

# 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
- Iodine 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*

Faciol Organic Cafe

# アージュョ 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
 大豆	 soybean	 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
 ナッツ類	 nuts	 fruits à coques
 さかな	 fish	 poisson
 鶏肉	 chicken	 viande de poulet
 豚肉	 pork	 porc
 牛肉	 beef	 bœuf
 オレンジ	 orange	 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

# MORNING MENU

9:00 ~ 11:00 (Last order)



## 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 ¥850

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 ¥700

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)



## Hot sandwiches set

Kabocha" set of hot pumpkin sandwiches ¥1,250

Ninjin" set of hot carrot sandwiches ¥1,250

Set of hot vegetable sandwiches "yasai" ¥1,150

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

\* 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



¥150

### 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

### Hatcho miso soup, without additives



This miso is aged  
for over 2 years

¥180

### Organic vegetable salad



\* Use of herb  
(baby leaf)

Mini ¥200

Small ¥300

Large ¥680

(10 ingredients)

### White bread, toasted



4 slices ¥220

### Grain bread, toasted (Japanese wheat), without additives



5 slices ¥180

4 slices ¥250

### Onigiri (brown rice dumpling) from Agio



with Nori (dried seaweed) ¥250

with Nori and ingredients  
(plum or chirimenjako (dried sardine fry))  
¥280

\* Desserts can also be ordered.

### 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.

Vegan on request

No trans fatty acids

Gluten free

Take-out



# SANDWICH • PIZZA

11:30 ~ Last



**ninjin hot sando** The set **¥1,250** Sandwich alone **¥900**  
Sandwiches with lots of carrots, tuna without additives, lettuce and almonds, with a drink.  
\*dairy products (butter)  
\*Use of herb (thyme, oregano, rosemary)



**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)



**Yasai hot sando** The set **¥1,150** Sandwich alone **¥800**  
Sandwich with many vegetables (tomatoes, cucumbers, lettuce), hard-boiled eggs, with a drink.  
\*Homemade spicy mayonnaise without eggs, made with locally produced tofu.



**Bi hada avocado hot sando** The set **¥1,150** Sandwich alone **¥800**  
Sandwich for a beautiful skin with parma ham, avocado and lettuce.  
\*Homemade spicy mayonnaise without eggs, made with locally produced tofu.



**Pizza Margherita** The set **¥1,600** Pizza alone **¥1,250**  
Pizza with organic tomatoes and mozzarella (Italy), with a drink.  
\*Pizza dough made only from Japanese flour  
\*Dairy products (cheese)  
\*Use of herb (basil, oregano)



**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 flour  
\*Dairy products (cheese)

🌿 Vegan on request

🚫 No trans fatty acids

🚫 Gluten free

👛 Take-out

# FOOD

11:30 ~ Last



## Agio happy plate set ¥ 2,200

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)



## 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)



## 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)



## 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)



## 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)



## "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.

\* Use of organic brown and white rice.  
\* Use of herbs (baby leaf, herbal tea)



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



## change with the seasons Mini "bi hada" (beautiful skin) seasonal perfumes. For those ordering a set ¥ 660

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





Agio Field Salad  
Ingredients 10

"Agio Field Salad  
Agio Field Salad

Salad with 15 ingredients and prosciutto ham ¥ 990 / Salad with 10 ingredients ¥ 680 / Small ¥ 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

Yoghurt 0% fat ¥150

\* Use of herb (baby leaf)





# DESSERTS

Our desserts are made with a calorific value that is about twice as low as the normal value for similar desserts. The sugar is made from sugar beet.

9:00 ~ Last

SEASONAL PRODUCT



**"Agiobi 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)



**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)



SEASONAL PRODUCT



**"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)



SEASONAL PRODUCT



**veggie cake** The set ¥1,000 Veggie, cake alone ¥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)



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)



**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)



🌿 Vegan on request

🌿 No trans fatty acids

🌿 Gluten free

📦 Take-out



## 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)

## COFFEE

set menu + ¥ 0

### Onomichi Roman Coffee's Agio Blend organic coffee (hot / ice) 🍷 ¥ 490

fair trade  
Made in Ethiopia      Made in East Timor      Made in Mexico  
Yirgachev G2 (Mocha)      fair trade      Decaffeinated

seconds  
50%OFF

## COFFEE/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) 🍷 set menu + ¥ 180 ¥ 620

## COLD DRINKS

set menu + ¥ 0

### 100% natural juice & fresh Setoda lemon 🍷

• grapefruit  
• orange 🍊 } & fresh Setoda lemon  
• pineapple

¥ 450

¥ 450

¥ 450

seconds  
50%OFF

## Fresh Drink

set menu + ¥ 100

### Organic tomato juice 🍷 ¥ 550

### Organic carrot juice with lemon and orange 🍊 ¥ 500

### Organic Japanese green vegetable juice & lemon setoda 🍷 ¥ 500

### Organic lemonade 🍷 set menu + ¥ 200 ¥ 650

## 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 BEVERAGES

### Alcohol-free beer without additives 🍷 ¥ 600



# TAKE OUT MENU

9:30 ~ Last



**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 ¥980  
 With 10 different ingredients ¥670



**Agio healthy Bi hada don** ¥1,100  
 A bowl of rice covered with seasonal vegetables for a beautiful skin  
 Extra Miso soup "Hatcho" (economy size) + ¥230



**hot sando** Original hot sandwiches with a choice of four types of sandwiches  
 Hot carrot sandwich "ninjin" / Hot pumpkin sandwich "kabocha" ¥880  
 Hot avocado sandwich / Hot yasai sandwich ¥780



**Agio onigiri** Agio rice balls  
 Without ingredients, with Nori (dried seaweed) ¥240  
 With ingredients (Japanese ume plum or chirimenjako (dried sardine fry)) and Nori ¥270



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



## COFFEE

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

## COFFEE/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 ¥440  
 grapefruit / orange / pineapple

## COLD DRINKS

Organic tomato juice ¥540  
 Organic Japanese green vegetable juice & lemon setoda ¥490  
 Organic lemonade ¥640  
 Home-made vegetable juice ¥840  
 Green (detox) ¥540  
 Red (anti-aging) ¥840

# GARDEN MORNING MENU

9:00 ~ 11:00 (Last order)



**genmai onigiri set** Brown rice balls set **¥ 850**

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** **¥ 700**

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



**Choice of 4 varieties of "hot sando"**

"Ninjin" Carrot hot sandwich / **¥ 1,250**

"Kabocha" Pumpkin hot sandwich

"bi hada avocado" hot sandwich with avocado / **¥ 1,150**

"yasai" hot sandwich with vegetables

\* includes one drink



**Agió Field Salad**

15 ingredients with raw ham **¥ 990**

10 ingredients **¥ 680**

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



**"Agió onigiri" rice balls**

Without filling / with nori **¥ 250**

With topping/ with nori **¥ 280**

(plum or chirimenjako (dried sardine fry) )



**Miso Hatcho soup without additives** **¥ 240**

(economy size)



**"bi hada perfect" Perfect** **¥ 880**

"beautiful skin" of seasonal fruits



**"Ice cream" Organic ice cream cup:**

2 scoops **¥ 380** 3 scoops **¥ 570**

Vanilla, cocoa or strawberry flavor.



## DRINK Please choose your set drink here.


### COFFEE

**Organic coffee Agio blend** (hot/ice) **¥ 490**

Fixed menu + ¥0

**Organic coffee** (hot/ice) decaffeinated **¥ 620**

Fixed menu + ¥180

**Soy milk coffee** (hot/ice) with organic coffee  **¥ 600**

Fixed menu + ¥100

### TEA

**Organic Darjeeling Tea** (hot) / **Earl Grey** (hot/ice) **¥ 550**

Fixed menu + ¥100

### COLD DRINK

**100% natural juice & fresh lemon Setoda**  **¥ 450**

Grapefruit / Orange / Pineapple

Fixed menu + ¥0

**Organic tomato juice** **¥ 550**

Fixed menu + ¥100

**Organic green juice & fresh lemon Setoda** **¥ 500**

Fixed menu + ¥100

**Organic lemonade** **¥ 650**

Fixed menu + ¥200

Order as a separate item.

### VEGETABLE JUICE


**Green (Immunity)**      **¥ 850**

Seasonal vegetables/apple/pineapple/kiwi/amazake

**Red (anti-aging antioxidant)**

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**

 Vegan on request

 No trans fatty acids

 Gluten free



# GARDEN CAFE MENU

11:30 ~ Last



**Yakusen Curry** ¥1,200  
(medicinal curry with bamboo charcoal and vegetables)  
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**Pizza with honey (Japan) with three cheeses** ¥1,300  
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**Organic Tomato Margherita** ¥1,250  
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**Agio Healthy Don" healthy rice bowl covered with organic vegetables** ¥1,100  
**Hatcho miso soup without additives (economy size)** +¥240  
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**Choice of 4 varieties of "hot sando"**  
"Ninjin" Carrot hot sandwich / ¥900  
"Kabocha" Pumpkin hot sandwich  
"bi hada avocado" hot sandwich with avocado / ¥800  
"yasai" hot sandwich with vegetables  
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**Agio Field Salad**  
15 ingredients with raw ham ¥990  
10 ingredients ¥680  
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**"onigiri" rice balls from Agio**  
Without garnish / with nori ¥250  
With garnish / with nori (plum or chirimenjako (dried sardine fry)) ¥280  
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**Miso Hatcho soup without additives (economy size)** ¥240  
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**"bi hada perfect" Perfect "beautiful skin" of seasonal fruits** ¥880  
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**"Ice cream" Organic ice cream cup:**  
2 scoops ¥380 3 scoops ¥570  
Vanilla, cocoa or strawberry flavor.  
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## DRINK

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

### COFFEE

- Onomichi Roman Coffee's Agio Blend organic coffee (hot/ice) ¥490
- Organic decaffeinated coffee (hot/ice) ¥620
- Coffee with soy milk and organic coffee (hot/ice) ¥600  
🥛

### 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
- Organic tomato juice ¥550
- Organic green vegetable juice produced in Japan & lemon Setoda ¥500
- Organic lemonade ¥650

### HOME-MADE VEGETABLE JUICE

- Green (immunity) Seasonal vegetables/apple/pineapple/kiwi/sweet sake 🍷 🍌 🍍 🍓 ¥850
- 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 🍷 ¥600



**Instagram**  
~Marking campaign~

¥100 off coupons  
for customers  
who tag, post and follow  
us on Agio's Instagram

\*Only for menu  
orders over ¥800 (including VAT)



facior\_agio