Magic that makes you smile in the morning haha!

# Witch's healthy French toasts

When you get tired and eat less, your stomach becomes weaker and your whole body recovers much slower.

Toast has alpha-gelatinized starch and is actually an easily digestible food.

Furthermore, French toast is rich in nutrients such as protein, high-quality fats, carbohydrates, vitamins A, B, C, D, E, and K, sodium, potassium, calcium, magnesium, phosphorus, iron, zinc, copper, iodine, selenium, and molybdenum. ....It's like a magic spell hahaha

Also, our witch's French toast has a "secret vanilla" flavor.

This ingredient approaches your mind and body. It works on your nerve center and relieves stress, irritation, tension, insomnia, etc. It has the function of promoting gas discharge from the intestines, and has anti-infective, antioxidant, menstrual promotion, and nourishing tonic effects.

Research has proven that vanilla's sweet, rich aroma tricks the human sense of taste, and that even if you use less sugar, it still tastes just as sweet.

Desserts that use vanilla are said to be more effective for weight loss than other desserts that rely solely on the sweetness of sugar.

Have fun and enjoy nutritious meals, and stay healthy at all times.

# Japanese morning menu

Witch's morning SET ¥555



GO! GO! GO!

MADE SAUSACCO

Gluten-Free Additive-Free Home made

¥100

Rice(White or Brown) • Salad with original vege dressing t • Miso soup • Coffee

## Witch's Onigiri SET



2 rice balls (plum / kelp / Bonito Flakes)
Salad with original vege dressing
Chosen Egg
(Fried / Boiled / Scrambled / Rolled / Low)
Miso soup ,Coffee

¥550

# Ham & Eggs SET

Rice(White or Brown)
Ham&Eggs ( 2 eggs and 2 slices of ham)
Salad with original vege dressing
Miso soup • Coffee

¥580

## Grilled fish SET

Rice(White or Brown) • Grilled fish (salmon or Mackerel)
Home-made japanese pickles
Eggs , Miso soup, Coffee

¥580

#### Natto SET

Rice(White or brown) Natto, Miso-soup Home-made japanese pickles, Coffee

¥350

Topping

**ALL ¥100** 

All free home-made sausage Raw Egg / Boilled Egg / Natto

## Toasts morning menu



## Toasts SET ¥550~

YOUR MOOD DECIDES WHAT TYPE OF TOASTS YOU EAT TODAY!



A.Egg sandwitches



B.Ham&Eggs



C.Pizza + ¥50



CHOSEN EGG( FRIED / BOILED / SCRAMBLED / ROLLED / LOW )
SALAD WITH ORIGINAL VEGE DRESSING · MISO SOUP · COFFEE

#### Cheese toasts SET



Cheese toast (1 slice)

Chosen Egg
(Fried / Boiled / Scrambled / Rolled / Low)

Salad with original vege dressing •

Miso soup • Coffee

#### one coin SET ¥500



Toast (1 slice on butter)
Boiled egg, Coffee

Jam **¥50** 

## healthy Sweets morning



#### Witch's French toasts SET ¥700

Witch's french toasts (3 slices) • maple syrup Salad (Witch's original dressing) • Banana & Fresh cream Vietnamian Coffee (Ice or Hot)



## Witch's coffee syrup

Our home-made coffee syrup made from brown suger. (No add any white suger) Gum syrup(commercially available) is a synthetic sweetener, it's not born from the EARTH. There are many calorie-free products, but also they are highly addictive and just things that the human body doesn't really need. We'll give you what you really need, just enough to make your happy

Sunday Monday

# GlutenFree ONLY Home-made bread

made from rice flour

Please ask this to stuff:)

## Daily bread SET

¥680



White hot dog buns





Chiffon sandwitch Mini brown rice breads



Rice baguette



Oats meal's



what's a next? Comming soooooon



もりサラダ (魔女ドレッシング)・お味噌汁・コーヒー 選べるたまご(目玉焼き・茹で卵・生卵・卵焼き・スクランブル)

単品でテイクアウトも可能です♪

## おシャレにド健康なってみる?

小麦・乳製品・白砂糖不使用 **おったまバケット** 750 えん

#### ※要予約

バゲットが大好きだったフランス歴5年の オーナー渾身の力作である!(食べたいという意地) ーつーつ時間をかけてお作りするので要予約です!

#### 土日限定

## おったま手作り 米パンモーニング



本日の米パンセット 本日の気まぐれ米パン

無添加バジルウィンナー・もりサラダ ゆで卵 or 目玉焼き・お味噌汁

コーヒー

680 ih

おいでませるたち~♪/福生ジェンヌたち~♪

