This miso is aged for over 2 years

¥180

Organic vegetable salad



\* Use of herb

Mini ¥200 Small ¥300 Large ¥680 (10 ingredients)

White bread, toasted

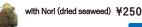


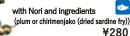






5 slices ¥ 180 4 slices ¥ 250 Onigiri (brown rice dumpling) from Agio

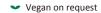


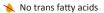


Agio's homemade grain bread, without additives, sold every Sunday ¥220

Flaxseed, rye, sunflower seeds, soybeans, oatmeal

\* Egg-free, dairy-free and trans-fat-free.









ninjin hot sando The set  $\mathbf{¥1,250}$  Sandwich alone  $\mathbf{¥900}$ 

Sandwiches with lots of carrots, tuna without additives, lettuce and almonds, with a drink.

\*dairy products (butter)

\*Use of herb (thyme, oregano, rosemary)











Yasai hot sando The set  $\mathbf{¥1,150}$  Sandwich alone  $\mathbf{¥800}$ Sandwich with many vegetables (tomatoes, cucumbers,

lettuce), hard-boiled eggs, with a drink.

 $* \\ \\ \text{Homemade spicy mayonnaise without eggs, made with locally produced tofu.}$ 













The set  $\mathbf{Y}$  1,600 Pizza alone  $\mathbf{Y}$  1,250 Pizza Margherita

Pizza with organic tomatoes and mozzarella (Italy), with a

- \*Pizza dough made only from Japanese flourPizza dough made only from Japanese flour
- \*Dairy products (cheese)
- \*Use of herb (basil, oregano)







kabocha hot sando The set ¥1,250 Sandwich alone¥900

Pumpkin, cheese, grape, bacon, walnut and lettuce sandwich with a drink.

- \*dairy products (cheese and butter)
- \*Use of herb (oregano)













Bi hada avocado hot sando The set ¥ 1,150 Sandwich alone¥ 800

Sandwich for a beautiful skin with parma ham, avocado and

 $* \\ \\ \text{Homemade spicy mayonnaise without eggs, made with locally produced tofu.}$ 











### Three-cheese pizza with honey (Japan)

The set ¥ 1,650 Pizza alone ¥ 1,300

Mozzarella (Italy), fresh cheese (France), parmesan (New Zealand)

- \*Pizza dough made only from Japanese flourPizza dough made only from Japanese flour
- \*Dairy products (cheese)









FOOD $11:30 \sim Last$ 



#### Agio happy plate set

The set includes a medicinal curry with a generous portion of organic vegetables, an assortment of homemade sweets and a drink.

\* Eggs, dairy products used in bread and cakes. \* Use of herb (selfeille, rosemary, baby leaf, oregano, bay leaf)















#### Yakuzen Curry

set ¥1,650 single ¥1,200

Medicinal curry with a generous portion of organic vegetables, 30 spices and bamboo charcoal accompanied by its brown rice. The set includes early harvest brown rice, organic vegetable salad and a drink.

\* Extra vegetables + ¥300, large + ¥300, half size - ¥100 \* wheat, included in the soy sauce.

\* Use of herb (baby leaf, oregano, bay leaf)













### Healthy noodle soup set (weekdays only) set ¥1,500

The package includes soymilk soup with vegetable broth and salt malt, konjac noodles, organic vegetables, and a drink.

\* Can be topped with a boiled egg (medium rare) + ¥150 \* Use of herbs (baby leaf)

\* With Walnuts, Almonds and Sunflower Seeds









change with the seasons Homemade organic vegetable cake For those ordering a set [Veggie cake] ¥400

- \* Use of "unume momiji tamago" brand eggs
- \* Made with rice flour, without dairy products
- \* The photo shows a komatsuna (mustard spinach) rag cake.

  \* Use of herb(rosemary)



### Salada plate set

set ¥1,650

This package includes a nice plate of salad vegetables from local contracted farmers, soup and a drink.

\* The variety of vegetables changes from day to day

\* Use of herbs (baby leaf)













Agio don

set **¥1,500** 

The package includes a bowl of rice covered with organic seasonal vegetables, soup and a drink.

- \* Photographs are provided for illustration purposes only.
- \* Use of herbs (baby leaf)







#### "Gen mai kayu set" Brown rice porridge set ¥1,250

The set includes a wholemeal rice porridge, organic vegetables, an egg(medium rare) and an herbal tea.

change with the seasons

- \* Use of organic brown and white rice.
- \* Use of herbs (baby leaf, herbal tea)
- \* With Walnuts, Almonds and Sunflower Seeds





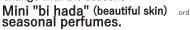












- ¥660 \* Organic vanilla ice cream, fat free yogurt Seasonal Fruit Parfait
- \* The photo shows a mini strawberry parfait
- \* Changes according to \* Use of herb(selfeille)
  - Gluten free

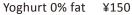


SIDE MENU  $9:00 \sim Last$ 



"Agio Field Salad Agio Field Salad

Salad with 15 ingredients and prosciutto ham  $\pm$  990 / Salad with 10 ingredients  $\pm$  680 / Small  $\pm$  300 Agio Organic Brown Rice Onigiri (with nori) Without topping ¥250/ With topping (plum or chirimen) ¥280 Grainy toast (Japan) without additives (without dairy products) 4 slices ¥250 / 5 slices ¥180 Toasted white bread (Japan) without additives (without dairy products) ¥220 Hatcho miso soup without additives (fermented miso aged for over 2 years) ¥180 boiled egg(medium rare) ¥150 Vitalizing Drink Fermented Plant Extract (mini size) ¥150









"Agio bi hada parfait" The set ¥ 1,350 perfect alone¥ 990 the seasonal parfait for beautiful skin.

A set of seasonal fruit parfaits and a drink. Organic vanilla ice cream, 0% MG yogurt and lots of fruit.

- \*The fruits vary according to the season
- \*Dairy products (yoghurt)
- \* Use of herb(selfeille)













"Bi hada cheesecake" The set ¥ 1,000 Cheesecake alone ¥ 650

Cheesecake with seasonal fruits for a beautiful skin. Gluten-free cocoa cookie that goes well with cheesecake made with amazake (low-alcohol drink made from fermented rice) and organic soy milk. The set includes one drink.

- \* Vegetables change with the seasons
- \* eggs and dairy products (butter)
- \* Use of herb(rosemary)













15:00 ∼ Last order

French toast The set ¥ 1,200 Bread, lost alone ¥ 850

Soft French toast made with eggs, almond milk and organic soy milk. Please choose between "ginger honey without additives" and "honey without additives".

- \* Allow 15 minutes for preparation.
- \* gluten(bread)eggs and dairy products(butter)
- \* In addition, organic vanilla ice cream + ¥150 🔌 💈 🕽 🦞 😔 📋 😼
- \* Use of herb(selfeille)





Organic acai bowl Protein set ¥1,450 Single item¥1,100 Organic acai bowl Classic set ¥ 1,250 Single item ¥ 900

Dessert/smoothie of acai, an antioxidant-rich "super fruit", with bananas, berries and other fruits and gluten-free muesli. Set includes one drink.

- \*Protein version contains approximately 1.5 eggs (7.5 g)
- \*Dairy products (yoghurt)













veggie cake The set  $\mathbf{Y}$  1,000 Veggie, cake alone  $\mathbf{Y}$  650

Rice flour cake (Japan) with organic seasonal vegetables. Organic vanilla ice cream, homemade tofu cream. Set includes one drink.

- \* Vegetables change with the seasons
- \* eggs and dairy products (butter)
- \* Use of herb(rosemary)







Vanilla Ice" Cup of 2 scoops of organic vanilla ice cream ¥ 400

Vanilla ice cream made with organic soy milk, organic sugar cane and organic coconut milk.

- \* With gluten-free muesli.
- \* Use of herb(selfeille)







 $\mathsf{DRINK}$  9:00  $\sim$  Last



Home-made vegetable juice ≜ 🙋 💋 💆 ¥850

Green (immunity)

Seasonal vegetables/apple/pineapple/kiwi/sweet sake

Red (anti-aging)

Seasonal vegetables / red bell pepper / grapefruit / honey / extra virgin olive oil



### Herbal tea

¥850

### Detox herbal tea

Lemongrass/Echinacea/Oregano/Lemon Verbena/Holy Basil etc.
Dried herbs grown completely pesticide-free at a farm in Mihara City

### Beautiful skin **herbal tea**

Rosehip/Roselle/Chamomile/Hibiscus/Stevia, etc. Cultivated at the long-established Shizuoka luxury Ochiai herb garden (organic JAS)

garden (organie 3/10)	
COFEE set menu + ¥ 0	
Onomichi Roman Coffee's Agio Blend organic coffee(hot/ice)	¥490 seconds 50%OFF
fair trade Made in East Timor Made in Mexico Made in Ethiopia Yirgachev G2 (Mocha) fair trade Decaffeinated	
COFEE/TEA set menu+¥100	
Organic Darjeeling black tea(hot)	¥ 550
Organic Earl Grey black tea (hot/ice) =	¥ 550
Coffee with soy milk and organic coffee (hot/ice) 🖴 🔀	¥ 600
Organic burdock tea (hot)	¥ 490
Organic decaffeinated coffee (hot/ice)	¥ 620
COLD DRINKS set menu + ¥0	
100% natural juice & fresh Setoda lemon 😩	¥450 ¬
· grapefruit	T 430
	¥150 seconds
• orange 6 & fresh Setoda lemon • pineapple	¥ 450 seconds 50%OFF
· orange 👩 &fresh Setoda lemon	50%OFF
• orange 6 & fresh Setoda lemon • pineapple	50%OFF
• orange & fresh Setoda lemon • pineapple  Fresh Drink set menu + ¥100	¥450 — 50%OFF
• orange	¥450 — 50%OFF
• orange	¥450 → 50%OFF ¥550 ¥500
• orange	¥450 — 50%OFF ¥550 ¥500 ¥500
• orange	¥450 — 50%OFF ¥550 ¥500 ¥500
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• orange	¥450 - 50%OFF ¥550 ¥500 ¥500 ¥650
• orange	¥450 → 50%OFF ¥450 → 50%OFF ¥550 ¥500 ¥650 ¥650 ¥850



#### Agio healthy bento

¥1,350

A healthy bento, containing a chicken cutlet prepared with Japanese rice flour, many vegetables and a hard-boiled egg and organic white rice.

\* Reservations must be made no later than the day before (please contact us for same day reservations)

\* Use of herb (baby leaf, oregano, bay leaf, thyme)











Yakuzen Curry bento

With rice **¥ 1,200** 

Medicinal curry with lots of organic vegetables and detoxifying bamboo charcoal and 30 spices.

Curry alone ¥ 1,050











Pizza with honey (produced in Japan), without additives and With three cheeses ¥1,300 Margherita with organic tomatoes ¥1,250

\* Use of herb (basil, oregano)





**Agio Field Salad** with 15 different ingredients and prosciutto ham With 10 different ingredients

¥670





¥980



Agio healthy Bi hada don A bowl of rice covered with seasonal vegetables for a beautiful skin

+ ¥230

¥1,100





hot sando Original hot sandwiches with a choice of four types of sandwiches Hot avocado sandwich / Hot yasai sandwich





Agio onigiri Agio rice balls

Without ingredients, with Nori (dried seaweed) With ingredients (Japanese ume plum or chirimenjako (dried sardine fry))

and Nori



¥270

¥240

Miso Hatcho Soup without additives, (economy size) ¥230





¥440

## COFEE

Onomichi Roman Coffee's Agio Blend organic coffee ¥480 (hot/ice)

## COFEE/TEA

Organic Darjeeling black tea (hot) ¥540 Earl Grey black tea (hot/ice) ¥540 Coffee with soy milk and organic coffee 🚼 ¥590 (hot/ice) Organic decaffeinated coffee (hot/ice) ¥600

### JUICE

100% natural juice & fresh Setoda lemon grapefruit / orange / pineapple

## COLD DRINKS

¥ 540 Organic tomato juice Organic Japanese green vegetable juice & ¥490 lemon setoda ¥ 640 Organic lemonade ¥840 Home-made vegetable juice

Green (detox) Red (anti-aging)



### GARDEN MORNING MENU

### $9:00 \sim 11:00 \text{ (Last order)}$



genmai onigiri set Brown rice balls set

The set includes two scoops of organic brown rice, a salad with organic vegetables, a small bowl of cooked food, and a drink.













4-slice toast set

A set of cereal bread, without additives, toasted, a hard-boiled egg, a mini-salad of organic vegetables and















Choice of 4 varieties of "hot sando

"Ninjin" Carrot hot sandwich /
"Kabocha" Pumpkin hot sandwich ¥1,250

"bi hada avocado" hot sandwich with avocado /  $\pm$  1,150

"yasai" hot sandwich with vegetables \* includes one drink









Miso Hatcho soup without additives (economy size)





**Agio Field Salad** 

15 ingredients with raw ham

10 ingredients

\* ingredients and homemade seasonings are changed according to the lunar phases











¥990

¥ 680



"bi hada perfect" Perfect "beautiful skin" of seasonal fruits

¥490

¥620

¥600

¥650









Agio onigiri" rice balls

Without filling / with nori

¥250 ¥280

With topping/ with nori (plum or chirimenjako (dried sardine fry)





"Ice cream" Organic ice cream cup:

2 scoops ¥ 380 3 scoops ¥ 570

Vanilla, cocoa or strawberry flavor.



¥850

## ${\sf DRINK}_{\sf Please}$ choose your set drink here.

### Organic coffee Agio blend (hot/ice) Fixed menu + ¥0 Soymilk coffee (hot/ice) with organic coffee

## TEA

Organic Darjeeling	Tea	(hot) / Earl Grey (hot/ice)	¥ 550
Fixed menu + ¥100	)		

#### COLD DRINK

Fixed menu + ¥100

Grapefruit / Orange / Pineapple Fixed menu + ¥0	<del>1</del> 450
Organic tomato juice Fixed menu + ¥100	¥ 550
Organic green juice & fresh lemon Setoda	¥ 500

# Organic green juice & fresh lemon Setoda Fixed menu $\phantom{-}+\phantom{+}\pm100$

Organic lemonade Fixed menu +

### Order as a separate item.

## **VEGETABLE JUICE**





Seasonal vegetables / red bell pepper / grapefruit / honey / extra virgin olive oil

ALCOHOLIC DRINK	
Local organic beer 🁯	¥ 650
Organic and fair-trade wine (red)/250ml	¥850
Organic and fair-trade wine (white) / 250 ml	¥850

### NON-ALCOHOLIC DRINK

Alcohol-free beer without additives ¥600







¥1,200 Yakusen Curry (medicinal curry with bamboo charcoal and vegetables)



¥900



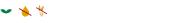
Choice of 4 varieties of "hot sando

"Niniin" Carrot hot sandwich / "Kabocha" Pumpkin hot sandwich

"bi hada avocado" hot sandwich with avocado / ¥800 "yasai" hot sandwich with vegetables



Miso Hatcho soup without additives ¥240 (economy size)





Pizza with honey (Japan) with three cheeses

**Organic Tomato Margherita** 





Agio Healthy Don" healthy rice bowl covered with organic vegetables \\ \mathbf{1}\_{1,100} Hatcho miso soup without additives +¥240 (economy size) 🔌



Agio Field Salad

15 ingredients with raw ham 10 ingredients

¥990 ¥680



¥ 250 Without garnish / with nori ¥280 With garnish / with nori





"bi hada perfect" Perfect "beautiful skin" of seasonal fruits

¥880 



"Ice cream" Organic ice cream cup:

2 scoops **¥ 380** 3 scoops **¥ 570** Vanilla, cocoa or strawberry flavor. 00



¥100 discount on drinks when ordered with a menu item costing more than ¥600.

### **COFFEE**

Onomichi Roman Coffee's Agio Blend organic coffee ¥490

¥620 Organic decaffeinated coffee (hot/ice)

¥600 Coffee with soy milk and organic coffee (hot/ice)

30

30

#### TEA

Organic Darjeeling black tea (hot)¥550 Earl Grey black tea (hot/ice) ¥550



#### **COLD DRINKS**

**100% natural juice & fresh Setoda lemon** grapefruit / orange / pineapple ¥450 ¥550 Organic tomato juice Organic green vegetable juice produced in Japan & lemon Setoda ¥500 ¥ 650 Organic lemonade

### **HOME-MADE VEGETABLE JUICE**

Green (immunity)

Seasonal vegetables/apple/pineapple/kiwi/sweet sake 🐔 🥏 💆

Red (antioxidant and anti-aging)

Seasonal vegetables / red bell pepper / grapefruit / honey / extra virgin olive oil

### **ALCOHOLIC BEVERAGES**

Organic Japanese beer 😽 ¥ 650 Organic and fair-trade Wine (red)/250 ml ¥850 Organic and fair-trade wine (white) / 250 ml ¥850

NON-ALCOHOLIC DRINK Alcohol-free beer without additives 15

Vegan on request



¥850

¥ 600