

カロリー・アレルギー一覧
(メゾン・ド・ヴェール フード、デザート)

2026年5月
メゾン・ド・ヴェール

| 商品名 | 1食あたりの カロリー (kcal) | 食塩相当 量 (g) | 特定原材料 (8品目) | | | | | | | | 特定原材料に準ずるもの (20品目) | | | | | | | | | | その他2品 | | | | | | |
|----------------------------------|--------------------------|------------------|-------------|---|----|----|----|-----|----|-----|--------------------|----|-----|----|----|----|----|-----|----|-----|-------|-----|-----|-----|------|-----|---|
| | | | 卵 | 乳 | 小麦 | えび | かに | 落花生 | そば | くるみ | あじ | イカ | いくら | えび | かに | 鶏肉 | 豚肉 | バナナ | 豚肉 | まぐろ | 桃 | りんご | みかん | ぶどう | アボカド | 魚介類 | 米 |
| <サンド> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ☆トーストサンド ふわふわタマゴ | 463 | 2.3 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ☆トーストサンド 海老アボカドとポテトサラダ | 431 | 2.5 | ● | ● | ● | ● | | | | | | | | | | | | | | | | | | | | ● | |
| ☆トーストサンド BLT～シーザーサラダ仕立て～ | 423 | 2.8 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| ☆トーストサンド たまご焼き～博多明太マヨソース～ | 429 | 2.6 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | ● | | ● |
| <サラダ> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ランチサラダ | 22 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| <パスタ> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| マリカと大葉の博多明太子 | 443 | 3.2 | | | ● | | | | | | | | | | | | | | | | | | | | | ● | |
| 洋食屋さんのナポリタン | 677 | 4.1 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| 3種チーズのカルボナーラ～温泉たまごのせ～ | 685 | 3.8 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| 揚げなすとほうれん草のポロネーゼ | 576 | 4.0 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| アザリとほうれん草のクリームチャウダー仕立て | 361 | 2.9 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| ごま香る豚しゃぶの和風仕立て | 557 | 4.0 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| スモークサーモンの菜園風アンチョビオイルソース | 591 | 2.0 | | | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| えびの濃厚トマトクリーム～ピスク仕立て～ | 674 | 4.0 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| えびの濃厚トマトクリーム～ピスク仕立て～ (糖質OFF種変更) | 545 | 3.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| 3種チーズのカルボナーラ～温泉たまごのせ～ (糖質OFF種変更) | 556 | 3.0 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| 揚げなすとほうれん草のポロネーゼ (糖質OFF種変更) | 446 | 3.1 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| トッピング 温泉たまご | 59 | 0.2 | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| <ライス> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コク旨デミグラスのハヤシライス | 535 | 2.3 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| とろふわオムライス 完熟トマトケチャップ | 591 | 4.4 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| 和風オニオンソースのハンバーグ (白米) | 578 | 2.5 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| 和風オニオンソースのハンバーグ (十八穀米) | 567 | 2.5 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| <ゼリー・その他デザート> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ダブルベリー・バルフェ | 290 | 0.4 | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| マンゴー・バルフェ | 247 | 0.2 | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| 珈琲ゼリー | 154 | 0.2 | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| <クッキー> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ☆クッキー プレーン | 344 | 0.7 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ☆クッキー バナナ&生キャラメル | 527 | 0.8 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ☆クッキー 生チョコ&ベリー | 463 | 0.9 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ☆クッキー ダブルベリー | 405 | 0.8 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ☆クッキー マンゴー | 464 | 0.9 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| <ケーキ> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ニューヨークチーズケーキ | 327 | 0.5 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ベルギー産チョコプレートケーキ | 241 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| イタリア菓のモンブラン | 236 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| あまおう母とホワイトチョコのモンブラン | 272 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| アサイームースケーキ | 264 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| キャラメルミルクデシフォン | 277 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ストロベリーショートケーキ | 252 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| バナナタルト | 281 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| <選択・個店デザート> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| バナナアイス | 161 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ★プレーンパンケーキ | 348 | 1.3 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ★フルーツパンケーキ | 462 | 1.3 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ★キッズパンケーキ (コアラ/レッサー共通) オレンジ | 413 | 1.3 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ★キッズパンケーキ (コアラ/レッサー共通) アップル | 405 | 1.3 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ★キッズパンケーキ (コアラ/レッサー共通) ミルク | 441 | 1.4 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ★コアラプレート オレンジ | 686 | 2.7 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ★コアラプレート アップル | 678 | 2.8 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ★コアラプレート ミルク | 714 | 2.9 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ★コアラサンデー | 575 | 0.7 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| <パストリー> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ☆北海道十勝産小豆のあんぱん | 309 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ☆プリオッシュクリームパン | 316 | 0.5 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ☆コームヨパン | 311 | 1.0 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ☆チョコデニッシュ | 292 | 0.6 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| <フレッシュサンド 関東エリア> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| タマゴサンド | 184 | 0.9 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| タマゴツナミックスサンド | 376 | 1.7 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| タマゴハムミックスサンド | 353 | 2.0 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ツナハムミックスサンド | 362 | 1.8 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ピーナッツサンド | 228 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| バナナホイップサンド | 195 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| シャキシャキレタスとバストラミチキン～シーザーサラダ仕立て～ | 226 | 1.0 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| <フレッシュサンド 東山動物園店> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| タマゴサンド | 177 | 0.9 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| タマゴツナミックスサンド | 366 | 1.6 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| タマゴハムミックスサンド | 339 | 1.9 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ツナハムミックスサンド | 349 | 1.7 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ピーナッツサンド | 221 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| バナナホイップサンド | 188 | 0.4 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| シャキシャキレタスとバストラミチキン～シーザーサラダ仕立て～ | 219 | 1.0 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| <焼き菓子> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 塩キャラメルドーナツ | 150 | 0.3 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ベルギーチョコドーナツ | 176 | 0.05 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| バウムクーヘン | 225 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| ベルギーワッフル プレーン | 248 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| パウンドケーキ バナナ | 256 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| パウンドケーキ オレンジ | 259 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| クリエのレーズンサンド | 205 | 0.1 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| チョコチップクッキー | 187 | 0.2 | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |

☆は東山動物園店以外の店舗で販売中のメニューとなります
★は東山動物園店限定メニューとなります

●糖質比較 (1食あたり)

| メニュー名 | 現行品 | 糖質OFF種 | 比較 |
|-----------------------|-------|--------|----------|
| 3種チーズのカルボナーラ～温泉たまごのせ～ | 79.4g | 36.0g | 44.4%OFF |
| 揚げなすとほうれん草のポロネーゼ | 87.6g | 44.2g | 49.5%OFF |
| えびの濃厚トマトクリーム～ピスク仕立て～ | 84.3g | 40.9g | 51.5%OFF |