



Vol. 01

J-Quality Menu

Nov., 2025

"Japanese high quality" presented by SGC.

Salad01—Tuna, Avocado, and Tomato Salad

A refreshing salad perfect for summer fatigue, tuna and avocado help restore energy and strengthen your body against air conditioning chills.

<Ingredients> * 2 servings	
Tuna (for sashimi) 100 g	2 Tbsp Crunchy Soy Sauce Almond
1/2 Avocado	2 tsp Ground mustard
1 Small tomato	
6 Green beans	



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