

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 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

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

* Desserts can also be ordered.

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)



SEASONAL
PRODUCT



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)

* With Walnuts, Almonds and Sunflower Seeds



"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)

* With Walnuts, Almonds and Sunflower Seeds



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)



🌿 Vegan on request

🚫 No trans fatty acids

🚫 Gluten free

📦 Take-out

SIDE MENU

9:00 ~ Last



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



"Agi 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)



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

DRINK

9:00 ~ 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)

COFEE

set menu + ¥0

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

fair trade
Made in Ethiopia
Yirgachev G2 (Mocha)

Made in East Timor
fair trade

Made in Mexico
Decaffeinated

seconds
50%OFF

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) 🍷 set menu+ ¥180 ¥620

COLD DRINKS

set menu + ¥0

100% natural juice & fresh Setoda lemon 🍷

• grapefruit

• orange 🍊

• pineapple

& fresh Setoda lemon

¥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

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

A bowl of rice covered with seasonal vegetables for a beautiful skin ¥ 1,100

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 yasal 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

without additives, (economy size)

¥ 230



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 ¥ 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

Vegan on request

No trans fatty acids

Gluten free

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



Agio Field Salad

15 ingredients with raw ham

¥ 990

10 ingredients

¥ 680

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



"Agio onigiri" rice balls

Without filling / with nori

¥ 250

With topping/ with nori

(plum or chirimenjako (dried sardine fry))

¥ 280



Miso Hatcho soup without additives (economy size) ¥ 240



"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.



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)

Seasonal vegetables/apple/pineapple/kiwi/amazake

¥ 850

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

