



What is Halal?

Halal means "permissible" in Arabic and refers to food and services for Muslims. Grains, vegetables, and seafood are considered halal foods that can be eaten, but pork, alcohol, and beef that has not been properly slaughtered are prohibited and are called haram.

<Prohibited ingredients>

✗ meat

- Pork (including ham, lard, gelatin)
- Improperly slaughtered beef, chicken, or lamb

✗ alcohol

- Sake, beer, wine, shochu
- Mirin, cooking sake, soy sauce or miso containing alcohol

✗ other

- Reptiles and insects (snakes, crocodiles, alligators, grasshoppers)
- Amphibian (turtles, frogs, crabs)



Recipe

Bonito rice balls



point

The ingredients listed below, Lawar and Sambal Mata, are condiments and sauces from Bali, Indonesia. The spices can be adjusted at each store!

Ingredients

All ingredients are produced in Miyagi Prefecture.

Seaweed	1 sheet	Sliced Cheese	1 sheet
Rice	60g	Bonito Lewar※1	30g
Lettuce	Few leaves	Sambal Mata※2	15g

※1 Made by mixing sliced bonito, coconut, fried onions, green beans, garlic, galangal chili pepper, various spices and herbs, and kecap manis.

※2 It is made by mixing bawang merah, garlic, chili, trasi and spices.

Cooking tips

- Do not use the same cooking utensils and oil as those used for pork and other prohibited ingredients.
- Avoid processed foods containing pork-derived ingredients (gelatin, enzymes, emulsifiers, etc.).
- Use halal-certified ingredients and seasonings, and cook with allocated utensils.