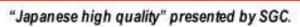


## J-Quality Menu









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