



Shiseido Kitchen Lab

English Menu

A new dining experience of beauty and health
for the skin, body, and mind
BEAUTY YAKUZEN

Shiseido Kitchen Lab leverages Shiseido's
cutting edge scientific study of the connections between
skin, body, and mind to analyze the causes of the beauty issues
that arise each season.

It provides a new dining experience of beauty and health
for the skin, body, and mind.

Shiseido has turned its attention to the cooking style, "Yakuzen",
that is based on the idea
that foods provide similar benefits to medicines.

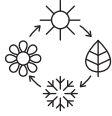
The Shiseido Kitchen Lab approaches beauty concerns
from the vantage of "Yakuzen".

Come experience the new culinary experience of "BEAUTY YAKUZEN"
and look forward to the new you.

BEAUTY YAKUZEN - 3 points

1

Changes with each season



Addressing seasonal beauty concerns

2

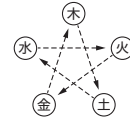
Shiseido's science for skin, body & mind



Analyze beauty concerns with Beauty Artscape, which unravels the connections between skin, body, and mind

3

Integrating the essence of YAKUZEN



Balance your body with natural seasonal foods

YAKUZEN is an ancient Asian diet that balances the body by incorporating natural food ingredients to address the seasonal changes the body faces.

"BEAUTY YAKUZEN" is a menu offering that combines the concept of "Yakuzen" with Shiseido's proprietary science of the skin, body, and mind to address the various seasonal beauty concerns. It is a delectable, novel culinary experience that will satisfy your soul and pique your curiosity.

SPRING MENU

Spring is a season when people are concerned about a decline in skin transparency, dullness, and spots. Our BEAUTY YAKUZEN which incorporates Shiseido's science and the essence of Yakuzen will help you to address the causes of beauty concerns in spring with food and treats.

Causes of Spring Skin Concerns

In spring, stronger sunlight increases concerns about UV ray damage. While UV rays contribute to spots and dullness, seasonal changes in temperature and pressure can also affect the autonomic nervous system. This disruption can increase melanin production and decrease collagen, leading to reduced skin elasticity and transparency, resulting in spots and a dull complexion.

Shiseido Researcher Fukada
(Dietician)



Spring Yakuzen Tips

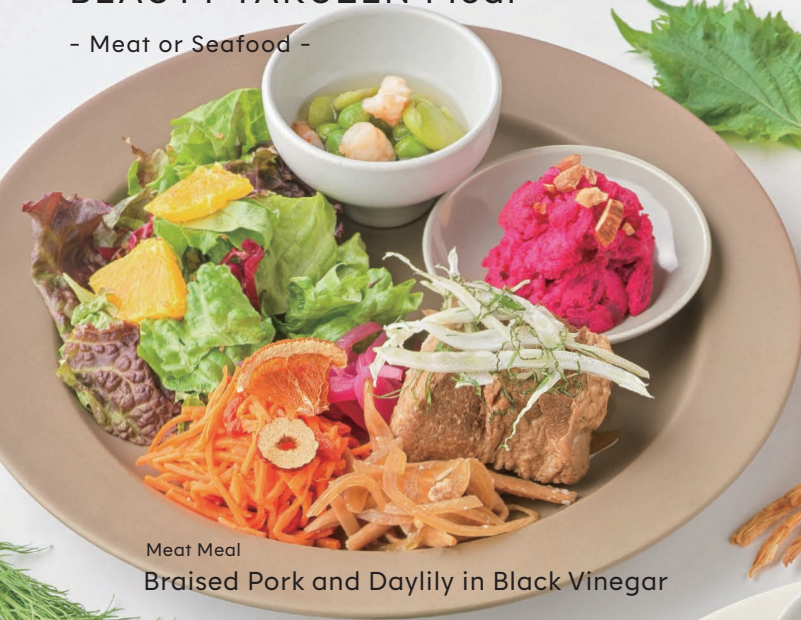
In spring, environmental changes can significantly impact our autonomic nervous system through accumulated stress. Our spring Yakuzen features stress-relieving "sokan" ingredients and energy-flow promoting "riqi" components.

Shiseido Researcher Fukazawa
(Yakuzen Cuisine R&D)



BEAUTY YAKUZEN Meal

- Meat or Seafood -



Meat Meal

Braised Pork and Daylily in Black Vinegar



Seafood Meal

Grilled Spanish Mackerel
with Herb Miso

BEAUTY YAKUZEN

Kid's Meal



Potatoes are rich in vitamin C!
Vitamin C is expected to help prevent sun damage and lighten existing melanin pigmentation. What's more, the vitamin C in potatoes has a unique characteristic - it's protected by starch, making it resistant to being broken down even when heated!



Shiseido Researcher Miyanaga (Food R&D)

Monthly Menu for Spring for Those Concerned about Spots or Decreased Skin Transparency.

BEAUTY YAKUZEN Meal - Meat or Seafood -

11:00 - L.O.18:00

Shiseido's exclusive Yakuzen meals for your health and beauty.
One main dish and four deli items with soup, rice, and a small cup of tea.

*Please choose either "Meat" or "Seafood" for your main dish.

Meat Meal

Braised Pork and Daylily in Black Vinegar

¥1,980

Taiwanese-style braised pork, enriched with the mellow tang of black vinegar and savory pork, paired with iron-rich daylily buds, fragrant star anise and Sichuan pepper, said to promote circulation.

Contains: Wheat, Almonds, Soy, Pork



Seafood Meal

Grilled Spanish Mackerel with Herb Miso

¥1,980

Seasonal Spanish mackerel, known for being gentle on the stomach, layered with the aromatic flavors of thyme, dill, and parsley—herbs believed to promote circulation—and the mellow richness of white miso.

Contains: Eggs, Almonds, Soy



+ rice (large serving) + ¥150

+ drink + ¥350

Please select from coffee (hot/iced), latte (hot/iced), black tea (hot/iced), apple juice, or Satsuma mandarin juice

DELI

DELI 1 **Beet & Cream Cheese Potato Salad**
Potato salad combining the natural sweetness of beets, said to replenish blood and energy, with cream cheese to support gut health.
Contains: Eggs, Milk, Wheat, Almonds, Soy

DELI 3 **Râpée with Jujube & Goji Berries**
Carottes râpée containing jujube and goji berries, combined with other nourishing ingredients such as honey, ginger, and dried citrus peel.
Contains: Orange

DELI 2 **Jade Simmered Green Peas & Broad Beans**
Jade-style shrimp stew with vibrantly simmered green peas and fava beans, rich in vitamins and said to promote digestion.
Contains: Wheat, Shrimp, Soy

DELI 4 **Seasonal Salad**
Seasonal salad of fresh vegetables and fruit with quinoa, served with a salt-koji dressing.
Contains: None

SOUP

 During the spring menu period, we offer four different soups on a weekly rotation.

SOUP 1 **Miso Soup with Mozuku & Snow Fungus**
Gentle miso soup with the thick texture of mozuku seaweed and the crisp bite of white wood ear mushrooms, said to replenish the balance of moisture in the body.
Contains: Soy

SOUP 3 **Paitan-Style Soup with Maitake & Egg**
Savory soup with maitake mushrooms, said to boost energy, finished with flavor-enhancing, softly-set egg.
Contains: Eggs, Wheat, Sesame, Soy, Chicken, Pork

SOUP 2 **Miso Soup with New Potatoes**
Miso soup featuring the sweetness and crisp texture of new potatoes, to replenish energy and gently aid digestion.
Contains: Soy

SOUP 4 **Spring Vegetable and Barley Minestrone**
Bright green minestrone made with seasonal spring vegetables and pearl barley, which help to reduce water retention.
Contains: Chicken, Pork

RICE

Kids menu

BEAUTY YAKUZEN Kid's Meal

¥1,100

Shiseido's exclusive "Yakuzen" meal for kids that promote health and beauty, including one main dish and four deli items.

Hamburger with tomato sauce/ four types of deli / soup and rice / seasonal fruit
Four types of deli: Spring cabbage coleslaw, Jujube & goji berry râpée, soft-boiled egg, fried potatoes and Roasted spiced taro & potatoes

Contains: Beef, Pork, Eggs, Milk, Wheat, Orange

(For allergen information about the soup, please refer to the soup details above)

+ drink + ¥250

Please select from apple juice or Satsuma mandarin juice



Half-Milled Rice

The basis of "Yakuzen" is to consume ingredients in its whole form. This dish is made of 50%-milled rice so it is easy to eat.

The Kid's Meal is available for children up to elementary school age.

Ginseng Chicken Soup with Ginger

11:00 - L.O.18:00

A soup made by slowly simmering chicken with plenty of Yakuzen ingredients such as ginseng, ginger, leeks, and jujubes, that will warm your body up and help you cope with seasonal fatigue. It is also good for when you have a loss of appetite or want to soothe your stomach.

Contains: Chicken, Chestnuts, Pine nuts

¥1,430



+ rice (small serving)	+ ¥260
+ rice (medium serving)	+ ¥280
+ rice (large serving)	+ ¥380
+ drink	+ ¥350
Please select from coffee (hot/iced), latte (hot/iced), black tea (hot/iced), apple juice, or Satsuma mandarin juice	



Yakuzen Curry

— with four herbs and pork

11:00 - L.O.18:00

A special vinegar & spiced curry with perilla, Japanese wild parsley, dill, and mint. Made with an original blend of spices that warms the body, this flour-free, light dish has an herbal mix that will boost your circulation of vital energy.

Contains: Milk, Almonds, Sesame, Pork

¥1,540



+ 4 kinds of herbs (large serving)	+ ¥350
(Perilla, Japanese wild parsley, dill, mint)	
+ rice (large serving)	+ ¥150
+ drink	+ ¥350
Please select from coffee (hot/iced), latte (hot/iced), black tea (hot/iced), apple juice, or Satsuma mandarin juice	





What Shiseido Researchers Are Thinking Now

"Yakuzen" and science—the Eastern wisdom passed down since ancient times and the latest in Western science.

You may think these two do not mix, like oil and water. But actually, there have been more and more reports scientifically proving the effects of ingredients shown in "Yakuzen". Both are important for enriching your life.

We would be delighted if our research could serve as a bridge between the two.

Shiseido Researcher Ayako Fukazawa
(Research on traditional Chinese
medicine & intestinal bacteria)

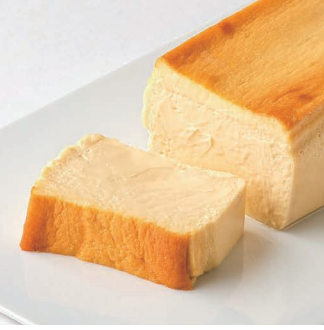


Carrot Cake

A "Yakuzen" dessert that combines carrots and ginseng, as well as plenty of nuts and spices that help to take care of your body.

Contains: Walnuts, Wheat, Eggs, Milk, Soy, Apple

¥660



Backed Soy Milk Cheesecake

A rich, creamy cheesecake that blends the deep flavor of cream cheese with the smooth, mellow taste of soy milk, offering a silky-smooth texture and a well-balanced flavor.

Contains: Eggs, Milk, Soy

¥770



Chocolate Terrine

A rich chocolate terrine subtly accented with five spice, offering an elegant, mature flavor. Served with roasted pistachios.

Contains: Eggs, Milk, Pistachios

¥770



Free-range Egg Pudding

A rich and nutritious pudding accentuated with rose petals, which are said to balance the mind and body in "Yakuzen".

Contains: Eggs, Milk

¥660



Milk Ice Cream with Herb-infused Syrup

Milk ice cream lavishly drizzled with an herb-infused syrup. Enjoy the rich aroma of fresh lavender soaked in honey and ginger.

Contains: Milk

¥660

DRINK



Yakuzen Tea : COOL

Hot

¥770

A blend of mellow roasted green tea scented with refreshing lemongrass and peppermint. A refreshing way to cool off.



Yakuzen Tea : RELAX

Hot

¥770

A soothing blend with a base of green rooibos and pearl barley tea, topped with the scent of chamomile and lavender. Enjoy a moment of tranquility with the sweetness of liquorice.



Yakuzen Tea : WARM

Hot

¥770

A black tea-based blend with a light aroma of ginger and cinnamon, that gives you just the right peppery kick in the aftertaste. Perfect for when you want to warm up.



Yakuzen Chai

Hot

¥770

A rich, aromatic chai made with a blend of black tea—perfect for milk tea—and plenty of spices with "Yakuzen" benefits, rounded off with some honey for the added moisture.

Contains: Milk





Spiced Coffee

Hot

¥660

Enjoy this refined flavor profile with the addition of the highly fragrant cardamom. As cardamom is said to have the effect of aiding digestion in Yakuzen, this drink is best paired with meals.



Japanese Black Tea from Kumamoto Prefecture

Hot Iced

¥550

Uses high-quality tea leaves grown in the highlands of Kumamoto. A mild-tasting Japanese black tea with a refreshing aroma. This iced tea is brewed using cold water.



Roasted Brown Rice Green Tea with Uji Matcha

Hot

¥550

Roasted brown rice green tea made with leaves picked from first tea harvest of the season. The mellow and elegant aroma is perfect for when you want to take a break.



Rooibos Tea

Hot

¥550

A mild yet non-astringent mineral-rich tea that will boost your body's energy. (caffeine-free)



Coffee

Hot Iced

¥550

Lightly roasted speciality coffee carefully selected by our baristas.



Latte

Hot Iced

¥660

Offers a deep flavor rounded off by milk; made with special espresso roast. Contains: Milk



Organic Ginger Ale

¥770

A refined drink for adults, offering a refreshing kick of organic ginger.



Fermented Lemon Squash

¥660

The fermentation power of salted rice malt and lemon creates a refreshing dance on your taste buds.



Satsuma Mandarin Juice

¥550

100% domestic Satsuma mandarin juice. Refreshes the body by boosting its energy.



Apple Juice

¥550

A glass of unfiltered apple juice that lets you enjoy the flavor of whole apples. Apples is said to be good for the skin and intestines. Contains: Apple



Beer Small 330ml

¥770

A refreshing all malt beer with a mild bitterness that is slightly sweet.

Glass of Wine

White Red

¥770

A carefully selected natural wine made from the blessings of nature, allowing you to enjoy a rich flavor and aroma.



Shiseido Kitchen Lab



Website



Instagram



Website



Instagram



Shiseido Beauty Diagnosis Lab



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Shiseido Art & Heritage Passage



Shiseido Art & Science Lab



Beauty Retreat Theater

