

沖繩島嶼涮涮鍋 NAKAMA 的堅持

阿古(アグー豚) 豬的介紹

阿古是沖繩特有種的品牌豬。距今約六百多年前從中國引進，在沖繩持續的培育演化而來的小型「島豬」為其由來。阿古豬為霜降肉質，脂肪部分尤其甘美。比起一般市售的豬肉擁有更高的評價。



金武阿古豬



金武阿古豬來自“沖繩縣阿古品牌豬促進協議會”所認定的農場指定生產，為少數擁有琉球在來豬阿古純正血統證明的其中之一。以富含礦物質及氨基酸的飼料搭配沖繩中部金武町產鴻禧菇和酒粕養育而成，肉質具有光澤且幾乎不帶豬肉的腥味。此外，阿古豬特有清爽且甘甜的富含脂肪的肉質，是最適合作為涮涮鍋的食材。柔軟又多汁的阿古豬涮涮鍋一定能滿足您的味蕾。



石垣牛



石垣牛是指擁有在八重山郡內生產培育的生產履歷證明書，並在八重山郡內進行 20 個月以上肥育管理的純正黑毛和牛種。八重山郡為四季如春，擁有寬廣的草地、起伏的丘陵以及豐沛水源的地區，正是最適合和牛繁殖飼育的環境。平均一個月只能出產 30~40 頭的石垣牛，出貨前還須經過嚴格的層層把關，對消費者而言是「信賴・安心・安全」的保證。



柴魚片



在沖繩捕獲的鰹魚脂肪部分稀少，非常適合作為柴魚片，近年來備受矚目且大獲好評。其中八重山郡和本部町等產地也極為有名。過去琉球王朝的宮廷料理即以“醫食同源”為出發點，自古以來柴魚片便被視為珍貴的食材。現今日本全國柴魚片消費量第一的區域即為沖繩縣，甚至有此一說是柴魚片的發祥地即為沖繩。NAKAMA 學習了沖繩的傳統，使用將柴魚片的美味和風味發揮到極致的湯頭，搭配嚴選的阿古豬和石垣牛，讓您盡情享受涮涮鍋的美味。

請根據您的喜好搭配 新鮮島產蔬菜饗用

We hope you find our fresh island vegetables suited to your taste.

NAKAMA 的涮涮鍋除了嚴選的肉類之外新鮮的島產蔬菜也是另一講究。店內中央設有蔬菜吧提供十種以上的島嶼蔬菜以及適合涮涮鍋的沖繩食材。請盡情品嚐沖繩以外難得一見的在地生產新鮮蔬菜。

We hope you enjoy our fresh local vegetables as much as you enjoy our meat. As we are local-minded with meat, we apply the same concept to our vegetable offerings, with more than 10 kinds available at our counter. Some of these are vegetables you will not see outside of Okinawa, so we recommend you try them in some Shabu Shabu.



涮涮鍋的吃法

How to eat Shabu Shabu

NAKAMA 涮涮鍋的美味祕訣

Tips for eating NAKAMA's delicious Shabu Shabu

- 不讓高湯沸騰
Don't boil the Dashi (soup)
- 一次只慢慢涮一片肉（不放入過多的肉）
Gently simmer each piece one at a time (Do not put in several at a time)
- 不讓肉片過熟（牛肉為淡粉紅色，豬肉則為血色消失之後即可食用）
Don't overcook the meats (light pink for beef, and the pork is ready when the redness disappears)
- 涮阿古豬時不需過度濾除雜質（浮沫也是美味的一環）
When adding Agu Pork to the Shabu Shabu, don't use more than necessary
- 依據個人喜好搭配各種沾醬和配料變化口味
Add in the condiments available to your liking, so you can create the taste experience you'd enjoy the most.

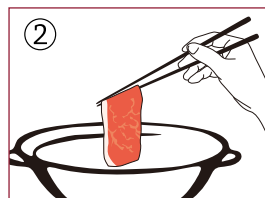
請讓我們的服務人員為您涮第一枚肉片。為了讓您品嚐阿古豬的原味，建議單純使用鹽巴提味食用。之後即可依個人喜好變化。

Firstly, the staff will show you a basic how-to with the first piece of Agu pork. We would you like you to try this simply with salt on the first time around. From there onwards, please mix it to your liking.



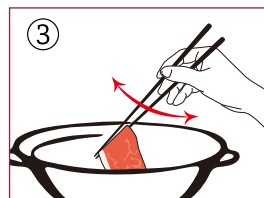
①
點火加熱高湯
（請注意不讓高湯沸騰）

Warm the soup with the pot on fire (please be careful, try not to boil it).



②
夾取一片肉放入鍋中
（注意不讓筷子放開肉片）

Gently place the meat into the pot (please do not release the meat from your chopsticks).



③
在鍋中輕輕的涮肉
（不讓肉片過熟）

Gently brush the meat inside (be careful to not go overboard on the fire).



④
搭配喜好的醬汁或配料食用

Enjoy it with your friends.



NAKAMA 的涮涮鍋套餐



NAKAMA Shabu Shabu Course

※套餐數量為來店人數方可接受點餐 / Please order the course for the number of people.

能夠盡嘗 NAKAMA 美味的推薦套餐。
從涮涮鍋到餐後甜點應有盡有！還可依個人喜好盡情享用新鮮的冰鎮蔬菜吧。
We recommend this course so you can fully enjoy our restaurant.



※Shime = Noodle or Rice in the hot pot after the meal.

※照片為兩人份 / The photo below is 2 servings.

A 島豬套餐 Pork Course

阿古豬 五花肉 + 里肌肉 200 克
Agu Pork Belly + Pork Loin

一人份
One Serving

¥3,880



B 島嶼拼盤套餐 Agu Pork & Ishigaki Beef Course

阿古豬 100 克 + 石垣牛 100 克
Agu Pork + Ishigaki Beef

一人份
One Serving

¥5,980



C 石垣牛涮涮壽喜鍋套餐 Ishigaki Beef Suki-Shabu Course

石垣牛 里肌肉 + 赤身紅肉 200 克
Ishigaki Beef Loin + Round Tip

一人份
One Serving

¥7,680



D 嚴選石垣牛沙朗套餐 Specially Selected Ishigaski Beef Sirloin Course

沙朗牛肉 200 克
Ishigaki Beef Sirloin

一人份
One Serving

¥9,880



涮涮鍋用肉品 單點 (追加)

Additional Pork and Beef

金武阿古豬 1 里肌肉 (100 克) ¥1,180
Kin Agu Pork Loin



2 五花肉 (100 克) ¥1,180
Pork Belly

3 獨家自製阿古豬
與豬耳朵肉丸 (100 克) ¥880
Homemade Minced Meat of Agu Pork and Mimiga

石垣牛 4 里肌 & 赤身紅肉 (100 克) ¥3,480
Ishigaki Beef Beef Loin & Round Tip



5 沙朗牛肉 一份 (40 克) ¥1,480
Sirloin

6 肋眼牛肉 一份 (40 克) ¥1,280
Spencer Roll

另外 8% 的消費稅被加在一起算 | An 8% tax will be charged onto your bill.

涮涮鍋 組合 Shabu-shabu Set

肉
Meat

+

蔬菜拼盤
Assorted
Vegetables

※2 人份以上方可接受點餐
Please order two or more

7 阿古豬涮涮組合 Agu Pork Shabu Set

阿古豬 五花肉+里肌肉 200克
Agu Pork Belly + Pork Loin



一人份
One Serving

¥2,680

8 石垣牛涮涮組合 Ishigaki Beef Shabu Set

石垣牛 里肌&赤身紅肉 200克
Ishigaki Beef Loin + Round Tip



一人份
One Serving

¥6,480

9 石垣牛沙朗涮涮組合 Ishigaki Beef Sirloin Shabu Set

石垣牛沙朗200克
Ishigaki Beef Sirloin



一人份
One Serving

¥8,680

一人加 600 日圓可升級蔬菜自助吧

You can change to All-you-can-eat vegetables per person 600 yen.

※升級數量為來店人數方可接受點餐

※A charge for the number of people will be generated.

涮涮鍋 其他加點品項 Additional menu for Shabu-shabu

10 白飯 (中)
Rice (Regular Size) ¥250

11 白飯 (大)
Rice (Large Size) ¥300

12 鍋後 沖繩麵條 200 克
Okinawan-Soba (For Shime) ¥300

13 生雞蛋
Raw Egg ¥100

14 蔬菜拼盤 (1 人份)
Assorted Vegetables (One Serving) ¥400

15 蔬菜自助吧 (1 位)
Vegetables Buffet ¥600
※升級數量為來店人數方可接受點餐
※Please order vegetables buffet for all group members.

沖繩單品料理 Okinawan Dishes



16 海葡萄
Umibudou (sea grapes)

¥580



17 酸辦海蘊
Mozuku Vinegar

¥480



18 島產辣韭
Shima Rakkyo
(Chinese Onions)

¥580



19 花生豆腐
Jimami Tofu (Peanut Tofu)

¥580



20 獨家自製阿古豬炸肉餅
Homemade Minced
Agu Pork Cutlet
(2piece)

¥580



21 獨家自製阿古豬肉丸
Tsukune of Agu Pork
(Pork Meatloaf made with egg)
(2piece)

¥580



22 石垣牛炙燒壽司 (2 貫)
Ishigaki Beef
Boiled Meat Sushi
(2piece)

¥1,480



23 今日冰淇淋 or 冰沙
Ice Cream or Sherbet of the Day

¥400

另外 8% 的消費稅被加在一起算 | An 8% tax will be charged onto your bill.

NAKAMA 推薦泡盛

Awamori

<p>HANDABARU Handabaru</p> <p>釀酒所: 泰石</p> <p>日本最南端的清酒製造廠，同時也是沖繩唯一的藏元。遵循古法的釀酒方式，無法大量生產製造的珍貴酒種。</p> <p>The southernmost Sake manufacturer in Japan, and the only brewery of its kind in Okinawa. Not mass produced, and made old-fashioned.</p> <p>杯盛 ¥580 / 瓶裝 ¥3,880 30度</p>	<p>琉球經典 Ryu-Kyu Classic</p> <p>釀酒所: 新里酒造</p> <p>現存的沖繩釀酒廠中最具有歷史，創業 160 年的藏元。曾榮獲國際大賽的銀牌獎。</p> <p>Produced at the same location for 160 years, this Sake is an international competition winner.</p> <p>杯盛 ¥500 / 瓶裝 ¥2,880 25度</p>	<p>瑞泉青龍 3 年古酒 ZuisenSeiryu 3y</p> <p>釀酒所: 瑞泉酒造株式會社</p> <p>以熟成古酒混和調製而成的泡盛。小酌一口即能感受到古酒獨特的溫順與甘美在口中散開。</p> <p>Awamori with a blend of aged old sake. The mellow sweetness unique to old sake spreads when it is included in the mouth.</p> <p>杯盛 ¥580 / 瓶裝 ¥3,880 30度</p>
<p>北谷長老 Cytan Choro</p> <p>釀酒所: 北谷長老酒造工廠</p> <p>不追求大量生產，只有品質嚴格把關的泡盛數量限量出貨。高雅的香味與滑順口感為其特色。</p> <p>No excessive mass production and a limited number of shipments helps to ensure quality of Awamori. An elegant fragrance with delicate touch.</p> <p>杯盛 ¥580 / 瓶裝 ¥3,880 30度</p>	<p>海乃邦 12 年 Umino Kuni</p> <p>釀酒所: 沖繩縣泡盛協會</p> <p>與承襲傳統古法，泡盛協會所釀製的泡盛混搭而成的傑作。</p> <p>A masterpiece that blends Awamori with the old tradition of Sake brewing.</p> <p>杯盛 ¥1,280 / 瓶裝 ¥8,880 30度</p>	<p>久米島 Kumejima</p> <p>釀酒所: 米島酒造</p> <p>創業時期販售至今，帶有柔和的堅果香氣並且口齒留香的優質泡盛。</p> <p>With a soft, nutty aroma that is a distinctive trademark, and has been as such since its founding. It spreads thickly inside your taste buds upon drinking, creating a refreshing experience.</p> <p>杯盛 ¥500 / 瓶裝 ¥2,880 30度</p>
<p>久米島的久米仙 Kumejima no Kumesen</p> <p>釀酒所: 久米島的久米仙</p> <p>對原料的“水”極為執著講究，全程使用天然湧泉水製造。泡盛的美味銷售第一代表作。</p> <p>Sticking only to natural spring water for all manufacturing processes. This helps to maintain its purity.</p> <p>杯盛 ¥450 / 瓶裝 ¥2,380 30度</p>	<p>皇家瑞穗 Royal Mizuho</p> <p>釀酒所: 瑞穗酒造</p> <p>古都首里最古老的藏元。具有濃醇又溫和的口感。銷至日本全國各地甚至海外。</p> <p>The oldest brewery in the area. A fresh, gentle and smooth taste. Shipping throughout the country and overseas.</p> <p>杯盛 ¥980 / 瓶裝 ¥6,380 43度</p>	<p>時雨甕儲藏 Shigure Kame Chozo</p> <p>釀酒所: 織名酒造</p> <p>追求清爽風味釀造而成的古風泡盛。</p> <p>An old flavourful taste with a distinctive feeling.</p> <p>杯盛 ¥580 / 瓶裝 ¥3,880 25度</p>
<p>咲元 BLACK Sakimoto Black</p> <p>釀酒所: 咲元酒造合資公司</p> <p>忠實呈現傳統原味，堅守百年歷史美味的泡盛酒造。</p> <p>Brewed for over a century, with the methods of production never changed.</p> <p>杯盛 ¥450 / 瓶裝 ¥2,380 30度</p>	<p>URIZUN Urizun</p> <p>釀酒所: 石川酒造場</p> <p>以多層手續打造的酒甕釀造，微甜的清澄沖繩泡盛。</p> <p>Prepared with pots that take time, and hours of labor to process.</p> <p>杯盛 ¥450 / 瓶裝 ¥2,380 30度</p>	<p>MASAHIRO BLACK Masahiro Black</p> <p>釀酒所: MASAHIRO 酒造</p> <p>華麗的香味與微辣口感為其特徵。繼承傳統同時不忘對於釀酒熱情的酒造。</p> <p>Featuring a gorgeous scent and an incredibly rounded taste, it is characterized mainly by its brewing process, inherited through almost two centuries of tradition.</p> <p>杯盛 ¥450 / 瓶裝 ¥2,380 30度</p>
<p>久米仙古酒 GOLD Kumesen KosyuGold</p> <p>釀酒所: 久米仙酒造 (那霸)</p> <p>不受既有印象侷限，以釀造出獨具特色的泡盛，從初學者到愛好家都能念念不忘的味道為目標。</p> <p>Regardless of the existing concept. Awamori has made quite the impact with its advanced yet distinctive characteristics, impressing everyone from drinking beginners to connoisseurs.</p> <p>杯盛 ¥780 / 瓶裝 ¥4,380 30度</p>	<p>KARY 春雨 Kari Harusame</p> <p>釀酒所: 宮里酒造所</p> <p>重質不重量的的原則以致市場上也少有流通，經過精密計算釀造而成擁有不少酒迷的泡盛。</p> <p>The methods of deciding exactly how to drink Awamori in a calculative context has fascinated drinkers everywhere, thereby building a distinctive fan base.</p> <p>杯盛 ¥880 / 瓶裝 ¥5,380 30度</p>	<p>太平 Taihei</p> <p>釀酒所: 宮里酒造所</p> <p>傳承古法的同時，巧妙地調整製法釀造而成頗具個性的泡盛。</p> <p>A characteristic flavor that is born through an old-fashioned manufacturing method, with characteristic flavours that are determined as distinctive.</p> <p>杯盛 ¥450 / 瓶裝 ¥2,380 30度</p>
<p>南光 Nan-Kou</p> <p>釀酒所: 神谷酒造所</p> <p>傳承古法的同時，巧妙地調整製法釀造而成頗具個性的泡盛。</p> <p>In order to preserve the umami ingredients, there is a rough filtration process that helps create the unique taste.</p> <p>杯盛 ¥450 / 瓶裝 ¥2,380 30度</p>	<p>忠孝 Chu-Kou</p> <p>釀酒所: 忠孝酒造</p> <p>以繼承與創造泡盛文化為座右銘，嚴選土壤自製而成的酒甕為其堅持。富含香氣的口感為特徵。</p> <p>Based on the succession of Awamori culture, with full commitment to making the best product from the ground-up.</p> <p>杯盛 ¥450 / 瓶裝 ¥2,380 30度</p>	<p>神泉 Shin-Sen</p> <p>釀酒所: 上原酒造</p> <p>業界唯一獨創，導入負離子技法釀造。高雅風味和不易宿醉的酒質為其獨自的概念。</p> <p>The industry also has a special initiative, culminated through the launch of the negative-ion technique in the brewing process. An elegant taste, that also decreases the chance of a hangover.</p> <p>杯盛 ¥450 / 瓶裝 ¥2,380 30度</p>

另外 8% 的消費稅被加在一起算 | An 8% tax will be charged onto your bill.

飲品菜單 DRINK MENU

啤酒 Beer

ORION 啤酒 (大) Orion Beer (Large)	¥950
ORION 啤酒 (中) Orion Beer (Regular)	¥500
ORION 啤酒 (普通杯裝) Orion Beer (Glass)	¥350
ORION 無酒精啤酒 Orion Clear Free (Non-Alcoholic)	¥350
KIRIN 麒麟 一番榨啤酒 (瓶) Kirin Ichiban-Shibori (Bottle)	¥600
ASAHI 朝日 Super Dry “超爽”啤酒 (瓶) Asahi Super Dry (Bottle)	¥600
ORION DRAFT(瓶) Orion Draft(Bottle)	¥600

日本酒 SAKE

沖繩唯一日本酒 黎明 本釀造 720ml Reimei Honjōzō 720ml	¥3,580
一之藏 特別純米酒 720ml Ichinokura Junmaishu 720ml	¥4,280
久保田 千壽 720ml Kubota Senju 720ml	¥4,280

燒酒 & 梅酒 Shochu and Plum Wine

梅酒 Plum Wine	¥500
金菊梅酒 Shekwasha Plum Wine	¥550
黑霧島 (芋製燒酒) Kurokirishima (Sweet Potato Shochu)	¥550
二階堂 (麥製燒酒) Nikaidou (Barley Shochu)	¥550

白葡萄酒 White Wine

白葡萄酒 (杯盛) White Wine Glass	¥580
白葡萄酒 (瓶) White Wine Bottle	¥3,500

紅葡萄酒 Red Wine

紅葡萄酒 (杯盛) Red Wine Glass	¥580
紅葡萄酒 (瓶) Red Wine Bottle	¥3,500

威士忌蘇打 Highballs

威士忌蘇打 Whisky Highball	¥550
威士忌可樂 Whisky and Coke	¥550
威士忌薑汁汽水 Whisky and Ginger ale	¥550

泡盛 (杯盛) Awamori (Glass)

菊乃露 BROWN (30度 菊乃露酒藏・宮古島) Kikunoshi Brown	¥450
殘波 BLACK (30度 比嘉酒藏・讀谷村) Zanpa Black	¥450

泡盛 (瓶裝) Awamori (Bottles)

菊乃露 BROWN (30度 菊乃露酒藏・宮古島) Kikunoshi Brown	¥2,380
殘波 BLACK (30度 比嘉酒藏・讀谷村) Zanpa Black	¥2,380

沙瓦 Sours

季節水果鮮榨沙瓦 Seasonal Fresh Fruits Sour	¥550
檸檬沙瓦 Lemon Sour	¥550
葡萄柚沙瓦 Grapefruits Sour	¥550
烏龍茶燒酒 Oolong Hai	¥450
茉莉香片茶燒酒 Sanpin Hai	¥450
薑黃茶燒酒 Uchin Hai	¥450

無酒精飲料 Soft Drinks

芒果汁 Mango Juice	¥450
鳳梨汁 Pineapple Juice	¥450
番石榴汁 Guava Juice	¥450
金桔汁 Shequasar Juice	¥450
柳橙汁 Orange Juice	¥400
可樂 Cola	¥400
薑汁汽水 Ginger Ale	¥400
哈密瓜蘇打 Melon Soda	¥400
茉莉香片茶 Sanpin Tea	¥350
薑黃茶 Uchin Tea	¥350
烏龍茶 Oolong Tea	¥350
冰咖啡 Iced Coffee	¥350

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