

# be my flora

kitchen

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 instagram



@bemyflora\_kitchen

# be my flora

## kitchen

"be my flora kitchen's" Pride



"Healthy hearty home-cooked meals" that make your body and soul all warmed up.

At be my flora kitchen, We are very particular about offering ingredients such as seasonings, vegetables, and meat, as well as cooking methods. Based on the concept of "It's so delicious, yet good for your body." Enjoy Japanese set meals, noodle sets, and sweets all day long.

### • be my flora kitchen What we choose "Not" to use



Chemical seasonings free



Additive free



Fragrance free



Coloring free



Preservative free



Flour free

### • Our carefully selected ingredients

#### Seasonings

We have selected seasonings that are organic and have no additives.

Gluten-free Shoyu Japanese Organic Soy Sauce

Organic Sanshu Mirin

Additive-free Shinshu miso

Organic Beet sugar



#### Rice

Our rice is safe, reliable, and delicious that is cultivated with a reduced amount of agricultural pesticides and no chemical fertilizers.

Specially cultivated rice from Toyooka City, Hyogo Prefecture "Stork Natural Rice"



#### Meat

We use meat that is raised in the rich land of Japan with particular attention to feed.

Hakuo "Sangenton" Pork

Domestic Daisen Chicken



#### Vegetables

We use vegetables that are organically grown and that have no additives.





“be my flora” is a well-being brand that introduces various products that keeps your gut healthy based on the concept of “stay healthy and beautiful, tomorrow and 10 years, and more”.

• 8 Commitments From "be my flora" Enzyme Paste

- |  |   |  |   |
|--|---|--|---|
| <p><b>1.</b></p> <p><b>Water With Super Antioxidant Power</b></p> <hr/> <p>Uses silica water that has been filtered through 200m of bedrock for over 300 years, with high antioxidant power and fat-dissolving components.</p> | <p><b>2.</b></p> <p><b>Acetic acid fermentation in Brazil's rich soil</b></p> <hr/> <p>Uses grown plants that are grown on vast Brazilian farms. It is registered as a World Heritage Site.</p>                           | <p><b>3.</b></p> <p><b>86 Ingredients Carefully Selected</b></p> <hr/> <p>Uses more than 86 kinds of vegetables, medicinal herbs, fruits, and grains selected based on macrobiotic theory.</p> | <p><b>4.</b></p> <p><b>Recipes Devised By Macrobiotic Authority Figure</b></p> <hr/> <p>A recipe devised by Dr. Michio Kushi, a leading macrobiotic expert who taught Madonna and Tom Cruise.</p>                                       |
| <p><b>5.</b></p> <p><b>Carefully Aged For 10 Years</b></p> <hr/> <p>Matured and fermented for 10 years without the use of accelerators. Unique acetic acid bacteria also generate in the rich soil of Brazil.</p>              | <p><b>6.</b></p> <p><b>100% concentration of stock solution</b></p> <hr/> <p>The enzyme paste is in its original form without being diluted in any way, so you can experience the power of the concentrated material.</p> | <p><b>7.</b></p> <p><b>Harmful substances are Not used at all</b></p> <hr/> <p>Since we do not use any additives, anyone of any age or gender can enjoy it.</p>                                | <p><b>8.</b></p> <p><b>"Prebio" × Achieving "probio"</b></p> <hr/> <p>Realizes highly effective "synbiotics" in which the beneficial bacteria themselves and the food for the beneficial bacteria are taken together in one bottle.</p> |

• be my flora Recommended way to drink



Drink directly



Mix with carbonated water



Mix with soy milk



**FOOD**  
MENU

Full of fat-soluble vitamins and excellent antioxidant effect!  
 Rich taste of gluten-free three-grain noodles and roast-flavored soy sauce cream

## Salmon with Roast-flavored Soy Sauce Cream Gluten-Free Pasta Set

**2,700** yen  
 (2,970 yen tax included)

<p>"be my flora"  <b>Vinegared Mozuku Seaweed</b></p> <p>Rock mozuku seaweed grown in Okinawa prefecture has a delicious crunchy texture, marinated with homemade dressing including vinegar and "be my flora" enzyme paste.</p>	<p>"be my flora"  <b>Kale honey lemon Juice</b></p> <p>Pesticide-free kale + be my flora + honey lemon Gentle sweet kale juice</p>	<p>"be my flora"  <b>Tomato Juice</b></p> <p>be my flora farming method Sweet and cultivated tomato juice</p>
<p>"be my flora"  <b>Enzyme Paste (10g×1 packet)</b></p> <p>"be my flora" enzyme paste is made by slowly aging and fermenting 88 kinds of Brazilian vegetables, fruits, wild grasses and legumes for 10 years. No preservatives, flavors, colorings, additives and artificial sweeteners are added.</p>	<p><b>Salmon with Roast-flavored Soy Sauce Cream Pasta (Gluten-Free)</b></p> <p>Full of fat-soluble vitamins and antioxidants Excellent effect!        Gluten-free three-grain noodles        The roast-flavored soy sauce cream goes well with it. A rich flavor that makes you want to eat it in autumn.        The scent of dill is an accent.</p>	<p>"be my flora"  <b>Dressing Salad</b></p> <p>Enjoy vegetables with our homemade dressing, which is a blend of 13 kinds of ingredients such as onions, walnuts, and "be my flora" enzyme paste, based on flaxseed oil, which is rich in omega-3.</p>

\*At lunchtime (11:00-14:00), Customers who order a meal set can also enjoy our Drink Set or Drink & Cake Set.

● **Drink Set for Lunchtime + 300yen (330 yen tax included)**

Choose a drink from "Wonderstock" Natural Coffee / Organic Black Tea / Organic Hojicha Tea  
HOT / ICE HOT / ICE HOT / ICE

● **Dessert and Drink set for Lunchtime + 800yen(880 yen tax included)**

Choose a cake from half size chocolate terrine / half size cheesecake.  
 Choose a drink from "Wonderstock" Natural Coffee / Organic Black Tea / Organic Hojicha Tea  
HOT / ICE HOT / ICE HOT / ICE



\*Nuts are used in the salad, dressing, and both of our chocolate terrine and cheesecake. (walnuts/cashews/almonds)  
 \*If you have any food allergies, please don't hesitate to inform us.

Even though it's a tofu hamburger, it's juicy and filling!

# Healthy Tofu and Chicken Hamburger Steak Set

with homemade fresh shichimi and spring vegetables

Choice of  
rice and soup

**2,700** yen  
(2,970 yen tax included)

## Healthy tofu and chicken hamburger steak

Combine tofu, minced meat, and onions in the golden ratio. Juicy with miso as a secret ingredient Hamburger. This dish can be enjoyed with grated daikon radish, soy sauce, and homemade raw shichimi pepper for a refreshing taste. Bamboo shoots in season contain a wide variety of vitamins, and are great for dieting and beautifying the skin.

## "be my flora" Vinegared Mozuku Seaweed

Rock mozuku seaweed grown in Okinawa prefecture has a delicious crunchy texture, marinated with homemade dressing including vinegar and "be my flora" enzyme paste.

## "be my flora" Kale honey lemon Juice

Pesticide-free kale +be my flora + honey lemon  
Gentle sweet kale juice

## "be my flora" Tomato Juice

be my flora farming method Sweet and cultivated tomato juice



## "be my flora" Dressing Salad

Enjoy vegetables with our homemade dressing, which is a blend of 13 kinds of ingredients such as onions, walnuts, and "be my flora" enzyme paste, based on flaxseed oil, which is rich in omega-3.

## Homemade kelp boiled in tsukudani

The kelp with Japanese-style broth  
Seasoned sweet and spicy  
with organic mirin and soy sauce

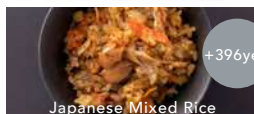
## "be my flora" Enzyme Paste (10g×1 packet)

"be my flora" enzyme paste is made by slowly aging and fermenting 88 kinds of Brazilian vegetables, fruits, wild grasses and legumes for 10 years. No preservatives, flavors, colorings, and additives are added.

## a choice of rice

"be my flora" Rice  
(Brown Rice / White Rice /  
Japanese Mixed Rice +396 yen)

Safe, reliable and delicious rice with reduced agricultural pesticides and no chemical fertilizers. You can choose from brown rice, white rice, and Japanese cooked rice including chicken, carrots and burdock roots.

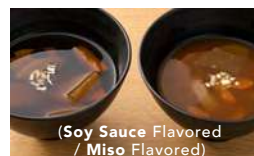


## soup to choose from

"be my flora" 5 Veggie Soup  
(Soy Sauce Flavored /  
Miso Flavored)

This soup is known as "keeping your gut healthy" soup. It is made with "be my flora" veggie broth, kelp seaweed, bonito flakes, shiitake mushrooms, and dried sardines in a Japanese-style broth, simmered with five vegetables: Japanese radish, carrot, lotus root, taro, and burdock root.

You can choose from soy sauce flavor or miso flavor.



"Eating this meal, you can complete 2/3 of the dietary fiber you need in a day!  
This is a "keeping your gut healthy meal" just for you.

# Grilled "Sangenton Pork" with Fermented Ginger Sauce Set

Choice of  
rice and soup

**2,700<sub>yen</sub>**  
(2,970 yen tax included)

## Grilled "Sangenton Pork" with Fermented Ginger Sauce

The "Sangenton pork" which is a brand of pork that is described as "drinkable fat", is grilled with fermented ginger, organic mirin and soy sauce, flavored sweet and spicy.

## "be my flora" Vinegared Mozuku Seaweed

Rock mozuku seaweed grown in Okinawa prefecture has a delicious crunchy texture, marinated with homemade dressing including vinegar and "be my flora" enzyme paste.

## "be my flora" Kale honey lemon Juice

Pesticide-free kale +be my flora + honey lemon Gentle sweet kale juice

## "be my flora" Tomato Juice

be my flora farming method Sweet and cultivated tomato juice



## "be my flora" Dressing Salad

Enjoy vegetables with our homemade dressing, which is a blend of 13 kinds of ingredients such as onions, walnuts, and "be my flora" enzyme paste, based on flaxseed oil, which is rich in omega-3.

## Homemade kelp boiled in tsukudani

The kelp with Japanese-style broth Seasoned sweet and spicy with organic mirin and soy sauce

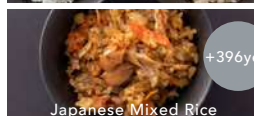
## "be my flora" Enzyme Paste (10g×1 packet)

"be my flora" enzyme paste is made by slowly aging and fermenting 88 kinds of Brazilian vegetables, fruits, wild grasses and legumes for 10 years.No preservatives, flavors, colorings, and additives are added.

## a choice of rice

"be my flora" Rice  
(Brown Rice / White Rice /  
Japanese Mixed Rice +396 yen)

Safe, reliable and delicious rice with reduced agricultural pesticides and no chemical fertilizers. You can choose from brown rice, white rice, and Japanese cooked rice including chicken, carrots and burdock roots.

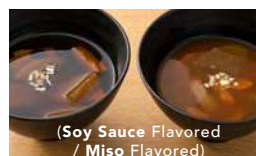


+396yen

## soup to choose from

"be my flora" 5 Veggie Soup  
(Soy Sauce Flavored /  
Miso Flavored)

This soup is known as "keeping your gut healthy" soup. It is made with "be my flora" veggie broth, kelp seaweed, bonito flakes, shiitake mushrooms, and dried sardines in a Japanese-style broth, simmered with five vegetables: Japanese radish, carrot, lotus root, taro, and burdock root. You can choose from soy sauce flavor or miso flavor.





Eat and detox! Rich in potassium and recommended for those who want to get rid of excess salt

## Fresh Tuna & Black Soy Natto "Neba-Neba" Bowl Set

Rich in potassium to help reduce bloating and refresh your body (2,970 yen tax included)

Choice of  
rice and soup

**2,700** yen

(2,970 yen tax included)

### "be my flora" Dressing Salad

Enjoy vegetables with our homemade dressing, which is a blend of 13 kinds of ingredients such as onions, walnuts, and "be my flora" enzyme paste, based on flaxseed oil, which is rich in omega-3.

### "be my flora" Vinegared Mozuku Seaweed

Rock mozuku seaweed grown in Okinawa prefecture has a delicious crunchy texture, marinated with homemade dressing including vinegar and "be my flora" enzyme paste.

### "be my flora" Kale honey lemon Juice

Pesticide-free kale +be my flora + honey lemon Gentle sweet kale juice

### "be my flora" Tomato Juice

be my flora farming method Sweet and cultivated tomato juice



### "be my flora" Enzyme Paste (10g×1 packet)

"be my flora" enzyme paste is made by slowly aging and fermenting 88 kinds of Brazilian vegetables, fruits, wild grasses and legumes for 10 years. No preservatives, flavors, colorings, and additives are added.

### Fresh Tuna & Black Soy Natto "Neba-Neba" Bowl

Rich in potassium to help reduce bloating and refresh your body.

A masterpiece with fatty bluefin tuna and the saltiness of additive-free pickled radish, the flavor of the fantastic Sengoku natto, the richness of free-range eggs, and the texture of okra and yam that spreads in your mouth.

※You can choose brown rice or white rice

### soup to choose from

### "be my flora" 5 Veggie Soup (Soy Sauce Flavored / Miso Flavored)

This soup is known as "keeping your gut healthy" soup. It is made with "be my flora" veggie broth, kelp seaweed, bonito flakes, shiitake mushrooms, and dried sardines in a Japanese-style broth, simmered with five vegetables: Japanese radish, carrot, lotus root, taro, and burdock root. You can choose from soy sauce flavor or miso flavor.

### Add-on sides available

Add additive-free sides (p.13-14) to your set.



White Rice/Brown Rice



(Soy Sauce Flavored / Miso Flavored)

Full of fat-soluble vitamins! Be My Flora x Astaxanthin Excellent antioxidant effect!  
Recommended for those who want to improve their immunity

# Salmon Meunière Set

Choice of rice and soup

with Caramelized Soy Cream Sauce

2,700 yen  
(2,970 yen tax included)

## Salmon Meunière with Caramelized Soy Cream Sauce

Sprinkled with domestic rice flour and sautéed Melted salmon and charred soy sauce An addictive masterpiece.

## "be my flora" Vinegared Mozuku Seaweed

Rock mozuku seaweed grown in Okinawa prefecture has a delicious crunchy texture, marinated with homemade dressing including vinegar and "be my flora" enzyme paste.

## "be my flora" Kale honey lemon Juice

Pesticide-free kale +be my flora + honey lemon Gentle sweet kale juice

## "be my flora" Tomato Juice

be my flora farming method Sweet and cultivated tomato juice



## "be my flora" Dressing Salad

Enjoy vegetables with our homemade dressing, which is a blend of 13 kinds of ingredients such as onions, walnuts, and "be my flora" enzyme paste, based on flaxseed oil, which is rich in omega-3.

## Homemade kelp boiled in tsukudani

The kelp with Japanese-style broth Seasoned sweet and spicy with organic mirin and soy sauce

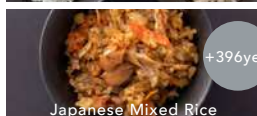
## "be my flora" Enzyme Paste (10g×1 packet)

"be my flora" enzyme paste is made by slowly aging and fermenting 88 kinds of Brazilian vegetables, fruits, wild grasses and legumes for 10 years.No preservatives, flavors, colorings, and additives are added.

## a choice of rice

"be my flora" Rice  
(Brown Rice / White Rice /  
Japanese Mixed Rice +396 yen)

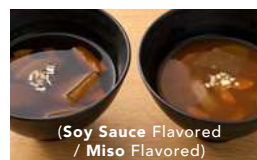
Safe, reliable and delicious rice with reduced agricultural pesticides and no chemical fertilizers. You can choose from brown rice, white rice, and Japanese cooked rice including chicken, carrots and burdock roots.



## soup to choose from

"be my flora" 5 Veggie Soup  
(Soy Sauce Flavored /  
Miso Flavored)

This soup is known as "keeping your gut healthy" soup. It is made with "be my flora" veggie broth, kelp seaweed, bonito flakes, shiitake mushrooms, and dried sardines in a Japanese-style broth, simmered with five vegetables: Japanese radish, carrot, lotus root, taro, and burdock root. You can choose from soy sauce flavor or miso flavor.



Mackerel is packed with EPA & DHA, iron, vitamin B12 which are known for keeping smooth blood flow. It is simmered with homemade fermented ginger to make it even more nutritious.

# be my flora Dressing Salad Set

Choice of soup

**2,700** yen  
(2,970 yen tax included)

## "be my flora" Vinegared Mozuku Seaweed

Rock mozuku seaweed grown in Okinawa prefecture has a delicious crunchy texture, marinated with homemade dressing including vinegar and "be my flora" enzyme paste.

## "be my flora" Kale honey lemon Juice

Pesticide-free kale + be my flora + honey lemon  
Gentle sweet kale juice

## "be my flora" Tomato Juice

be my flora farming method  
Sweet and cultivated tomato juice



The chicken in the salad can be replaced with **grilled salmon** or **pork belly**.

You can be changed to tomato juice

## be my flora Dressing Salad

Daisen chicken grilled with rosemary, soft texture of organic green leaf lettuce, avocado, paprika, fragrantly roasted walnuts, covered and mixed with our signature "be my flora kitchen"

## "be my flora" Enzyme Paste (10gx1 packet)

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### Add-on sides available



Add additive-free sides (p.13-14) to your set.

## soup to choose from

### 5 Veggie Potage (with soy milk)

OR

### 5 Veggie Soup

(Soy Sauce Flavored / Miso Flavored)



5 Veggie potage

Potatoes made from pumpkin, carrots, onions, potatoes, and Chinese cabbage boiled in veggie broth, then pasted and prepared with Unsweetened Soy Milk and salt



(Soy Sauce Flavored / Miso Flavored)

This soup is known as "keeping your gut healthy" soup. It is made with "be my flora" veggie broth, kelp seaweed, bonito flakes, shiitake mushrooms, and dried sardines in a Japanese-style broth, simmered with five vegetables: Japanese radish, carrot, lotus root, taro, and burdock root. You can choose from soy sauce flavor or miso flavor.

Packed with Soy Isoflavones (Yuba) and Dietary Fiber (Mushrooms).  
Highly recommended for maintaining healthy cholesterol and triglyceride levels.

## "Ankake" Yuba Bowl

with House-made Fresh Shichimi Chili Paste



2,700 yen

(2,970 yen tax included)

### "be my flora" Dressing Salad

Enjoy vegetables with our homemade dressing, which is a blend of 13 kinds of ingredients such as onions, walnuts, and "be my flora" enzyme paste, based on flaxseed oil, which is rich in omega-3.

### "be my flora" Vinegared Mozuku Seaweed

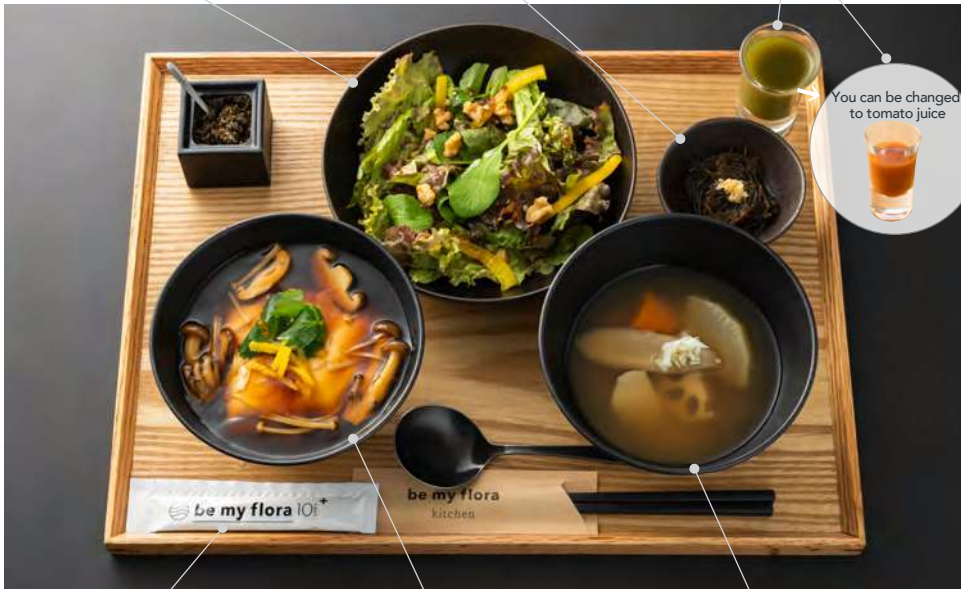
Rock mozuku seaweed grown in Okinawa prefecture has a delicious crunchy texture, marinated with homemade dressing including vinegar and "be my flora" enzyme paste.

### "be my flora" Kale honey lemon Juice

Pesticide-free kale +be my flora + honey lemon Gentle sweet kale juice

### "be my flora" Tomato Juice

be my flora farming method Sweet and cultivated tomato juice



### "be my flora" Enzyme Paste (10g×1 packet)

"be my flora" enzyme paste is made by slowly aging and fermenting 88 kinds of Brazilian vegetables, fruits, wild grasses and legumes for 10 years. No preservatives, flavors, colorings, and additives are added.

### "Ankake" Yuba Bowl with House-made Fresh Shichimi Chili Paste

The smooth texture of raw yuba is topped with a generous amount of red bean paste made from a dashi soup made with three types of mushrooms and fermented ginger. A warming menu perfect for the cold season. Enjoy the scent of homemade raw shichimi, yuzu, and mitsuba.

※You can choose brown rice or white rice

### soup to choose from

### "be my flora" 5 Veggie Soup (Soy Sauce Flavored / Miso Flavored)

This soup is known as "keeping your gut healthy" soup. It is made with "be my flora" veggie broth, kelp seaweed, bonito flakes, shiitake mushrooms, and dried sardines in a Japanese-style broth, simmered with five vegetables: Japanese radish, carrot, lotus root, taro, and burdock root. You can choose from soy sauce flavor or miso flavor.

### Add-on sides available

Add additive-free sides (p.13-14) to your set.



White Rice/Brown Rice



(Soy Sauce Flavored / Miso Flavored)

# SINGLE ITEM MENU



Healthy tofu and chicken hamburger steak

¥ 1,100 inc. tax



Yuba (Tofu skin) gravy bowl

¥ 1,650 inc. tax

half size

¥ 1,100 inc. tax



Good for Swelling sticky rice bowl

¥ 1,650 inc. tax

half size

¥ 1,100 inc. tax



Salmon with Roast-flavored Soy Sauce Cream Pasta

¥ 1,650 inc. tax

mini size ¥ 880 inc. tax

Noodles × 2 ¥ 2,150 inc. tax



be my flora dressing salad

¥ 1,650 inc. tax

half size

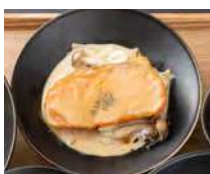
¥ 880 inc. tax

(Chicken/Salmon/Pork)



Grilled "Sangenton Pork" with Fermented Ginger Sauce

¥ 770 inc. tax



Pan-seared Salmon with Cream Sauce made with Roast-flavored Soy Sauce

¥ 1,100 inc. tax



"be my flora" Dressing Salad

¥ 550 inc. tax



"be my flora" Rice

¥ 330 inc. tax

(Brown Rice / White Rice)



Japanese Mixed Rice

¥ 550 inc. tax

\* Lunch Time (11:00–14:00) : Set menus OR minimum order of 2,970 yen per person.

# ADD-ON MENU

Feel free to add any single items to your set to enjoy your favorite combination.



"be my flora"  
Vinegared Mozuku  
Seaweed  
¥ 440 inc. tax



Savory Braised  
Hijiki Seaweed  
with Vegetables  
¥ 220 inc. tax



Sengoku Premium  
Natto  
(Artisan fermented  
soybeans)  
¥ 220 inc. tax



Fried Eggplant &  
Maitake Mushrooms  
in Dashi Broth  
¥ 220 inc. tax



Carrot "Kinpira"  
(Japanese-style  
braised carrots)  
¥ 220 inc. tax



Lemon-Glazed  
Sweet Potatoes  
¥ 220 inc. tax



Free-Range Organic  
Eggs from  
Kobayashi Farm  
¥ 220 inc. tax

The pale yolk is a natural result of a rice and wheat-based diet. It's proof that our chickens eat simple, wholesome feed.



Large Additive-  
Free Pickled Plum  
¥ 220 inc. tax



"be my flora"  
5 Veggie Soup  
¥ 550 inc. tax  
(Soy Sauce Flavored /  
Miso Flavored / Potage)



be my flora  
10-year aging  
enzyme<sup>+</sup>  
¥ 360 inc. tax  
※Limit 8 per person.

\* Lunch Time (11:00–14:00) : Set menus OR minimum order of 2,970 yen per person.

**SWEETS**  
MENU

"This chocolate terrine tastes divine and has a moderate sweet aroma of organic cacao."

## "be my flora" Guilt-Free Chocolate Terrine Set

Drink of  
your choice

1,400 yen  
(1,540 yen tax included)

### be my flora

An additive-free 10-year aging enzyme paste using 88 kinds of vegetables and fruits.



Single Item  
tax included  
¥ 1,100



3 layers  
structure



organic high cacao



cane sugar



bemynt caramelize  
(Almonds)

"be my flora" &  
caramelize with acne sugar

"Four-layered cheesecake with just the right amount of sourness and a light melt in your mouth."

## "be my flora" Guilt-Free Cheesecake Set

Drink of  
your choice

1,400 yen  
(1,540 yen tax included)

### be my flora

An additive-free 10-year aging enzyme paste using 88 kinds of vegetables and fruits.



Single Item  
tax included  
¥ 1,100



4layers  
structure



Hokkaido  
Cream Cheese



cane sugar  
beet sugar



rice flour cookie base



bemynt caramelize  
(cashew nuts)

"be my flora" &  
caramelize with sugar beet



"Recommended for those who want to enjoy both chocolate terrine and cheesecake."

## "be my flora" Guilt-Free Cake Half & Half Set

Drink of  
your choice

**1,400** yen  
(1,540 yen tax included)



### be my flora

An additive-free 10-year aging enzyme paste using 88 kinds of vegetables and fruits.

Single Item  
tax included  
**¥ 1,100**

## <Set Drink Menu>

 Available for purchase in-store

**Caffeine-free**

"be my flora" Organic Women's Care Herbal Tea **HOT** 

**Caffeine-free**

"be my flora" Organic Relaxing Herbal Tea **HOT** 

"Wonderstock" Natural Coffee **HOT / ICE** 

Caffe Latte (using "Wonderstock" Natural Coffee) **HOT / ICE**

Organic Domestically Grown Black Tea **HOT / ICE**

Organic Hojicha Tea from Shizuoka Prefecture

**HOT / ICE**





**MOCHI**  
MENU

## Organic Sprouted Brown Rice Kinako Mochi Set

Drink of your choice

1,160 yen  
(1,276 yen tax included)



Salted kelp  
(no additives)

Single Item  
tax included  
¥ 946

Half size  
Single Item  
tax included  
¥ 583

Organic  
sugar beet  
The sweetness is  
Use beet sugar

Organic germinated brown rice cake  
It's a little by little addictive taste

Organic Kinako  
We're going to use domestic organic soybeans 100% Use

## Organic Red Bean Zenzai Set

Drink of your choice

1,160 yen  
(1,276 yen tax included)



Salted kelp  
(no additives)

Single Item  
tax included  
¥ 946

Half size  
Single Item  
tax included  
¥ 583

Organic germinated  
brown rice cake  
It's a little by little  
addictive taste

Organic red bean zenzai  
Made with organic red beans from Hokkaido

Organic sugar beet  
The sweetness is Use beet sugar

### <Set Drink Menu>

Available for purchase in-store

"be my flora" Organic Women's Care Herbal Tea **HOT** **Caffeine-free** 🛒

"be my flora" Organic Relaxing Herbal Tea **HOT** **Caffeine-free** 🛒

"Wonderstock" Natural Coffee **HOT / ICE** 🛒

Caffe Latte (using "Wonderstock" Natural Coffee) **HOT / ICE** 🛒

Organic Domestically Grown Black Tea **HOT / ICE**

Organic Hojicha Tea from Shizuoka Prefecture **HOT / ICE**

## Organic Sprouted Brown Rice Isobe yakimochi set

Drink of your choice

**1,160** yen  
(1,276 yen tax included)



fermented butter  
with fermented  
butter topping  
Add richness

Organic beet sugar  
With Gluten-free soy sauce  
and beet sugar  
sweet and spicy seasoning

Organic germinated  
brown rice cake

It's a little by little  
addictive taste

Single Item  
tax included  
**¥ 946**

Half size  
Single Item  
tax included  
**¥ 583**

## 5 Vegetable soup and mochi

Drink of your choice

**1,160** yen  
(1,276 yen tax included)



Organic germinated  
brown rice cake

It's a little by little  
addictive taste

be my flora 5VEGE SOUP

Vegetable broth and kelp,  
bonito flakes,  
and shiitake mushrooms  
Made with Japanese-style  
dried sardines, radish, carrot,  
lotus root, taro, Intestinal  
soup made with  
5 burdock vegetables

Single Item  
tax included  
**¥ 946**

Half size  
Single Item  
tax included  
**¥ 583**

# be my flora

kitchen

## NEKOHAMA Organic Matcha



### Rich Panna Cotta with Matcha Cream

Rich, silky panna cotta topped with a velvet matcha cream, featuring freshly ground NEKOHAMA's premium A1 organic matcha and beet sugar. The deep, aromatic matcha is beautifully balanced, while a subtle touch of salt ties all the flavors together. A light and elegant treat, perfect to enjoy even after a full meal.

You can choose a set drink from all drink menus.

¥ 1,200  
(incl. tax ¥1,320)

Single order

¥600  
(incl. tax ¥660)

### Gluten Free French toast with Matcha cream

Experience fluffy and soft perfection: a delicate cake made with Japanese rice flour, topped with a thick, creamy frosting infused with Nekohama's premium A1 organic matcha and natural beet sugar. Complete your treat with the perfect balance of our handmade, additive-free milk ice cream and organic Hokkaido red bean paste.

You can choose a set drink from all drink menus.

¥1,600  
(incl. tax ¥1,760)

Single order

¥1,091  
(incl. tax ¥1,200)

# be my flora

kitchen

## Guilt free Seasonal Sweets

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### "Self-Made" Strawberry Daifuku

made with organic Hokkaido azuki beans

Our Strawberry Daifuku is a special collaboration with a venerable Japanese confectionery shop founded in 1661. > Each set features organic Hokkaido red bean paste and soft mochi, both naturally sweetened with beet sugar. Have fun creating your own daifuku by wrapping the juicy strawberry and sweet bean paste in the chewy mochi. A perfect harmony of sweet, juicy, and tangy flavors will melt in your mouth.

You can choose a set drink from all drink menus.

¥ 1,600  
( tax inc.¥1,760 )

Single order

¥ 1,091  
( tax inc.¥1,200 )





**DRINK**  
MENU

## be my flora Pomegranate Soda



"be my flora" and ZakuroTime mixed with soda.

\*There is also hot water available.

(880 yen tax included)

**800 Yen**

## Fermented Lemon Soda

A drink of homemade fermented lemon syrup dipped in sugar for a week and mixed with soda.

## Fermented Hot lemonade

Hot lemon made with homemade fermented lemon syrup.

Recommended for increasing metabolism and preventing cold.

(880 yen tax included)

**800 Yen**



## Organic Haskap be my flora Soda

A drink made with a limited quantity of be my flora containing haskap, which is rich in nutritional value such as antioxidant polyphenols, mixed with soda.

(880 yen tax included)

**800 Yen**

## Organic Banana Milkshake

"Organic Banana," the king of fiber-rich fruits, with plenty of fiber, combined with Hokkaido milk."

\*You can also change milk to organic oats milk or soy milk +50 yen.

(+55 yen tax included)

(880 yen tax included)

**800 Yen**

## be my flora Kale Honey Lemon Juice

A soft, sweet and sour drink made by adding be my flora and honey lemon to pesticide-free kale.

(880 yen tax included)

**800 Yen**

## be my flora Tomato Juice

Sweet and delicious tomato juice made from only tomatoes with a sugar content of 10 made from soil filled with probiotic.

(880 yen tax included)

**800 Yen**

## "Wonderstock" Natural Coffee



A special coffee made exclusively for be my flora by Wonderstock Coffee, which has a reputation for its own roasting. Ethiopian beans grown without pesticides are roasted shallowly to bring out the fruity taste, which is also the original flavor of beans.

(880 yen tax included)

**800 Yen**

## "Wonderstock" Cafe Latte



A cafe latte that combines Wonderstock Coffee espresso with Hokkaido milk foam.

\*You can also change milk to organic oats milk or soy milk +50 yen.

(+55 yen tax included)

(880 yen tax included)

**800 Yen**

## NEKOHAMA Organic Matcha Drink



NEKOHAMA is dedicated to exceptional quality, grinding fresh matcha monthly to preserve its vibrant flavor and ensure an unparalleled experience free of bitterness—setting it apart from traditional matcha. Best enjoyed unsweetened to appreciate its natural taste, with the option to add homemade lemon syrup to your preference.

## Matcha latte made with organic matcha (ICE/HOT)

\*You can also change (880 yen tax included)

milk to organic oats milk  
or soy milk +50 yen.

(+55 yen tax included)

**800 Yen**

## Matcha × Fermented lemon soda made with organic matcha

(ICE)

(880 yen tax included)

**800 Yen**

### About NEKOHAMA

Nekohama is a lifestyle brand dedicated to quality and rooted in a modern, ritualistic approach to matcha.

The brand was founded by Sanne Vloet a fashion model & entrepreneur known for her work with Victoria's Secret, alongside her husband Max Ando.

Joined by Max's mother they started the company to create a matcha experience with a focus on taste and experience.

be my flora  
Organic Women's Care  
Herbal Tea



common woodpecker   black bean   mulberry leaf  
tea made in the middle of a village   green rooibos

Black beans are effective in preventing cold. Tochu-cha helps to improve body temperature and aging care. "Tochu-cha," water and blood metabolism-promoting "Hatomugi," mulberry leaves, known for inhibiting blood lipids and improving bowel movements, and organic mixed tea.

Caffeine-free (825 yen tax included)  
**750 Yen**

be my flora  
Organic Relaxing  
Herbal Tea



green rooibos   peppermint  
yuzu   chamomile   lemon glass

Relaxing tea leaves representative chamomile and lemon glass, green rooibos known for antioxidant, refreshing peppermint, and yuzu for promoting blood circulation and digestion. Organic mixed tea is perfect for tea time when you want to be gently released from your busy daily life.

Caffeine-free (825 yen tax included)  
**750 Yen**

be my flora  
Organic Masala Chai Tea



Tea   Ginger   Cinnamon  
Cardamom   Clove

A rich masala chai tea with spices made with organically grown tea leaves.

Sweetened with beet sugar.

\*You can change the milk to organic oat milk +50 yen. (+55 yen tax included)

(880 yen tax included)  
**800 Yen**

Organic Domestically  
Grown Black Tea

HOT / ICE

This tea is a blend of rare domestic tea leaves. It is a tea with a sweet aroma like fully ripened fruit and a honey-like taste and a refreshing and comfortable feeling.

Organic Hojicha Tea  
From Shizuoka Prefecture

HOT / ICE

Hojicha is richly made from the best tea of the yabukita variety grown organically. It's low caffeine and has no astringency, and when you put it in your mouth, you can feel the savory aroma and sweetness.

(825 yen tax included)  
**750 Yen**

# ALCOHOL MENU

## • BEER

(Organic Farming FUJI BEER / 330ml)

¥850 (¥935 tax incl.)

A healthy beer made with 100% organically grown barley and organically grown hops.  
Organic agricultural processed alcoholic beverages using JAS-certified ingredients.

## • Sparkling Wine

(Cava Brut Reserva Tredelgal)

GLASS

¥1,000 (¥1,100 tax incl.)

BOTTLE

¥6,000 (¥6,600 tax incl.)

Only grapes from our own vineyards are used and aged for up to 24 months. It has a fruit flavor reminiscent of apples.



## • White wine

(Twin Islands)

GLASS

¥900 (¥990 tax incl.)

BOTTLE

¥5,000 (¥5,500 tax incl.)

Natural wine made from sustainable farming methods. It has a dry, grapefruit-like fruit flavor.



## • Red wine

(Gerard Bertrand Sigiem Sanz)

GLASS

¥900 (¥990 tax incl.)

BOTTLE

¥5,000 (¥5,500 tax incl.)

Made with hand-harvested and gently pressed grapes. A red wine with rich black fruit flavors.



# TAKE OUT PRODUCTS

## be my flora ORIGINAL

### ENZYME

#### be my flora 10-year aging enzyme<sup>+</sup>

Enzyme paste is made by aging 88 kinds of vegetables and fruits carefully selected based on macrobiotic theory. It is aging for 10 years more. Also contains lactic acid bacteria like probiotics.

10g×9 **2,980 yen** (Taxes Included)    10g×60 **21,700 yen** (Taxes Included)    700g **21,700 yen** (Taxes Included)



#### be my flora 3-year aging enzyme

For those who want to take be my flora more easily.

10g×30 **7,500 yen** (Taxes Included)    10g×60 **14,500 yen** (Taxes Included)



### SWEETS

"be my flora" **FROZEN**

#### Guilt Free enzyme-containing raw chocolate

Raw chocolate made from organic chocolate with the addition of be my Enzyme.

one box ( 12 tablets )

**2,916 yen** (Taxes Included)

\*Produced in a factory that handles wheat.



"be my flora" **Guilt Free Chocolate Terrine** **FROZEN**

Rich chocolate terrine with three layers of rich organic chocolate.

\*Produced in a factory that handles wheat.

one bottle ( 1 package be my flora included )  
17cm wide x 8cm long x 3cm high

**4,980 yen** (Taxes Included)



"be my flora" **Guilt Free Cheesecake** **FROZEN**

This cheesecake has a four-layers structure using Hokkaido cream cheese.

\*Produced in a factory that handles wheat.

one bottle ( 1 package be my flora included )  
17cm wide x 8cm long x 3cm high

**4,980 yen** (Taxes Included)



"be my flora" **Guilt Free cookie sandwich** **FROZEN**

3 flavors: chocolate, cheese, and rum raisin. Cookies use rice flour.

1 package **2,916 yen** (Taxes Included)

\*Produced in a factory that handles wheat.

3 types x 2 pieces each, total 6 pieces



"be my flora" **Guilt-free Bakes**

Trio assortment of baked sweets: Florentine with Toasted Nuts, Shortbread with Cultured Butter, and Oregano & Cheese Thins

1 package

**3,980 yen** (Taxes Included)



## SOUP & FOOD

### be my flora CLEANSE FIRST

A powder-type drink that promotes the elimination of dirt, toxins, and waste products caused by active oxygen accumulated in the intestines. It contains a well-balanced combination of insoluble dietary fiber, water-soluble dietary fiber, and antioxidant ingredients that are useful for improving bowel movements, and the more you continue to drink it, the more your body will be able to detox itself. If you drink it together with 10 Year Aged Enzyme+, it will have even more intestinal activation effects© \*This product contains gluten.



6g×30 (stick) **5,980yen**  
(Taxes Included)

### be my flora All-purpose dressing with enzymes

Contains flaxseed oil and sunflower oil in the most health-balanced ratio, be my flora Homemade dressing made with a blend of 13 types including enzyme paste. With its rich flavor, we strived to make it "delicious and good for the body."



180ml **1,620yen**  
(Taxes Included)

### be my flora Moist raw shichimi

It has a reputation for being so delicious that it blows away the concept of "Shichimi". Even those who don't like spicy food can enjoy this seasoning, with its slightly spicy taste and addictive flavors of yuzu and sansho pepper. Just add a little bit to your regular dishes to double the deliciousness.



50g **1,296yen**  
(Taxes Included)

### be my flora 5VEGE Soup FROZEN

Five vegetables are boiled in "be my flora veggie blossom" and added kelp, dried bonito, dried sardines, and shiitake mushrooms, and seasoned with organic Kanazawa soy sauce and organic Mikawa mirin.



210g **880yen**  
(Taxes Included)

### be my flora 5VEGE Potage FROZEN

A potage-like soup made from five vegetables pasted and seasoned with unadjusted soy milk and salt, with a gentle taste and high nutritional value, perfect for eating when you don't have an appetite. For baby food, too.



210g **680yen**  
(Taxes Included)

### be my flora VEGE Broth FROZEN

This soup is made by slowly boiling vegetable stems and skins over low heat to maximize the power of vegetables "Fitochemical." It can be drunk as a soup with a little salt added.



210g **580yen**  
(Taxes Included)

All prices include tax.

## Organic sprouted brown rice cake

100% organic sprouted brown rice cake made by germinating organic brown rice. The rice cake carefully picked up with a pestle is soft and slightly sticky texture and chewy, and even though it is smooth, Enjoy the texture and the taste!

50g×6 **691yen**  
(Taxes Included)



## "be my flora" Tomato Juice

This juice is made only from tomatoes with a sugar content of 10 made from soil full of good bacteria grown in be my flora. It is so sweet and delicious that many people who don't like the blue smell of tomato juice say, "I can drink this juice!"

1000ml **3,500yen**  
(Taxes Included)



## "be my flora" Kale Honey Lemon FROZEN

A cold-pressed juice made from pesticide-free kale with be my flora and honey lemon for a gentle sweet and sour taste.

100ml **518yen**  
(Taxes Included)



## "be my flora" Rice (white rice/brown rice)

You can purchase the stork-growing rice Koshihikari used in be my flora kitchen in units of 1kg in a cosmetic bag. You can choose brown or white rice.

1kg **1,620yen**  
(Taxes Included)



## COFFEE & TEA

### "Wonderstock" Natural Coffee

Special coffee made exclusively for "be my flora kitchen" by "Wonderstock Coffee", which has a reputation for its unique roasting. Ethiopian beans grown without agricultural pesticides are carefully sun-dried and by lightly roasting the beans, it brings out the fruitiness which is the original flavor of the beans.

\*We also sell 100g of whole coffee beans or grounded coffee beans which you can enjoy at home.

100g (bean or flour) **1,728yen**  
(Taxes Included)





## "be my flora" Organic Women's Care Herbal Tea

Black beans are effective in preventing cold, Dujungcha helps to improve body temperature and aging care. water and blood metabolism-promoting "Hatomugi," mulberry leaves, known for anti-oxidizing and anti-oxidizing, and organic mixed tea.

【Caffeine-free】 each 10bags **1,620 yen**  
(Taxes Included)



## "be my flora" Organic Relaxing Herbal Tea

Relaxing tea leaves representative chamomile and lemon glass, green rooibos known for antioxidants, refreshing peppermint, blood circulation and digestion promotion yuzu, organic blend tea for tea time, refreshing and refreshing taste for relaxing after meals.

【Caffeine-free】 each 10bags **1,620 yen**  
(Taxes Included)



## "be my flora" Organic Masala Chai Tea

A rich masala chai tea with spices made with organically grown tea leaves. Sweetened with beet sugar.

100g **1,620 yen**  
(Taxes Included)



## OTHERS

### NEKOHAMA A1 Organic Ceremonial Grade Matcha

They are extremely particular about freshness, and only sell products that are produced within six months, making this the finest grade matcha with a fresh, non-bitter taste that is different from traditional matcha.

**KEEP REFRIGERATED** 40g **7,000 yen**  
(Taxes Included)



### ZakuroTime

100% pomegranate paste. Rich nutrients such as polyphenols, vitamins A, C, E, folic acid, and potassium are condensed.

200g (bottle) **3,500 yen**  
(Taxes Included)



All prices include tax.

#### ONLINE SHOP



Be my flora and other products are available online. You can also purchase it from the store. 22,000 yen (tax included) Free shipping is available for purchases above, so please take advantage of this.