

Take a bite of Tokyo. 2021

Guide to Tokyo's Locavore Restaurants



"Locavore Dining in
the Tokyo: English Edition
Scan the below QR code!"



TOKYO METROPOLITAN GOVERNMENT

Introduction

To more widely promote local food production and consumption, the Tokyo Metropolitan Government registers restaurants that actively use ingredients sourced locally from Tokyo's 23 special wards and the Tama area as "Tokyo's Locavore Restaurants," and publishes an annual guidebook of the same name.

In doing so, we aim to foster understanding of Tokyo's agricultural, forestry and fishery products to expand their production and consumption.

The English-language edition of the guidebook was created so that international visitors to Tokyo can also enjoy locally sourced ingredients. Of all the registered restaurants, this guidebook introduces 211 restaurants that actively accept foreign guests, such as by having an English menu.

In addition, we have also compiled an English-language edition of "Locavore Dining in the Tokyo Islands," a guidebook which introduces restaurants in the Tokyo Islands.

We hope that you find both of these guidebooks useful in your travels.

March 2021

Food Safety Section
Agriculture, Forestry and Fishery Division
Bureau of Industrial and Labor Affairs
Tokyo Metropolitan Government

〈はじめに〉

東京都では、地産地消を推進するため、東京都内（区部及び多摩地域）で生産された農林水産物を積極的に使用しているお店を「とうきょう特産食材使用店」として登録し、毎年これらの登録店をまとめたガイドブックを発行して広く PR しています。

これにより、東京産農林水産物への理解を促進し、消費及び生産の拡大を図ることを目指しています。

東京を訪れる外国人の皆様にも、東京産農林水産物を活用した料理を味わっていただくために、「とうきょう特産食材使用店」ガイドブックの英語版を作成しました。全登録店のうち、英語版のメニューを有するなど外国人の受け入れに積極的で、掲載を希望した 211 店舗を掲載しています。

旅のお供にご活用いただければ幸いです。

また、島しょ地域のお店をまとめた「東京島じまん食材使用店」ガイドブックの英語版もございます。あわせてご覧いただければ幸いです。

令和3(2021)年3月

東京都産業労働局農林水産部食料安全課

4

5

INDEX

Chiyoda-ku

Nanko Rest House.....	11
The Forest Kitanomaru	11
mikuni MARUNOUCHI	12
L'art et Mikuni.....	12
Kanda Myojin Shita Miyabi Honten.....	13
Kifune.....	13
Sizzler's Tokyo International Forum	14
Q CAFE by Royal Garden Cafe.....	14
Royal Garden Cafe IIDABASHI	15
Vin Picoeur Marunouchi.....	15
Tokyo Karaage Bar	16

Chuo-ku

Tamahide.....	16
Nihonbashi Yukari	17
Tenmo	17
Nihombashi Funazushi	18
Ginza Himorogi	18
Minoru Diner.....	19
Minori Cafe	19

Minato-ku

Aoyama Torimikura Honten	20
Natural Cafe and Restaurant TABUNOKI	20
Shinkyoutei Shinkan	21
erba da nakahigashi.....	21
Tokyo Yasai Kitchen SCOP	22
Tokyo Oven Akasaka	22
Royal Garden Cafe AOYAMA.....	23
sun.....	23

Shinjuku-ku

Hôtel de Mikuni	24
TOKYO Tocho Gijido Restaurant.....	24
Kaidarake	25
Charcoal Grill Kappo Mikore Shinjuku Nishiguchi.....	25

Sakana no Mikore.....	26
Mikore <i>Shokudo</i>	26
Eurest Japan, Inc. Tokyo Tocho	27
Tokyo Islands Shochu <i>Izakaya</i> Kokkome.....	27

Bunkyo-ku

Tokyo <i>Shamo</i> Chicken Restaurant Nezu Torihana	28
Edo Shitamachi Cuisine Miyatogawa	28

Taito-ku

Asakusa Shuzen Ichimon Honten	29
Asakusa Shuzen Ichimon Bekkan.....	29

Sumida-ku

Oshiage Yoshikatsu.....	30
Tokyo <i>Shamo</i> Chicken Restaurant Nezu Torihana <Ryogoku Edo NOREN>	30

Koto-ku

Kameido Masumoto Honten.....	31
Torimikura DiverCity Tokyo Plaza	31
Edo Tokyo Beer On Tap.....	32
Kanmidokoro-Irie	32

Shinagawa-ku

SHINAGAWA KASHO KYO-AN	33
BISTRON	33
Turkish Restaurant DEDE	34

Meguro-ku

Vegetable Italian Yakumo 111.....	34
-----------------------------------	----

Ota-ku

Soba Kobo Hatano	35
------------------------	----

Setagaya-ku

Asian Restaurant	
Saigon-kamimachi	35
Setagaya Farm.....	36
Seijo Sakurako	36
Hong Kong Cuisine Ajizen	37
Jackpot Shimokitazawa	37
La Befana Shimokitazawa	38
Tsuge.....	38
Kaminariya.....	39
Ox Tongue Natsu Hibachi.....	39

Shibuya-ku

Soba Oonoya Motoyoyogicho	40
fun.ice!	40
Charcoal Grill Kappo Mikore.....	41
Mikore <i>Zushi</i>	41
Ichiba Nakama	42
Royal Garden Cafe SHIBUYA.....	42

Nakano-ku

Home Dining Kuraya.....	43
-------------------------	----

Suginami-ku

Tabegotoya-Norabo	43
-------------------------	----

Kita-ku

Furujawaya	44
Yofu Souzai Teppan Daidokoro	
Theory Akabane	44

Arakawa-ku

Izumiya Home Cooking.....	45
a Coeur Joie	45
Handmade Izakaya Iwasawa	46

Nerima-ku

Enza.....	46
Gochiso Bar yasu & Nonchan.....	47
Chinese Tapas hachi.....	47

Chinese Restaurant Taishoken.....	48
Koryouri Ishii.....	48
Patisserie Kamitani.....	49
PITANGO.....	49
Japanese Cuisine Musashino.....	50
Chinese Cuisine Hakurakuten	50
Bar Lounge Voisin	51
Pâtisserie Bon Parfum	51
Pizzeria Gtalia da Filippo	52
OPPLA'! DA GTALIA	52
Kutsurogi-dokoro Toride.....	53
Japanese Style French Cuisine	
Komorebi.....	53
Pizzeria 222	54
Il Tonsione	54
Aida Kometen.....	55

Adachi-ku

Dining for Everyone Tomatoma.....	55
Kitchen Toretate.....	56
Kosodate (Parenting) Café cotoca	56

Katsushika-ku

Charcoal Grilled Skewered Meat	
Uekusa.....	57
Tenpura Amaduru.....	57

Edogawa-ku

<i>Soba</i> Noodles Choujyuan	58
Artisan Traditional Craft Cafe	58
Donut and Donut.....	59
Bakery Restaurant Maruko.....	59

Hachioji-shi

The Scent of Happiness Pere Noel	
Minamino.....	60
Isonuma Milk Farm CELEO Hachioji....	60
Keinoya Hachioji Minamino.....	61
Additive-Free, Dashi-based	
Japanese Food Ajinao	61

Tachikawa-shi

hoccori *cafe	62
Teppan-yaki Senju	62
Minore Café	63
Rinto <i>Kaiseki</i> Catering	63

Ome-shi

Dining&Gallery <i>Mayugura</i>	64
Suzuki ya Eel and Tempura Restaurant	64
<i>Mamadaya</i>	65
CAFE YUBA	65
Italian Restaurant Toscana	66
Soba Noodles Tsukumo	66
Soba Noodles Inariya	67
Moriman	67
<i>Kappo</i> Cooking Mikawaya	68
<i>Kominka</i> Irori	68
Fujimineken	69
<i>Soba</i> Noodles Waraku	69
<i>Sushi</i> Midoriya	70
noco BAKERY & CAFÉ	70
Kawashima Soba and <i>Udon</i> Noodles	71
IKADA Sumidorikura	71
Caffe AKI	72
Tokyo Ome Ishigami Onsen Seiryuu Lodgings, Okutamaji	72
Nomiya Bar Minminya	73

Fuchu-shi

Namikian	73
LAMPIONE	74
Pork Cutlet Cuisine Yasui Meat	74
Kirari Japanese Style Dining	75
Trattoria La Vita	75
Heiji No O- <i>udon</i>	76
Wine Terrace Yu-me	76
Kotomi Shokudo	77

Chofu-shi

Micchan Sengawa Honten	77
------------------------------	----

Machida-shi

Kamado Kunsei Farm Cuisine Takamiya	78
Raimon Ramen	78
Musashido Ramen Aihara Station	79

Koganei-shi

Van de Rhu	79
Kappo Take Bamboo	80
Sakanaya No Daidokoro	80
Cafe 5884	81
Cafe Mother's Kitchen	81

Kodaira-shi

Kiraku <i>Zushi</i>	82
Cafe Laguras	82
Japanese Cooking Onoya	83
My Space O-Ban	83
Kakyoan Handmade <i>Soba</i> and <i>Sake</i>	84

Hino-shi

Handmade Udon Noodles Dontaku	84
Restaurant Mokuba	85
Artigiano Gelateria	85
Cafe Hana	86

Higashimurayama-shi

kitchen KEIJI	86
---------------------	----

Kokubunji-shi

Wadatsumi Kokubunji	87
Aburyanse Hyakukan	87
May cafe	88
<i>Yakiniku</i> Grilled Meat Keijoan	88

Kunitachi-shi

Syokusai Warabitei.....	89
Kunitachi Vegetable Restaurant	
Nakamichi Cafe.....	89
CRAFT! KUNITA-CHIKA.....	90

Fussa-shi

Stuben Otama.....	90
Ikesu Restaurant Hamazen	91

Komae-shi

Asian Restaurant Komae Saigon	91
Italian Restaurant VINO Uno	92
Jack Pot Komae.....	92
Teppan TOKIO	93

Kiyose-shi

Casual French restaurant Arbre	93
Shunsaigyo hiro	94
Ika Bar x Niku Bar Haru	94

Musashimurayama-shi

Murayama <i>Mangestu Udon</i>	
Noodles.....	95
Handmade Ice Cream Workshop	
Verde.....	95
Nikujiru Udon Nagashimaya.....	96

Tama-shi

Yokocho Wine Sakaba Lido.....	96
Hatake de Kitchen.....	97

Inagi-shi

Run! Yoshoku-ya-san ♪	
Inagi Satoyama Kitchen	97
Akariya Kosen Handmade Soba	
Noodles.....	98
ORTOLANA.....	98
imacoco coffee	99

Hamura-shi

Italian Restaurant Crescere	99
54 Cafe and Crepe.....	100
Seafood and Sushi Hanamizuki.....	100

Akiruno-shi

Akiruno <i>Takumi Udon</i> Noodles	
Shogotei.....	101
Millstone-Ground Handmade	
Soba Igusa	101
<i>Sumibiyaki/Yamazato</i> Village	
Dishes Kurochaya	102
Kanmi Sabo Misegura	
Hisamori	102
Handmade Bread Studio	
Sourire.....	103
Home of Bread A La Mode.....	103
Dining Bar KAI Akigawa	104
KAI' S BAL	104
Otowa-Sushi, serving <i>Sushi</i> /	
Chinese Dishes/ <i>Unagi</i> Eel.....	105
<i>Soba</i> Noodles Restaurant	
Yanagiya.....	105
Tokura Shiroyama Terrace	
Restaurant Shokuinshitsu	106
Hanagaki Soba Noodles.....	106

Nishitokyo-shi

Chinese Home-style Dishes	
Bokkakyo Tanashi	107
Wine Sakaba Ichizo	107

Mizuho-machi

Saikabo Four Seasons Vegetables	
Chinese Cuisine	108
Egg Center Ueno	108

Hinode-machi

Shogaiseishunnoy	
Tsurutsuru Hot Spring	109

※Restaurant information is current as of
November 2020.

Hinohara-mura

Tourist Inn Mitou Sansou	109
NPO Restaurant Hinohara	
Shiki-no-sato	110
Kazumanoyu Hotsprings,	
Hinohara Onsen Center	110

Okutama-machi

Meat Restaurant in the Forest	
Earth Garden	111
Yamabato	111
Kamameshi Nakai	112
Hikawa Service Station	112
Folk Tale Inn Arasawaya	113
Robata (Fireside) Akabeko	113
Hikawago Asahanoyu hot spring	
Mikawaya Ryokan Dozo Shokutei	114
Okutama Mizu To Midori No	
Fureaikan	114
Okutama riverside cafe awa	115
Hikawa <i>Shokudo</i>	115
café Restaurant SAKA	116

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Please note that listed menu contents
may change based on the availability of
ingredients.

Nanko Rest House

☎ 03-3231-0878

URL <http://fng.or.jp/koukyo/>



Signature
menu

Edo Eco Koraku-ju

Available Year-round

Ingredients Fish (from Hachiojima Island), vegetables
used (from Nerima) and salt (from Oshima Island)

* Salt: "Umi no Sei" brand from Oshima Island

Ichi-ju San-sai (1 soup & 3 side dishes) Gozen

Available Year-round

Ingredients Fresh local ingredients of the day
used

- 📍 1-1 Kokyogaien, Chiyoda-ku
- 🕒 11:00 – 14:00
- 🗓 December 28 to January 1
- 🚶 10 min. walk from JR Tokyo and Yurakucho stations
5 min. walk from Tokyo Metro Nijubashimae and Hibiya stations



The Forest Kitanomaru

☎ 03-3214-3730

URL <http://fng.or.jp/koukyo/>



Signature
menu

Hachiojima Island Mackerel Scad Burger

Available Year-round

Ingredients Mackerel scad
used (from Hachiojima Island)

* Salt: "Umi no Sei" brand from Oshima Island

Hachiojima Island Fish Sandwich

Available Year-round

Ingredients Flying fish
used (from Hachiojima Island)

- 📍 1-1 Kitanomaru Park,
Chiyoda-ku
- 🕒 8:30 – 17:00
- 🗓 Open everyday
- 🚶 5 min. walk from Toei Subway Shinjuku Line Kudanshita Stn
10 min. walk from Tokyo Metro Tozai Line Takebashi Stn



mikuni MARUNOUCHI

☎ 03-5220-3921

URL <http://www.mikuni-marunouchi.jp/>

Signature menu



Chef's Special Full of Tokyo Ingredients

Available Year-round

Ingredients Vegetables from Western Tokyo, used etc., and eggs from Tokyo

Special Lunch with Seasonal Tokyo Vegetables

Available Year-round

Ingredients Edogawa mustard spinach and Takenogawa burdock

- 📍 2F Marunouchi Brick Square Annex, 2-6-1 Marunouchi, Chiyoda-ku
- 🕒 11:00 – 15:30 (Last Call 14:30)
17:30 – 23:00 (Last Call 21:00)
- ✕ January 1, when Brix Square is closed
- 🚶 4 min. walk from JR and others Tokyo Station Marunouchi South Exit
2 min. walk from Tokyo Metro Chiyoda Line Nijubashimae Stn Exit 1



L'art et Mikuni

☎ 03-3213-0392

URL <http://lart-et-mikuni.jp/>

Signature menu



Piccolo Course (lunch)

Available Year-round

Ingredients Seasonal Tokyo vegetables used (menus vary)

Grande Course (lunch/dinner)

[Example] (June-July: using Iris-snow turnip)
Sautéed red sea bream with seasonal vegetable sauce

Available Year-round

Ingredients Seasonal Tokyo vegetables (menus vary) used

- 📍 In the National Museum of Modern Art, 3-1 Kitanomaru Park, Chiyoda-ku
- 🕒 11:30 – 15:00
17:30 – 22:00
- ✕ Mondays
- 🚶 3 min. walk from Tokyo Metro Tozai Line Takebashi Stn Exit 1b



Kanda Myojin Shita
Miyabi Honten

☎ **03-3251-0155**

URL <http://www.miyabi.org/top.html>



- 📍 2-8-9 Sotokanda, Chiyoda-ku
- 🕒 11:30 – 14:00/17:30 – 22:00
- ✖ Sundays and Holidays
- 🚶 8 min. walk from JR Ochanomizu Station

Signature
menu



Sillago Tempura

Available Year-round
Ingredients used Sillago from Tokyo Bay

**Conger Eel Tempura/
Tempura Rice Bowl (lunch)**

Available Year-round
Ingredients used Conger eel from Tokyo Bay



Chiyoda

Kifune

☎ **03-6273-7177**

URL www.kanda-kifune.com/



- 📍 Kimura Bldg. 1F, 3-11 Ogawamachi, Kanda, Chiyoda-ku
- 🕒 Tue-Fri [Lunch] 11:30 – 14:00 (Last call 13:30)
Mon-Fri [Dinner] 17:30 – 23:30 (Last call 21:00)
- ✖ Weekends and Holidays
Also closed for lunch on Mondays
- 🚶 3 min. walk from Exit B7 of Toei Shinjuku Line Ogawamachi Station

Signature
menu



Bagna Càuda with Edo Vegetables

Available Year-round
Ingredients used Seasonal Tokyo vegetables

Hanakago Flower Basket Lunch

Available Year-round
Ingredients used Seasonal Tokyo vegetables



Chiyoda

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Sizzler's Tokyo International Forum

☎ 03-3211-2205

URL <https://www.sizzler.jp/shop/000846/>

Signature menu



Salad Bar with Seasonal Fruits and Vegetables

Available Year-round

Ingredients used Seasonal vegetables from Tokyo are used in the salad bar (vegetable corner of Tokyo NEO FARMERS), Edo Tokyo vegetables

📍 Tokyo International Forum, A Block B1F
3-5-1 Marunouchi, Chiyoda-ku

🕒 11:00 - 22:00 (Sat, Sun, Holidays: 10:00 - 22:00)

✖ New Year's Day

🚶 Accessible from JR Tokyo Station and Yurakucho Station (Located immediately outside of Tokyo Station Keiyo Subway Marunouchi Exit). Also accessible from various subway lines (Tokyo Metro Yurakucho Line, Hibiya Line, Chiyoda Line, Marunouchi Line, Ginza Line, and Toei Subway Mita Line)



Q CAFE by Royal Garden Cafe

☎ 03-6205-7206

URL <https://royal-gardencafe.com/qcafe/>

Signature menu

Recommended Seasonal Tokyo Vegetables Menu
(Menu varies by season)

Available Year-round

Ingredients used Seasonal vegetables from Tokyo and vegetables from Edo Tokyo

📍 1-1-2 Yurakucho, Chiyoda-ku

🕒 11:00-22:00

✖ Same as the main building

🚶 Immediately next to Hibiya Station Exit A11 on the Tokyo Metro Hibiya Line or Hibiya Station Exit A5 on the Chiyoda Line
4 min. walk directly from Tokyo Metro Yurakucho Line Yurakucho Station
5 min. walk directly from Ginza Station on the Tokyo Metro Marunouchi Line, Hibiya Line, and Ginza Line
5 min. walk directly from JR Yurakucho Station and from Toei Mita Line Hibiya Station



Royal Garden Cafe IIDABASHI

☎ 03-3239-3777

URL <https://royal-gardencafe.com/iidabashi/>



Signature
menu



Recommended Seasonal Tokyo Vegetables Menu (Menu varies by season)

Available Year-round (Changes monthly)

Ingredients Seasonal vegetables from Tokyo (depending on availability)
used and vegetables from Edo Tokyo (depending on availability)

📍 Iidabashi Grand Bloom Sakura Terrace 2F
2-10-2 Fujimi, Chiyoda-ku

🕒 11:00-23:00

✖ New Year Holidays (New Year's Eve/New Year's Day)

🚶 1 min. walk from West Exit JR Iidabashi Station
Various subway lines (Tokyo Metro Yurakucho
Line, Tozai Line, Namboku Line and Toei Subway
Oedo Line)



Chiyoda

Vin Picoeur Marunouchi

☎ 03-6212-1011

URL <http://www.auxamis.com>



Signature
menu

Charcoal Grilled Tokyo *Shamo* Chicken

Available Year-round

Ingredients Tokyo *Shamo* Chicken
used (from Hachioji)



📍 B1 Shin-Tokyo Bldg, 3-3-1
Marunouchi, Chiyoda-ku

🕒 Mon-Fri 11:30 - 15:00 (Last Call 14:00)
17:30 - 23:00 (Last Call 22:00)

Weekends and holidays 11:30 - 22:30 (Last Call 21:30)

✖ New Year Holidays

🚶 3 min. walk from JR Yurakucho Station International Forum Exit
2 min. walk from Tokyo Metro Yurakucho Line Yurakucho Stn
3 min. walk from Tokyo Metro Hibiya Line Hibiya Stn



Chiyoda

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Tokyo Karaage Bar

☎ 03-6256-0564

URL <https://gd1n601.gorp.jp>

Signature menu

Tokyo Vegetable Bagna Càuda
(Dinner time 17:00~)

Available Year-round

Ingredients Seasonal vegetables from
used TokyoTokyo Vegetable Terrine
(3-piece Tokyo Set (karaage fried chicken, wine, terrine))

Available Year-round

Ingredients Seasonal vegetables from
used Tokyo📍 B1F JP Tower, 2-7-2 Marunouchi,
Chiyoda-ku🕒 Mon-Sat: 11:00 – 23:00
Sun and Holidays: 11:00 – 22:00

✂ Open every day (except New Year's Day)

🚶 1 min. walk from Tokyo Station (Marunouchi South Exit) via JR lines
and various subway lines
2 min. walk from Nijubashimae Station on the Chiyoda Subway one

Tamahide

☎ 03-3668-7651

URL <http://www.tamahide.co.jp/>

Signature menu

Original Oyakodon

Available Year-round

Ingredients Tokyo Shamo Chicken
used

Shamo Sukiyaki Course

Available Year-round

Ingredients Tokyo Shamo Chicken
used📍 1-17-10 Ningyocho
Nihombashi, Chuo-ku🕒 Lunch 11:15 – 13:45 (subject to change)
Dinner 17:00 – 21:30 (Last Call 20:30)

✂ Irregular

🚶 Immediately next to Tokyo Metro Hibiya Line
Ningyocho Station Exit A2

Nihonbashi Yukari

☎ 03-3271-3436

URL <http://www.nihonbashi-yukari.com/>



- 📍 3-2-14 Nihombashi, Chuo-ku
- 🕒 11:30 – 14:00 / 17:00 – 22:00
- ✖ Sundays and Holidays
- 🚶 3 min. walk from JR Tokyo Station
1 min. walk from Tokyo Metro Ginza Line Nihombashi Strn

Signature menu

Braised TOKYO X Pork Belly with Senju Green Onion

Available Year-round

Ingredients TOKYO X pork
used and Senju green onion

Custard Pudding with Edo Rice

Available Year-round

Ingredients Rice, eggs, milk
used



Tenmo

☎ 03-3241-7035

URL <http://www.tenmo.jp/>



- 📍 4-1-3 Nihombashi Honcho, Chuo-ku
- 🕒 12:00 – 14:00/17:00 – 20:00
- ✖ Saturdays in August, Sundays and Holidays
- 🚶 2 min. walk from Tokyo Metro Ginza Line Mitsukoshimae Stn
2 min. walk from JR Shin-Nihombashi Station

Signature menu

Edo Tokyo Vegetable Tempura

Available Varies in each season

Ingredients Tokyo udo spikenard (from Tachikawa),
Terajima eggplant (from Mitaka, etc.) and
Shinagawa turnip (from Kodaira, Nerima, etc.)

Assorted Pickles

Available Year-round

Ingredients Turnip (from Kiyose, etc.), Magome Hanjiro cucumber (from
Kokubunji), Mikawashima greens (from Kodaira, etc.), cabbage
(from Nerima, etc.), and Hingya salt (from Aogashima Island)



P Parking lot
available

T Takeout menu available
(may require a reservation)

W Wi-Fi available

R Reservations
possible

C Credit cards accepted
(confirm types that
are accepted)

E Electronic money accepted
(confirm types that
are accepted)

Nihombashi Funazushi

☎ 03-3661-4569

URL <http://www.funazushi.info>



Signature menu



Edo-style Conger Eel *Shiro-yaki/Sushi*

Available Year-round

Ingredients used Conger eel from Tokyo Bay

Edo-style Sillago *Sashimi/Sushi*

Available Year-round

Ingredients used Sillago from Tokyo Bay

- 📍 Fukazawa Bldg, 11-2
Nihombashi Kobunacho, Chuo-ku
- 🕒 11:30 – 14:30/16:30 – 22:00
- ✖ Sundays, Holidays and the fourth and fifth Saturdays
- *Reservations are required for Saturday evenings at least one day in advance (for about 10 people).
- 🚶 6-7 min. walk from Tokyo Metro Mitsukoshimae Station Exit A4 or COREDO Muromachi 2 Exit
- 🚶 6-7 min. walk from Tokyo Metro Ninyocho Station Exit A5



Ginza Himorogi

☎ 03-6274-6779

URL <http://himorogi.tokyo/>



Signature menu



Tokyo *Shamo* Chicken Thigh *Yakitori*

Available Year-round

Ingredients used Tokyo *Shamo* Chicken (from Akiruno)

Edo *Shamo* Chicken Hot Pot

Available Year-round

Ingredients used Tokyo *Shamo* Chicken (from Akiruno)

- 📍 1F Meiko Bldg, 8-2-15 Ginza, Chuo-ku
- 🕒 Lunch (Mon – Sat): 11:30 – 14:00
Dinner (Mon – Fri): 17:00 – 4:00
next morning (Last Call 3:00)
- Lunch (Sun and Holidays): 11:30 – 14:00
Dinner (Sat, Sun and Holidays): 17:00 – 23:00
(Last Call 22:00)
- *Please contact the restaurant directly to inquire about their regular holidays.
- 🚶 5 min. walk from Ginza, Shimbashi, Hibiya, and Uchisaiwaicho stations



Minoru Diner

☎ 03-5524-3128

URL <http://minoriminoru.jp/diner/>



Signature
menu



Daily Side Dish

Available	Year-round
Ingredients used	Vegetables from Nishitokyo (zucchini, Japanese mustard spinach, leaf lettuce, green bean, etc.)

- 📍 Ginza Terrace, 9F Ginza Mitsukoshi, 4-6-16 Ginza, Chuo-ku
- 🕒 11:00 – 21:00 (Subject to change based on the situation)
- ✕ When Ginza Mitsukoshi is closed
- 🚶 1 min. walk from Tokyo Metro Ginza, Marunouchi and Hibiya lines Ginza Stn
9 min. walk from JR Yurakucho Station Central and Ginza exits



Chuo

Minori Café

☎ 03-5524-3127

URL <http://minoriminoru.jp/cafe/>



Signature
menu



Green Smoothie with Honey

Available	Year-round
Ingredients used	Japanese mustard spinach from Tokyo (Nishitokyo)

- 📍 Ginza Terrace, 9F Ginza Mitsukoshi, 4-6-16 Ginza, Chuo-ku
- 🕒 10:00 – 20:00 (Subject to change based on the situation)
- ✕ When Ginza Mitsukoshi is closed
- 🚶 1 min. walk from Tokyo Metro Ginza, Marunouchi and Hibiya lines Ginza Stn
9 min. walk from JR Yurakucho Station Central and Ginza exits



Chuo

P Parking lot available

Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Aoyama Torimikura Honten

☎ 03-5770-5039

URL <http://www.wid.co.jp/tenpo/torimikura-aoyama/>

Signature menu



Charcoal Grilled
Tokyo *Shamo* Chicken and Egg Rice Bowl

Available Year-round

Ingredients used Tokyo *Shamo* ChickenTokyo *Shamo* Chicken Hot Pot

Available Year-round

Ingredients used Tokyo *Shamo* Chicken

📍 3-12-4 Minami Aoyama, Minato-ku

🕒 Mon - Fri 11:30 - 15:30
18:00 - 23:00 (Last Call 22:00)Weekends and holidays 11:30 - 15:30
17:00 - 22:30 (Last Call 21:30)

✕ Open everyday (except New Year Holidays)

🚶 4 min. walk from Tokyo Metro Omote-sando Station Exit A4



Natural Cafe and Restaurant

TABUNOKI

☎ 03-3280-1916

URL <http://tokyo.moa-natural.jp/clinic/tabunoki/index.html>

Signature menu



Naturally Farmed
Vegetable Lunch

Available Year-round

Ingredients used Seasonal vegetables from
Tokyo (Nishitokyo, etc.)

Seasonal Dinner Course

Available Year-round

Ingredients used Seasonal vegetables from
Tokyo (Nishitokyo, etc.)📍 1F Tokyo Ryoin-shinkan,
4-9-16 Takanawa, Minato-ku

🕒 Tuesdays-Saturdays: 11:00-21:00

✕ Sundays and Mondays

🚶 3 min. walk from JR/Keikyu
Shinagawa Station

Shinkyoutei Shinkan

☎ 03-3580-2211

URL <http://shinkyotei.com/>



Signature
menu



Tokyo Feast Course Meal

(Course meal using carefully selected ingredients from Tokyo and served only from October to November)

Available October to November

Ingredients used Vegetables from Tokyo, Tokyo Shamo Chicken, TOKYO X Pork, mushrooms from Okutama-machi, fishes from Izu Islands and Tokyo Bay, Japanese pear, grapes, etc.

TOKYO X Char-Siu Pork

Available Year-round

Ingredients used TOKYO X Pork

📍 2-4-2 Shimbashi, Minato-ku

🕒 Weekdays 11:00 – 22:00 (Last Call)
Weekends and holidays 11:00 – 21:00 (Last Call)

✖ New Year Holidays

🚶 3 min. walk from JR Shimbashi Station Hibiya Exit



Minato

erba da nakahigashi

☎ 03-5467-0560

URL www.erbadanakahigashi.com



Signature
menu



Minestrone Soup

Available Year-round

Ingredients used All course menu dishes use ingredients produced in Tokyo (seasonal vegetables from Hachioji and Akiuno, Tokyo ukakkei fowl eggs, livestock products from urban areas, river fish, etc.)

📍 B1F NISHIAZABU4416, 4-4-16

Nishi-azabu, Minato-ku

🕒 17:00 – 20:30 (Last Call)

✖ Sundays

🚶 6 min. walk from Tokyo Metro Hibiya Line Hiroo Station



Minato

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Tokyo *Yasai* Kitchen SCOP

☎ 03-6435-5304

URL <https://www.facebook.com/TokyoYasaiKitchenSCOP>

Signature menu



Bagna Càuda with Tokyo Vegetables

Available Year-round

Ingredients used Seasonal vegetables from Tokyo (Trading with more than 100 farms in Tokyo) and Edo Tokyo vegetables such as Terajima eggplants

Tokyo X Roast Pork

Available Year-round

Ingredients used Tokyo X pork roast



Tokyo Oven Akasaka

☎ 03-6230-9569

URL <http://tokyoovenakasaka.favy.jp/>

Signature menu



Homemade pickles with farm vegetables

Available Year-round (Depending on availability)

Ingredients used Seasonal vegetables from Tokyo (mainly from Mitaka) and Edo Tokyo vegetables such as Terajima eggplants

Steamed Tokyo vegetables in a nabe iron pot

Available Year-round (Depending on availability)

Ingredients used Seasonal vegetables from Tokyo (mainly from Mitaka) and Edo Tokyo vegetables such as Terajima eggplants



Royal Garden Cafe
AOYAMA



Signature
menu



Recommended Seasonal Tokyo Vegetables Menu
(Menu varies by season)

Available Year-round (Changes monthly)

Ingredients Seasonal vegetables from Tokyo (depending on availability)
used and vegetables from Edo Tokyo (depending on availability)

☎ **03-5414-6170**

URL <https://royal-gardencafe.com/aoyama/>

📍 2-1-19 Kita-aoyama,
Minato-ku

🕒 11:00 – 23:00

📅 December 30 – January 1

🚶 4 min. walk from Exit 1 of Aoyama 1-Chome Station
3 min. walk from Exit 4A of Gaienmae Station



Minato

sun



Signature
menu



Yamame Japanese Salmon from Okutama-machi
and *Awabi* Mushrooms from Hinohara-mura
Earthenware Pot Rice Dish (part of a course)

Available Year-round

Ingredients *Yamame* Japanese Salmon Okutama-machi),
used *Awabi* Mushrooms (from Hinohara-mura)

Tokyo Issai
(part of a course)

Available Year-round

Ingredients Exquisite Tokyo ingredients (seasonal vegetables,
used *Tokyo Shamo* Chicken, etc. *changes daily)

☎ **03-6447-1943**

URL <https://sun-since2018.jp>

📍 7F No. 5 Daiei Bldg., 4-10-3
Roppongi, Minato-ku

🕒 17:30 – 23:30

📅 Sundays

🚶 1 min. walk from Roppongi Station
(Exit 6) via various subway lines



Minato

P Parking lot
available

TAKE OUT Takeout menu available
(may require a reservation)

Wi-Fi available

Reservations
possible

Credit cards accepted
(confirm types that
are accepted)

Electronic money accepted
(confirm types that
are accepted)

Hôtel de Mikuni

☎ 03-3351-3810

URL <https://oui-mikuni.co.jp>



Signature
menu

Lunch Course (changes monthly)

Available Year-round

Ingredients used Seasonal ingredients such as golden sesame, *shiitake* mushrooms, and passion fruit, etc.

Dinner Course (changes monthly)

Available Year-round

Ingredients used Seasonal ingredients such as cucumbers, radishes, bitter gourds, chestnut pumpkins, watermelons, Japanese pears, and bananas, etc.

- 📍 1-18 Wakaba, Shinjuku-ku
- 🕒 12:00 – 14:30 (Last call) / 18:00 – 21:30 (Last call)
- ✕ Sunday night / Monday
- 🚶 7 min. walk from JR and Marunouchi Line Yotsuya Station (Akasaka Exit)



TOKYO Tocho Gijido Restaurant

☎ 03-3345-8703

URL <https://tokyotochougizidourestaurant.gorp.jp/>



Signature
menu

Ashitaba Tempura

Available Year-round (17:00-21:00)

Ingredients used Ashitaba from Izu Island

Three Slices Grilled Pork with TOKYO Sauce

Available Year-round (17:00-21:00)

Ingredients used Seaweed from Izu Islands, island *shochu* liquor

- 📍 1F Tokyo Metropolitan Assembly Building, 2-8-1 Nishishinjuku, Shinjuku City
- 🕒 11:00 – 22:00
- ✕ Saturdays, Sundays, and Holidays
- 🚶 Immediately from Toei Subway Lines Tocho-mae Station. 10 min. walk from JR Shinjuku Station.



*Menus using seasonal ingredients (Edo Tokyo vegetables, etc.) are provided.

*Business hours and days when restaurants are closed may change. Please check the latest information on the store's website, etc.

Kaidarake

☎ 03-6279-0116

URL <http://mikore.info/>



- 📍 1F LeCIEL Nishi-Shinjuku,
1-13-8 Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:30 – 23:30
(Lunch served till 15:00)
- ✖ Sundays
- 🚶 5 min. walk from Shinjuku Station West Exit
on each line



Signature
menu



Green Salad

Available Year-round

Ingredients Seasonal vegetables from Mitaka (cabbage,
used lettuce, tomato, carrot, cucumber, etc.)

Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables from Mitaka (mushroom,
used potato, shiso/Japanese basil, carrot, etc.)



Charcoal Grill Kappo

Mikore Shinjuku Nishiguchi

☎ 03-6302-0903

URL <http://mikore.info/>



- 📍 3F Masuya Bldg, 1-15-5
Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:30 – 24:00
(Lunch served till 15:00)
- ✖ New Year Holidays
- 🚶 5 min. walk from Shinjuku Station West Exit
of each line



Signature
menu



Fresh Vegetable Salad

Available Year-round

Ingredients Seasonal vegetables from Mitaka (cabbage,
used lettuce, tomato, carrot, cucumber, etc.)

Tempura of the Season

Available Year-round

Ingredients Seasonal vegetables from Mitaka (mushroom,
used potato, shiso/Japanese basil, carrot, etc.)

*Also served as *sashimi*, boiled and *shabu-shabu* style, etc.



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👤 Electronic money accepted
(confirm types that
are accepted)

Sakana no Mikore

☎ 03-5990-5906

URL <http://mikore.tokyo/>



Signature menu



Freshly-Picked Veggie Sticks

Available Year-round

Ingredients Seasonal vegetables from Mitaka (*Daikon* radish, kidney bean, carrot, cucumber, etc.)

Smashed Cucumber Salad

Available Year-round

Ingredients cucumbers from Mitaka

- 📍 B1F Sunflower Bldg, 1-3-1 Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:30 – 5:00 next morning (Lunch served till 16:00)
- ✕ New Year Holidays
- 🚶 3 min. walk from Shinjuku Station West Exit on each line



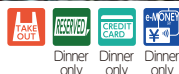
Mikore Shokudo

☎ 03-6279-4767

URL <http://mikore.top/>



Signature menu



Organic Vegetable & Tofu Salad

Available Year-round

Ingredients Seasonal vegetables from Mitaka and Setagaya (cabbage, red leaf lettuce, carrot, broccoli, cucumber, etc.)

Cucumber seasoned with Japanese Plum

Available Year-round

Ingredients cucumbers (from Mitaka and Setagaya)

- 📍 2F Seiei Bldg, 1-16-9 Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:00 – 15:00/17:00 – 23:00
*Subject to change.
- ✕ Sundays
- 🚶 3 min. walk from Shinjuku Station East Exit





Signature
menu

Ashitaba Roll Katsu

Available Year-round

Ingredients Hachiojima Ashitaba
used

*Murobushi Croquette and TOKYO X
Pork Tonjiru Pork Soup*

Available Year-round

Ingredients Hachiojima scad katsubushi,
used Tokyo X Pork

📍 32F Tokyo Metropolitan Main Building
No.12-8-1 Nishishinjuku, Shinjuku-ku
(Must complete entrance procedures on first or
second floor)

🕒 11:30 – 14:00

✕ Saturdays, Sundays, Holidays, New Year Holidays

🚶 Immediately in front of Toei Oedo Line Tochomae Station or
10 min. walk from JR Shinjuku Station



Signature
menu

Hachiojima Island *Kusaya* (dried fish)

(Two or three days dried mackerel scad, lightly salted and
semi-dried mackerel scad and flying fish)

Available Year-round

Ingredients Mackerel scad and flying fish
used from Hachiojima Island

*Ashitaba Tempura and Boiled
Salad*

Available Year-round

Ingredients Ashitaba (from Miyakejima
used Island, Hachiojima Island, etc.)

📍 2F Maneki Dori Golden Street,
1-1-5 Kabukicho, Shinjuku-ku

🕒 19:00 – 3:00 next morning

✕ Irregular

🚶 10 min. walk from JR Shinjuku Station East Exit



Tokyo Shamo Chicken Restaurant Nezu Torihana

☎ 03-5834-8079

URL <http://tokyoshamo.com>



Signature
menu



Tokyo Shamo Chicken Course Meal

Available Year-round

Ingredients used Tokyo Shamo Chicken

Tokyo Shamo Chicken Oyakodon

Available Year-round

Ingredients used Tokyo Shamo Chicken

*The "Tokyo Tamago no Kagayaki Purin" is offered in the store and is also sold as a souvenir.

📍 2F Daini Takano Bldg, 1-27-1
Nezu, Bunkyo-ku

🕒 Tue - Sat 12:00 - 14:00 (Last Call 13:30)

Tue - Sat 17:30 - 22:30 (Last Call 21:30)

Sun. and Holidays 17:30 - 21:30 (Last Call 20:30)

✕ Mondays (or Tuesday if a Holiday falls on a Monday)

🚶 5 - 6 min. walk from Nezu, Sendagi and
Todaimae subway stations



Edo Shitamachi Cuisine Miyatogawa

☎ 03-5802-5160

URL <http://tabelog.com/tokyo/A1309/A130905/13184762/>



Signature
menu



Daily Assortment of Local Tokyo Vegetables

Available Year-round (content changes based on availability)

Ingredients used Seasonal vegetables from Mitaka
(tomatoes, cucumbers, bell peppers,
squash, Terajima eggplant, etc.)

*Changes depending on the season.

Boiled Assortment with Terajima Eggplant

Available Approx. 3 month period
from June to September

Ingredients used Terajima eggplant (from
Mitaka City)

📍 1F Asanoya Bldg., 1-4-6 Suido, Bunkyo-ku

🕒 Weekdays: 11:30-14:00

17:00-24:00

Sat and Holidays: 17:00-24:00

✕ Irregular

🚶 Approx. 7 min. walk from Tokyo Metro
Yurakucho Line Edogawabashi Station



Asakusa Shuzen Ichimon Honten

☎ 03-3875-6800

URL <http://www.asakusa-ichimon.com/>



Signature menu



Edo Negima Hot-pot Upper / Premium

Available Year-round
Ingredients Seasonal Edo Tokyo vegetables

Tokyo Bay Simmered Conger Eel, Kohada Vinegar

Available Year-round
Ingredients Conger eel and kohada from Tokyo Bay

📍 3-12-6 Asakusa, Taito-ku

🕒 Mon - Fri 18:00 - 23:00
Weekends and Holidays 17:00 - 22:00

✖ New Year Holidays

🚶 7 min walk from Tokyo Metro Tawaramachi Station
12 min. walk from Tokyo Metro Hibiya Line Iriya Station
3 min. walk from Tsukuba Express Asakusa Station



Taito

Asakusa Shuzen Ichimon Bekkan

☎ 03-3871-1015

URL <http://www.asakusa-ichimon.com/>



Signature menu



Kaiseki Group Course (Tokyo Bay Shellfish, Edo Tokyo Vegetables)

Available Year-round
Ingredients General fish and shellfish from Tokyo Bay
Seasonal Edo Tokyo vegetables

Edo Negima Hot-pot Upper / Premium

Available Year-round
Ingredients Seasonal Edo Tokyo vegetables

📍 3-32-2 Asakusa, Taito-ku

🕒 18:00 - 22:30

✖ Sundays and Holidays

🚶 8 min. walk from Toei Subway Asakusa Station
8 min. walk from Tobu Isesaki Line Asakusa Station
6 min. walk from Tsukuba Express Asakusa Station



Taito

P Parking lot available

A Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Oshiage Yoshikatsu

☎ 03-3829-6468

URL <http://www.hotpepper.jp/strJ000104266/>



Signature menu



"Tsubaki," a snack set brimming with Tokyo ingredients

Available Year-round

Ingredients used Edo Tokyo vegetables, Tokyo milk, fishes from Tokyo Islands, Sakura eggs, soybeans (from Hinode and Ome), TOKYO X Pork

Green Monjayaki (Ashitaba Monja served with baguettes)

Available Year-round

Ingredients used Yanagikubo wheat (Higashikurume), flour (Ome), cabbages (produced in Tokyo), Ashitaba (from Tokyo Islands), TOKYO X Pork sausage, Oshima butter (Izu Oshima Island)

📍 5-10-2 Narihira, Sumida-ku

🕒 Mon-Sun and Holidays 17:00 - 24:00 (Closing time: 22:30)
Lunch only on Sundays and Holidays 11:30 - 14:00
(Open for dinner on Sundays and Holidays by reservation only)

✕ Irregular

🚶 4 min. walk from Oshiage Station Exit B1 on each line



*Regarding seasoning, we use Tokyo produced seasonings in general, including Hingya salt.

Tokyo Shamo Chicken Restaurant Nezu Torihana (Ryogoku Edo NOREN)

☎ 03-6658-8208

URL <http://www.tokyoshamo.com/>



Signature menu



Tokyo Shamo Chicken Course Meal

Available Year-round

Ingredients used Tokyo Shamo Chicken

Tokyo Shamo Chicken
Oyakodon

Available Year-round

Ingredients used Tokyo Shamo Chicken

📍 1-3-20 Yokoami, Sumida-ku

🕒 Lunch 11:00 - 14:00
Dinner 17:00 - 21:30

✕ Mondays (Tuesday if Monday is a holiday)

🚶 Edo NOREN can be accessed directly via JR Ryogoku Station West Exit.



Kameido Masumoto Honten

☎ 03-3637-1533

URL <https://masumoto.co.jp/>



Signature
menu



Kameido *Daikon* and *Asari* Clam Hot Pot

Available Year-round for dinner menu

Ingredients Kameido *Daikon* radish (from
used Katsushika and Edogawa)

Kameido Course

Available Year-round for dinner menu

Ingredients Kameido *Daikon* radish (from
used Katsushika and Edogawa)

📍 4-18-9 Kameido, Koto-ku

🕒 Mon-Fri 11:30 – 14:30/17:00 – 21:00
Weekends and
Holidays 11:00 – 14:30/17:00 – 21:00

* Last Call: 19:30

Lunch last order: 14:00

✕ Mondays or Tuesdays if a national holiday
falls on Monday.

🚶 7 min. walk from Kameido Station on each
line



Torimikura DiverCity Tokyo Plaza

☎ 03-6457-2636

URL <http://www.wid.co.jp/>



Signature
menu



Charcoal-Grilled Tokyo *Shamo* Chicken *Oyakodon*

Available Year-round

Ingredients
used Tokyo *Shamo* Chicken

Tokyo *Shamo* Chicken Hot Pot

Available Year-round

Ingredients
used Tokyo *Shamo* Chicken

📍 6F Diversity Tokyo Plaza

1-1-10 Aomi, Koto-ku

🕒 Lunch 11:00 – 17:00
Dinner 17:00 – 23:00

✕ Open every day (or closed according to the
closed days of the facility)

🚶 3 min. walk from Rinkai Line Tokyo Teleport Station
5 min. walk from Yurikamome Line Daiba Station



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

📱 Electronic money accepted
(confirm types that
are accepted)

Edo Tokyo Beer On Tap

☎ 03-6659-8379

URL <https://edo-tokyo-beer.com/>

Signature menu



Beer using Edo Tokyo vegetables
(Ex: Japanese ginger beer from Jan.~April)

Available Year-round

Ingredients Waseda *myoga* Japanese ginger
used (from Nerima), etc.

Pickles and soaked Waseda
myoga Japanese ginger stalks

Available February, March

Ingredients Waseda *myoga* Japanese
used ginger (from Nerima)

- 📍 16-2 Senda, Koto-ku
- 🕒 Mon, Wed, Tur, Fri: 17:00 – 23:00
Sat & Sun: 16:00 – 22:00
- ✕ Tuesdays
- 🚶 Immediately after getting off at Ogibashi 2-chome bus stop
10 min. walk from Sumiyoshi Station subway Exit B1



Kanmidokoro-Irie

☎ 03-3643-1760

URL <https://www.kanmidokoro-irie.com>

Signature menu

*Anmitsu*

Available Year-round

Ingredients *Tengusa* algae agar from
used Kozushima and Oshima

Tokoroten

Available Year-round

Ingredients *Tengusa* algae agar from
used Kozushima and Oshima

- 📍 2-6-6 Monzennakacho, Koto-ku
- 🕒 11:00 – 18:30 (Last call 18:00)
- ✕ Wednesdays (Open on festival days and holidays)
- 🚶 3 min. walk from Monzennakacho Station (Exit 5) on various subway lines





Signature menu

Shinagawa Sweets Turnip

Available November to March (harvest period of turnip)

Ingredients used Shinagawa *kabu* turnip (from Shinagawa and Kodaira)

Shinagawa Kabure Cookie

Available November to March (harvest period of turnip)

Ingredients used Shinagawa *kabu* turnip (from Shinagawa and Kodaira)

- 📍 2-30-27-1F Kitashinagawa, Shinagawa-ku
- 🕒 10:00 – 20:00
- ✖ Tuesdays
- 🚶 4 min. walk from Keikyu Line Shimbaba Station



BISTRON



Signature menu

Grilled vegetable set for cheese fondue

Available Year-round

Ingredients used Seasonal vegetables produced in Tokyo

Bagna Càuda with Colorful Grilled Vegetables

Available Year-round

Ingredients used Seasonal vegetables produced in Tokyo

- 📍 1F Uozen Bldg., 5-7-4 Nakanobu Shinagawa-ku
- 🕒 Lunch 11:30 – 14:00 (Last Call 14:30)
Dinner 17:00 – 22:00 (Last Call 21:00)
- ✖ Wednesdays
- 🚶 1 min. walk from Tokyo Oimachi Line Ebaramachi Station



Turkish Restaurant DEDE

☎ 03-3786-5600

URL



Signature menu



Kebab Vegetables

Available Year-round

Ingredients Seasonal vegetables produced in Tokyo

Chef's Recommended Grill/Salad etc.

Available Year-round

Ingredients Seasonal vegetables produced in Tokyo

- 📍 5-6-17 Nakanobu Shinagawa-ku
- 🕒 Lunch 11:00 – 14:30
Dinner 17:00 – 23:00
- ✕ Irregular
- 🚶 1 min. walk from Tokyu Oimachi Line Ebaramachi Station Shoumen Exit



Vegetable Italian Yakumo 111

☎ 03-3724-5515

URL <http://yakumo111.com/>



Signature menu



Akiruno Winter Melon and Pork Simmered in Tomatoes

Available Year-round

Ingredients Fresh, morning-picked vegetables used directly from Sasamoto Farms in Akiruno

Akiruno Eggplant and Bacon Tomato Sauce

Available Year-round

Ingredients Fresh, morning-picked vegetables used directly from Sasamoto Farms in Akiruno

- 📍 Inside the Meguro Persimmon Hall 1-1-1 Yakumo, Meguro-ku
- 🕒 Lunch 11:00 – 15:00 (Last Call 14:30)
Teatime 15:00 – 17:00
Dinner 17:00 – 22:00 (Last Call 21:00)
- ✕ Irregular
- 🚶 7 min. walk from Tokyu Toyoko Line Toritsu-daigaku Station



Soba Kobo Hatano

☎ 03-3771-4310

URL <http://www.soba-hatano.com/>



Signature
menu



Sliced Magome Ofuto Sanzung Carrots and Soba

Available November to February

Ingredients *Magome Ofuto Sanzung*
used carrots (from Ota-ku)

📍 5-30-9 Minamimagome, Ota-ku

🕒 11:30-14:00
17:30-21:00

✖ Every Tuesday, 3rd Wednesday, and
other irregular holidays

🚶 Approx. 1 min. from Toei Asakusa Line
Nishi-Magome Station (West Exit)



Kakiage

Available Year-round

Ingredients Seasonal Tokyo vegetables
(November to March for Magome
Ofuto Sanzung carrots)



Asian Restaurant

Saigon-kamimachi

☎ 03-3420-5581

URL



Signature
menu



Coriander salad and shrimp senbei

Available Year-round

Ingredients Cilantro (produced in Komae
and Kitami)

📍 3-3-5 Setagaya, Setagaya-ku

🕒 11:30 - 15:30/17:00 - 24:00

✖ Monday lunchtime
(also during summer/New Year holidays)

🚶 As soon as you get off at Tokyu Setagaya
Line Kamimachi Station



Water Spinach Stir Fry

Available Year-round

Ingredients Water Spinach (produced in
Komae and Kitami)



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

📱 Electronic money accepted
(confirm types that
are accepted)

Setagaya Farm

☎ 03-3702-4500

URL <http://www.setagayafarm.com/>



Signature menu



- 📍 5-5-3 Todoroki, Setagaya-ku
- 🕒 10:00 – 19:00
- ✕ Irregular
- 🚶 1 min. walk from Tokyu Oimachi Line Oyamadai Station



Ashitaba Namul

Available Year-round

Ingredients used Ashitaba (from Nijima Island)

Ashitaba Pudding

Available Year-round

Ingredients used Ashitaba (from Nijima Island)



Seijo Sakurako

☎ 03-3483-5296

URL <http://seijosakurako.blog77.fc2.com/>



Signature menu



- 📍 3F Hana Bldg, 6-10-2 Seijo, Setagaya-ku
- 🕒 10:30 – 16:00 (Last Call)
- ✕ Sundays, Holidays, Mondays
- 🚶 Just steps from Odakyu Line Seijogakuen-mae North Exit



Okimari

Available Year-round

Ingredients used Various vegetables (from Kitami, Setagaya-ku), including eggplants, carrots, turnips, tomatoes, cucumbers, zucchini, bamboo shoots, potatoes, taros, spinach and Japanese mustard spinach





Signature menu



- 📍 5-1-1 Kinuta, Setagaya-ku
- 🕒 11:00 – 15:00 (Last Call 14:30)
17:00 – 23:00 (Last Call: 22:30)
- ✕ Open every day (Closed on New Year's Eve and New Year's Day)
- 🚶 10 min. walk from Odakyu Line Soshigaya-Okura Station South Exit



Fried Eggplant with Japanese Pepper

Available Year-round

Ingredients eggplants (from farms in used Komae and Setagaya)

Seasonal Fresh Vegetables Fried with Salt

Available Year-round

Ingredients Seasonal vegetables (from used farms in Komae and Setagaya)



Jackpot Shimokitazawa



Signature menu



- 📍 2-2-4 Kitazawa, Setagaya-ku
- 🕒 Mon – Fri 17:00 – 24:00
Weekends and Holidays 12:00 – 24:00
- ✕ Open everyday
- 🚶 5 min. walk from Odakyu Line, Keio Inokashira Line Shimokitazawa Station South Exit



Kiln-Grilled Vegetables

Available Spring, fall, winter

Ingredients Seasonal vegetables from used Komae

Colorful Vegetable Salad

Available Year-round

Ingredients Seasonal vegetables from used Komae



La Befana Shimokitazawa

☎ 050-3184-1675

URL <http://www.jack-pot.co.jp/>

Signature menu

Assorted Vegetables with Anchovy Sauce

Available Year-round

Ingredients Seasonal vegetables from used Komae

Pizza Ortolana

Available Year-round

Ingredients Seasonal vegetables from used Komae

📍 5-31-3 Daita, Setagaya-ku

🕒 Mon - Fri 11:30 - 15:00/17:30 - 23:00 (Last Call 22:00)

Saturdays 11:30 - 15:30/17:30 - 23:00 (Last Call 22:00)

Sundays and Holidays 11:30 - 15:00/17:30 - 22:30 (Last Call 22:00)

✕ Open everyday

🚶 1 min. walk from Odakyu Line, Keio Inokashira Line Shimokitazawa Station West Exit



Tsuge

☎ 050-3184-1930

URL <http://www.jack-pot.co.jp/>

Signature menu

Fresh Raw Vegetables with Delicious Miso, Mayonnaise, and Dressing

Available Year-round

Ingredients Seasonal vegetables from used Komae

Assorted Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables from used Komae

📍 5-29-16 Daizawa Setagaya-ku

🕒 Mon - Fri 15:00 - 24:00

Saturdays 12:00 - 24:00

Sundays and Holidays 12:00 - 22:00

✕ Open everyday

🚶 5 min. walk from Odakyu Line, Keio Inokashira Line Shimokitazawa Station



Kaminariya

☎ 050-3184-1430

URL <http://www.jack-pot.co.jp/>



Signature
menu



📍 1F Saito Bldg., 2-19-13 Kitazawa, Setagaya-ku

🕒 Mon - Fri 16:00 - 24:00

Saturdays 13:00 - 24:00

Sundays 13:00 - 23:00

Holidays 13:00 - 23:00

✕ Open everyday

🚶 1 min. walk from Odakyu Line, Keio Inokashira Line Shimokitazawa Station South Exit



Piled High Farm-fresh Vegetable Salad!

Available Year-round

Ingredients Seasonal vegetables from used Komae

Hot Bagna càuda

Available Year-round

Ingredients Seasonal vegetables from used Komae



Ox Tongue Natsu Hibachi

☎ 050-3184-0803

URL <http://www.jack-pot.co.jp/>



Signature
menu



📍 5-36-13 Daizawa, Setagaya-ku

🕒 Mon - Fri 17:00 - 24:00

Saturdays 13:00 - 24:00

Sundays 13:00 - 23:00

✕ Open everyday

🚶 5 min. walk from Odakyu Line, Keio Inokashira Line Shimokitazawa Station South Exit



Heappings of Fresh Vegetables

Available Year-round

Ingredients Seasonal vegetables from used Komae

Tongue *Toro-shabu* Hot-pot

Available Year-round

Ingredients Seasonal vegetables from used Komae



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Soba Oonoya Motoyoyogicho

☎ 03-3467-7513

URL <https://soba-oonoya.gorp.jp>

Signature menu



Pot dish of cooked duck

Available October to May

Ingredients used Edo Tokyo Vegetables (Traditional komatsuna mustard spinach, senju onions, etc.)

Karami daikon Seiro soba

Available Year-round

Ingredients used Edo karami daikon radish

📍 3-10 Motoyoyogicho, Shibuya-ku

🕒 11:30 – 14:00

17:30 – 22:30

✂ Irregular

🚶 Odakyu Line Yoyogi-Hachiman Station (approx. 2 min. from the north exit, approx. 3 min. from the south exit)



fun.ice!

☎ 080-4342-1522

URL <https://www.facebook.com/fun.iceFromTokyoYoyogi/>

Signature menu



Gelato (premium milk)

Available Year-round

Ingredients used Milk from Hachioji / Iso-numa Ranch (Miraku Golden Rule brand) Example seasonal ingredients: Tokyo Gold Kiwi from Kodaira City, peanuts from Nerima

📍 First floor, 5-64-4 Yoyogi, Shibuya-ku

🕒 12:00 – 18:00 Changes based on the season

✂ Irregular

🚶 5 min. walk from Tokyo Metro Chiyoda Line Yoyogi-koen Station Exit 3

5 min. walk from Odakyu Line Yoyogi-Hachiman Station Get off at the "Yoyogi kamizonocho" bus stop on Keio Bus 51



* Dependent on the season, we offer gelato that uses seasonal ingredients from Tokyo.

Charcoal Grill Kappo Mikore

☎ 03-3377-4488

URL <http://mikore.info/>



Signature menu



- 📍 B1F Tanaka Bldg, 2-11-12 Yoyogi, Shibuya-ku Dogenzaka, Shibuya-ku
- 🕒 11:30 – 5:00 next morning
- ✖ New Year Holidays
- 🚶 5 min. walk from Shinjuku Station West Exit on each line



Fresh Veggie Salad

Available Year-round

Ingredients Seasonal vegetables from Mitaka (cabbage, lettuce, tomato, carrot, cucumber, etc.)

Seasonal Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables from Mitaka (mushrooms, potatoes, shiso leaves, carrot, etc.)



Mikore Zushi

☎ 03-3375-5008

URL <http://mikore.jp/>



Signature menu



- 📍 2F Matsumoto Bldg, 2-14-1 Yoyogi, Shibuya-ku Dogenzaka, Shibuya-ku
- 🕒 Mon – Fri 11:30 – 23:00
Weekends and Holidays 11:30 – 22:30
(Lunch: 11:30 – 15:00)
- ✖ New Year Holidays
- 🚶 1 min. walk from Toei Shinjuku Line Shinjuku Station Exit.6



Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables from Mitaka and Setagaya

Assorted Pickles

Available Year-round

Ingredients Seasonal vegetables from Mitaka and Setagaya



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

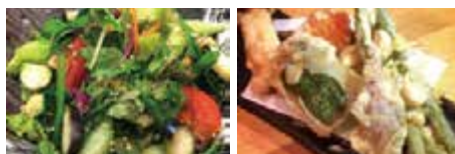
Ichiba Nakama

☎ 03-6276-7284

URL <https://www.hotpepper.jp/strJ001128021/>



- 📍 1F Tamagawa Bldg, 2-16-19 Yoyogi, Shibuya-ku
- 🕒 11:30 – 24:00
- ✖ New Year Holidays
- 🚶 5 min. walk from Shinjuku Station South Exit



Signature menu



Fresh Veggie Salad

Available Year-round

Ingredients Seasonal vegetables from used Mitaka and Setagaya

Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables from used Mitaka and Setagaya



Royal Garden Cafe SHIBUYA

☎ 03-5456-9026

URL <https://royal-gardencafe.com/shibuya/>



- 📍 2F Hotel Unison, 4-3 Udagawacho, Shibuya-ku
- 🕒 11:00 – 23:00
- ✖ New Year Holidays (New Year's Eve/ New Year's Day)
- 🚶 7 min. walk from Shibuya Station, various lines



Signature menu



Recommended Seasonal Tokyo Vegetables Menu (Menu varies by season)

Available Year-round

Ingredients Seasonal vegetables from Tokyo (depending on availability) and vegetables from Edo Tokyo (depending on availability)



Home Dining Kuraya

☎ 03-3336-0306

URL



Signature
menu



**Boiled komatsuna greens and soy
sauce dressing**

Available Year-round (depends on availability)

Ingredients used *komatsuna* greens from
Tokyo (Musashino City)

Chilled tomato

Available Summer

Ingredients used Tomatoes from Tokyo
(Musashino City)

- 📍 B1F Bear Valley Toritsu-Kasei, 3-6-6
Saginomiya, Nakano-ku
- 🕒 Weekdays: 17:30-24:00
Sat, Sun and Holidays: 11:30-14:00/17:30-24:00
- ✕ Mondays
- 🚶 3 min. from Seibu Shinjuku Line,
Toritsu-Kasei Station



Tabegotoya-Norabo

☎ 03-3395-7251

URL



Signature
menu



**Local vegetables and
tofu salad**

Available Year-round

Ingredients used (Almost completely) Uses
seasonal vegetables from
Mitaka City

**Kakiage tempura with corn and
edamame soybeans**

Available June-July

Ingredients used Corn and *edamame* soybeans
from Mitaka City

- 📍 4-3-5Nishiogikita,
Suginami-ku
- 🕒 17:00 - 0:00
- ✕ Mondays
- 🚶 7 min. from Chuo Line Nishiogikubo
Station North Exit



P Parking lot
available

T Takeout menu available
(may require a reservation)

W Wi-Fi available

R Reservations
possible

C Credit cards accepted
(confirm types that
are accepted)

E Electronic money accepted
(confirm types that
are accepted)

Furukawaya

☎ 03-5974-0122

URL <http://www.furukawaya.jp>



Signature
menu



- 📍 2F No. 2 Koei Bldg, 1-2-2 Oji, Kita-ku
- 🕒 Lunch: 11:00 – 15:00
Dinner: 17:00 – 22:30
- ✖ Monday (excluding holidays)
- 🚶 Immediately outside Keihin Tohoku Line Oji Station (North Exit)



Lunch Course

Available Year-round

Ingredients Uses vegetables from Tokyo, mainly seasonal Edo Tokyo vegetables (content varies depending on harvest season)

Evening Course

Available Year-round

Ingredients Uses vegetables from Tokyo, mainly seasonal Edo Tokyo vegetables (content varies depending on harvest season)

*Also offer and sell the "Tokyo La Baldane" roll cake, which uses Takingawa burdock, as a course dessert



Yofu Souzai Teppan Daidokoro Theory Akabane

☎ 03-6454-4252

URL <https://www.hotpepper.jp/strJ001162446/>



Signature
menu



- 📍 1-29-7 Akabane, Kita-ku
- 🕒 Tue – Sun 12:00 – 15:00/17:30 – 22:00
- ✖ Mondays
- 🚶 5 min. walk from JR Akabane Station East Exit



Hiroshima Yaki

Available Year-round

Ingredients cabbages from Nerima

Cabbage with Salt-Based Sauce

Available Year-round

Ingredients cabbages from Nerima



Izumiya Home Cooking

☎ 03-3894-4226

URL <http://www.yuenchidori.com>



- 📍 6-30-9 Nishiogu, Arakawa-ku
- 🕒 11:00 - 14:00 / 17:00 - 22:00
- ✖ Tuesdays
- 🚶 2 min. walk from Toden Arakawa Line Arakawayuenchi-Mae Station



Signature menu

Whole onions roasted on an open grill (Dinner menu)

Available Year-round

Ingredients Onions from Higashiyamato used

Tokyo matcha tea shaved ice

Available Year-round

Ingredients Tokyo Sayama tea from Higashiyamato used



a Coeur Joie

☎ 03-3809-0915

URL <http://acjoie.jp/>



- 📍 8-44-4 Nishiogu, Arakawa-ku
- 🕒 Lunch 11:30-14:00
Café 14:00-17:00 (Tuesday-Friday)
Dinner 17:30-22:00
- ✖ Mondays, last Sunday of the month (open on Mondays that are holidays, then closed the following Tuesday)
- 🚶 2 min. walk from Toden-Arakawa Line Arakawashako-Mae Station



Signature menu

Tokyo Matcha Cheesecake

Available Year-round

Ingredients Tokyo Sayama matcha used (from Higashiyamato)

Potato Gratin / Turnip Soup

Available Year-round

Ingredients Potatoes and turnips used (from Higashiyamato)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Handmade Izakaya Iwasawa

☎ 03-5811-4658

URL <https://www.iwasawa-foods.com>



Signature menu



- 📍 1F Eiraku Bldg, 7-28-2 Minamisenju, Arakawa-ku
- 🕒 Mon-Fri: 17:00-25:00
Sat, Sun and Holidays: 15:00-25:00
- ✕ Open everyday
- 🚶 1 min. walk from Minami-Senju Station via various lines



Japanese Mustard Spinach and Mushroom Salad

Available Year-round

Ingredients Japanese mustard spinach (from used Kadokura Farm in Edogawa)

Senju Green Onion and Tuna Kushikatsu

Available Year-round

Ingredients Edo Senju green onions used



Enza

☎ 03-3995-1577

URL <http://www.udon-enza.com/>



Signature menu



- 📍 Inside the Furusato Museum at Shakujii Park, 5-12-16 Shakujii-machi, Nerima-ku
- 🕒 11:00 - 15:30
- ✕ Mondays and the first Tuesday of each month
- 🚶 15-20 min. walk to Furusato Museum through Shakujii Park from Seibu Ikebukuro Line Shakujii-koen Station



Mizorekate Udon (hot or cold)

Available Year-round

Ingredients leafy vegetables, Japanese mustard spinach, used spinach, Daikon radish, etc. (from Nerima)

Mixed Tempura of Local Vegetables

Available Year-round

Ingredients eggplant, onion, carrot and used seasonal vegetables



*"Hingya no Shio" salt (from Aogashima Island) is used for some dishes.

*Business hours and days when restaurants are closed may change. Please check the latest information on the store's website, etc.

Gochiso Bar yasu & Nonchan

☎ 03-6479-2252

URL



Signature menu

Daikon radish salad

Available When daikon radish are available
Ingredients used Daikon radishes (from Oizumi)

Roll cabbage

Available When cabbage is available
Ingredients used Cabbage (from Oizumi)



Chinese Tapas hachi

☎ 03-6311-0672

URL <http://www.facebook.com/chinesetapashachi/>



Signature menu

Daikon Mochi

Available Offered only when daikon radishes are harvested in Oizumi
Ingredients used Daikon radishes (from Oizumi in Nerima-ku)

Stir-Fried Vegetables

Available Year-round
Ingredients used Seasonal vegetables (from Oizumi in Nerima-ku) (content changes with the seasons)



P Parking lot available

Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Chinese Restaurant Taishoken

☎ 03-3923-7770

URL <http://s-taishouken.com/>Signature
menu

Anton Gyoza Dumpling

Available Year-round

Ingredients Nerima grown cabbages from
used Nerima (at harvest time)

Nerima Vegetable Tanmen Noodles

Available Year-round

Ingredients Nerima grown cabbages from
used Nerima (at harvest time)

📍 8-22-1 Shakujiidai, Nerima-ku

🕒 11:30 - 21:00

✖ Tuesdays

🚶 From South Exit of Oizumi-gakuen Station on Seibu Ikebukuro Line, take the bus for Kichijoji Station and it is soon reached on foot from Nishimura bus stop.



Koryouri Ishii

☎ 03-4283-1430

URL <http://www.koryouri-ishii.com/>Signature
menu

Evening Course

Available Year-round

Ingredients Seasonal vegetables from Tokyo, especially Nerima-ku (The day's menu is displayed on the blackboard)
used Course example: Zoshigaya eggplant surinagashi cream soup / Nerima daikon radish salad, etc. (Dependent upon the season)

📍 First Floor, 5-36-14

Higashioizumi, Nerima-ku

🕒 11:30 - 14:00 (Last Call 13:30)

17:30 - 22:00 (Last 21:30)

✖ Sundays, Holidays and the first Monday of each month

🚶 3 min. walk from Seibu Ikebukuro Line Oizumi-gakuen Station



Patisserie Kamitani

☎ 03-3922-2780

URL <http://kamitani.cart.fc2.com/>



Signature
menu

Oizumi Gakuen Morning Picking Blueberry Madeleine

Available Year-round

Ingredients Blueberries from Oizumi Gakuen,
used Nerima-ku

Tokyo Lemon Cake

Available Year-round

Ingredients Lemons from Nerima-ku
used

- 📍 1F SFC Bldg., 4-27-40
Higashi Oizumi, Nerima-ku
- 🕒 Weekdays: 10:00-19:00 Sundays: 10:00-18:30
- ✖ Mondays Once a month on Sundays (Irregular)
(Business hours and holidays change, so
please check on the their website)
- 🚶 3 min. from Seibu Ikebukuro Line Oizumigakuen
Station North Exit



Nerima

PITANGO

☎ 03-6914-5513

URL <https://www.pitango.tokyo/>



Signature
menu

"Let's Eat!" Pasta with Seasonal Nerima Vegetables / Cream Pasta with Grilled Green Onions, Bacon, and Nerima Miso

Available Year-round (Dinner only)

Ingredients Seasonal Vegetables (from Nishikai Farm in Nerima-ku)
used and mukashi miso (from Saburozaemon in Nerima-ku)

- 📍 2F, 5-15-10 Toyotamakita, Nerima-ku
- 🕒 11:30 - 14:30 (Last call 14:00)
17:00 - 23:00 (Last call 22:30)
- ✖ Tuesdays
- 🚶 2 min. walk from Seibu Line and Toei
Subway Oedo Line Nerima Station



Nerima Farm Salad

Available Year-round

Ingredients Seasonal Vegetables (from
used Nishikai Farm in Nerima-ku)



Nerima

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Japanese Cuisine **Musashino**☎ **03-5372-4501**URL <https://h-cadenza.jp/restaurant/musashino.html>Signature
menu**Steamed Nerima Daikon
and Salmon**

Available Served at peak season (approximately 1 month)

Ingredients
used Nerima daikon radish**Waseda Ginger and Zoshigaya
Eggplant Tempura**

Available Served at peak season (approximately 1 month)

Ingredients
used Waseda Ginger and Zoshigaya
Eggplant📍 1F Hotel Kadenza Hikarigaoka,
J. CITY, 5-8 Takamatsu, Nerima-ku🕒 Weekdays 11:30 - 15:00/17:30 - 21:30
Weekends and
Holidays 11:30 - 21:30

*Business hours may change. Please check with the store in advance.

✕ Mondays (Open on Holidays)

🚗 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit 3,
Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line Narimasu
Station South Exit, Seibu Ikebukuro Line Shakuji-koen StationChinese Cuisine **Hakurakuten**☎ **03-5372-4500**URL <https://h-cadenza.jp/restaurant/hakurakuten.html>Signature
menu**Nerima Daikon and Pork Spare
Rib Earthenware Hotpot**

Available Served at peak season (approximately 1 month)

Ingredients
used Nerima daikon radish**Nerima Cabbage Twice
Cooked Pork Buns**

Available Served at peak season (approximately 2 months)

Ingredients
used Cabbage from Nerima📍 1F Hotel Kadenza Hikarigaoka,
J. CITY, 5-8 Takamatsu, Nerima-ku🕒 Weekdays 11:30 - 15:00/17:30 - 21:30
Weekends and
Holidays 11:30 - 21:30

*Business hours may change. Please check with the store in advance.

✕ Tuesdays (Open on Holidays)

🚗 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit
3, Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line Narimasu
Station South Exit, Seibu Ikebukuro Line Shakuji-koen Station

Bar Lounge Voisin

☎ 03-5372-4499

URL <https://h-cadenza.jp/restaurant/voisin.html>



Signature
menu



Pasta with clams and Waseda *myogatake* Japanese ginger shoots

Available Provided on spot when in season (1 month)

Ingredients used Waseda *myogatake* Japanese ginger shoots (from Kanodai, Nerima-ku)

Fresh Pasta and Sauce with Dried Tomatoes

Available Provided on spot when in season (3 month)

Ingredients used From Oizumi-cho, Nerima-ku (Murata Farm)

📍 1F Hotel Cadenza Hikarigaoka,
J. City, 5-8 Takamatsu, Nerima-ku

🕒 Weekdays and Saturdays 9:30 – 22:00
Weekends and Holidays 9:30 – 21:00

*Business hours may change. Please check with the store in advance.

✖ Open everyday

🚌 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit 3, from Toei Oedo Line Hikarigaoka Station Exit A5, from Tobu Tojo Line Narimasu Station South Exit, and from Seibu Ikebukuro Line Shakujii-Koen Station



Pâtisserie Bon Parfum

☎ 03-5372-4518

URL <https://h-cadenza.jp/restaurant/bonparfum.html>



Signature
menu



Nerima *Komorebi* Leaf Pie/Honey and *Miso* Florentine Cookies

Available Year-round

Ingredients used Honey from Nerima, Nakamurabashi, Nerima
Kojiya Saburo Eimon Old-fashioned *Miso*

Luxurious Nerima Blueberry Tart

Available Served at peak season (approximately 2 months)

Ingredients used Blueberries from Nerima

📍 1F Hotel Kadenza Hikarigaoka,
J. CITY, 5-8 Takamatsu, Nerima-ku

🕒 Everyday 11:00 – 18:00

*Business hours may change. Please check with the store in advance.

✖ Open everyday

🚌 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit 3, Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line Narimasu Station South Exit, Seibu Ikebukuro Line Shakujii-koen Station



P Parking lot
available

T Takeout menu available
(may require a reservation)

W Wi-Fi available

R Reservations
possible

C Credit cards accepted
(confirm types that
are accepted)

E Electronic money accepted
(confirm types that
are accepted)

Pizzeria Gtalia da Filippo

☎ 03-5923-9783

URL <https://tabelog.com/tokyo/A1321/A132103/13149962/>



Signature menu



Whimsical Mixed Salad with Nerima Vegetables

Available Year-round

Ingredients Uses seasonal vegetables used mainly from Nerima farmers

Tokyo NMP (Pizza) with Nerima Greens and Musashino Pork

Available Year-round

Ingredients Uses mainly greens from Mr. Shiraiishi of Doshida (varies according to the season). Nerima daikon radish are also used when in season.

- 📍 2-13-5-103 Shakujimachi, Nerima-ku
- 🕒 12:00 – 14:30 (Last call)/
17:30 – 21:30 (Last call)
- ✖ Thursdays
- 🚶 3 min. walk from Seibu Ikebukuro Line Shakujii-kōen Station North Exit



OPPLA'! DA GTALIA

☎ 03-6339-6936

URL <https://tabelog.com/tokyo/A1321/A132105/13225908/>



Signature menu



Meat Sauce Pizza with Eggplant from Tanaka Farm in Nerima, Tokyo

Available June – August

Ingredients Seasonal vegetables (from used Nerima-ku)

Blueberry Tart with Blueberries from Hamanaka Farm in Nerima, Tokyo

Available July – August

Ingredients Blueberries (from Nerima-ku) used

- 📍 2-28-7 Sekimachikita, Nerima-ku
- 🕒 Lunch Weekdays: 11:30-14:00 (Closed: 15:00)
(Sat, Sun and Holidays: From 12:00)
Dinner 17:30-21:30 (Closed 22:30)
- ✖ Wednesdays
- 🚶 3 min. walk from Seibu Shinjuku Line Musashiseki Station (South Exit)



Kutsurogi-dokoro Toride

☎ 03-3995-9378

URL <https://www.hotpepper.jp/strJ000634835/>



Signature
menu



Seiro-mushi Steamed Seasonal Vegetables

Available Year-round

Ingredients used Seasonal vegetables from Nerima

Ami-yaki Grilled Seasonal Vegetables

Available Year-round

Ingredients used Seasonal vegetables from Nerima

📍 3-26-3 Shakujiimachi, Nerima-ku

🕒 17:00 – 23:30

✖ Tuesdays and 2nd and 4th Sunday
*Subject to change on a temporary basis
(Please make a reservation before visiting the store.)

🚶 3 min. walk from Seibu Ikebukuro Line Shakuji-kōen Station



Japanese-Style French Cuisine Komorebi

☎ 03-6904-8797

URL <https://r.goope.jp/komorebi2017>



Signature
menu



Akiruno-shi Grown Akikawa Beef Steak Cooked on Mt. Fuji Lava Stone Plate

Available Year-round

Ingredients used Akikawa beef and Tokyo grown vegetables

French-cooked Rice with Truffle and Nerima Vegetables

Available Year-round

Ingredients used Nerima grown vegetables, Tokyo Shamo Chicken bouillon

📍 1F Maison Yamazaki, 1-39-25

Kami-Shakuji, Nerima-ku

🕒 12:00 – 15:00

17:30 – 24:00

✖ Irregular (Reservations are recommended)

🚶 5 min. walk from Seibu Shinjuku Line Kami-shakuji Station South Exit



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Pizzeria 222

☎ 03-6882-4138

URL <https://www.facebook.com/Pizzeriaduecentoventidue222/>



Signature menu



Chilled Potage with Oizumi Corn

Available Mid-June to mid-July

Ingredients Corn from Nerima-ku (Oizumi) used

Pizza with Simmered Pork and Corn from Oizumi

Available Mid-June to mid-July

Ingredients Corn from Nerima-ku (Oizumi) used

- 📍 6-47-11 Higashi Oizumi, Nerima-ku
- 🕒 12:00 - 14:30 (Last call 14:00)
17:30 - 22:00 (Last call 21:00)
- ✕ Tuesdays, Irregular
- 🚶 8 min. walk from Seibu Ikebukuro Line Oizumigakuen Station



Il Tonsione

☎ 03-3992-9800

URL <https://www.la-gazza.com/>



Signature menu



Tokyo Eggplant with Mille-Feuille Finishing

Available Spring to summer

Ingredients Silk-skinned eggplant, American eggplant (from Hoya and Higashikurume)

Caprese with Colorful Tokyo Tomatoes

Available Early to late summer

Ingredients Various kinds of tomatoes (from Nerima, Hoya, and Tama areas)

- 📍 1F Soleil Sakuradai, 2-5-7 Toyotamakami, Nerima-ku
- 🕒 11:30 - 15:00/18:00 - 22:00
- ✕ Wednesdays
- 🚶 5 min. walk from Seibu Ikebukuro Line Sakuradai Station



Aida Kometen

☎ 03-3922-2835

URL <http://blog1.aidakometen.com>



- 📍 2-3-7 Minamioizumi, Nerima-ku
- 🕒 9:00 – 19:00
- ✖ Wednesdays and Thursdays
- 🚶 10 min. walk from Seibu Shinjuku Line Musashi-Seki Station or Higashi-Fushimi Station



Signature menu

Daily Bento with Healthy Side Dishes

Available Year-round

Ingredients Seasonal vegetables used (from Nerima)

Local Vegetables Tempura

Available Year-round (every Friday)

Ingredients Seasonal vegetables used (from Nerima)



Dining for Everyone Tomatoma

☎ 03-5845-3669

URL <http://tomatoma.kitchen/>



- 📍 1-19-22 Chuohoncho, Adachi-ku
- 🕒 12:00 – LO 14:00
- ✖ Saturdays, Sundays and Holidays (Take-out only available in some cases.)
- 🚶 10 min. walk from Tobu Isesaki Line Umejima Station (1 min. walk from Adachi City Office North Building)



Signature menu

Tomatoma Set

Available Year-round

Ingredients komatsuna greens, Japanese mustard greens, salad

Daily Set

Available Year-round

Ingredients Japanese mustard greens used



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

🏠 Electronic money accepted (confirm types that are accepted)

Kitchen Toretate

☎ 03-3853-4114

URL <https://www.ces-net.jp/toshino/>



Signature
menu



📍 Inside Toshi Agricultural Park,
2-44-1 Shikahama Adachi-ku

🕒 1st Floor: 10:00 - 17:00 2nd Floor: 11:00 - 17:00

✕ 1st and 2nd floors: **Wednesdays**
2nd floor: **Thursdays**

🚗 From Nishiarai Station take the "Shikahama Toshi Agricultural
Park Route" Tobu Community Bus and get off at the last stop



Toretate Set Meal

Available Year-round

Ingredients used Vegetables from the park

Fresh-Picked "One-Plate" Meal with Soup

Available Year-round

Ingredients used Vegetables from the park



Kosodate (Parenting) Café

cotoca

☎ 03-6320-2736

URL <https://cotoca-senju.jp/>



Signature
menu



📍 2-18 Senju, Adachi-ku

🕒 10:00 - 17:00

✕ Saturdays, Sundays and Holidays

🚗 7 min. walk from various lines at
Kitasenju Station West Exit



5 Kinds of Steamed Vegetables

Available Year-round (during harvesting period)

Ingredients used Vegetables from Adachi City Agricultural Park



Charcoal Grilled Skewered Meat

Uekusa

☎ 03-3601-3733

URL



- 📍 3-11-5 Kameari, Katsushika-ku
- 🕒 17:00 – 24:00 (Last call 23:30)
- ✖ Tuesdays
- 🚶 3 min. walk from JR Joban Line Kameari Station

Signature
menu



Katsushika Onion Hotpot

Available November to March

Ingredients Onion from Mizumoto
used Katsushika

Katsushika Grilled Tomatoes

Available June to September

Ingredients Tomatoes (From Katsushika)
used



Katsushika

Tenpura Amaduru

☎ 03-6240-7701

URL <https://www.tempura-amaduru.com>



- 📍 102 Eternal Knot, 3-30-14 Kameari, Katsushika-ku
- 🕒 11:30 – 13:30/18:00 – 20:00
- ✖ Wednesdays
- 🚶 3 min. walk from JR Kameari Station

Signature
menu



Katsushika Genki Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables (corn, okra,
used turnips, etc.) from Katsushika-ku

Tenju

Available Year-round

Ingredients Seasonal vegetables from
used Katsushika-ku



Katsushika

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Soba Noodles Choujyuan

☎ 03-3654-6739

URL <https://choujyuan.com/>

Signature menu



Japanese Mustard Spinach Udon Noodles

Available Year-round

Ingredients Japanese mustard spinach used from Edogawa

Japanese Mustard Spinach Soba Noodles

Available Year-round

Ingredients Japanese mustard spinach used from Edogawa

📍 3-29-5 Nishiichinoe, Edogawa-ku

🕒 11:00 – 14:30/17:00 – 19:30

(Please check the website for changes)

✕ Thursdays

🚶 17 min. walk from Toei Shinjuku Line Ichinoe Station

5 min. walk from the nearest bus stop "Nishiichinoe Sanchoime"

*Look for the "Komatsuna Udon" Flag



Artisan Traditional Craft Cafe

☎ 03-3676-9083

URL <http://www.shinozaki-bunkaplaza.com/cafe>

Signature menu



Japanese Mustard Spinach Doria Set (Shrimp, meat)

Available Year-round

Ingredients Japanese mustard spinach used from Edogawa

Japanese mustard spinach juice

Available Year-round

Ingredients Japanese mustard spinach used from Edogawa

📍 3F Proceed Shinozaki Tower, 7-20-19 Shinozaki-machi, Edogawa-ku

🕒 9:00-20:30

(Last order Food 19:30/Drink 20:00)

✕ 12/31 – 1/2

🚶 Get off at Toei Shinjuku Line Shinozaki Station, then go to Shinozaki Cultural Plaza, directly connected to the station's West Exit



Donut and Donut

☎ 03-3656-1142

URL <http://www.donutanddonut.com/>



Signature menu

Japanese Mustard Spinach and Miso

Available Year-round

Ingredients Japanese mustard spinach used from Edogawa-ku

- 📍 1F NIKO Parkheim Shin Koiwa, 2-39-18 Matsushima, Edogawa-ku
- 🕒 10:00 – 18:00
- ✖ Sundays and Holidays
- 🚶 2 min. walk after getting off the Toei Bus/Keisei Town Bus at "Edogawa Kuyakusyo Mae"



Edogawa

Bakery Restaurant

Maruko

☎ 03-3656-5211

URL <https://bakerymaruko2017.com>



Signature menu

Cream Pasta with Bacon and Japanese Mustard Spinach (Lunch with salad bar)

Available Year-round

Ingredients Japanese Mustard Spinach used from Haruecho, Edogawa-ku

Cream Pasta with Clams and Japanese Mustard Spinach (Lunch with salad bar)

Available Year-round

Ingredients Japanese Mustard Spinach used from Haruecho, Edogawa-ku



Edogawa

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👤 Electronic money accepted (confirm types that are accepted)

The Scent of Happiness

Pere Noel Minamino

☎ 042-632-0214

URL <http://www.pere-noel.co.jp/>

Signature menu



- 📍 3-11-5 Nishikatakura, Hachioji-shi
- 🕒 9:30 – 20:00
- ✕ Open everyday
- 🚶 5 min. walk from JR Yokohama Line Hachioji-Minamino Station

Tokyo Hachioji
Madeleine "Yamato"

Available Year-round

Ingredients Rice flour, honey, eggs
used (From Hachioji)

Hachioji Castella

Available Year-round

Ingredients Honey, eggs (From Hachioji)
used

*Other products include cakes made with milk from Hachioji and seasonal fruit from Hachioji.

Isonuma Milk Farm

CELEO Hachioji

☎ 042-686-3177

URL <http://isonuma-farm.com/>

Signature menu



- 📍 1F CELEO Hachioji North, 1-1-1 Asahicho, Hachioji-shi
- 🕒 10:00 – 21:00
- ✕ Irregular (Similar to CELEO Hachioji Bldg.)
- 🚶 Inside the CELEO Hachioji Bldg., directly connected to JR Chuo Line Hachioji Station

"Golden Rule" Milk Soft Serve
Ice Cream

Available Year-round

Ingredients "Golden Rule" pasteurized
used milk (Store's own pastures in Hachioji)

"Golden Rule" Milk Drink

Available Year-round

Ingredients "Golden Rule" pasteurized
used milk (Store's own pastures in Hachioji)

Keinoya Hachioji Minamino

☎ 042-683-4987

URL <https://kaitakushi.co.jp>



- 📍 1-1-10 Hyoe, Hachioji-shi
- 🕒 Tuesdays-Saturdays 11:30-14:00/17:00-23:00
Sundays 17:00-23:00
- ✕ Mondays
- 🚶 1 min. walk from JR Yokohama Line Hachioji Minamino Station



Signature menu

Freshly Gathered Hachioji Vegetable Salad

Available Year-round

Ingredients Vegetables from Hachioji used (Kobikimachi)

Abundant Assortment of Grilled Hachioji Vegetables and Cheese

Available Year-round

Ingredients Vegetables from Hachioji used (Kobikimachi)



Additive-Free, Dashi-based Japanese Food Ajinao

☎ 042-663-0262

URL <http://ajinao.com/>



- 📍 B1F Agora Bldg., 1-8-25 Mejirodai, Hachioji-shi
- 🕒 17:00 – 22:00
(Lunch is currently available by reservation)
(Takeout 9:00~17:00)
- ✕ Wednesdays (with irregular holidays)
- 🚶 3 min. walk from Keio Takao Line Mejirodai Station



Signature menu

Hot-pot and simmered meal that uses "Specialty Tokyo ingredients" and "Dashi"

Available Year-round

Ingredients Seasonal vegetables and fruits from within Tokyo (Mizuho Igaki farm, etc.), eggs (Machida-shi Kato-Farm), seasonings (Akinuno's Kondojazo, Inc.), and Edo Tokyo vegetables

Various snacks and side dishes such as *Nimono* simmered dishes, *tempura*, nabe hot pot, and salads using special Tokyo ingredients and dashi broth

Available Year-round (Hot pot is available October to March)

Ingredients Seasonal vegetables and fruits from within Tokyo (Mizuho Igaki farm, etc.), eggs (Machida-shi Kato-Farm), seasonings (Akinuno Kondojazo, Inc.), and Edo Tokyo vegetables



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

hoccori *café

☎ 042-595-8379

URL https://m.facebook.com/hoccoricafe/?locale2=ja_JP

Signature menu

Brown Rice and Black Curry

Available Year-round

Ingredients Vegetables, mainly from Tachikawa, such as onions, carrots, cabbages, etc. (no meat or fish is used) and ground black sesame



- 📍 1F Takara Bldg., 2-5-8 Shibasakicho, Tachikawa-shi
- 🕒 11:30 – 17:00
- ✕ Tuesdays and Wednesdays
- 🚶 5 min. walk from JR Tachikawa Station South Exit



Salad Plate

Available Year-round

Ingredients used

Made from approximately different types of vegetables from Tachikawa, such as Japanese mustard spinach, spinach, Chinese cabbage, leaf lettuce, bell peppers, carrots, cucumbers, mini tomatoes, etc.

Teppan-yaki
Senju

☎ 042-529-6787

URL <http://千珠.com/>

Signature menu

Daily Fresh-Gathered Salad

Available Year-round

Ingredients Seasonal vegetables from Tachikawa (Sugar beets, luna, momonosuke radishes, radishes, Japanese mustard greens, lettuce, etc.)

a EMO Kuroge Wagyu Beef
Sirloin Steak from Miyazaki

Available Year-round

Ingredients Garnished with seasonal vegetables from Tachikawa



*"EMO" is a trademark for "Earth Medicine O"

*Business hours and days when restaurants are closed may change. Please check the latest information on the store's website, etc.

Minore Café

☎ 042-538-7227

URL <http://tokyomidori.jatokyo.or.jp/minore/>



Signature menu

Meat Udon / Meat Stock Udon

Available Year-round (excluding festivals and events)

Ingredients used Yawaraton Pork from Tachikawa, greens (Japanese mustard spinach, etc.) and green onions from Tachikawa

Tokyo Black Tea Soft Service Ice Cream

Available Year-round

Ingredients used Tokyo milk, Tokyo black tea



Tachikawa

Rinto Kaiseki Catering

☎ 042-521-3180

URL <http://rinto.jpn.com/>



Signature menu

Course Meal [SUZAKU]/[KIRITSUBO]

Available Year-round

Ingredients used Kuroge Wagyu "Akikawa Beef" from Tokyo, vegetables from Tachikawa

📍 3-29-8 Hagoromochi, Tachikawa-shi

🕒 11:30-21:30 (Last call 21:00)

*Only by reservation (Reservations accepted 09:00 - 18:00)

Please make a reservation at least 3 days in advance

✕ Irregular

🚶 7 min. walk from JR Nambu Line Nishi-Kunitachi Station



Tachikawa

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Dining & Gallery *Mayugura*

☎ 0428-21-7291

URL <http://www.mayugura.com/>



Signature
menu



- 📍 3-127 Nishiwake-cho, Ome-shi
- 🕒 11:00 – 17:00 (Last call 16:30)
- ✕ Open everyday (Except New Year Holidays)
- 🚶 10 min. walk from JR Ome Station or Higashi-Ome Station



Vegetarian Plate

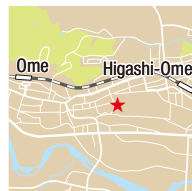
Available Year-round (Changes monthly)

Ingredients Sunny Lettuce, Snow peas (from Ome), *norabona* (from Akiruno)

Mayu-zen Set

Available Year-round (Changes monthly)

Ingredients Spinach, bamboo shoots (from Ome)



Suzuki ya

Eel and *Tempura* Restaurant

☎ 0428-22-2064

URL



Signature
menu



- 📍 153 Honcho, Ome-shi
- 🕒 11:30 – 14:00/17:00 – 21:00
- ✕ Wednesdays
(Changes sometimes, please call in advance)
- 🚶 Approx. 2 min. walk from JR Ome Line Ome Station



Tempura Set Meal

Available Year-round

Ingredients Vegetable *tempura* (from Nishitama)

Sashimi Set Meal

Available Year-round

Ingredients *Wasabi* (from Okutama and others)



Mamadaya

☎ 0428-74-4221

URL <http://mamadaya.com/>



Signature
menu



1 Night, 2 Meal Course

Available Year-round (Reservation required)
Ingredients Eggs from Ome, *Okutama* trout, seasonal vegetables (Some from Ome)

- 📍 5-3140 Osoki, Ome-shi
- 🕒 Check-in 15:00 Check-out 10:00

- ✕ Irregular
(Mostly open on weekends. Inquire for details.)
- 🚌 From JR Higashi-Ome Station North Exit, ride the Seibu Bus bound for "Hanno-eki Minami-guchi" for approximately 20 minutes, get off at the "Iwakura Onsen" bus stop and walk 2 minutes



*A set of three *ume-shu* plum wines (*kiki ume-shu*) from Nishitama is available.

CAFE YUBA

☎ 0428-74-4405

URL <https://cafeyuba.com>



Signature
menu



Handmade Cake

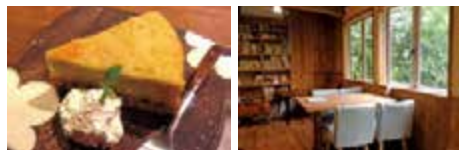
(Chiffon cake, sweet potato cake, gâteau chocolate, etc.)

Available Year-round
Ingredients Eggs from Ome, home grown herbs

Handmade Cake Set

Available Year-round
Ingredients Handmade cake (Using eggs from Ome) and Tokyo Black Tea Mizuho or Iwakura Coffee as a set

- 📍 5-3142 Osoki, Ome-shi
- 🕒 Thu./Fri./Sat./Sun. 11:00 – 17:00
- ✕ Mondays, Tuesdays, Wednesdays
(may also be used as a rental cafe)
- 🚌 From JR Higashi-Ome Station North Exit, ride the Seibu Bus bound for "Hanno-eki Minami-guchi" for approximately 20 minutes, get off at the "Iwakura Onsen" bus stop and walk 2 minutes



Italian Restaurant Toscana

☎ 0428-24-3755

URL facebook.com/since1978toscana



- 📍 10-5-4 Kabe-machi, Ome-shi
- 🕒 11:00 – 14:30/17:00 – 21:00
- ✖ Mondays (Open if Monday is a Holiday)
- 🚶 5 min. walk from JR Ome Line Kabe Station North Exit



Signature menu

Meal with Local Vegetables / Seasonal Spaghetti

Available Year-round

Ingredients Seasonal vegetables from Ome (summer: eggplants, cucumbers, tomatos/ winter: sweet potatoes, Zailon radish, potatoes, etc)

Chef's Special Minestrone

Available November to March

Ingredients Seasonal vegetables from Ome (spinach, carrot, onions, etc.)



Soba Noodles Tsukumo

☎ 0428-32-1230

URL <http://www1.odn.ne.jp/~tsukumo>



- 📍 5-45-2 Shinmachi, Ome-shi
- 🕒 11:00 – 20:30
- ✖ Wednesdays
- 🚶 Take the Nishitokyo Bus from the East Exit of JR Ozaku Station. On the Mistuhara-junkan Nishi-mawari Route, get off at "Chikusanshikenjo" and walk 1 min.



Signature menu

TOKYO X Meat Udon / Soba, Developed in Ome

Available Year-round

Ingredients TOKYO X Pork Yuzu citrus used (From Ome)

Minced Tokyo Shamo Chicken Rice Bowl Set

Available Year-round

Ingredients Tokyo shamo Chicken, shiitake mushrooms (from Ome)



Soba Noodles Inariya

☎ 0428-76-0915

URL



Signature menu

TOKYO X Pork Udon

Available Year-round

Ingredients Meat (TOKYO X Pork), vegetables used and plum sauce (from Ome)

TOKYO X Minced Meat Cutlet

Available Year-round

Ingredients Meat (TOKYO X Pork), vegetables used (from Ome), eggs (from Ome)

- 📍 2-419-7 Wada-machi, Ome-shi
- 🕒 12:00 – 14:00/18:00 – 23:00
- ✖ Wednesdays
- 🚶 10 min. walk from JR Ome Line Miyanohira Station or Hinatawada Station



Moriman

☎ 0428-22-1331

URL



Signature menu

TOKYO X Pork Katsudon

Available Year-round

Ingredients TOKYO X Pork (from Ome)

TOKYO X Pork Udon

Available Year-round

Ingredients TOKYO X Pork (from Ome)

- 📍 3-9-7 Higashiome, Ome-shi
- 🕒 10:00 – 20:00
- ✖ The 13th of each month (Once per month)
- 🚶 5 min. walk from JR Ome Line Higashiome Station North Exit



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Kappo Cooking Mikawayaya

☎ 0428-22-2716

URL <http://www.t-net.ne.jp/~mikawayaya/>



Signature menu

Unaju / Tenju

Available Year-round

Ingredients Eggs for general cooking (from Osoki and within the city), yuzu citrus (from Sawai within the city), *norabona* greens (from Akiruno)

- 📍 1-192 Katsunuma, Ome-shi
- 🕒 11:00 – 14:00/16:00 – 21:00
- 📅 Mondays
- 🚶 2 min. walk from JR Ome Line Higashiome Station



Chawan mushi Egg Custard

Available Year-round

Ingredients Eggs for general cooking (from Osoki and within the city)



Kominka Irori

☎ 0428-74-7104

URL <https://kominkairori.owst.jp/>



Signature menu

River Fish Salt Grilled or Simmered in Sweeten Soy Sauce

Available Year-round

Ingredients Sweetfish, trout, char, sockeye salmon (from the Tama River in Okutama)

Irori (Hearth) Set

Available Year-round

Ingredients Mushrooms from Ome (*shiitake* mushrooms)



Fujimineken

☎ 0428-78-8451

URL <http://mitakegohan.main.jp>



Signature
menu



- 📍 17 Mitakesan, Ome-shi
Plaza at Cable Mitakesan Station
- 🕒 9:00 – 17:30
- ✖ Open everyday
- 🚶 Get off at Cable Mitakesan Station



Wasabi Soba

Available April to early September

Ingredients *Wasabi* Flowers
used (from Okutama)



Soba Noodles Waraku

☎ 0428-33-0141

URL



Signature
menu



- 📍 8-20-9 Shinmachi, Ome-shi
- 🕒 11:00 – 15:00/17:00 – 20:00
- ✖ Wednesdays
- 🚶 25 min. walk from JR Ome Line Ozaku Station



Seiro Steaming

Available Year-round

Ingredients *Okutama Wasabi*
used

Seiro Steamed Tenpura

Available Year-round

Ingredients *Okutama wasabi*, and green pepper,
eggplant, pumpkin, sweet potato, oba leaf,
etc. (from Ome)

*At our shop we recommend that you eat the freshly sourced Okutama soba directly with your soba noodles.



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Sushi Midoriya

☎ 0428-22-7507

URL <https://omesusi.jimdofree.com/>



Signature
menu



Conger eel and Rice Meal

Available Year-round

Ingredients Live conger eels (from Tokyo Bay)

Tamago-yaki

Available Year-round

Ingredients Local eggs

- 📍 6-3-15 Kabemachi, Ome-shi
- 🕒 Lunch 12:00 – 14:00
Dinner 17:00 – 23:00
- ✕ Mondays (Open on holidays)
- 🚶 9 min. walk from JR Ome Line Kabe Station



noco BAKERY & CAFÉ

☎ 0428-27-5456

URL <http://noco.wpblog.jp/>



Signature
menu



Brioche Quiche

Available Year-round

Ingredients Eggs from Ome

Pizza with Seasonal Vegetables

Available Year-round

Ingredients Seasonal vegetables from Ome

- 📍 2-332-2 Yugimachi, Ome-shi
- 🕒 11:00 – 16:00
- ✕ Tuesdays and Wednesdays
- 🚶 14 min. walk from JR Ome Line Futamatao Station (South Exit)



Kawashima *Soba and Udon Noodles*

☎ 0428-78-9155

URL <http://sobakawasima.moo.jp/>



Signature
menu



- 📍 3-841-3 Futamatao, Ome-shi
- 🕒 11:00 – 15:00
- ✖ Tuesdays
- 🚶 3 min. walk from Ome Line Futamatao Station



Seiro-steamed Kakiage Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables from
used Ome and Okutama

Fried Mochi along with Spicy and Refreshing Soba

Available Summer

Ingredients Seasonal vegetables from Ome
used and Okutama



IKADA Sumidorikura

☎ 0428-85-8726

URL <http://ikadamitake.com/>



Signature
menu



- 📍 2-313 Mitake, Ome-shi
- 🕒 11:00 to 17:00 from April to December
(Until 16:00 from January to March)
- ✖ Every Friday (open on holidays)
- 🚶 13 min. walk from JR Ome Line Mitake Station



IKADA Set

(Set of mukashi-dori chicken, ajitama balls,
and bakudan onjiri rice balls)

Available Year-round

Ingredients Mukashi-dori chicken meat from Ome (wings
used and thighs from parent birds)
Eggs from Ome
Japanese pepper from Mitake (home grown)

Individual Charcoal Grilled Mukashi-dori Chicken Skewers

Available Year-round

Ingredients Mukashi-dori chicken meat
used from Ome (wings and
thighs from parent birds)



P Parking lot
available

📖 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

📱 Electronic money accepted
(confirm types that
are accepted)

Caffe AKI



Signature
menu



Beef Stew

Available Year-round

Ingredients Vegetables such as onions,
used carrots, and tomatoes from
Ome

Beef Curry/Chicken Curry

Available Year-round

Ingredients Vegetables such as onions,
used carrots, and tomatoes from
Ome

☎ 0428-23-0321

URL <https://www.facebook.com/pages/category/Cafe/Creartecafeaki-411206332757730/>

- 📍 49-5 Sumiecho, Ome-shi
- 🕒 11:00 – 21:00
(closed from 15:00 – 17:00)
- ✖ Mondays
- 🚶 5 min. walk from JR Ome Station



Tokyo Ome Ishigami Onsen Seiryuu Lodgings, Okutamaji



Signature
menu



Okutama Yamame Salmon Whole Fish Sugata-Zukuri Sashimi

Available Year-round

Ingredients Yamame salmon from
used Okutama

Gently Simmered Ome Pork Katsu Set

Available Year-round

Ingredients Pork from Ome
used

☎ 0428-78-9711

URL <https://www.tokyo-okutamaji.jp>

- 📍 2-371 Futamatao, Ome-shi
- 🕒 “Seiryuu Restaurant” Lunchtime (only
open on Saturdays, Sundays, and holidays)
11:30-14:00 (Last call)
- ✖ Irregular holidays (may be closed
due to facility inspections, etc.)
- 🚶 10 min. walk from JR Ome Line Ishigamimae Station



Nomiya Bar Minminya

☎ 0428-27-2055

URL <https://www.omekanko.gr.jp/spot/30701/>



Signature
menu



- 📍 306-7 Nakacho, Ome City
- 🕒 Mon, Thu and Fri 11:30-14:00/From 17:00
Wed From 17:00
Sat, Sun and Holidays: From 11:30
(Closing time varies depending on the situation)
- ✕ Tuesdays
- 🚶 3 min. walk from JR Ome Station



Fried Tamago-yaki Eggs

Available Year-round

Ingredients used Eggs from Ome

Omelet Rice

Available Year-round

Ingredients used Eggs from Ome



Namikian

☎ 042-362-8462

URL <http://r.gnavi.co.jp/e540000/>



Signature
menu

- 📍 2-29-5 Nishifu-cho, Fuchu-shi
- 🕒 11:00 – 14:30 (Weekdays: 11:30-)
17:30 – 21:00
- ✕ Mondays
- 🚶 7 min. walk from JR Nambu Line
Nishifu Station North Exit



Musashi Fuchu Kofun Tempura on Rice

Available Year-round

Ingredients used Seasonal vegetables from
Fuchu and Kunitachi

Tempura and Soba with Vegetables from Fuchu

Available Year-round

Ingredients used Seasonal vegetables
from Fuchu



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

📱 Electronic money accepted
(confirm types that
are accepted)

LAMPIONE

☎ 042-319-2834

URL

Signature
menu

Insalata Salad

Available Year-round

Ingredients Seasonal vegetables from
used Fuchu

Bagna càuda

Available Year-round

Ingredients Seasonal vegetables from
used FuchuPork Cutlet Cuisine
Yasui Meat

☎ 042-363-8601

URL <https://yasui-meat.com/>Signature
menu

Tonkatsu Set

Available Year-round

Ingredients Tamacho Cabbage from
used Fuchu (during harvests)Tsuzuki Family Fried Eggplant
(Night Menu)

Available Summer

Ingredients Tamacho Eggplants from
used Fuchu-shi

Kirari Japanese Style Dining

☎ 042-302-8808

URL



Signature menu

Minced *katsuo* bonito salad with onion slices from Fuchu

Available Mid-May to early July

Ingredients used Spring onions, etc. from Fuchu

Boiled Greens from Fuchu

Available November to July

Ingredients used Vegetables from Fuchu (spinach, Japanese mustard spinach, etc.)

- 📍 2F 2-18-2 Miyamachi, Fuchu-shi
- 🕒 11:30 – 14:00/17:30 – 23:30
- ✕ Sundays, the 2nd and 4th Mondays of each month
- 🚶 5 min. walk from Keio Line Fuchu Station



Fuchu

Trattoria La Vita

☎ 042-360-1166

URL <http://r.gnavi.co.jp/a036400/>



Signature menu

Salad with Seasonal Vegetables Grown by Nishifu-cho's Ishikawa Farm

Available Year-round

Ingredients used Seasonal vegetables from the fields of Ishikawa Farm in Fuchu-shi

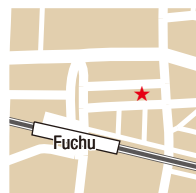
- 📍 204 Castle Plaza, 1-8-12 Fuchu-cho, Fuchu-shi
- 🕒 11:30 – 14:30/17:30 – 22:00
- ✕ Mondays
- 🚶 3 min. walk from Keio Line Fuchu Station North Exit



Bagna Cauda

Available September-March

Ingredients used Seasonal vegetables from the fields of Ishikawa Farm in Fuchu-shi



Fuchu

P Parking lot available

🍷 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Heiji No O-udon

☎ 042-354-8555

URL <https://heijinooudon.jp/>



Signature menu

Bouillon Udon

Available Year-round
Ingredients used Wakenegi scallions

Seasonal Tempura 3-Piece Set

Available Year-round
Ingredients used Seasonal vegetables from Fuchu

- 📍 Veil Maison Fuchu, 3-3-1 Midori-cho, Fuchu-shi
- 🕒 11:00 – 15:00/17:00 – 22:00
- ✕ Open everyday
- 🚶 4 min. walk from Keio Line Higashi-Fuchu Station



Wine Terrace Yu-me

☎ 042-302-3977

URL <http://wineterraceyume.com/>



Signature menu

Bagna Càuda with Roasted Fuchu Vegetables

Available Year-round
Ingredients used Seasonal vegetables from Fuchu

Pickled Fuchu Vegetables

Available Year-round
Ingredients used Seasonal vegetables from Fuchu

- 📍 2-4-2 Miyamachi, Fuchu
- 🕒 Lunch 11:30 – 15:00
Dinner 17:30 – 22:00
- ✕ Mondays
- 🚶 4 min. walk from Keio Line Fuchu Station



Kotomi Shokudo

☎ 080-9385-0348

URL <http://www.bussankan.sakura.ne.jp/>



Signature menu

Steak curry

Available Year-round

Ingredients Seasonal vegetables from used Fuchu, black rice from Fuchu

Umashio Koji Tanmen

Available Year-round

Ingredients Seasonal vegetables from used Fuchu

- 📍 Inside the Fuchu-shi Kyodo-no-mori Tourism and Local Products Museum, 6-32-10 Koremasa, Fuchu-shi
- 🕒 10:00-16:30 (until 17:30 on weekends and holidays)
- ✖ Mondays (if a Monday is a public holiday, the following day)
- 🚶 Closest bus stop: the restaurant is right next to Kyodo-no-mori Seimon-mae bus stop
- 🚶 Closest stations: 20 min. walk from Keio Line and JR Nambu Line Bubaigawara Station, JR Nambu Line and Musashino Line Fuchuhommachi Station, and Seibu Tamagawa Line Koremasa Station



Micchan Sengawa Honten

☎ Please check operation status on Facebook

URL <https://www.facebook.com/qscmicchan2020/>



Signature menu

Okonomiyaki

Available Year-round

Ingredients Vegetables from Mitaka and used Chofu (cabbage, onions, carrots)

Yakisoba Grilled Noodles

Available Year-round

Ingredients Vegetables from Mitaka and used Chofu (cabbage, onions, carrots)

- 📍 1-10-19 Midorigaoka, Chofu-shi
- 🕒 11:00 – 14:00
17:00 – 23:00
(Until 21:00 on Sundays and Holidays)
- ✖ Irregular
- 🚶 7 min. walk from Keio Line Sengawa Station



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Kamado Kunsei

Farm Cuisine Takamiya

☎ 042-734-3336

URL <http://takamiya.la.coocan.jp/>

Signature menu



1 Soup 3 Sides (5 dishes total)
to 1 Soup 7 Sides (9 dishes total)

Available Year-round

Ingredients Wild and farmed vegetables
used from Machida

(Cuisine example: Tempura with seasonal wild plants, miso-zuke marinade, boiled greens and dressing, shiraae white salad, etc.)

Children's Lunch Standard/
Special (for small children)

Available Year-round

Ingredients Wild and farmed vegetables
used from Machida

- 📍 800-2 Nozuta-machi, Machida-shi
- 🕒 11:30 - 14:30 / 17:30 - 20:30
(Reservations required, evening service is Tuesday, Saturday and Sunday only)
- ✕ Wednesdays and Thursdays
- 🚌 From Tsurukawa Station in Machida, get off at Fukurobashi Bus Stop, walk 5 minutes



Raimon Ramen

☎ 042-722-5567

URL



Signature menu



📍 973-16 Hommachida, Machida City

🕒 Weekdays 11:00 - 14:00
Weekends and Holidays 11:00 - 15:00

✕ Every Monday, second Tuesday of each month)

🚌 Bus from JR Odakyu Line Machida Station, 2 min. walk after getting off at "Sugawara Jinjya Mae"



Ramen

(Soy sauce flavored or salt flavored broth)

Available Year-round

Ingredients Japanese leeks from Machida
used Broth also uses vegetables from Machida

Set with *Takikomi* Seasoned
Rice (limited quantities)

Available Year-round

Ingredients Seasonal vegetables from Machida
used (side dishes such as pickles or simmered food)

Musashido Ramen

Aihara Station

☎ 042-782-5390

URL <https://musashido.amebaownd.com/>



- 📍 1152-4 Aiharacho, Machida-shi
- 🕒 Tuesdays – Fridays 18:00 – 22:30
(22:00 last order)
- ✕ Mondays (closed for both Monday and Tuesday on the second Monday of the month)
- 🚶 Immediately next to JR Yokohama Line Aiharacho Station East Exit



Signature menu

Abura Soba Buckwheat Noodles

Available Year-round

Ingredients Eggs from Machida (Kato Farm)
used In addition, there is also a limited ramen with homemade yuzu citrus pepper using ingredients from Machida

Raw eggs for TKG (*Tamago-Kake-Gohan*, raw eggs over rice)

Available Year-round

Ingredients Eggs from Machida (Kato Farm)
used *Tamago-Kake* Soy Sauce from the local Okanaosaburo Shouten company in Machida



Machida

Van de Rhu

☎ 042-383-4908

URL



- 📍 103 City Life, 2-6-10 Honcho, Koganei City
- 🕒 12:00 – 14:00/18:00 – 22:00
- ✕ Tuesdays
- 🚶 Approx. 5 min. walk from JR Musashi-Koganei Station North Exit



Signature menu

Simmered Soup of Edo Tokyo Vegetables

Available December-February

Ingredients Magome Sanzung Carrots,
used Kameido Daikon Radishes

Okura Daikon Radish Steak

Available December-February

Ingredients Okura daikon radishes
used



Koganei

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👤 Electronic money accepted (confirm types that are accepted)

Kappo Take Bamboo

☎ 042-381-9213

URL



Signature menu



Terajima eggplant *Dengaku*

Available June-October

Ingredients Terajima eggplants from used Koganei

Sake-steamed fatty salmon and local vegetables

Available Year-round

Ingredients ingredients from Tokyo used

- 📍 5-6-16 Maeharachō, Koganei-shi
- 🕒 17:00-24:00 (Reservations required)
- ✕ Tuesdays
- 🚶 About a 15 min. walk from JR Musashi-Koganei Station



Sakanaya No Daidokoro

☎ 042-382-1455

URL



Signature menu



Sashimi Assorted

Available Irregular

Ingredients Fish from Miyake Island (horse mackerel, mackerel)

Ashitaba with Sesame Sauce

Available Irregular

Ingredients Ashitaba from the Izu Islands used

- 📍 2-6-10 Hon-cho, Koganei-shi
- 🕒 11:00 - 13:30
16:30 - 22:30 (Last call 21:45)
May be closed for lunch if wild fish is not delivered
- ✕ Sunday
- 🚶 3 min. walk from JR Chuo Line Musashi Koganei Station North Exit



Cafe 5884

☎ 042-387-1004

URL <http://cafe5884.com>



Signature
menu



Today's 5884 Plate

Available Year-round

Ingredients Frequently uses vegetables from the "Koganei Edo Farmhouse street" direct sales location
used Also uses Edo Tokyo vegetables when they are received.

- 📍 1-11-21 Sakuracho, Koganei-shi
- 🕒 11:00 – 17:00 (Last Call 17:30)
- ✕ Irregular
- 🚶 20 min. walk from JR Chuo Line Musashi-Koganei Station
1 min. walk from Kanto Bus "Edo Tokyo Tatemonoen Mae" Bus Stop
7 min. walk from Seibu Bus "Koganei Bashi" Bus Stop



Cafe Mother's Kitchen

☎ Please check Facebook for operating information.

URL <https://www.facebook.com/pages/category/Grocery-Store/Cafe-Mothers-Kitchen-215678762297896/>



Signature
menu



Three Kinds of Main Dish Lunch (Comes with side dish of four kinds of vegetables, a vegetable salad, *miso* soup with plenty of vegetables, and a small platter of vegetables)

Available Year-round

Ingredients Seasonal fruits and vegetables from
used Tachikawa, Koganei, and Kokubunji Edo Tokyo vegetables

Three Kinds of Quiche Lunch Plate
(Comes with a vegetable salad and Western-style *koji* soup with plenty of vegetables)

Available Year-round

Ingredients Seasonal fruits and vegetables from
used Tachikawa, Koganei, and Kokubunji Edo Tokyo vegetables

- 📍 5-16-23 Nukuiminamicho, Koganei City
- 🕒 10:30 – 15:30
- ✕ Sundays
- 🚶 From JR Kokubunji Station by the "Bun Bus." 3 min. from the "Shinmachi Sanhome" bus stop.



P Parking lot available

A Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👤 Electronic money accepted (confirm types that are accepted)

Kiraku Zushi

☎ 042-341-6781

URL <http://www.kiraku.ne.jp/>



Signature menu



Original Kodaira Roll

Available Year-round

Ingredients Blueberries (Kodaira)
used

Goseki Late Ripened Marbled Thick Omelette

Available November to April

Ingredients Goseki Late Ripened Japanese
mustard spinach (Kodaira)
used

- 📍 1-8-4 Gakuen-Higashi-cho, Kodaira-shi
- 🕒 11:30 – 14:30/16:30 – 23:00
- ✕ Wednesdays
- 🚶 2 min. walk from Seibu Tamako Line Hitotsubashi-Gakuen Station North Exit



Cafe Laguras

☎ 042-344-7199

URL <https://www.cafelaguras.jp/>



Signature menu



Blueberry Chifon Cake

Available August 1st to 31st

Ingredients Raw blueberries from Kodaira
(Kodaira Blueberry Council
designated farm)

Yuzu Citrus Cake

Available Year-round

Ingredients Yuzu citrus from Kodaira
(Uchibori Farm)



Japanese Cooking Onoya

☎ **042-341-1248**

URL <http://www.onoyakodaira.com>



Signature
menu



Kodaira Vegetables Bento

Available Year-round

Ingredients All ingredients grown in
used Kodaira

- 📍 2-1330-17 Ogawa-cho,
Kodaira-shi
- 🕒 11:30 – 14:00/16:30 – 21:00 (Last call 21:00)
- ✕ Mondays
- 🚶 Walk 3 min. towards Hitotsubashi
Gakuen from Seibu Tamako Line Ome-
Kaido Station



Kodaira Pizza

Available Year-round

Ingredients Corn, kidney beans, tomatoes, basil,
used eggplant, onions (from Kodaira)



My Space O-Ban

☎ **042-342-5550**

URL <http://www.o-ban.jp/>



Signature
menu



Kodaira Rhapsody

Available Year-round

Ingredients a grill using five to seven
used types of seasonal Kodaira
vegetables

A soup with minced fish balls made of local
fish and with plenty of Kodaira vegetables

Available Year-round

Ingredients A soup with minced fish balls
used prepared with root vegetables
harvested in Kodaira



P Parking lot
available

Takeout menu available
(may require a reservation)

Wi-Fi available

Reservations
possible

Credit cards accepted
(confirm types that
are accepted)

Electronic money accepted
(confirm types that
are accepted)

Kakyoan

Handmade *Soba* and *Sake*

☎ 042-347-0655

URL <http://bishu-kakyou.com/>



Signature
menu

Seasonal *Soba* Noodles (mainly with Kodaira vegetables)

Available Year-round

Ingredients Vegetables from Kodaira,
used *soba* noodles

Snack of Kodaira Vegetables

Available Year-round

Ingredients Vegetables from Kodaira
used

- 📍 2-1362 Ogawacho, Kodaira-shi
- 🕒 11:30 – 14:00/17:30 – 22:00 (LO 21:00)
- ✕ Mondays and the third Tuesday of the month (the following day in the case of a holiday)
- 🚆 3 min. walk from Seibu Tamako Line Omekaido Station



Handmade *Udon* Noodles Dontaku

☎ 042-585-2222

URL



Signature
menu

Tenzaru *Udon* Noodles

Available Year-round

Ingredients Chrysanthemums, *shiitake*
mushrooms, *shishito* peppers,
used eggplant, and potato, etc.
from Hino

- 📍 1352-6 Hino, Hino-shi
- 🕒 11:00 – 21:00 (Closed from 14:30 – 17:30)
- ✕ Tuesdays and Wednesdays
- 🚆 3 min. walk from Tama Toshi Monorail Line Koshu-Kaido Station



Salad *Udon*

Available May-September

Ingredients Cabbages, tomatoes,
used cucumber, etc. (from Hino)



- 📍 2F Kamino Bldg., 5-12-3 Hirayama, Hino-shi
- 🕒 11:30-14:00 (Last call)
17:30-20:00 (Last call)
- ✕ Mondays (other irregular holidays)
- 🚶 5 min. walk from Keio Line Hirayamajoshi-koen Station



Signature menu

Lunch Course

Available Year-round
Seasonal vegetables from Hino-shi and Hirayama
Ingredients used (Example: Soup is either a Western-style pork broth soup with plentiful seasonal vegetables, or a potage, or a cold soup in the summer)

Dinner Course

Available Year-round
Seasonal vegetables from Hino-shi and Hirayama
Ingredients used (Example: Salads and the garnish for the main course, etc. also use local seasonal vegetables)



Artigiano Gelateria



- 📍 329 Mogusa Hino-shi
- 🕒 11:00 - 17:00
- ✕ Wednesdays and Thursdays
- 🚶 7 min. from Keio Line Mogusaen Station



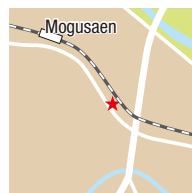
Signature menu

Freshly squeezed milk (gelato)

Available Year-round
Ingredients used Homemade milk (Mogusa Farm)

Seasonal Fruit Gelato

Available Year-round
Homemade milk (Mogusa Farm)
Ingredients used Seasonal fruits and vegetables from Hino (blueberries, strawberries, tomatoes, etc.)



Cafe Hana

☎ 042-599-5039

URL <https://cafehانا39.com>



Signature menu



- 📍 Kerson 101 1-19-7 Misawa, Hino-shi
- 🕒 11:00-20:00 (Thursdays 11:00 – 16:00)
- ✕ Mondays, Tuesdays, and the third Sunday of the month
- 🚶 10 min. walk from Keio Line Takahatafudō Station
7 min. walk from Tama Toshi Monorail Takahatafudō Station



Weekly lunch course

Available Year-round

Ingredients Seasonal vegetables from used Hino

This week's lunch set

Available Year-round

Ingredients Seasonal vegetables from used Hino



kitchen KEIJI

☎ 042-395-3325

URL <http://www.hotpepper.jp/strJ000750035/>



Signature menu



- 📍 1F Takeda Bldg., 2-31-1 Sakaecho, Higashimurayama-shi
- 🕒 11:00 – 15:00/17:00 – 22:30
- ✕ Mondays
- 🚶 1 min. walk from Seibu Shinjuku Line Kumegawa Station South Exit



DON Burg

Available Year-round

Ingredients Used for vegetable garnishes (tomatoes, sunny lettuce, etc.)

Bagna càuda

Available Year-round

Ingredients Tomatoes, cucumbers, daikon radish, etc. from Higashimurayama



Wadatsumi Kokubunji

☎ 042-324-2118

URL <https://mix-up.owst.jp/>



Signature menu



📍 3-12-6 Minamicho, Kokubunji-shi

🕒 17:00 – 23:00

(Reservations required for lunch)

✖ Sundays

🚶 3 min. walk from JR Kokubunji Station South Exit



Seasonal Fish Dishes

Available Year-round (Every season)

Ingredients Seasonal fish from Tokyo Bay

Tosa Pickled Tomatoes

Available Summer

Ingredients Tomatoes from Kokubunji



Aburyanse Hyakukan

☎ 042-329-2336

URL http://www.newtokyo.co.jp/tempo/hyakukan/kokubunji/hyakukan_kokubunji.htm



Signature menu



📍 9F Celeo Kokubunji, 3-20-3

Minamicho, Kokubunji-shi

🕒 11:00 – 22:30

✖ New Year's Day, and other days on which Celeo Kokubunji is closed

🚶 Inside Celeo Kokubunji in the station building directly connected to JR Kokubunji Station



A set of dishes steamed in a bamboo steamer and containing Kokubunji vegetables

Available Year-round (Every season)

Ingredients Seasonal vegetables from Kokubunji

Seasonal menu items including Caesar salad, grilled eggplant, etc.

Available Summer

Ingredients Seasonal vegetables from Kokubunji



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

May cafe

☎ 042-312-0576

URL <https://www.hotpepper.jp/slrJ001129336/>



Signature
menu



📍 2F Verona Kokubunji, 2-11-16
Minamicho, Kokubunji-shi

🕒 11:00 - 18:00 (subject to change)

✕ Wednesdays (other irregular holidays)

🚶 3 min. from Kokubunji Station South Exit



Rich vegetable pasta

Available Year-round

Ingredients Broccoli, cabbage, seasonal
used vegetables from Kokubunji

Kokubunji Wild Flower Honey Café au Lait

Available Year-round

Ingredients Kokubunji Wild Flower Honey, ceases
used to be available as soon as the honey
for that fiscal year runs out



Yakiniku Grilled Meat

Keijo

☎ 042-323-5746

URL <http://kokubunji.shop-info.com/yakinikkeijouen/>



Signature
menu



📍 1F Tozai Bldg., 2-15-5 Honcho,
Kokubunji-shi

🕒 Weekdays 17:00 - 23:30

🕒 Sundays and
Holidays 17:00 - 23:00

✕ Wednesdays

🚶 3 min. walk from JR Chuo Line
Kokubunji Station North Exit



Homemade *Namul* with Koku-veggies (Flavorful Veggies)

Available Year-round

Ingredients Seasonal vegetables from
used Kokubunji

Keijo Salad with Koku-veggies (Flavorful Veggies)

Available Year-round

Ingredients Seasonal vegetables from
used Kokubunji



Syokusai Warabitei

☎ 042-511-7269

URL <http://kunitachi.shop-info.com/units/36236/warabitei/>



Signature menu



Jellied tomatoes/corn shinjowan/
fig sesame paste

Available Summer

Ingredients tomatoes, corn, figs from Fuchu

📍 3-7-6-1F Higashi, Kunitachi-shi

🕒 11:30 - 14:00/17:00 - 22:00

✕ Wednesdays and the third Tuesday of the month (if a public holiday falls on a Wednesday, open that day and closed the following Thursday)

🚶 About 15 min. from JR Chuo Line Kunitachi Station



Fugu course

Available November-February

Ingredients onions, long leeks, chrysanthemums, Chinese cabbage from Fuchu



Kunitachi Vegetable Restaurant Nakamichi Café

☎ 042-848-4991

URL <https://www.facebook.com/nakamichicafe>



Signature menu



Daily Quiche

Available Year-round

Ingredients Made with seasonal vegetables used from Kunitachi for that day

Daily Kunitachi
Vegetable Salad

Available Year-round

Ingredients Made with seasonal vegetables used from Kunitachi for that day

📍 4-12-11-1F Fujimidai, Kunitachi-shi

🕒 11:30 - 22:30

(Until 20:30 on Sundays and Holidays)

✕ Irregular

🚶 1 min. walk from JR Nambu Line Yagawa Station



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

CRAFT! KUNITA-CHIKA

☎ 042-843-0607

URL <https://r.gnavi.co.jp/eb5fsg6n0000/>Signature
menu

Deep-fried local vegetables

Available Year-round

Ingredients Seasonal vegetables from
used Tokyo

Pickles

Available Year-round

Ingredients Seasonal vegetables from
used Tokyo📍 B1F Kunitachi Sekiya Bldg., 1-9-30
Kunitachi-shi🕒 Tuesdays-Saturdays 17:30-23:00 (Last call 22:30)
Sundays and Holidays 16:00-22:00 (Last call 21:30)

✕ Mondays

🚶 3 min. walk from JR Chuo Line Kunitachi Station South Exit
(Under the building where you enter for the Seiyu Store)

Stuben Otama

☎ 042-551-1325

URL <http://www.otama.co.jp/>Signature
menu

TOKYO X Pork Lunch

Available Year-round (Lunch only)

Ingredients TOKYO X Ham · sausages and
used bacon

TOKYO X Pork Steak Set

Available Year-round (Dinner only, reservation required)

Ingredients TOKYO X Pork
used

📍 785 Fussa, Fussa-shi

🕒 Weekdays 11:30 - 14:00/17:00 - 21:00
Weekends and
Holidays 11:30 - 15:00/17:00 - 21:00

✕ Tuesdays

🚶 3 min. walk from JR Ome Line Fussa
Station East Exit

Ikusu Restaurant Hamazen

☎ 042-551-0035

URL <https://www.kourakuen.com>



Signature
menu

Nishitama Nigiwai Meal

Ingredients Pork from Ome, freshwater Ayu Fish
used from Akigawa, corn from Akiruno, etc.
Ingredients change with the seasons.

Tempura Assorted

Available Year-round
Ingredients Maitake mushrooms from
used Hinohara, etc.



Fussa

Asian Restaurant Komae Saigon

☎ 03-3430-5186

URL <http://www.hotpepper.jp/strJ000230484/>



Signature
menu

Coriander Salad

Available Year-round
Ingredients Coriander (from Komae and
used Setagaya)

Water Spinach and Garlic Stif-fry

Available Year-round
Ingredients Water spinach (from Komae
used and Setagaya)



Komae

P Parking lot
available

Takeout menu available
(may require a reservation)

Wi-Fi available

Reservations
possible

Credit cards accepted
(confirm types that
are accepted)

Electronic money accepted
(confirm types that
are accepted)

Italian Restaurant **Vino Uno**☎ **03-3430-4884**URL <http://vinouno-komae.com/>

Signature menu

Lunch Course

(Includes homemade, stone oven-baked bread made with natural yeast)

Available Year-round

Ingredients GAP Komae vegetables,
used Komae vegetables**Dinner Course**

(Includes homemade, stone oven-baked bread made with natural yeast)

Available Year-round (Dinner only, reservation required)

Ingredients GAP Komae vegetables,
used Komae vegetables📍 1F Izumi-no-Mori Hall, 1-8-12
Motoizumi, Komae-shi

🕒 12:00 – 14:30 (Last call 14:00)

18:00 – 21:30 (Last call 21:00)

✕ Mondays

(Substituted to Tuesday if Monday is a holiday)

🚶 1 min. walk from Odakyu Line Komae Station North Exit



Jack Pot Komae

☎ **050-3184-1680**URL <http://www.jack-pot.co.jp/>

Signature menu

Seasonal Vegetable Simple Salad

Available Year-round

Ingredients Seasonal vegetables from
used Komae**Oyster and Vegetable Cream Spaghetti**

Available Year-round

Ingredients Seasonal vegetables from
used Komae📍 1F, 1-1-5 Izumihon-cho,
Komae-shi

🕒 8:00 – 20:00 (Last call 19:00)

✕ Open everyday

🚶 2 min. walk from Odakyu Komae
Station North Exit
(Inside Komae City Hall)

Teppan TOKIO

☎ 03-5761-8805

URL https://www.instagram.com/iron_plate_tokio/



Signature menu



Salad with our Renowned Homemade Dressing

Ingredients used Seasonal vegetables from Komae
*Served with homemade dressing that uses onions, carrots, etc. from Komae (changes with the seasons)

Potage with Butternut Squash from Komae

Available Around Aug to Nov

Ingredients used Butternut squash from Komae

- 📍 Second floor, 1-20-4 Higashiizumi, Komae-shi
- 🕒 17:00 - 25:00
- ✕ Thursdays
- 🚶 Immediately next to Odakyu Line Komae Station



Komae

Casual French restaurant Arbre

☎ 042-492-7800

URL <http://blog.arbre-fr.jp/>



Signature menu



Dinner A course

(One example: grill of Amakusa-raised red seabream, together with Kiyose vegetables...)

Available Year-round

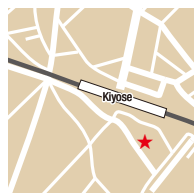
Ingredients used seasonal vegetables (yellow and round zucchinis, amaranth, turnips, tiny chou chou, carrots, cauliflowers, beets, new onions, tomatoes, etc.) from Kiyose

- 📍 Yamaka Bldg., 1-4-17 Matsuyama, Kiyose-shi

🕒 11:30 - 14:30 (LO 13:30)
17:45 - 22:00 (LO 20:30)

✕ Monday every week and the first Tuesday of the month

🚶 2 min. from Seibu Ikebukuro Line Kiyose Station South Exit



Kiyose

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👤 Electronic money accepted (confirm types that are accepted)

Shunsaigyo hiro

☎ 042-459-1486

URL <http://www.localplace.jp/t100056643/>



Signature
menu



Kiyose Salad

Available Year-round

Ingredients Seasonal vegetables from
used Kiyose

Fish and Kiyose Vegetables Tempura

Available Year-round

Ingredients Seasonal vegetables from
used Kiyose

- 📍 1F Namiki Bldg., 1-13-7
Motomachi, Kiyose-shi
- 🕒 11:00 – 14:30 (Last Call 14:00)
16:00 – 24:00 (Last Call 23:00)
- ✕ Sundays and days with no fish deliveries
- 🚶 3 min. walk from Seibu Ikebukuro
Line Kiyose Station North Exit



Ika Bar x Niku Bar Haru

☎ 042-497-9268

URL <https://www.facebook.com/ikabaranikubaru/>



Signature
menu



Salad with Raw Ham and Arugula from Kiyose

Available Year-round

Ingredients Arugula from Kiyose
used

Fish and Kiyose Vegetables Tempura

Available Year-round

Ingredients Turnips from Kiyose
used

- 📍 1-9-3 Motomachi, Kiyose-shi
- 🕒 16:00 – 24:00 (Last Call 23:00)
- ✕ Open everyday
- 🚶 1 min. walk from Seibu Ikebukuro
Line Kiyose Station North Exit



Murayama

Mangestu Udon Noodles

☎ 042-560-3559

URL <http://www.mangetsuudon.com>



Signature
menu

Udon Noodles with Meat Soup

Available Year-round

Ingredients Japanese mustard spinach
used from Musashimurayama

Udon Noodles Topped with Broiled Chashu Pork Slices

Available Summer

Ingredients Daikon radish from
used Musashimurayama

- 📍 1-12-10 Mitsugi,
Musashimurayama-shi
- 🕒 11:00 – 15:00 (Also open from 18:00 to
20:30 on Friday and Saturday)
- ✖ Mondays and 2nd Tuesday of the month
- 🚌 Take the Tachikawa Bus from JR Tachikawa Station towards "Hakonegasaki."
Approx. 4 min. walk after getting off at "Choenji" bus stop.



Musashimurayama

Handmade Ice Cream Workshop Verde

☎ 042-560-6651

URL <http://gelat-verde.jp/>



Signature
menu

Milk

Available Year-round

Ingredients Milk from Musashimurayama
used (store produced)

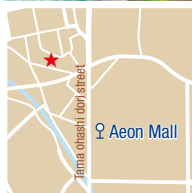
- 📍 1-80-3 Mitsufuji, Musashimurayama-shi
- 🕒 Apr – Sep 11:00 – 17:30
Oct to Mar 11:00 – 17:00
- ✖ Mondays and Tuesdays (subject to change)
- 🚌 5 min walk from Tachikawa Bus and
Seibu Bus "Aeon Mall" bus stop



Blueberry

Available Middle of June to early September

Ingredients Milk from Musashimurayama
used (store produced), blueberry from
Musashimurayama (store produced)



*Depending on the season, uses Okutama wasabi, edamame soybeans from Komae-shi, black tea from Hinohara-mura,
and strawberries / mikan oranges / apples from Musashimurayama-shi

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

📱 Electronic money accepted
(confirm types that
are accepted)

Musashimurayama

Nikujiru Udon Nagashimaya

☎ 042-516-8669

URL <https://m.facebook.com/3.nagashimaya/>

Signature menu

Nikujiru Udon

Ingredients Seasonal vegetables from Tokyo (mainly from Musashimurayama)
 *A portion of our flour is from Musashimurayama

Matsuzen (Nikujiru udon and tempura rice bowl) /
 Takezen (Nikujiru udon and tempura)

Ingredients Seasonal vegetables from Tokyo (mainly from Musashimurayama)
 *A portion of our flour is from Musashimurayama

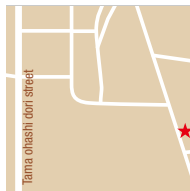
📍 1-135-2 Ominami,
 Musashimurayama-shi

🕒 Lunch 11:30 – 15:00

Dinner 18:00 – 21:00

✕ Irregular

🚗 Take the bus from the Tachikawa Station. 2 min. walk from "Ominami 1-chome" bus stop



Yokocho Wine Sakaba Lido

☎ 042-400-7445

URL <http://www.lido-vins.com/>

Signature menu

Lido-style salad

Available Year-round

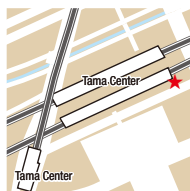
Ingredients Seasonal vegetables from
 used Hachioji and Tama

📍 B1 Ochiai Yokocho, 1-11-3 Ochiai,
 Tama-shi

🕒 18:00 – 23:30

✕ Sundays, additionally some other irregular days

🚗 1 min. walk from the Keio Line, Odakyu Line, and Tama Monorail stations



Hatake de Kitchen

☎ 042-400-0915

URL <http://kusamura.org/introduction/kitchen/>



Signature
menu

Hanakago Set

Available Year-round
Ingredients Seasonal vegetables (shiitake mushrooms, etc.) from Hachioji

Rice soup containing shiitake mushrooms and small, dried fish

Available Year-round
Ingredients Shiitake mushrooms from used Hachioji

📍 6F Cocolia Tama Center 1-46-1 Ochiai, Tama-shi

🕒 11:00 – 22:00 (Last call 21:00)

✖ New Year's Day (*A day on which Cocolia Tama Center is closed)

🚶 5 min. walk from Keio Sagami-hara Line Keio Tama-Center Station, Odakyu Tama Line Odakyu Tama-Center Station, and Tama Toshi Monorail Tama-Center Station



Run! Yoshoku-ya-san ♪

Inagi Satoyama Kitchen

☎ 042-331-3318

URL <http://soup-shisyou.jimdo.com/>



Signature
menu

Hearty Domestic Beef Stew

Available Year-round
Ingredients Seasonal vegetables from Inagi (broccoli, Green beans, carrots, sunny lettuce, etc.)

Inagi Satoyama Special Taco Rice

Available Year-round
Ingredients Seasonal vegetables from Inagi (sunny lettuce, lettuce, tomatos, broccoli, carrots, green beans, etc.)

📍 36-104 Hirao Jutaku, 3-1-1Hirao, Inagi-shi

🕒 11:30 - 16:00/17:00 - 21:00 (Mon to Fri)
11:30 - 21:00 (Sat, Sun and Holidays)

✖ Wednesdays

🚶 Take the bus from either Odakyu Line Shin-Yurigaoka Station or Keio Line Inagi Station. Store is immediately next to the "Hirao Danchi" bus stop.



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

Akariya Kosen

Handmade *Soba* Noodles

☎ 042-379-9225

URL <http://akariyakosen.com/>

Signature menu



Duck Hot-pot

Available Nov to Mar

Ingredients Seasonal vegetables from Inagi
 used (Vegetables received: Long leeks, chrysanthemums, *shiitake* mushrooms, etc.)

- 📍 310-10 Yanokuchi, Inagi-shi
- 🕒 1:30 – 13:40 Last Call (14:00 Closed)
17:30 – 20:30 Last Call (21:00 Closed)
- ✕ Mondays and 4th Tuesdays
(closed the following day if a holiday)
- 🚶 1 min. walk from Nambu Line
Yanokuchi Station



Pear Soba

Available End of August to early October

Ingredients Pears from Inagi (Inagi,
 used Niitaka, etc.)



ORTOLANA

☎ 042-407-5659

URL <http://ortolana.kitchen/>

Signature menu



Ortolana Napolitan Pasta

Available Year-round

Ingredients Seasonal vegetables from Inagi (onions,
 used carrots, bell peppers, eggplants, chayote, *norabou* greens, cabbage, etc.)

- 📍 965-1 Oomaru, Inagi-shi
- 🕒 11:00 – 13:30 Last Call
(From 11:30 for weekends and Holidays)
17:30 – 21:00
- ✕ Tuesdays (May be closed on other days)
- 🚶 2 min. walk from JR Nambu Line
Minami-Tama Station



Peperoncino with Inagi Vegetables

Available Year-round

Ingredients Seasonal vegetables from Inagi
 used (cucumbers, carrots, paprika, chayote, *norabou* greens, etc.)



imacoco coffee

☎ 080-5674-7374

URL <http://imacococoffee.web.fc2.com>



📍 1736-1 Higashinaganuma, Inagi-shi

🕒 Weekdays 9:00 – 18:00

Weekends 10:00 – 18:00

✖ Wednesdays, Thursdays and Holidays

🚶 10 min. walk from Keio Sagami-hara Line Inagi Station

Signature menu

Imacoco Original Salad

Available Year-round

Ingredients To the greatest extent possible, we use seasonal vegetables from Inagi

Homemade Pie and Pear Jam

Available Year-round

Ingredients Pears from Inagi (Kaya En Produce)



Italian Restaurant

Crescere

☎ 042-578-3368

URL <http://cordialita.com/>



📍 First floor, 4-15-11

Gonokami, Hamura-shi

🕒 11:30 – 14:30 (Last Call 14:00)

18:00 – 22:30 (Last Call 22:00)

✖ Sundays

🚶 2 min. walk from JR Ome Line Hamura Station East Exit

Signature menu

Peperoncino Spaghetti with Fresh Tomatoes, Bell Peppers, and Roasted Eggplant

Available Jul to Nov

Ingredients Tomatoes, bell peppers, eggplants (from Hamura)

Grilled Cheese with Eggplant and Minced Meat

Available Jul to Nov

Ingredients Eggplants (from Hamura)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

54 Cafe & Crepe

☎ 042-533-6208

URL <http://54cafecrepe.tokyo/>



Signature menu

Fried Rice Crepe with Yakniku Pork from Ome

Available Year-round

Ingredients used Pork from Ome

📍 1F Mansion Nakano, 1-5-12 Midorigaoka, Hamura-shi

🕒 Weekdays 11:00 – 20:30

Weekends and Holidays 10:30 – 21:00 (Last Call 20:30)

✕ Tuesdays

🚶 11 min. walk from JR Ome Line Hamura Station East Exit



Seafood and Sushi Hanamizuki

☎ 042-578-3137

URL <http://www.hanamizuki-yawaragi.com/>



Signature menu

Hinohara potato *chijimi*

Available Year-round

Ingredients used Potatoes from Hinohara-mura

Hinohara *maitake* mushroom spaghetti aglio, olio e peperoncino

Available Year-round

Ingredients used *Maitake* mushrooms from Hinohara-mura



Akiruno *Takumi Udon* Noodles
Shougotei



Signature
menu



Hikizuridashi Udon Noodles

Available Year-round

Ingredients Home farm-harvested wheat
used flour (Home-farm in Akiruno-shi)

Morisoba Noodles

Available While new-harvest buckwheat is
available

Ingredients Home-grown buckwheat flour
used (Home-farm in Akiruno-shi)

☎ 042-596-0541

URL <http://www.gws.ne.jp/home/shougotei/>

- 📍 233 Aza Shougo, Sannai, Akiruno-shi
- 🕒 Weekdays 11:00-15:30
Holidays 11:00-16:30
- ✕ Wednesdays and Thursdays
(Open when falling on Holidays)
- 🚶 4 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station for Ome along the tracks



Millstone-Ground Handmade *Soba*
Igusa



Signature
menu



Shamo-don

Available Year-round

Ingredients Tokyo *Shamo* Chicken from
Nishitama-gun, eggs from
Akiruno

TOKYO X *Niku Udon*

Available Year-round

Ingredients TOKYO X pork

☎ 042-558-8590

URL <http://soba-igusa.jimdo.com/>

- 📍 673-4 Amema, Akiruno-shi
- 🕒 11:00 – 14:30/17:00 – 21:00
- ✕ Wednesdays and Thursdays
- 🚗 About 5 min. by car from JR Musashi-Itsukaichi Line Akigawa Station and Higashi-Akiru Station
About 10 min. by car from the Akiruno Interchange on the Ken-o Expressway (parking available)



P Parking lot
available

📖 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Sumibiyaki/Yamazato Village Dishes

Kurochaya

☎ 042-596-0129

URL <http://www.kurochaya.com/>

Signature menu

Sumibiyaki Char-grilled/
Yamazato Village Dishes

Available Year-round (Char-grilled dishes may not be served in summer.)
 Ingredients Seasonal mountain vegetables, river fish, etc.
 used

Hoba Leaf-grilled and Mountain Vegetable Dishes

Available Year-round
 Ingredients Seasonal mountain vegetables, river fish, etc.
 used

- 📍 167 Konakano, Akiruno-shi
- 🕒 11:00 – 15:00/17:00 – 19:00 (Reservations accepted)
- ✕ Tuesdays (Open when falling on holidays)
- 🚗 Near Konakano Cross on Hinohara-mura Way (Parking space for 50 cars)
- 🚌 Near from the closest bus stop Nishi-Konakano



Kanmi Sabo Misegura Hisamori

☎ 042-558-1852

URL <http://www.hisamori.biz/>

Signature menu



Lunch only

Seasonal Hisamori lunch
(lunch centered on local vegetables)

Available Year-round (weekdays only, limited to 10 lunches)
 *Advance bookings are handled separately
 Ingredients Seasonal vegetables from Akiruno
 used

Warabimochi Anmitsu

Available Year-round
 Ingredients Soft cream with Tokyo Milk
 used



Handmade Bread Studio Sourire

☎ 042-518-7754

URL <http://www.sourire.jp/>



- 📍 699 Amema, Akiruno-shi
- 🕒 10:00 – 18:00
- ✕ Tuesdays
- 🚶 Approx. 15 min. walk from JR Itsukaichi Line Akigawa Station



Signature
menu

Springy Nishitama Muffin

Available Year-round

Ingredients used Seasonal local vegetables

Sakedane Anpan

Available Year-round

Ingredients used Rice *koji* from Akiruno



Home of Bread A La Mode

☎ 042-550-6505

URL <http://alamode-pan.com/>



- 📍 1-1-16 Akigawa, Akiruno-shi
- 🕒 8:00 – 19:00
- ✕ Thursdays
- 🚶 Near JR Itsukaichi Line Akigawa Station



Signature
menu

Akigawa Beef Curry Bread

Available Year-round

Ingredients used Akigawa beef (from Takeuchi Ranch in Akiruno-shi)

Akigawa Beef Curry Bread (with Cheese Filling)

Available Year-round

Ingredients used Akigawa beef (from Takeuchi Ranch in Akiruno-shi)



P Parking lot available

A Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Dining Bar KAI Akigawa

☎ 042-550-6633

URL <http://www.hotpepper.jp/strJ000165757/>Signature
menu

Grilled Akigawa Beef Skewers

Available Year-round

Ingredients Akigawa beef (from Takeuchi
used Ranch, Akiruno-shi)

Chilled Tomato Carpaccio

Available Summer

Ingredients Local tomatoes (bought at
used Akigawa Farmer's Center)

📍 1-1-10 Akigawa, Akiruno-shi

🕒 Weekdays 17:00 – 2:00

Fri, Sat and before holidays 17:00 – 3:00

Sun and Holidays 17:00 – 1:00

✕ Tuesdays

🚶 1 min. walk from JR Itsukaichi Line
Akigawa Station North Exit

KAI'S BAL

☎ 042-518-7888

URL <http://kais-bal.jp>Signature
menuAkigawa Beef Steak
(200g for sirloin, 150g for round steak)

Available Year-round

Ingredients Akigawa beef (from Takeuchi Ranch, Akiruno-shi)
used📍 1F Akiruno Rupia, 1-8 Akigawa,
Akiruno-shi

🕒 Lunch 11:00 – 15:00

Dinner 16:00 – 24:00

✕ Tuesdays *Wednesday in the second week of the
month only (days when Akiruno Rupia is closed)

🚶 2 min. walk from Musashi-Itsukaichi Line Akigawa Station



Otowa-Sushi

serving *Sushi/Chinese Dishes/Unagi Eel*

☎ **042-596-0009**
 URL <http://www.otowasushi.com>



Signature menu

Seafood *nokke-don* (also offered in the evenings)

Available Year-round

Ingredients Seasonal vegetables (lettuce, green leaves, norabosai, etc.) from Akiruno and Itsukaichi, eggs from Itsukaichi

Superb Boneless Rib Akigawa Beef

Available Year-round

Ingredients Akigawa beef (from Sugao, Akiruno-shi)

- 📍 50 Itsukaichi, Akiruno-shi
- 🕒 11:00 – 14:00 (Last Call 13:40)
16:00 – 21:00 (Last Call 20:40)
- ✕ Wednesdays (Once or twice a month there are consecutive holidays on Wednesday and Thursday)
- 🚶 8 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station (Parking lot for cars and bicycles)



Soba Noodles Restaurant Yanagiya

☎ **042-596-0071**
 URL <http://a-yanagiya.com/>



Signature menu

Kurohachi soba noodles

Available Year-round

Uses the ingredients from the vicinity of Itsukaichi as the ingredients in the tempura (spring: angelica tree shoots, butterbur shoots; summer: creeping saxifrage, Asiatic dayflower; autumn to winter: maitake mushrooms, Jerusalem artichoke, Manchurian wild rice), etc.

Seasonal Choices of the Chef

Available Year-round

Ingredients Season-felt a la carte from the day's purchased food stuffs

- 📍 218 Tateya, Akiruno-shi
- 🕒 Apr.-Nov. Wed.-Sun. 11:00 – 17:00
Dec.-Mar. Wed.-Sun. 11:00 – 16:00
- ✕ Mondays and Tuesdays
- 🚶 1 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station



Tokura Shiroyama Terrace Restaurant Shokuinshitsu



Signature menu

Inaka Countryside Curry Plate

Available Year-round

Ingredients Seasonal vegetables from Akiruno (mainly root vegetables)

Salt Grilled Satoyama Masu Trout Set Meal

Available Except for June and August

Ingredients Seasonal vegetables from Akiruno (small bowls, boiled ingredients), trout from the Akigawa River

☎ 042-595-1234

URL <http://tokura-taiken.jp/restaurant/>

📍 Inside the Tokura Experience Training Center, Akigawakeikoku, 325 Tokura, Akiruno-shi

🕒 11:30 – 14:00

✖ Tuesdays and 28 December-January 4

🚶 Take the bus from JR Itsukaichi Line Musashi-Itsukaichi Station, then a 7 min. walk after getting off at the Tokura bus stop.



Hanagaki Soba Noodles



Signature menu

Hinohara Maitake Mushroom Tempura

Available Year-round

Ingredients Maitake mushrooms from Hinohara-mura

Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables from Akiruno

☎ 042-559-7081

URL <http://akiruno.town-info.com/units/36232/hanagaki/>

📍 608-3 Ninomiya, Akiruno-shi

🕒 Mon-Fri 11:00-14:50 (Last call)
15:30-19:30 (Last call)

Sat, Sun and Holidays 11:00-19:50 (Last call)

✖ Tuesdays

🚶 10 min. walk from JR Itsukaichi Line Higashi Akiru Station



Chinese Home-style Dishes Bokkakyō Tanashi

☎ 042-451-8852

URL <https://bokkakyotanashi.owst.jp/>



Signature
menu



Advance
inquiries
required



📍 4-24-1 Tanashicho, Nishitokyo-shi

🕒 Lunch 11:30 – 15:00 (Last Call 14:30)

Dinner Weekdays 17:30 – 20:30 (Last call 20:00)

Saturdays 17:00 – 21:00 (Last call 20:30)

Sundays and
Holidays 17:00 – 20:30 (Last call 20:00)

✕ Mondays

🚶 5 min. walk from Seibu Shinjuku Line Tanashi Station North Exit



Special seasonal vegetables with
Okinawa salt stir-fry

Available Year-round

Ingredients Seasonal vegetables from
used Higashikurume (Endonouen)

Herb and Tomato Salad from
Niikura Farm

Available Year-round

Ingredients Arugula, watercress, etc. from
used Tanashi (Niikura Farm)



Wine Sakaba Ichizo

☎ 042-439-8691

URL http://www.kanpai.biz/i_wine.html



Signature
menu



📍 2F Nagayama Bldg., 1-3-2
Hibarigaoka, Nishitokyo-shi

🕒 Weekdays 17:00 – 24:00

17:00 – 25:00 (Fri, Sat and before holidays)

✕ Open everyday

🚶 2 min. from Seibu Ikebukuro Line
Hibarigaoka Station South Exit



Bagna Càuda

Available Year-round

Ingredients Uses seasonal vegetables
used from Tanashi, Nishitokyo-shi

Ratatouille

Available Year-round

Ingredients Uses seasonal vegetables
used from Tanashi, Nishitokyo-shi



*All dishes use seasonal vegetables from Nishitokyo-shi (Depending on availability)

P Parking lot
available

Takeout menu available
(may require a reservation)

Wi-Fi available

Reservations
possible

Credit cards accepted
(confirm types that
are accepted)

Electronic money accepted
(confirm types that
are accepted)

Saikabo

Four Seasons Vegetables Chinese Cuisine



Signature menu



Gyoza Dumplings (with homemade yuzu citrus pepper)

Available Year-round

Ingredients Cabbage, Chinese cabbage, yuzu citrus, and pepper from Mizuho-cho (mostly homegrown)

Leek Ramen with Homegrown Leeks

Available Year-round

Ingredients Leeks from Mizuho-cho (mostly homegrown)

☎ 042-513-9077

URL <http://mizuho.shop-info.com/units/36260/saikabou/>

📍 274 Nagaokahasebe, Mizuho-cho, Nishitama-gun

🕒 11:30 – 14:30 (Last call 14:00)
17:00 – 22:00 (Last call 21:30)

✕ Mondays

🚗 Along Shin-ome-kaido Ave (parking available)



Egg Center Ueno



Signature menu



Melty Puddings

Available Year-round

Ingredients Eggs from free-range chickens at the home-farm and Tokyo Milk

Sponge Cake Rolls

Available Year-round

Ingredients Organic flour and eggs from the home-farm and Tokyo Milk

☎ 042-557-0494

URL <http://www.1105ueno.com/>

📍 133 Komagatafujiyama, Mizuho-machi, Nishitama-gun

🕒 10:00 – 18:00 (Café opens at 13:00.)

✕ Mondays and Tuesdays

🚗 500 meters from the Mizuho Mall for Kawagoe along Route 16



Tsurutsuru Hot Spring

☎ 042-597-1126

URL <http://www.tsurutsuru-onsen.com>Signature
menuTsurutsuru Grilled Magnolia
Leaf Tokyo Wagyu Beef

Available Year-round

Ingredients Akigawa Beef (from Akiruno-shi)

Akai Red Udon Noodles

Available Year-round

Ingredients Hinode tomatoes (from Hinode)

- 📍 4718 Oguno Hinode-machi, Nishitama-gun
- 🕒 10:00 – 20:00 (Reception closes at 19:00)
- ✕ 3rd Tuesdays
- 🚌 Take the bus from Musashi-Itsukaichi Station, get off at the "Tsurutsuru Onsen" final stop



Tourist Inn Mitou Sansou

☎ 042-598-6138

URL <http://www.mitou-sansou.com>Signature
menuSeasonal Mountain
Vegetables in 22 Small Dishes

Available Year-round

Ingredients Local mountain vegetables and local farm grown vegetables

Tempura Set Meal/
River Fish Set Meal

Available Year-round (Tempura set meal, March to end of June)

Ingredients Local mountain vegetables/yamame trout and iwana trout from local rivers

- 📍 2603 Kazuma, Hinohara-mura, Nishitama-gun
- 🕒 11:00 – 17:00
- ✕ Thursdays
(Additionally some other irregular days)
- 🚌 Bus ride (Nishitokyo Bus) from JR Itsukaichi Line Musashi-Itsukaichi Stn for Kazuma, getting off at the last stop (10 min. walk from Kazuma Stop (last stop) for Forest of Tokyo Citizen



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👤 Electronic money accepted (confirm types that are accepted)

NPO Restaurant

Hinochara Shiki-no-sato

☎ 042-598-1060

URL <http://www.fujinomori.net/html/index/sikinosato.html>

Signature menu



Standard menu Four Seasons Plate

A menu tailored to seasonal ingredients
(tempura set meal, etc.)

Available Year-round

Ingredients Agricultural produce and forestry products from
used Hinochara-mura and the surrounding area

Special menu Bonfire Cooking

(Dutch ovens using firewood, etc.)

Available Year-round (reservation required, for four guests or more)

Ingredients Agricultural produce and forestry products
used from Hinochara-mura and the surrounding area

- 📍 5493 Hinochara-mura, Nishitama-gun
- 🕒 11:30-14:00 (Last call)
- ✖ Mondays (other irregular holidays)
- 🚗 From JR Musashi-Itsukaichi Station take the "Kazumi Yuki" or "Fujikura Yuki" Nishi-Tokyo Bus and get off at the "Hossawanotakiiriguchi" stop



Kazumanoyu Hot Springs

Hinochara Onsen Center

☎ 042-598-6789

URL <http://spa-kazuma.com/>

Signature menu

Maitake Mushrooms and
Shrimp Tempura Rice Bowl

Available Year-round

Ingredients Maitake mushrooms from
used HinocharaMaitake Tempura with Soba or
Udon Noodles

Available Year-round

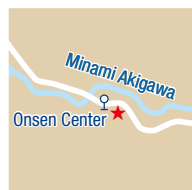
Ingredients Maitake mushrooms from
used Hinochara

- 📍 2430 Kazuma, Hinochara-mura, Nishitama-gun

- 🕒 Weekdays 10:00 - 19:00
- Sat, Sun and Holidays 10:00 - 19:00 (subject to change)

✖ Mondays (The following day if Monday is a holiday)

- 🚗 From JR Musashi-Itsukaichi Station take the "Kazuma Yuki" Nishi-Tokyo Bus for about one hour to the "Onsen Center" stop. Immediately by the bus stop.



Meat Restaurant in the Forest
Earth Garden

☎ 0428-85-5101

URL <http://www.okutama-earthgarden.com>



Signature
menu



- 📍 361-1 Shiromaru, Okutama-machi, Nishitama-gun
- 🕒 11:00 – 16:00
- ✕ Open 365 days a year
- 🚶 7 min. walk from JR Ome Line Shiromaru Station



Loin Cutlet & Minced Meat
Cutlet with Assorted Vegetables

Available Year-round

Ingredients used Okutama wasabi

Okutama *wasabi* croquette

Available Year-round

Ingredients used Okutama wasabi



Yamabato

☎ 0428-85-2158

URL <http://www.yamabatonosu.com/>



Signature
menu



- 📍 380 Tanazawa, Okutama-machi, Nishitama-gun
- 🕒 10:00 – 17:00
- ✕ Mondays
- 🚶 1 min. walk from JR Ome Line Hatonosu Station



Lunch set

Available Year-round (Tuesday - Friday)

Ingredients used Seasonal vegetables from Ome-shi's Nariki area

Soba noodle salad

Available Year-round

Ingredients used Burdock roots and carrots (from Ome)



P Parking lot available

TAKE OUT Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Kamameshi Nakai

☎ 0428-85-1345

URL <https://otaba-nakai.com/>



Signature menu

Mushroom Kamameshi Set

Available Year-round

Ingredients used Okutama *shimeji* mushrooms, *konjac sashimi* (from Okutama-machi)

Zaru soba noodles / Zaru udon noodles

Available Year-round

Ingredients used Okutama *wasabi*

- 📍 175 Otaba Okutama-machi, Nishitama-gun
- 🕒 11:00 – 18:00 (Last Call)
- ✕ 2nd Wednesdays and Thursdays
- 🚗 30 min. walk from JR Kawai Station, near Otaba Kokusai Fishing Area, or 5 min. by car (Parking lot available)



Hikawa Service Station

☎ 0428-83-2140

URL <http://station.webcrow.jp>



Signature menu

Deep-fried Yamame Trout

Available Year-round

Ingredients used Okutama *yamame* trout

Kinoko Mushroom Rice

Available Year-round

Ingredients used *Shimeji* mushrooms (from Okutama-machi)

- 📍 213 Hikawa, Okutama-machi, Nishitama-gun
- 🕒 12:00 – 18:00
- ✕ Thursdays, 1st & 3rd Fridays
- 🚗 Near JR Ome Line Okutama Station



Folk Tale Inn Arasawayaya

☎ 0428-83-2365

URL <http://arasawayaya.co.jp/>



Signature menu



Japanese Dinner (an example)

Char-grilled Okutama *yamame* trout, wild mountain vegetables, hot pot *nabe* stew with *awabake* mushrooms, handmade *sashimi konnyaku* from potatoes, etc.

Available Year-round

Ingredients *Awabake* mushrooms, seasonal vegetables, char-grilled fish, used *wasabi* (from Okutama), etc.

- 📍 1446 Hikawa, Okutama-machi, Nishitama-gun
- 🕒 Dinner 18:00, 18:30 or 19:00 (Breakfast time to be decided after check-in)
- ✕ Irregular (Basically Tuesdays)
- 🚶 5 min. walk from JR Ome Line Okutama Station



Okutama

Robata (Fireside) Akabeko

☎ 0428-83-2365

URL <http://akabeko.tokyo/>



Signature menu



A la carte

Available Year-round

Ingredients Seasonal vegetables from Okutama, natural river fish, Okutama *yamame* trout, *awabake* mushrooms, used various mountain vegetables, TOKYO X pork, etc.

- 📍 1446 Hikawa, Okutama-machi, Nishitama-gun
- 🕒 17:30 – 23:00
- ✕ Irregular (Usually Tuesdays)
- 🚶 5 min. walk from JR Ome Line Okutama Station



Okutama

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Hikawago Asahanoyu hot spring
Mikawaya Ryokan Dozo Shokutei

☎ 0428-83-2027

URL <https://mikawaya-ryokan.com>



Signature
menu



- 📍 1414 Hikawa, Okutama-machi, Nishitama-gun
- 🕒 11:00 – 15:00
- ✕ Thursdays and Fridays
- 🚶 7 min. walk from JR Ome Line Okutama Station



Okutama *yamame* trout
sashimi

Available Year-round

Ingredients used Okutama *yamame* trout

Salt-grilled Okutama
yamame trout

Available Year-round

Ingredients used Okutama *yamame* trout



Okutama Mizu To Midori No Fureaikan

☎ 0428-86-2733

URL <http://okutamako.com/>



Signature
menu



- 📍 5 Hara, Okutama-machi, Nishitama-gun
- 🕒 10:00 – 17:00 (Last call 16:30)
- ✕ Wednesdays
- 🚶 Bus ride (Nishitokyo Bus) from JR Ome Line Okutama Stn for either Lake Okutama, Kamosawanishi, Taba. Minedani or Tozura, getting off at Lake Okutama Stop.



Okutama *Sansui* Set Meal

Available Year-round

Ingredients used Okutama *yamame* trout



Okutama riverside café awa

☎ 0428-74-9947

URL <http://canyons.jp/okutama-cafe/>



- 📍 54-1 Kawai, Okutama-machi, Nishitama-gun
- 🕒 11:00 – 16:00 (Last call 15:00)
- ✖ Irregular
- 🚶 20 min. walk toward Okutama along Ome-Kaido avenue from JR Ome Line Mitake Station



Signature menu

Venison Volcano

Available Irregular
Ingredients used Okutama-raised venison



Hikawa Shokudo

☎ 0428-83-2401

URL <http://hikawashokudo.com/>



- 📍 199-7 Hikawa, Okutama-machi Nishitama-gun
- 🕒 11:00 – 18:00
- *The food menu is not offered from 14:00 – 15:00 (other menu items are OK)
- ✖ Tuesdays and Wednesdays (open on public holidays)
- 🚶 1 min. walk from JR Ome Line Okutama Station



Signature menu

Grilled Ginger Set Meal

Available Year-round
Ingredients used Pork from Ome (from Shimoda's Farm)

Ume Pork Udon Noodles

Available Year-round
Ingredients used Pork from Ome (from Shimoda's Farm)



P Parking lot available

Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Café restaurant SAKA

☎ 0428-85-8155

URL <http://www.tama-gaku.com/saka/>

📍 564 Unazawa, Okutama-machi, Nishitama-gun

🕒 11:00 – 15:00

✖ Sundays and Mondays

🚗 10 min. by car or taxi/40 min. walk
from JR Okutama Station
15 min. walk from the closest bus
stop Kaniwa

Signature
menu

Hamburg steak made with
Akigawa beef and Okutama *shiitake* mushrooms
(Appetizer and drink set)

Available Year-round

Ingredients Akigawa beef, *shiitake* mushrooms
used and vegetables from Okutama

Daily pasta and two kinds of bread
(Appetizer and drink set)

Available Year-round

Ingredients Seasonal vegetables from
used Okutama

* There are not many seats so you may be kept waiting at times.
It is recommended that you make a reservation by telephone
before coming to the restaurant.



P Parking lot
available

T Takeout menu available
(may require a reservation)

W Wi-Fi available

R Reservations
possible

C Credit cards accepted
(confirm types that
are accepted)

E Electronic money accepted
(confirm types that
are accepted)

MEMO

Carefully selected ingredients, excellent quality, grown or produced in Tokyo

Tokyo Metropolitan Government Certified Locally Sourced Food Products

(E-Mark Certified Foods)

About E-Mark Certified Foods

E-Mark Certified Foods are products unique to Tokyo, which use ingredients sourced from Tokyo or are made using traditional production methods carried on in Tokyo.

The Tokyo Metropolitan Government (TMG) reviews and certifies products based on aspects such as the care and attention to detail put into the product, as well as the taste and quality. Certified products can then display Tokyo's own E-mark logo. The TMG promotes these foods as Tokyo specialty products at various events and on select websites, as well as through other means.

About the E-mark logo

The three “E”s in the center of the logo represent the Japanese character for product or “shina.” When “E” and “shina” are combined, the word formed can be pronounced “ii-shina,” meaning excellent product in Japanese.



Example of placement of the E-mark on products

Excellent Quality

Indicates that the product not only meets quality standards related to the careful selection of ingredients, but also that sufficient care and attention is paid to hygiene and sanitation.

Exact **E**xpression

Indicates that the product's labelling conforms to the Food Labeling Act, Health Promotion Act, Act against Unjustifiable Premiums and Misleading Representations, and other relevant laws and regulations, as well as fair competition regulations.

Harmony with **E**cology

Indicates that “care and attention to detail” is given with respect to the culinary culture of Tokyo, including the region, nature, history, traditions, and techniques, and that the food product is in harmony with the local environment.

E-mark products are also a great as souvenirs or gifts!

*For details, please visit the following website.

<http://www.e-mark-iishina.metro.tokyo.lg.jp/>

Inquiries

Food Safety Section, Agriculture, Forestry and Fishery Division,
Bureau of Industrial and Labor Affairs, Tokyo Metropolitan Government

Introduction to Tokyo



Ingredients

Tokyo is Japan's largest consumption area. Actually, for those who know it, it is also a resource-rich "production area." From densely populated areas, Tama City and the hilly and mountainous areas, to the Izu and Ogasawara Islands across the sea, extensive and diverse natural environments, history, and culture have nurtured unique primary industries. "Tokyo Metropolitan Government Certified Locally Sourced Food Products" are "goodwill ambassadors" that convey such distinctive ingredients and traditional culture from Tokyo. On this page we introduce representative ingredients from Tokyo.



Marine Products

The vast waters from the Tamagawa and Aragawa River water systems to the Okinotorishima Island are one of the best fishing areas in Japan due to the complex ocean floor topography and Kuroshio current. Kusaya dried fish and simmered tsukudani, etc. have played important roles as raw ingredients for core local industries since ancient times, and have been a source of culinary fascination since before the Edo period.



Ashitaba

Ashitaba leaves are harvested today, leaving the buds to keep growing tomorrow. Full of vitality, *ashitaba* are a familiar and important ingredient for the island people and also a precious source of nutrition. Their characteristic bitterness goes well with tempura, *semono* side dishes, and stir fry. Most of the raw *ashitaba* that are exported are produced in Tokyo.



- ☒ Towards the Olympic Games!
- ☒ Initiative for local production and local consumption!
- ☒ Differentiation from other stores!

We hope you use these ingredients.



Why don't you enjoy Tokyo's specialties?

Japanese mustard spinach (Year-round)

One of Tokyo's leading vegetables with the 2nd largest output in Japan (in 2012).

Named by *Tokugawa Yoshimune*, the 8th Tokugawa *shogun*, so they say.



Ashitaba (Year-round)

"Pick leaves in the evening, and new ones come out tomorrow or ashita." The naming shows its vigorous growth. Rich in chalcones,

vitamins, minerals, etc.



Okutama trouts (Year-round)

Bigger than ordinary *yamame* trouts, growing to weigh 1.5 kgs for 3-year-olds and 2 kgs for 4-year-olds.

Good for *sashimi*, *sushi*, and even for Western dishes.



TOKYO X Pork (Year-round)

Taste-premium pork with delicious and good flavor fat. A breed by crossing of three types of Beijing Black, Berkshire and Duroc pigs after a 7-year trial and error process.



Splendid alfonsino (Year-round)

White-fleshed fish. Fresh ones are particularly delicious when served as *sashimi*.



Tokyo Shamo Chicken (Year-round)

Lean (well red-colored) and rich in protein. With low fat, fits for hot pot dishes.



Tomatoes (Jan - Nov)

Many varieties from big and medium to very cute sizes are cultivated. Grape tomatoes, picked up in the Ogasawarajima Islands from February to May, are popular among others with their well-balanced strong sweetness and nice sourness.



Japanese giant flying fish (Feb - May)

Coming to the Izu Islands waters in spring, called “spring flying fish” also. Bland tasting of white flesh fits for *sashimi*, dried stock fish (such as *kusaya*), deep-fried fish ball cakes, and the like.



Passion fruit (Mar - Aug)

Harvesting begins in spring in the Ogasawara Islands, gradually moving up north from Hachiojima Island to Miyakejima, Kozushima islands, etc. for summer. In recent years, cultivated in the Hachioji region, too.



Edamame soybeans (May - Aug)

An early summer feature, cultivation is getting popular year after year. In Tokyo, sold at farmers' markets. Some farmers sell them in bundles on the field.



Bonitoes (Feb - Apr)

Marketed as the “first bonitoes of the season” from Hachiojima Island, where they are caught around February, earlier than other island waters. “*Hachijo Barrel Bonito*”, shipped out in ice-packed barrels, is also a well-known branded item. Regularly served as “*tataki*”. Also tastes wonderful as *sashimi*.



Norabona (Mar - Apr)

Mild and sweeter leaf vegetables than Japanese mustard spinach or spinach. Often served after boiled. Farmers began to cultivate them in the present Tokyo's Tama region in the *Edo* period.



Wasabi (Apr - Nov)

Cultivated with tender care in narrow *wasabi* fields along the limpid streams of the Tama River's head areas in Okutama-machi etc.



Yellowstriped butterfish (May - Aug)

One of the best white-fleshed fish from the summer sea around the Izu Islands. Plenty of fat in summer in particular. Best as *sashimi* and also for salt-grilled or with simmering in soy sauce.



Corns (Jul - Aug)

Cultivated widely in Tokyo including the western Tama region. Those harvested in the morning are sold at farmers' yard and direct sales shops on the same day.



Blueberries (Jul - Sep)

The number of pick-your-own orchards is on the increase. Getting popular as a fruit readily enjoyable.



Grapes (Aug - Sep)

Of varieties cultivated in Tokyo, "Takao" is one of the highest quality grapes. It tastes rich with firm flesh of strong sweetness and nice sourness and flavor.



Japanese pears (Aug - Oct)

Many varieties are cultivated in Tokyo. In the Tama River's watershed areas, where cultivation is active, direct sales shops sell them as "Tamagawa Pear".



Edo Tokyo Traditional Vegetables

Hitting the spotlight as Tokyo's typical vegetables, trademarks were registered by JA-Tokyo Chuokai with 50 items including *Nerima Daikon*, Traditional *Okura Daikon* and *Kameido Dakion* radishes, *Magome Sanzun* carrot, *Magome Hanjiro* cucumber, *Terajima Nasu* eggplant and *Takinogawa Gobo* burdock root. (In addition, there are seven commodities that are not vegetables, including fruit trees and grains.)



▲Kameido Daikon radish

Traditional *Okura Daikon* radish▶



▲Magome Sanzun carrot



▲Terajima Nasu eggplant



Kiwi fruit (Oct - Nov)

"Tokyo Gold", developed in Tokyo, has yellow flesh with strong sweetness that brings out good taste.



Persimmons (Oct - Nov)

"Tokyo Beni", one of Tokyo's branded fruits, is unique with its strong sweet flavor and reddish orange color.



Cabbages (Oct - Dec)

Harvested twice a year in early summer and in fall/winter. Farmers in Tokyo have been engaged in branding efforts for sweet and juicy winter cabbages as "Tokyo Sweets Cabbage".



Broccoli (Oct - Dec)

Rich in vitamins, minerals, dietary fibers and other nutrients. New varieties are emerging such as stick senior broccoli and broccoli sprouts.



Spinach (Oct - Feb)

Called the king of the green and yellow vegetables with their richness in nutrients. Cultivated in various regions of Tokyo.



Daikon radishes (Nov - Dec)

Blue-head Daikon radishes with less hot tasting are mainly cultivated today compared with white-head ones. In Tokyo, traditional Daikon radishes are highly prized like *Nerima Daikon*, *Kameido Daikon*, *Okura Daikon* radishes.



Udo spikenard (Dec - May)

Thick and white "Tokyoites" have unique palatability with their crispiness. Cultivated in those environments shielded from light.



Strawberries (Dec - May)

The more a strawberry gets colorful and ripens, the more its sugar content gets higher. Suited for direct sales, more farmers have been cultivating them.



Restaurants registered as being able to serve vegetarians and vegans

Among Tokyo's Locavore Restaurants, the stores that can serve menus using Tokyo-produced ingredients to vegetarian*1 or vegan*2 customers are as follows. (Only restaurants that have consented to publication are introduced here). The ingredients are subject to change depending on the stock that is available.

Please be sure to contact the restaurant in advance to inquire about the details of the menu, etc.

“Vegetarian” and “vegan” in this guidebook indicates the following people.

***1 Vegetarian**

This indicates a person who avoids all animal ingredients (meat, fish, crustaceans, shellfish, etc.), including animal-derived soup stock and seasonings, but excluding eggs, dairy products and honey.

***2 Vegan**

This indicates a person whose diet is based on plant ingredients only.

(Note) There are also restaurants which offer a vegetarian menu using some animal ingredients, so please be sure to inquire about the details of the menu in advance.

[Vegetarian]

Location	Restaurant name	Contact	Page
Chiyoda-ku	mikuni MARUNOUCHI	03-5220-3921	12
	Kifune	03-6273-7177	13
	Q CAFE by Royal Garden Cafe	03-6205-7206	14
Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	20
	Shinkyoutei Shinkan	03-3580-2211	21
	erba da nakahigashi	03-5467-0560	21
	Tokyo Oven Akasaka	03-6230-9569	22
	sun	03-6447-1943	23
Shinjuku-ku	Hôtel de Mikuni	03-3351-3810	24
	Tokyo Islands Shochu Izakaya Kokkome	080-9971-3471	27
Taito-ku	Asakusa Shuzen Ichimon Honten	03-3875-6800	29
	Asakusa Shuzen Ichimon Bekkan	03-3871-1015	29
Koto-ku	Edo Tokyo Beer On Tap	03-6659-8379	32
Shinagawa-ku	Turkish Restaurant DEDE	03-3786-5600	34
Meguro-ku	Vegetable Italian Yakumo 111	03-3724-5515	34
Setagaya-ku	Setagaya Farm	03-3702-4500	36
	Hong Kong Cuisine Ajizen	03-6479-0895	37
Shibuya-ku	Soba Onooya Motoyoyogicho	03-3467-7513	40
	fun.ice!	080-4342-1522	40
	Royal Garden Cafe SHIBUYA	03-5456-9026	42
Suginami-ku	Tabegotoya-Norabo	03-3395-7251	43
Nerima-ku	Koryouri Ishii	03-4283-1430	48
	Pizzeria Gtalia da Filippo	03-5923-9783	52
	Kutsurogi-dokoroToride	03-3995-9378	53
	Japanese-Style French Cuisine Komorebi	03-6904-8797	53
	Il Tonsione	03-3992-9800	54
Adachi-ku	Kosodate(Parenting)Café cotoca	03-6320-2736	56
Edogawa-ku	Bakery Restaurant Maruko	03-3656-5211	59
Tachikawa-shi	hoccori *café	042-595-8379	62
	Teppan-yaki Senju	042-529-6787	62
	Rinto Kaiseki Catering	042-521-3180	63

[Points to note]

1. The ingredients used by Tokyo's Locavore Restaurants are mostly produced in Tokyo, but this is subject to change depending on the stock that is available.
2. The range of food that can be offered differs depending on the restaurant. Please be sure to confirm this with the restaurant in advance.

Location	Restaurant name	Contact	Page
Ome-shi	Dining & Gallery <i>Mayugura</i>	0428-21-7291	64
	Tokyo Ome Ishigami Onsen Seiryuu Lodgings, Okutamaji	0428-78-9711	72
Machida-shi	Kamado Kunsei Farm Cuisine Takamiya	042-734-3336	78
Koganei-shi	Van de Rhu	042-383-4908	79
	Café 5884	042-387-1004	81
Hino-shi	Handmade <i>Udon</i> Noodles Dontaku	042-585-2222	84
Kokubunji-shi	Wadatsumi Kokubunji	042-324-2118	87
Kunitachi-shi	Syokusai Warabitei	042-511-7269	89
Komae-shi	Asian Restaurant Komae Saigon	03-3430-5186	91
Tama-shi	Yokocho Wine Sakaba Lido	042-400-7445	96
Inagi-shi	Run! Yoshoku-ya-san ♪ Inagi Satoyama Kitchen	042-331-3318	97
	ORTOLANA	042-407-5659	98
Hamura-shi	Italian Restaurant Crescere	042-578-3368	99
	Seafood and Sushi Hanamizuki	042-578-3137	100
Akiruno-shi	Kanmi Sabo Misegura Hisamori	042-558-1852	102
	Hanagaki <i>Soba</i> Noodles	042-559-7081	106
Okutama-machi	Meat Restaurant in the Forest Earth Garden	0428-85-5101	111
	Yamabato	0428-85-2158	111

[Vegan]

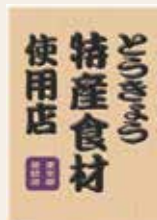
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	Q CAFE by Royal Garden Cafe	03-6205-7206	14
Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	20
	erba da nakahigashi	03-5467-0560	21
	Tokyo Oven Akasaka	03-6230-9569	22
Shinju-ku	Hôtel de Mikuni	03-3351-3810	24
	Tokyo Islands Shochu <i>Izakaya</i> Kokkome	080-9971-3471	27
Taito-ku	Asakusa Shuzen Ichimon Honten	03-3875-6800	29
	Asakusa Shuzen Ichimon Bekkan	03-3871-1015	29
Setagaya-ku	Setagaya Farm	03-3702-4500	36
Shibuya-ku	Soba Oonoya Motoyoyogicho	03-3467-7513	40
	fun.ice!	080-4342-1522	40
	Royal Garden Cafe SHIBUYA	03-5456-9026	42
Nerima-ku	Koryouri Ishii	03-4283-1430	48
	Pizzeria Gtalia da Filippo	03-5923-9783	52
Adachi-ku	Kosodate (Parenting) Café cotoca	03-6320-2736	56
Tachikawa-shi	hoccori *café	042-595-8379	62
	Teppan-yaki Senju	042-529-6787	62
	Rinto <i>Kaiseki</i> Catering	042-521-3180	63
Ome-shi	Dining & Gallery <i>Mayugura</i>	0428-21-7291	64
	Tokyo Ome Ishigami Onsen Seiryuu Lodgings, Okutamaji	0428-78-9711	72
Koganei-shi	Van de Rhu	042-383-4908	79
	Café 5884	042-387-1004	81
Kunitachi-shi	Syokusai Warabitei	042-511-7269	89
Komae-shi	Asian Restaurant Komae Saigon	03-3430-5186	91
Tama-shi	Yokocho Wine Sakaba Lido	042-400-7445	96
Inagi-shi	Run! Yoshoku-ya-san ♪ Inagi Satoyama Kitchen	042-331-3318	97
Hamura-shi	Italian Restaurant Crescere	042-578-3368	99
	Seafood and Sushi Hanamizuki	042-578-3137	100
Okutama-machi	Meat Restaurant in the Forest Earth Garden	0428-85-5101	111

[Points to note]

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TOKYO Development Foundation for Agriculture, Forestry, and Fisheries.



Guide to Tokyo's Locavore Restaurants 2021 (English Edition)

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