

# Locavore Dining in the Tokyo Islands

2021



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



 TOKYO METROPOLITAN GOVERNMENT



東京宝島  
TOKYO  
TREASURE ISLANDS

# 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 Islands as "Locavore Dining in the Tokyo Islands," and publishes an annual guidebook of the same name.

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

The English-language edition of the guidebook was created so that international visitors to the Tokyo Islands can also enjoy locally sourced ingredients. Of all the registered restaurants, this guidebook introduces 81 restaurants that actively accept foreign guests, such as by having an English menu.

In addition, we have also compiled an English-language edition of "Tokyo's Locavore Restaurants," a guidebook which introduces restaurants in Tokyo's 23 special wards and Tama area.

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、東京の島しょ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「東京 島じまん食材使用店」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、島しょ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、島しょ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、「東京 島じまん食材使用店」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 81 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、区部及び多摩地域のお店をまとめた「とうきょう特産食材使用店」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



The Tokyo Metropolitan Government registers restaurants that actively use the attractive, locally sourced ingredients of the rich nature of the islands as “Locavore Dining in the Tokyo Islands” and, through public relations activities, promotes local production for local consumption of island produced ingredients. In this guidebook, “Locavore Dining in the Tokyo Islands” for the Izu Islands and the Ogasawara Islands is introduced.

Also included are overviews of each island, instructions on how to get there and a map of each island.

Please enjoy what the great outdoors of Tokyo has to offer!

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伊豆  
諸島

+

小笠原  
諸島

+

食材

東京都では、東京の島しょ地域において豊かな自然に育まれた、魅力的な食材である農林水産物を積極的に活用している島の飲食店を「東京島じまん食材使用店」として登録し、PRすることにより、島しょ産食材の地産地消を進めています。

このガイドブックでは、伊豆諸島、小笠原諸島の「東京島じまん食材使用店」をご紹介します。

あわせて、島の概要やアクセス、地図も掲載します。

東京にある大自然の恵みをぜひお楽しみください。



もくじ

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青ヶ島

父島

母島

## Locavore Dining in the Tokyo Islands



Establishments registered as “Locavore Dining in the Tokyo Islands,” operate on Tokyo’s islands and engage in the following initiatives:

- Use island products throughout most of the year or during peak periods to offer dishes characteristic of the island cuisine, and/or unique dishes.
- Provide customers with information on the local products they use and carry out initiatives that facilitate local production and consumption.
- Contribute to the promotion of island tourism.
- Cooperate with Tokyo’s activities to promote food education and local production and consumption.

Look for these signboards.



### Icon Explanation

Five types of icons are displayed at the top of each store's page – if an icon is not displayed, then that service is not supported by the store. Please contact each store for details on the type of credit cards and electronic money that can be used.

\*These details may vary because of the situation with COVID-19. Please contact each store for details.



**Reservations** (Reservations possible/Reservations required)

**Parking lot available** (4 vehicles)

**Wi-Fi available**

**Credit cards accepted**

**Electronic money accepted** (public transport IC cards, QR code payments, etc.)

**Access map**

**Island name**: Oshima

**Store name**: Kaisenchaya Sushikou

**Tel. No.**: 04992-2-0888

**Address**: 1-4-7 Motomachi, Oshima-machi

**Opening hours**: 11:00-15:00 (LO 14:00) / 17:00-22:00 (LO 21:00)

**Closed**: Most Tuesdays and Wednesdays, open on public holidays

Sushikou has a great view as it is located on the second floor of a building within a short walk from Motomachi Port. You can enjoy your food looking out at the sea.

**Signature menu**

- Ingredients
- Availability
- Price, etc.

**Godzilla sushi**

Food used ▶ Bermuda catfish  
Available: Year-round

¥1,000

Godzilla sushi uses Bermuda catfish, which is a black purple fish like Godzilla of Izu Oshima that has a sharp tooth in a big mouth.

However, belying its appearance, the meat is deliciously fatty and offers a pleasant aftertaste. Great choice for a souvenir, too.

**12 pieces of Nigiri-sushi of the island**

Food used ▶ Tuna, bekko, seasonal fish  
Available: Year-round

¥2,800

They serve hand-formed sushi using bekko, tuna, and other fresh local fish that every visitor should try.

### How to use this guidebook.

#### QR code to access maps



Each store information page has a 2D code as shown on the left.

By reading this 2D code using mobile terminals, etc., you can access an online map.

- \*Internet connection is required.
- \*Packet communication fees may be charged.
- \*Depending on the specifications of the information provider, some mobile terminals may be unable or limited in ability to display maps.
- \*The stability or accuracy of the displayed maps cannot be guaranteed. For details, please directly contact the establishment.

- \* The prices of the menus are current as of November 2020. Unless otherwise specified, prices include the 10% consumption tax (or 8% when the reduced tax rate applies, such as for take home bento lunches).
- \* Please understand that the dishes will vary depending on the season or other factors.



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# IZU Islands

The Izu Islands, which are part of Tokyo, are a group of volcanic islands that runs from Izu Oshima off the coast of Sagami Nada and continues for about 600 km to the south.

Many of the volcano-made islands are shaped like mountains floating on the ocean, and volcanic activities are still continuing in Oshima and Miyakejima.

Fishery and seafood processing industries are thriving in each island, and delicious fish cuisine and unique souvenirs are abundant. For example, camellia oil was a popular item among the commoners of the Edo period.

In this chapter, we will introduce attractions and restaurants of Oshima, Niijima, Shikinejima, Kozushima, Miyakejima, Mikurashima, and Hachijojima.





# Oshima

The largest island of the Izu Islands where people and nature coexist around the grand Mt. Mihara.

Oshima is the largest island of the Izu Islands located about 120 km from the central Tokyo. Mt. Mihara rises in the center of the island, and they have a very popular hiking course where the crater can be seen from the top of the mountain. The climate is warm and humid because of the Kuroshio Current, and the average annual temperature is around 16 °C (60.8 °F).

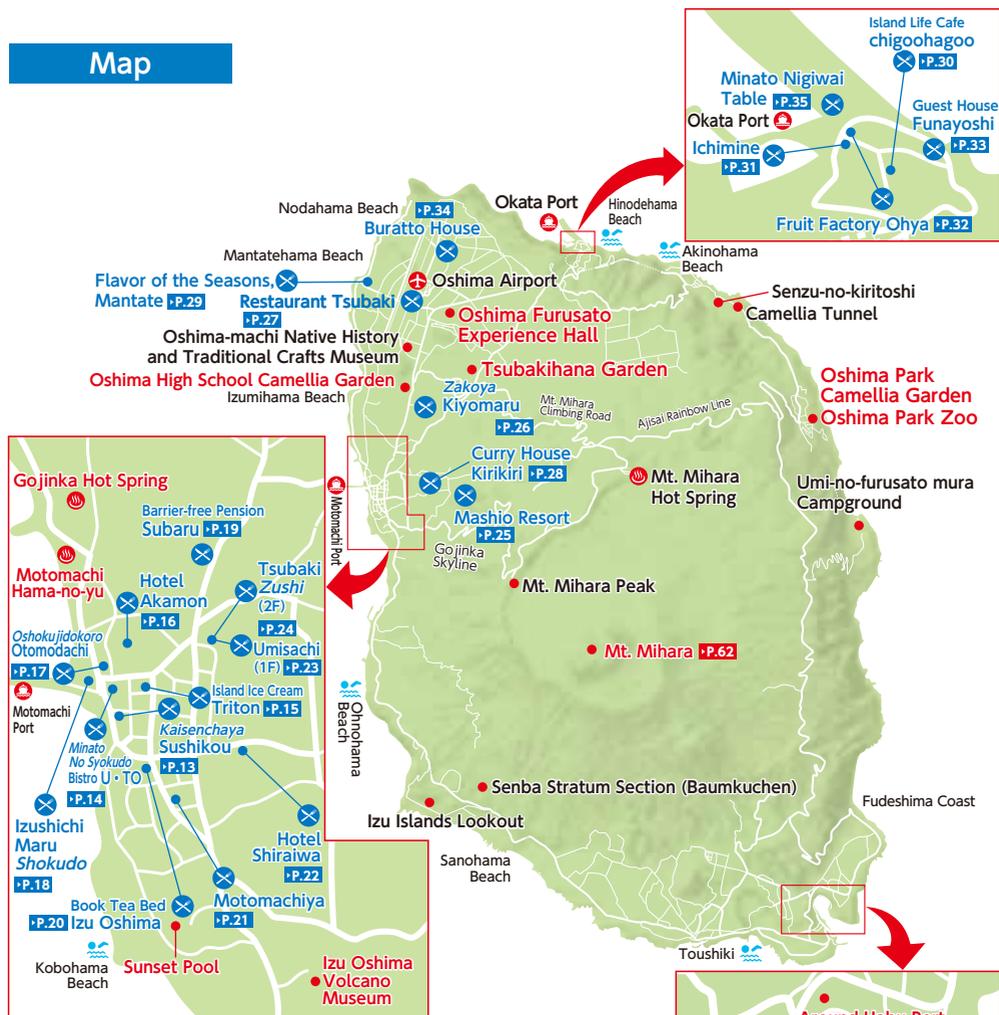
As the closest Izu island to the central Tokyo, Oshima is crowded with many tourists during the period of camellia bloom and summer.



## Access

<b>Takehiba Passenger Ship Terminal</b> (Tokai Kisen)	<b>High-speed jet ferry</b> [1 hour45minutes]	<b>Oshima</b>
	High-speed jet ferries are also in service from Atami. (45 minutes)	
	<b>Large passenger ship</b> [8hours]	
<b>Chofu Airport</b> (New Central Airservice)	<b>Airplane</b> [25minutes]	
(Contact) Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191		

## Map



## Main events

Late January to late March	Izu Oshima Tsubaki Matsuri (Camellia Festival)
February	Izu Oshima Camellia Marathon
	Camellia Queen Contest / Photo Session
June	Izu Oshima Triathlon
August	Summer Festival
	Miss Oshima / Miss Anko Presentation
October	Autumn Fair
October to November	Izu Oshima Geopark Rogaining
December	Izu Oshima Marathon

## Tourist information

## Oshima Tourism Association

URL <http://www.izu-oshima.or.jp> TEL 04992-2-2177





# Kaisenchaya Sushikou

ACCESS MAP



Address: 1-4-7 Motomachi, Oshima-machi  
Opening hours: 11:00-15:00 (LO 14:00) / 17:00-22:00 (LO 21:00)  
Closed: Most Tuesdays and Wednesdays, open on public holidays

☎04992-2-0888



Sushikou has a great view as it is located on the second floor of a building within a short walk from Motomachi Port. You can enjoy your food looking out at the sea. Their menu consists mainly of fresh fish caught at Oshima.  
※Prices are subject to change in the future based on fish availability.



## Godzilla sushi



Food used ▶Bermuda catfish

Available: Year-round

¥1,000

Godzilla *sushi* uses Bermuda catfish, which is a black purple fish like Godzilla of Izu Oshima that has a sharp tooth in a big mouth. However, belying its appearance, the meat is deliciously fatty and offers a pleasant aftertaste.Great choice for a souvenir, too.

## 12 pieces of Nigiri-sushi of the island

Food used ▶Tuna, *bekko*, seasonal fish

Available: Year-round

¥2,800

They serve hand-formed *sushi* using *bekko*, tuna, and other fresh local fish that every visitor should try.



## Shima-don

Food used ▶Splendid alfonsino, tuna, *bekko*, seasonal local fish

Available: Year-round

¥2,000

In addition to tuna and *bekko* (a local specialty of white-meat fish marinated in a soy and island chili pepper), three kinds of fresh local fish are served in a bowl.

The restaurant's original menu, *bekko-don* in the stone-roasted *bibimbap* style is popular for the taste of the scorched rice. Mix and taste with local laver and raw egg. You can also enjoy it as *ochazuke* (boiled rice in soup).



## Stone-roasted *bekko-don*

Food used ▶*Bekko*, island laver

Available: Year-round

¥1,500

Oshima

# Minato No Syokudo **Bistro U•TO**

ACCESS MAP


<https://bistro-u-to.business.site/>

Address: 2F 1-9-4 Motomachi, Oshima-machi

Opening hours: 18:00-22:00 (Make reservations by the day before) Closed: Tuesdays, Wednesdays

☎080-7934-2244



This bistro is located on the second floor of a building that provides an unobstructed view of Motomachi Port. The only bistro on the island, the mood lets you momentarily forget that you are on Oshima. They offer a mix of original cuisine using carefully selected seasonal produce from the island as well as French cuisine found only here.

## Chef's course

Food used ▶ Island seafood, local vegetables

Available: Year-round

From **¥4,950**

The menu is based on French cuisine with elements from Japanese, western, and ethnic cuisines added and prepared optimally using seasonal ingredients. Courses are generally comprised of a plate of hors d' oeuvres, local fish carpaccio, a main dish, dessert, and a drink after the meal.

### (Example menu 1)

Local fish carpaccio: *Takabe* (yellowstriped butterfish) lightly vinegared, *Kanpachi* (greater amberjack) *Bekko*, *Akazemuro* (amberstripe scad) prepared in the *Namero* style (a *Tataki* or minced style mixed with seasonings)



### (Example menu 2)

Acqua pazza of *Kinmedai* (Splendid Alfonsino), Oshima style



### (Example menu 3)

Blancmange of Oshima milk garnished with Oshima strawberries



Oshima

Island Ice Cream **Triton**

Address: 1-10-9 Motomachi, Oshima-machi

Opening hours: 10:00 - 18:00

Closed: Wednesdays

ACCESS MAP



04992-7-5425



Come and enjoy a variety of ice cream flavors made from Oshima milk and other ingredients produced on the island. Many different requests can be accommodated via the wide assortment of flavors.

**Kuromitsu and Green Kinako**

Food used ▶ Oshima milk

Available: Year-round

¥300

A generous amount of *kinako* soybean flour is kneaded into the ice cream, and then dark *kuromitsu* molasses is added as a topping. The sensation of eating the chilled *kinako* soybean flour makes this taste more like a traditional Japanese *wagashi* sweet than ice cream.

**Chocolate Banana**

Food used ▶ Oshima milk

Available: Year-round

¥300

Ice cream that was developed by the children of Oshima. By incorporating chocolate chips into the ice cream and using Oshima milk, the chocolate and banana flavors create an even better match.

**Passion Fruit**Food used ▶ Oshima milk,  
Oshima passion fruit

Available: Summer only

¥300

Ice cream using plenty of both Oshima milk and Oshima passion fruit.





# Hotel Akamon

ACCESS MAP



<http://www.ooshima-akamon.com/>

Address: 1-16-7 Motomachi, Oshima-machi

Opening hours: 7:30 - 20:00 (Reception)

☎04992-2-1213



At Hotel Akamon, located not far from Motomachi Port, Oshima's entryway to the sea, you can enjoy an open-air bath supplied by hot spring water, uncommon in Izu Oshima. Akamon also functions as a museum – everywhere in its vast premises, you can feel the impact upon history by “Chinzei Hachiro Minamoto no Tametomo,” a legendary samurai and archer. You can also see the vermilion gate (red gate) and Tametomo Shrine which were specially authorized for Tametomo by the Tokugawa shogunate.

## Shima-Gozen

Food used ▶ Seasonal fish, local vegetables

Available: Year-round

Included in the lodging charges

Made using the currently best available ingredients, taken from the nearby local waters. Vegetables taken from the hotel's vegetable garden make the dish crisp and fresh. We hope you enjoy this meal, crafted with care, as part of your stay.



## Sashimi selection

Food used ▶ Seasonal fish

Available: Year-round

Included in the lodging charges

Enjoy fish taken from the Oshima's local waters.



## Original camellia sushi

Food used ▶ Seasonal fish

Available: While camellia are in bloom

Included in the lodging charges

Mention Oshima, and camellia come to mind. At Hotel Akamon, we offer an original camellia sushi, which is a delight to look at.



Oshima

## Oshokujidokoro Otomodachi

ACCESS MAP


<http://www.otomodachi-osi.com/>

Address: 1-17-3 Motomachi, Oshima-machi

Opening hours: Morning set meal: 6:00-10:00 (5:00-10:00 in summer) (only when large passenger ships are in service)

Regular service: 10:00-15:00 (Last order: 14:00) Closed: Wednesdays

☎04992-2-0026



Located in the immediate vicinity of Motomachi Port, the ocean spreads out in front of the shop. Seasonal fish, recommended by fishermen, are available at any time. We also serve a delicious morning set meal for those arriving early by large passenger ship. We look forward to your visit.

## Kinmedai-ni set meal

Food used ▶ Splendid alfonsino

Available: Year-round **¥2,000**

A set meal using splendid alfonsino from the waters around Oshima.



## Bekko-don

Food used ▶ Seasonal fish

Available: Year-round **¥1,200**

A local island cuisine where *sashimi* from local fish is mixed with island chili peppers and soy sauce then put over a bowl of rice.



## Local fish sashimi set meal – 6 or 4 pieces

Food used ▶ Seasonal fish

Available: Year-round

6 pieces **¥1,800** or 4 pieces **¥1,200**

Set meal with fish caught around the island. Enjoy the bounty of Oshima's ocean.



Oshima

# Izushichi Maru Syokudo

ACCESS MAP



Address: 1-18-3 Motomachi, Oshima-machi

Opening hours: 10:00 until last departure

Closed: No fixed days (please inquire)

☎04992-2-4380



This cafeteria, located on the 2nd floor of Motomachi Port Terminal, is a great place to while away the wait between ferry departures while gazing upon the ocean. Depending on the season, they sometimes serve *Shio*-butter (salt and butter flavored) ramen made with Oshima butter that is itself quite popular as a take-home gift.

※ Use Minato Nigiwai Table (page 35) when your ferry departs from Okata Port.



## Shima-shima bento (boxed lunch)

Food used ▶ Japanese butterfish

Available: Year-round

¥700

The shima-shima boxed lunch is based around the *Bekko sushi* for which Oshima is renowned. The *Medai* (Japanese butterfish) *sashimi* marinated in green chili pepper soy sauce is coated with olive oil resulting in a culinary experience like prosciutto. The *sushi* rice is accented with thinly sliced *Ume* plum and sesame, and the salted *Konjac* uses natural salt from Oshima. The eye-catching box is designed after a small ship.

Make sure to reserve if you have your heart set on getting one.

## Ashitaba soba

Food used ▶ Ashitaba

Available: Year-round

¥680

The soba offers a slight fragrance of *Ashitaba* leaves because powdered *Ashitaba* is kneaded into the noodles.



## Green chili pepper ramen

Food used ▶ Green chili peppers

Available: Year-round

¥900

The Green chili pepper *ramen* adds the very hot green chili peppers grown on Oshima to a salt based *ramen* soup, making it popular with those who love spicy hot foods.



# Barrier-free Pension **Subaru**



<http://userweb.www.fsinet.or.jp/subaru/>

Address: 1-23-6 Motomachi, Oshima-machi

Opening hours: 13:00 - 14:30 / 18:00- 21:00 Closed: No fixed days

**04992-2-1142**



The owners started this small hotel because they wanted people to feel truly enriched by interacting with others and nature. They serve food hoping that customers say, "I want to go to Oshima because I want to eat delicious island cuisine in the barrier-free Subaru!"

On a warm, sunny day, you can also enjoy your meal on the lawn terrace.

## *Shima kaiseki*

Food used ▶ Splendid *afurikado*, yellowstriped butterflyfish, chicken grunt, abalone, *ashitaba*, green chili, etc.

Available: Year-round

From **¥4,320**

They plan the menu every day based mainly on the fish caught on that day and serve dishes with a menu card.

(Example) *Ashitaba Namul*, *sashimi*, salt-grilled red seabream head, *Magochazuke* (raw fish and boiled rice in a soup) of bonito, etc.

## *Seafood wappa-meshi set meal*

Food used ▶ *Hambanori* (local laver), abalone, *ashitaba*

Available: Year-round

From **¥2,700**

Based on the local cuisine "*hambanori* (local laver) and rice," it's the fish, abalone, and vegetables from Oshima such as *ashitaba* all steamed in "*wappa* (circular wooden container)." Enjoy while it's hot.



## **Camellia petal jam**

Food used ▶ Camellia petals

Available: Year-round

**¥770**

Brilliant pink jam made by boiling "camellia petals" which can be used in various ways such as eating with bread and making a Russian tea by putting it in your tea and enjoy watching the petals floating in the tea.

Camellia Petal Jam is also produced and sold at a hotel in Tokyo as its private brand product.





# Book Tea Bed Izu Oshima

ACCESS MAP



<https://bookteabed.com/ja/izuoshima/>

Address: 2-3-4 Motomachi, Oshima-machi

Opening hours: 7:15-22:00 Open all year round

☎04992-7-5972



This inn is based on a concept combining books, tea, and bed. Visitors can read one of the almost 4,000 books available at the adjacent cafe bar while enjoying a light meal made with local produce.

## Kusaya hot sandwich

Food used ▶ Kusaya

Available: Year-round

¥650

This hot sandwich is an easy way to introduce yourself to Kusaya, a Japanese salt dried and fermented fish, because the Kusaya made on the island has a milder smell and taste than elsewhere. It goes perfectly with the melted cheese inside.



## Sweet and spicy chicken hot sandwich

Food used ▶ Island chili peppers

Available: Year-round

¥650

Paired with the chicken, this sweet and spicy combination of mayonnaise and an island chili pepper sauce make for an irresistibly delicious hot sandwich. Also popular as a breakfast item.



## Azuki (Red Beans) butter hot sandwich

Food used ▶ Oshima butter

Available: Year-round

¥650

This sandwich uses the highly valued and richly flavored Oshima butter. The filling sandwich is filled with ample portions of chunky anko bean paste and Oshima butter.



Oshima

# Motomachiya

Address: 2-11-4 Motomachi, Oshima-machi

Opening hours: 11:15 - 13:30 (evenings available by reservation)

Closed: Mondays

☎04992-2-1215/0665

ACCESS MAP



A 5 minutes' walk from Motomachi Port is this stylish shop with an ambience symbolizing the culture of the island. Various kinds of *shochu* liquor are available, and the noodles here use camellia oil (produced on Toshima), which contains more oleic acid than olive oil. As they are produced and created without the use of pesticides, Toshima camellia oil is precious and expensive. Please enjoy it along with the island's food.

## Pako ramen

Food used ▶ Seasonal local vegetables, island laver

Available: Year-round

¥980

In addition to the attention paid to the chicken stock and the quality of the pork, the fried pork rib, after being marinated in a secret tare sauce, is topped with seasonal island vegetables, island laver, and camellia oil from Toshima.

## Wonton noodles

Food used ▶ Seasonal local vegetables, island laver

Available: Year-round

¥950

The *wontons*, handmade at the shop, are combined with seasonal island vegetables, island laver, and camellia oil for an unparalleled flavor.



## Oyakodon

Food used ▶ Island laver

Available: Year-round

¥850

The *oyakodon* is confidently made using chicken, tenderized by an original method, and fluffy eggs. Island laver is then layered on top, accenting the flavor.





# Oshima Hotel Shiraiwa

<http://www.h-shiraiwa.com/>

Address: 3-3-3 Motomachi, Oshima-machi

Opening hours: 7:30 - 20:00 Open all year round

ACCESS MAP



☎04992-2-2571



This beautiful hotel is known for "Benitsubaki-no-yu," a hot spring generated by the eruption of Mt. Mihara in 1986. They put a lot of thought into the ways to make tourists enjoy food from the mountains such as *ashitaba* and various types of seafood by using camellia oil from Takata Seiyujo, the long-established refinery, and the *Umi-no-sei* salt made from seawater of Oshima.

## Live abalone sashimi

Food used ▶ Abalone

Available: January to October **¥4,400**

You can savor the texture of abalone and smell of ocean as the *sashimi* is prepared from live abalone caught in the sea around Izu Oshima just before serving. It's usually eaten with regular *wasabi* soy sauce, but the Island's special green chili soy sauce is also recommended.



## Simmered whole splendid alfonsino

Food used ▶ Splendid alfonsino

Available: Year-round **¥3,850**

They simmered whole splendid alfonsino caught in the vicinity of Izu Oshima with sweetened soy sauce. A large pot is used to cook, which makes it a gorgeous dish that you cannot taste in everyday life. You can taste all of splendid alfonsino, from the tip of the head to the base of the tail.



## Live spiny lobster sashimi

Food used ▶ Japanese spiny lobster

Available: Mid-October to early May **¥7,700**

You can savor the sweet plump white meat of Japanese spiny lobster as the *sashimi* is prepared from live lobster caught in the sea around Izu Oshima just before serving. Upon request, *miso* soup using the lobster's shell and tomalley for broth will be served for breakfast the next morning.





# Umisachi

Address: 4-10-3 Motomachi, Oshima-machi Opening hours: 18:00 - 22:30 (Last order: 21:30)  
 Closed: Sundays and 4th Mondays (Open on Sunday if Monday is a national holiday, and then closed the next Monday)

☎04992-2-2942

ACCESS MAP



Located near Motomachi, this *izakaya* proudly shows off the bounty of the sea. Focused on rare fish unique to the islands, dishes are presented with fresh, seasonal vegetables.

※All tables may be reserved, so please call in advance, especially on holidays.

※Small children may not be allowed inside because the restaurant is an *izakaya*.



## Sabi segoshi

Food used ▶ Bermuda catfish, green chili peppers

Available: Year-round

¥600

The Bermuda catfish is known as *sabi* in Japanese, and the *segoshi* style, with its fine, delicate, and close cuts, similar to the style used for conger eels, is combined here with vibrant green chili peppers. Enjoy this delicious combination that includes the fish's whole bones and elegant fatty tissue.

## Salt-Grilled Yellowstriped Butterfish

Food used ▶ Yellowstriped butterfish

Available: Depends on catch availability

¥600

Yellowstriped butterfish is one of the island's prominent high-class fish, and is a white fish that is in season throughout summer. The plump yellowstriped butterfish are prepared simply, via salt-grilling, so that their tender meat and rich, sweet fat can be savored fully. Fresh, skin-on yellowstriped butterfish *sashimi* is also recommended.



## Ashitaba Stir-Fried in Tsubaki Oil

Food used ▶ Ashitaba, tsubaki oil

Available: Year-round

¥500

*Ashitaba*, together with laver, is stir-fried in *tsubaki* oil for an easy-to-eat preparation, and the soy-sauce based flavor goes well with rice.





# Tsubaki Zushi

ACCESS MAP



Address: 2F 4-10-3 Motomachi, Oshima-machi

Opening hours: Only Sat., Sun. and Holidays: 11:30-14:00 (Last order: 13:30)

Weekdays, Sat., Sun., Holidays: 17:00-22:00 Closed: Mondays

☎04992-7-5689



Since opening, this *sushi* restaurant has long entertained diners with cuisine made using ingredients only available on the island.

The menu features dishes ingeniously made with seasonal ingredients, and should not be missed.

## Bekko sushi

Food used ▶ Seasonal local fish

Available: Year-round **¥1,760**

This is *Bekko*-colored, or tortoise shell colored *Nigiri-sushi*. The local fish is marinated in a sauce made from soy sauce, sake, and green chili peppers.



## Nigiri-sushi of local fish

Food used ▶ Seasonal local fish

Available: Year-round **¥1,760**

This *nigiri-sushi* features freshly caught local fish and fresh seafood brought over from Toyosu. We recommend it to those who wish to satisfy their craving for other kinds of *sushi* in addition to the *Bekko sushi*.

Oshima

# Mashio Resort

ACCESS MAP


<http://www.mashio.com>

Address: 492-1 Ohora, Motomachi, Oshima-machi

Opening hours: 18:00 - 22:00 (reservation required) Open all year round

☎ 04992-2-7317



The hotel is located in the heart of nature's bounty on the hillside of a mountain. You can enjoy their original cuisine made from distinctive fresh local ingredients and the view of the Izu Peninsula and Mt. Fuji outspreading before you.

※We apologize in advance that the hotel does not accept pre-school children. However, this does not apply to the exclusive use of the entire hotel.



## Mashio's special dinner

Food used ▶ Seasonal local fish, seasonal vegetables, Oshima milk, Oshima salt, etc.

Available: Year-round

¥6,600

(Course example) Appetizer, seasonal soup, carpaccio of local fish, frita of local shellfish, main dish of local fish, etc.

This special course is lavished with island vegetables and fish from which you can savor tastes of all four seasons.

The brilliant colors of the ingredients grown in the sea and the soil of Izu Oshima are filled with energy. The owner focuses on serving colorful dishes hoping that visitors will be more energetic tomorrow than today.





# Oshima Zakoya Kiyomaru

Address: 262-26 Manose, Motomachi, Oshima-machi

Opening hours: 11:30 - 13:30 and 17:30 - 20:00 Closed: No fixed days

☎04992-2-1414



The “zako” (small fish) in our store’s name is for various fish, and just like the name suggests, we serve various local cuisines unique to the island, using fish which are available in Tokyo only in small quantities. The inside of the store has a breezy, southern atmosphere. We have also exhibited at the Izu Oshima C-Class Gourmet Championship, and came away with first prize the first and second time the event was held.

## Bekko sushi (evening only)

Food used ▶ Medai white fish, green chili peppers

Available: Year-round

¥1,000

Bekko sushi made with fresh white fish filets that have been marinated in aoto soy sauce (soy sauce infused with chili peppers). A great way for you to enjoy the spiciness and kick of the island’s flavors.



## Zako set meal

Food used ▶ Ashitaba, seasonal local fish, green chili peppers

Available: Year-round

¥1,950

A set meal that uses fresh fish taken from the waters around Oshima to make sashimi, simmered fish, etc. A menu where you can enjoy the flavors of various fish.

## Ashitaba fried rice

Food used ▶ Ashitaba

Available: Year-round

¥1,200

We take ashitaba fried rice that you can make at home and elegantly add the flavors of our shop to the dish. As an accent, we add sesame-seasoned ashitaba onto the same plate; truly a fried rice we are proud of.



Oshima

Restaurant **Tsubaki**

ACCESS MAP



Address: 270 Kitanoyama, Motomachi, Oshima-machi  
 Opening hours: 8:00 - 16:00 Closed: No fixed days

☎04992-2-0377



A restaurant located in Oshima Airport, the gateway to Oshima's skies. All of the menus are available in the morning, including the morning menu, and there is a rich selection of noodles, bread, and a variety of set meals, so feel free to come in and have a meal or just to take a break. The large parking lot also makes it easy for customers coming by car.

※Opening hours may be extended in summer according to airline schedules.



### Large Shrimp *Tempura* and Rice Box with *Ashitaba Tempura*

Food used ▶ *Ashitaba*

Available: Year-round

¥1,600

This luxurious dish is ample and generous, both to look at and to eat!

### Soy Sauce *Ramen* with Island Laver

Food used ▶ Island laver

Available: Year-round

¥900

A menu item popular with customers of all ages, the simple soy sauce soup, with its aromas of the rocky shore and island laver, is sure to be a hit!



### Banana Juice

Food used ▶ Oshima milk

Available: Year-round

¥550

A delicious and refreshing drink of bananas added to milk from cows raised here on Oshima.



Oshima

Curry House **Kirikiri**<https://kirikiri-oshima.shopinfo.jp/>

Address: 417-9 Deharai, Motomachi, Oshima-machi

Opening hours: 11:30-18:00 (Inquire for times after 18:00, reservations required by the day before) ☎080-3409-9356

Closed: No fixed days

ACCESS MAP



Curry House Kirikiri celebrated its 20th anniversary in February 2019.

The curry here is hand made with uncompromising attention given to the ingredients, including organic ingredients and local island produce. Everything on the original menu is made in-house.

※Check the website and contact the restaurant for reservations and menu choices no later than the day before.

※Access to the restaurant can be confusing so please check the website beforehand.

**Curry set**

Food used ▶ Local vegetables, salt

Available: Year-round **¥1,200-1,800**

All menu items come with salad and rice or nan. The salad is made with seasonal organic vegetables from local farmers, topped generously with a dressing made from local hand made salt, pepper, and lemon. The nan set is 150 Yen extra. (Photo shows the chicken curry set)

**Ashitaba pizza**

Food used ▶ Ashitaba, Tsubaki oil

Available: Year-round **¥1,400**

This Genovese pizza is made with fresh Ashitaba, camellia oil, nuts, and domestic garlic. The crust is made with domestic wheat and home made yeast (derived from apples, carrots, yams, and honey) and the dough allowed time to rise naturally.

**Seasonal desserts**

Food used ▶ summer orange (Natsumikan), blueberries, eggs, pumpkin etc.

Available: Year-round **¥400**

The desserts on offer make good use of seasonal ingredients, such as the sweetened bitter summer orange jelly made with organic home grown bitter summer oranges, cheese cake made with Oshima grown organic blueberries and Oshima eggs, and the pumpkin soy milk pudding made with organic Oshima pumpkins. (Photo shows the pumpkin soy milk pudding)





# Flavor of the Seasons, **Mantate**



<https://ja-jp.facebook.com/hidetsugu.masuyama>

Address: 631-1 Noji, Motomachi, Oshima-machi

Opening hours: Lunch 11:00-13:30, Dinner 17:30-20:00

Closed: Tuesdays, occasionally other days (please call or check on Facebook before visiting.)

**04992-2-0007**



This restaurant is located very close to Mantate Beach and is popular with diners of all ages, from children to seniors. They use *Ashitaba* leaves grown organically and harvested from their own garden. The rice is all-you-can-eat, and the portions of the menu options are filling.

※See the restaurant's Facebook page for irregular closures and daily recommended dishes. Diners can pay via credit card, prepaid transportation cards, PayPay, and Merpay. Free WiFi available.

※Prices are as of November 2020 (lunchtime only)

## Salad Chirashi Sushi

Food used ▶ Local fish (white fish), local vegetables

Available: Year-round

¥1,800

This salad features raw vegetables and seafood on *sushi* rice with local fish *Bekko* style. Enjoy it topped by the restaurant's original dressing. Soup and pickles are included on the side.



## Dangerous ginger-fried pork

Food used ▶ Island chili peppers, local vegetables

Available: Year-round

¥1,600

This amply portioned meal contains 230g of meat and 100g of chopped vegetables per person. It stands out for the sauce made with home made soy sauce. Diners who wish to avoid spicy hot flavors should say so when ordering. Rice, soup, and pickles are included.



## Utsubo (moray eel) cocktail

Food used ▶ Tuna, *bekko*, seasonal fish

Availability: when supplies available

¥900

The key to this visually impressive *Utsubo* cocktail is the delicious home made broth.



## Chicken Ashitaba Cheese sauce fry set

Food used ▶ *Ashitaba*

Availability: only when *Ashitaba* sauce is available

¥1,650

This dish makes generous use of home-grown *Ashitaba* leaves. Enjoy it with the mellow cheese sauce. Rice, soup, and pickles are included.





# Island Life Cafe **chigoohagoo**

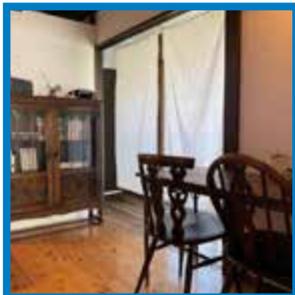
ACCESS MAP


<http://chigoohagoo.com>

Address: 3 Okata, Oshima-machi

Opening hours: 7:30 - 10:00 (LO 9:30), 16:00 - 20:00 (LO 19:30)

☎080-1209-8983



Chigoohagoo has created a quiet space for women leading busy, bustling lives and a cafe, amidst Oshima's nature, to put your heart and mind in order. While relaxing or reading, here you will find time to look inward.

※Individuals under the age of 12 and groups of 3 or more people will be turned away.

## Island Life Breakfast

Food used ▶ Island chili peppers, island salt, local fish

Available: Year-round

¥990

A gentle and delicate Japanese-style breakfast using dried island fish, made with a focus on wanting people to take care of themselves through food that is good for their bodies. Reservations are accepted until evening on the prior day.



## Oshima Milk Gelato Affogato

Food used ▶ Oshima milk

Available: Year-round

¥550

This delicious sweet lets you enjoy creamy Oshima milk together with fragrant espresso.



## Ashitaba Tea

Food used ▶ Ashitaba

Available: Year-round

¥440

This tea, made by roasting ashitaba, is often enjoyed together with chigoohagoo's handmade sweets.





# Ichimine

Address: 5 Okata, Oshima-machi Opening hours: 10:00 - 15:00  
 Closed: Thursdays, days with departures from Motomachi Port

☎ 04992-2-8524



A restaurant where you can enjoy local cuisine using sauces that have been passed down from generation to generation. In addition to *bekko*, there are also new local dishes using Oshima ingredients. Come and savor the island's home-cooked flavors.

## Island Spaghetti

Food used ▶ White meat fish, green chili peppers

Available: Year-round

¥750

With an aroma of the shore and the fragrance of its sauce, this appetizing and stimulating delicacy has stir-fried pasta, with a base made from white meat fish and a special green chili soy sauce using *bekko*, which is then finished by sprinkling on plentiful amounts of island laver.



## Bekko-don

Food used ▶ White meat fish, green chili peppers

Available: Year-round

¥1,200

A local island dish made by marinating white meat fish fillets, such as Japanese butterfish, in a special soy-sauce based marinade infused with green chili peppers.



## Special-made Oshima Pudding

Food used ▶ Oshima milk, local eggs

Available: Year-round

¥220

Handmade pudding plentiful amounts of using Oshima milk, one of Oshima's local specialties, and local eggs. With its modest sweetness, it is a popular dish as an after-dinner dessert.



# Oshima Fruit Factory Ohya

ACCESS MAP



Address: 5 Okata, Oshima-machi

Opening hours: 10:00 - 16:00

Closed: Tuesday & Wednesdays, sailing days from Motomachi Port (excluding summer) ☎04992-2-8503



They make confiture, compote, smoothie, etc. from carefully- selected seasonal fresh fruit. Based on the concept of natural products, they pay attention to bringing out the natural taste of the fruit without using preservatives or artificial colors.

## Seasonal fruits compote/ confiture

Food used ▶ Seasonal fruits

Available: Depends on availability period of fruit

¥1,000 | ¥800  
for Large | for Medium

We prepare marmalade, compote and confiture jams that use seasonal fruits, such as Oshima produced figs, kiwi, strawberries, blueberries, passion fruits, kumquats, etc., as ingredients.



## Oshima grape smoothie

Food used ▶ Oshima grapes

Available: Year-round ¥500

A fragrant smoothie using Oshima produced grapes, a rarity on Oshima.

## Oshima milk and strawberry smoothie

Food used ▶ Oshima milk, strawberries

Available: Year-round ¥500

A popular menu item for children, this smoothie matches the sweetness of Oshima produced strawberries with freshly squeezed Oshima milk.

## Ashitaba green smoothie

Food used ▶ Ashitaba

Available: Year-round ¥500

They made the smoothie by mixing apple and lemon with *ashitaba* from Oshima. You can enjoy the refreshing flavor with a scent of *ashitaba*.

## Passion fruit smoothie

Food used ▶ Passion fruit

Available: Year-round ¥500

A smoothie using very fragrant passion fruit from Oshima. You will taste the rich tropical flavor in your mouth.



# Guest House Funayoshi



Oshima

Address: 7 Okata, Oshima-machi  
Reception hours: 8:00-20:00 Open all year round

☎04992-2-8447



This guest house opened as an inn for sailors 50 years ago in 1971, and later renewed by the second generation owner and his wife as a guest house with meals included. Just 3 to 5 minutes' walk from Okata Port near Hinode Beach, the leading public beach on the island, the owner describes his philosophy as "like a hidden gem behind an act of kindness, it's an island inn you'll be glad you visited." The handmade cuisine here is popular, made with local fish, island vegetables, and other seasonal local ingredients, and can be enjoyed accompanied by the fragrance of the ocean breeze on the seashore.

## Funayoshi dinner

Food used ▶ Seasonal fish, island vegetables

Available: Year-round

Included in the lodging charges

The dinners here feature island style home cooking with a focus on fresh seasonal island ingredients, such as local fish boiled, grilled with salt, or made into a broth, and *Tempera* and side dishes of local island vegetables such as *Ashitaba*.



## Funayoshi breakfast

Food used ▶ Seasonal fish, island vegetables

Available: Year-round

Included in the lodging charges

The healthy breakfasts here feature seasonal dried fish such as *Aji* (Japanese jack mackerel) and *Saba* (Mackerel) with salads, side dishes local island vegetables, sometimes boiled.



## Sashimi assortment special

Food used ▶ Seasonal local fish, shellfish

Available: Year-round

Available for an extra fee starting at 3,000 Yen for 3 or 4 people.

This recommended assortment features a generous array of seafood caught or harvested in the seas around Oshima for a reasonable price that belies the delicious taste. Please reserve before lunch on the day.



## Island style barbecue special

Food used ▶ meats and seasonal fish, shellfish

Available: Year-round

Available for 1,500 to 2,500 Yen extra per person

Enjoy a barbecue only possible on Oshima. Ask in advance to order local fish and shellfish. Enjoy an unrivaled moment surrounded by the smells of the sea and sounds of the waves.

※ Reservations required by one day before your stay. Barbecues may be cancelled when the weather is poor.



# Buratto House

ACCESS MAP



Address: 87-1 Shinkai, Okata, Oshima-machi

Opening hours: 9:00 - 16:00

Open all year round (excluding the Year-End / New Year holidays)

☎ 04992-2-9233



Buratto House is a farmers market that sells fresh fruits and vegetables harvested on Oshima, livestock products, and processed goods. As its name suggests, the Burratto House is a "place where you can casually drop in" (i.e. *burrato*), a community gathering spot for producers and locals residents. It is also famous as a sightseeing spot, and many products almost sell out as soon as it opens. On days with good weather you can take in the Izu Peninsula and Mt. Fuji from the terrace.

## Soft serve ice cream & gelato

Food used ▶ Oshima milk and seasonal ingredients (*ashitaba*, Oshima salt, camellia petal jam, pumpkin, passion fruit, etc.)

Available: Year-round

Soft serve ice cream **¥400**

Gelato single **¥350**; double **¥550**

Oshima milk soft serve ice cream, which uses fresh, raw milk received directly from the Oshima Milk Factory, is a special treat! Our gelato lets you enjoy the flavor of each season. There are limited time flavors, so make sure to check availability. Services for cyclists such as cycle racks and bicycle tools, etc. are also provided. Additionally, we also have *omiyage* souvenir, so please, come and *burrato*.



\* Fresh vegetables sold in the market are also recommended.



Oshima

# Minato Nigiwai Table

ACCESS MAP



Address: 83-1 Yokocho, Okata, Oshima-machi

Opening hours: 10:00 to last departure

Closed: When ships depart from Motomachi Port instead or when all departures cancelled

☎04992-2-8132



This restaurant is located on the third floor of Okata Port Terminal, completed in February 2019. It is a great place to take a break while waiting for your ferry departure. Also don't forget to visit the Minato Nigiwai Market shop located on the second floor.

※Use *Izushichi Maru Shokudo* (page 18) when your ferry departs from Motomachi Port.

## Ashitaba rice balls (3)

Food used ▶ *Ashitaba*

Available: Year-round

¥450

Rice balls with *Ashitaba*, flavored with soy sauce. The meal also includes *Karaage* fried chicken and fried egg. It makes a great meal for taking with you on a hike.

※ We recommend reserving your purchase by phone as they may sell out.



## Shima nori ramen (soy sauce or salt flavored soup)

Food used ▶ island laver

Available: Year-round

¥900

This *ramen* boasts a generous topping of Oshima's special island laver. Choose your preference of either soy sauce or salt flavored soups.



## Green chili pepper ramen

Food used ▶ green chili peppers

Available: Year-round

¥900

The Green chili pepper *ramen* adds the very hot green chili peppers grown on Oshima to a salt based *ramen* soup, making it popular with those who love spicy hot foods.





# Tokyo Vone Ten

<http://tokyovonetten.com>

Address: 6 Habu-minato, Oshima-machi

Opening hours: 11:00 - 17:00 Closed: Mondays, Tuesdays

☎04992-4-1567



A café with a characteristic building reminiscent of the good old *Showa* era.

In addition to serving shaved ice and fish-shaped pancakes (*Taiyaki*) made with Oshima's specialties such as *ashitaba*, eggs, ocean salt, and Oshima milk, they also sell handmade souvenirs by local artists. Take-out reservations are also accepted.

## Ashitaba shaved ice topped with sweet beans/condensed milk made from Oshima milk

Food used ▶ *Ashitaba*, Oshima milk

Available: May to October

¥650

This is the original *ashitaba* shaved ice with sweet beans. Enjoy the taste of sweetened *Dainagon azuki* beans which pair wonderfully with *ashitaba* syrup.

Topping of homemade condensed milk made from Oshima milk is also recommended.



## Brown rice risotto in a fish-shaped Taiyaki pancake

Food used ▶ *Ashitaba*, Oshima milk, local eggs, ocean salt

Available: Year-round

¥350

Italian-inspired fish-shaped *Taiyaki* pancake with brown rice risotto inside which is cooked with *ashitaba*, carrots, potatoes, and hemp seed nuts in homemade tomato-*miso* sauce.



## Cold fish-shaped Taiyaki pancake with ashitaba in the batter

Food used ▶ *Ashitaba*, Oshima milk

Available: Year-round

¥250

Bright-colored, chewy cold *Taiyaki* pancake with tapioca powder and *ashitaba* powder in the batter.



# Oshibana



<https://ja-jp.facebook.com/伊豆大島でガイドカフェ押し花> -561550324052185/

Address: Okinone Sashikiji, Oshima-machi

Opening hours: 11:00 - 16:00 Closed: Saturdays, Sundays, Holidays

☎ 090-9011-1950



The pressed flower artwork displays, created by the owner, foster a relaxed atmosphere where you can enjoy a ¥500 set meal, from main course to dessert. All of our ingredients are safe, as we raise them in our own garden without the use of pesticides.

## Set meal (changes daily)

Food used ▶ Local vegetables

Available: Year-round

¥500

We hope you enjoy your daily set meal, which uses fruits and vegetables raised in our own garden without the use of any pesticides.



## Eggplant and mushroom pizza

Food used ▶ Local vegetables

Available: Year-round

¥500

Plenty of cheese covers our pizza's vegetables, which we raise without the use of pesticides. The spicy taste of island chili peppers accents the vegetables.



## Cream anmitsu

Food used ▶ Tengusa algae agar

Available: Year-round

¥300

Tengusa algae taken from the ocean near Oshima is simmered to make agar and then turned into *tokoroten* jelly strips. We hope you enjoy their flavor when paired with seasonal fruit.

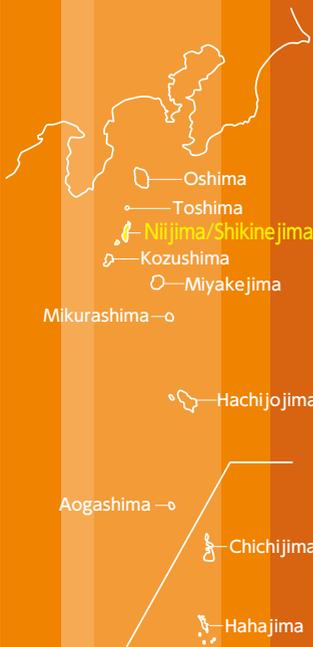




# Niijima Shikinejima

You can enjoy two different attractions:  
Niijima with shining white sand beach and  
Shikinejima with full of nature  
on a small island.

Niijima is an island located about 150 kilometers from the central Tokyo, in the middle of the Izu Islands. The east side of Niijima is a white sandy beach with the beautiful contrast between the sea and the sky, which is a popular area. It is also a world-famous beach with waves attracting many surfers. Shikinejima, which belongs to the same Niijima-mura (village) is located 2.4 km from Niijima. There are spots including beachfront hot springs and beautiful swimming beaches where you can snorkel.



## Access

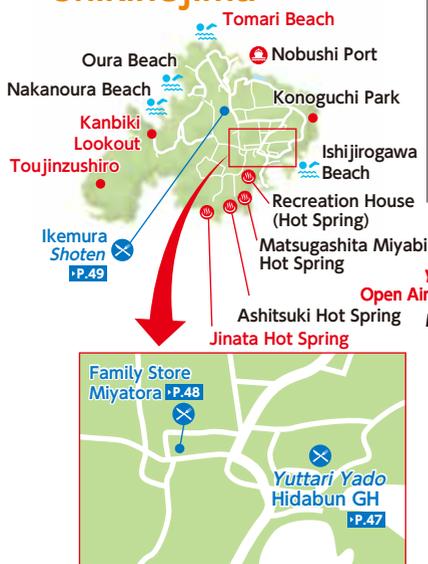
<b>Takeshiba Passenger Ship Terminal</b> (Tokai Kisen)	High-speed jet ferry [2hour50minutes]	<b>Niijima</b>	High-speed jet ferry [15minutes]	<b>Shikinejima</b>
	Large passenger ship [10hour35minutes]		Large passenger ship [20minutes]	
<b>Chofu Airport</b> (New Central Airservice)	Airplane [35minutes]		Ferry Nishiki [10minutes]	
<b>&lt;Contact&gt;</b> Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191 Ferry Nishiki Office: 04992-7-0825				

## Map



## Niijima

## Shikinejima



## Main events

May	Niijima Triathlon
June	Shikinejima Marathon
July	Niijima Open Water Swimming Competition
July	Tokyo Governor's Cup / Seven Cross Tokyo Surfing Masters
August	JPSA Niijima Professional Surfing Competition
October	Niijima International Glass Art Festival

## Tourist information

### Niijima Tourism Association

URL <http://niijima-info.jp/> TEL 04992-5-0001



### Shikinejima Tourism Association

URL <http://shikinejima.tokyo> TEL 04992-7-0170



Nijjima

# Izakaya Nihonbashi

Address: 1-3-6 Honson, Nijjima-mura  
 Opening hours: 18:00-24:00  
 Closed: Wednesdays

ACCESS MAP



☎04992-5-1890



Enjoy the local sake and *shochu* along with a variety of dishes made with fresh local fish and a generous amount of home grown vegetables in an at-home atmosphere.

## Minced fried blue mackerel scad

Food used ▶ Blue mackerel scad

Available: Year-round **¥605**

Blue mackerel scad is favored as an appetizer when drinking alcohol for its protein rich flavor, and it is also dried and fermented for consumption as *Kusaya* on the island. The minced fish was prepared by carefully removing the bones, and the result is then deep fried.



## Whole boiled Akaika (local squid)

Food used ▶ Akaika (local squid)

Available: Year-round (Depends on catch availability)  
 From **¥980**

The *Akaika*, local squid (also known as neon flying squid), is a long squid with a bright red color. It's flesh is soft and slightly sweet to the taste. The whole squid is boiled to give it a nicely chewy texture, and it is served with green onions and ginger for flavoring.

## Ashitaba tempura

Food used ▶ Ashitaba

Available: Year-round **¥660**

This generous portion of *Ashitaba Tempura* makes ample use of *Ashitaba* leaves, a famous product of Nijjima. Sprinkle salt to taste and enjoy.



Niijima

# Someimaru Inn

ACCESS MAP



<https://ja-jp.facebook.com/年間民宿-お宿-そうめいまる-325248914236809/>

Address: 2-6-12 Honson, Niijima-mura

Opening hours: Open all year Closed: No fixed days

☎04992-5-1085



The inn with the blue roof near Jyusansha Shrine on the eastern inland side of the Maehama coast. For a limited time, visitors can enjoy a barbecue in the garden using caught fish and vegetables harvested in the fields as ingredients. (Reservation required, please call and inquire)

## Someimaru Dinner

Food used ▶ Seasonal local fish,  
seasonal vegetables

Available: Year-round

Included in the lodging charges

Dinner consists of a variety of dishes that are prepared using local fish and vegetables from the island. The photo is an example dinner for two people, and, even though the dinner's ingredients change with the seasons, it is always delicious.



## Sashimi with Local Fish

Food used ▶ Seasonal local fish

Available: Year-round

Included in the lodging charges

Fresh fish caught in the seas near Niijima are offered so that guests can enjoy the flavors of the season.



# POOL island cafe • market

ACCESS MAP



<http://m.facebook.com/poolislandcafe>

Address: 2-9-23 Honson, Niijima-mura

Opening hours: 10:00 - 17:00 Closed: Thursdays

☎04992-5-0048



They use seasonal vegetables that they grow in behind the store and vegetables from Niijima. Everything from main dishes to dressing is homemade. This stylish and fashionable cafe is very comfortable and relaxing!

Freshly ground coffee for take-out is also popular as well as lunch!

They also sell many original souvenirs that are only available in the shop set up next to the store.

## Island *Poke-don*

Food used ▶ *Akaika* (local squid), new onions, green chili, *tataki* (finely-chopped and seasoned fish), seasonal vegetables, *ashitaba*

Available: Golden Week holidays, summer season **¥1,500**

They arranged Hawaii's popular *poke* bowl into the Niijima style rice bowl. It is made from abundant ingredients including tuna as well as *akaika* squid, new onion, island laver, and seaweed from Niijima, marinated in a salty-sweet sauce with island chili. *miso* soup with *ashitaba* and finely-chopped and seasoned fish (*tataki*), pickles that uses seasonal vegetables, and drink are included in a set menu.



## *Gaprao*, spicy minced chicken on rice with fried egg

Food used ▶ Green chili, red peppers, basil

Available: Year-round **¥1,000**

Ethnic cuisine made with minced chicken fried with island chili, basil, and oyster sauce. Comes with salad and drink. *Gaprao* is a spicy dish which is perfect for the hot summer! Popular lunch among locals and visitors alike.



## Today's POOL plate

Food used ▶ Seasonal vegetables

Available: Year-round (weekly change) **¥1,200**

A weekly plate lunch that uses vegetables from Niijima. Enjoy the entirely-handmade lunch from the main dish, the side dish to the dressing.





# Sakae Zushi

ACCESS MAP



Address: 5-2-9 Honson, Niijima-mura

Opening hours: 11:30 - 13:30/18:00 - 22:00 Closed: No fixed days


 04992-5-1539


Sakae *Zushi* has been offering island sushi on the island for many years, and in the evening there are a variety of dishes available that are made using island ingredients. The restaurant may be quite crowded, especially in the summer, so checking in advance by phone is recommended. Lunch reservations are not accepted.

## Island Sushi

Food used ▶ Seasonal local fish

Available: Year-round

**¥2,000 (excl. tax)**

Niijima's traditional island *sushi*. Seasonal fish such as red seabream, Japanese butterfish, and greater amberjack are marinated in soy sauce then garnished with mustard. This large, filling meal has thick slices of fish (*sushi-neta*) that practically melts in your mouth and a plentiful volume of sushi rice.



## Ashitaba and Chikuwa Tempura

Food used ▶ Ashitaba

 Available: Year-round **¥550 (excl. tax)**

Soft and easy-to-eat *ashitaba*, produced on Niijima, are made into *tempura* together with *chikuwa*. The fluffy texture of the *chikuwa* and the slight bitterness of the *ashitaba* make for an addictive combination. Arranged like a blooming flower, the dish is as beautiful as it is delicious.



## Fish Carpaccio

Food used ▶ Seasonal local fish

 Available: Year-round **¥900 (excl. tax)**

Fish carpaccio made with seasonal fish caught in the waters around Niijima, such as red seabream, Japanese butterfish, and greater amberjack. Enjoyed together with seasonal vegetables in a tangy sauce.





P 1 vehicle



ACCESS MAP



# Nagomidokoro Sunshine

<https://www.facebook.com/新島-和み処-サンシャイン-1624831054431371>

Address: 6-1-3 Honson, Niijima-mura

Open hours: 11:30-13:30 (Summer) 18:00-22:00 Closed: No fixed days



This *izakaya* located along Honson Chuo street operated by a transplant to Niijima serves *Kushiage* (deep fried skewered meat and vegetables), *Basashi* (horse *sashimi*), and home made Oden for most of the year except summer. They also serve such popular local cuisine as *Kusaya* (dried, fermented fish) and *Tatakiage* (deep fried minced fish).

Niijima  
Shikineijima



## Akaika Yakisoba (fried noodles with local squid)

Food used ▶ Akaika (local squid), island laver

Available: Year-round

¥800

This is a local dish on Niijima made with filling noodles and a special sauce.



## Fried rice with salted Akaika

Food used ▶ Akaika (local squid)

Available: Year-round

¥850

This dish uses Akaika (local squid) that remains soft after cooking. The salty fragrance will excite your appetite.



## Ashitaba Frappe

Food used ▶ Ashitaba, Ashitaba powder

Available: Year-round

¥650

This is a frozen smoothie made with made with the famed Ashitaba leaf of the Izu Islands. The drink goes down smoothly while keeping the clear taste of Ashitaba.

Niijima

# Senmachi Shokudo

ACCESS MAP



Location: 2nd floor, Niijima Port Passenger Terminal, Azakurone, Niijima  
 Opening hours: 10:00-15:00 Closed: Tuesdays and no fixed days



This diner is located on the second floor of the Niijima Port Passenger Terminal. Enjoy the beautiful ocean view as you dine on your meal made with local Niijima ingredients as you wait for your ferry or playing by the seaside. Take out is also available.

## Laver bento

Food used ▶ Laver

Available: Year-round

¥600

Enjoy the fragrance of the sea in this dish that places Karaage fried chicken over deep-fried *Chikuwa* and fried eggs, topped with *Isonori* (seaweed) for a meal you can dig right into.



## Ashitaba Pesto Pizza

Food used ▶ Ashitaba pesto (produced on Niijima)

Available: Year-round

¥1,500

An authentic pizza with *ashitaba* pesto layered on top of generous amounts of cheese and bacon. Sprinkling chili oil, made from island chili peppers, on top of the pizza will make it even more satisfying!

## Tataki soup

Food used ▶ Blue mackerel, scad laver

Available: Year-round

¥250

*Tataki*, or minced and seasoned blue mackerel scad is a popular local dish on Niijima. Many restaurants serve their own versions of *Tatakiage*, or deep fried *Tataki*, but *Tataki* soup is found almost nowhere else. Enjoy the soft texture of the *Tataki* with the rich *Umami* (or savory) flavor of seafood.



Niijima

Niijima Water Park **Rest House**

ACCESS MAP



Address: 120 Setoyama, Niijima-mura  
 Opening hours: 11:00 - 16:00 (10:00 - 17:00 in summer)  
 Closed: No fixed days

☎04992-5-1772



A restaurant located in Niijima Water Park, whose trademark is artwork made from *koga* stone, mined here on Niijima.

You can spend a relaxing afternoon here, enjoying lunch or the cafe, while taking in the park's greenery and fountains.

**Taco Rice with Island Laver**Food used ▶ *Ashitaba*, island laver

Available: Year-round

¥1,080

The island laver and slightly sweet and sour salsa sauce make for an excellent combination in this dish, bright and vibrant from using lots of vegetables.

**Pasta with *ashitaba* and island laver**Food used ▶ *Ashitaba*

Available: Year-round

¥980

Pasta noodles boiled to *al dente* then topped with *ashitaba*, island laver, and black pepper. The flavor, reminiscent of the ocean, is sure to stimulate your appetite.

***Ashitaba* Cream Soda**Food used ▶ *Ashitaba*

Available: Year-round

¥600

The image of *ashitaba* resting lightly on the cream soda brings to mind Niijima's blue sea and white waves, and when mixed, it changes to a beautiful hue closer in color to the Niijima's sea. Highly recommended.

**Salad rice with *Akaika* (local squid)**Food used ▶ *Akaika* (local squid)

Available: Year-round

¥1,380

Our salad rice uses seasonal *Akaika* (local squid) prepared with a special sweet soy sauce. The combination of delicate sweetness and rich *umami* spread throughout your mouth.





# Yuttari Yado Hidabun GH



<http://hidabun.com>

Address: 9 Shikinejima, Niijima-mura

Open all year round

☎04992-7-0072



This is the only guest house on Shikinejima, located close walking distance from Ishijirogawa Beach. The dormitory rooms, perfect for a long term stay, were also just refurbished.

Dinners using local island produce are also available as an option.

Niijima  
Shikinejima

## Seasonal sashimi (reservation required)

Food used ▶ Seasonal fish

Available: Year-round

From ¥2,000

This sashimi assortment is made using only seasonal fish, including such items as *Takabe* (yellowstriped butterflyfish) and *Ise-ebi* (Japanese spiny lobster) *Ikizukuri* (sashimi prepared while the fish is still alive) or *Akaika* (red flying squid) and *Tobiuo* (flying fish) sashimi.



## Sautéed summer vegetables

Food used ▶ Tomato, eggplant, paprika

Available: July to September

From ¥600

Home grown summer vegetables such as tomatoes, eggplant, and paprikas are sautéed with olive oil and bacon.



## Milk Kanten (agar jelly)

Food used ▶ *Tengusa* algae agar

Available: Year-round

Set price included (Sets from 1,200 Yen)

Meal sets include a dessert of milk Kanten jelly made with *Tengusa*, a type of seaweed collected on Shikine-jima rich in dietary fiber. Milk Kan is another dessert made by the elderly proprietor often requested by guests.



P 4 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted

ACCESS MAP



Shikinejima

# Family Store Miyatora

<https://www.miyatora.com/>

Address: 283-2 Shikinejima, Niijima-mura

Opening hours: 8:00-19:00 (open until 20:00 in summertime)

Closed: Sundays(open every day during summer and long holidays)

☎04992-7-0304



This shop offers *Bento* boxed lunches available only here featuring ingredients from Niijima and Shikinejima.

Their motto is to accommodate the needs of their customers as much as possible, and they're popular for the variety of the *Bentos* and other ready made meals on the menu. They accept credit cards, QR payment, and electronic money payments.



## Tataki Maru

Food used ▶ *Ashitaba, kusaya*

Available: Year-round

¥200

*Tataki* is a dish local to Shikinejima. It consists of minced fish with seasonings kneaded in, and this shop features its own original blend.

*Ashitaba Tsukudani* (*Ashitaba* leaves boiled in soy sauce), *Kusaya* (fermented dried fish), and ham and cheese are variously wrapped in rice and then wrapped in *Tataki* and fried in this island's famous recipe.

## Akaika Yakisoba (fried noodles with local squid)

Food used ▶ *Akaika (local squid)*

Available: Year-round (Reservation required off season)  
(Orders closed when the supply of *Akaika*, local squid runs out)

¥560

*Akaika Yakisoba* (fried noodles with red flying squid) is a local dish popular with gourmands that is true to the Niijima and Shikinejima brand.

The special extra thick noodles and special sauce, with the restaurant's own secret ingredient, is fried together with *Akaika* caught fresh by the fishermen of Shikinejima.



## Island Laver Bento

Food used ▶ *Ashitaba*

Available: Year-round

¥560

The store's most popular *bento*, with Shikinejima-produced *ashitaba tempura* and homemade fried local dishes. The laver layered on top of the rice brings out an island feeling.



Niijima  
Shikinejima



Shikinejima

# Ikemura Shoten

ACCESS MAP



<http://shikinejima.net/ikemura/>

Address: 348-1 Shikinejima, Niijima-mura

Opening hours: 7:30 - 19:00 (7:30 - 21:00 in summer)

Closed: No fixed days (Open during the Golden Week holidays and summer) ☎04992-7-0016



Popular items include *bento* lunchboxes, deli items, and various types of fresh-baked and fried breads, all made from island ingredients such as home-grown vegetables and fresh fish caught by the owner. Delivery to various locations on the island is also available for reservations of ¥1,000 or more. Please feel free to inquire. Also sold are beverages, island *shochu* liquor, and groceries.

Niijima  
Shikinejima

## Shikine bento

Food used ▶ Blue mackerel scad, flying fish, *ashitaba*, green chili

Available: Year-round **¥650**

A *bento* with not only the regular rice with laver on top but also the rice with island chili as a secret ingredient.



## Tataki fish burger

Food used ▶ Blue mackerel scad, flying fish, *ashitaba*

Available: Year-round **¥220**

Homemade deep-fried *tataki* (finely-chopped and seasoned fish) made from fresh island fish and *ashitaba*, which is stewed in a special sauce and sandwiched in between fluffy buns.



## Laver bento

Food used ▶ Blue mackerel scad, flying fish, *ashitaba*

Available: Year-round **¥540**

A *bento* with deep-fried *tataki* fish and *ashitaba tempura* on rice covered with the laver.

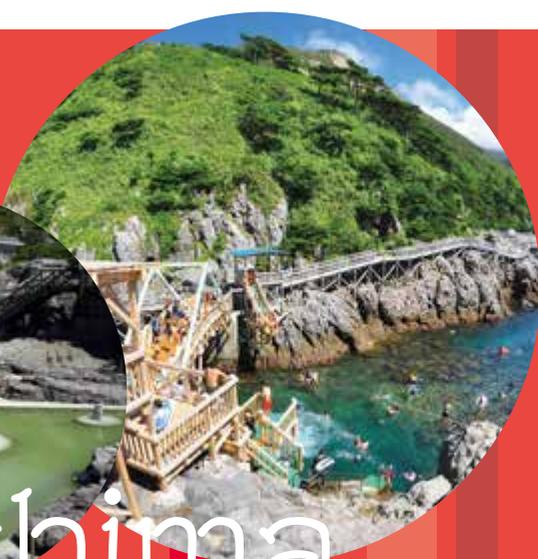
## Ashitaba fried bread

Food used ▶ *Ashitaba*

Available: Year-round **¥150**

A popular bread menu with freshly baked hot-dog buns that are then fried and dressed with *ashitaba* powder every morning.



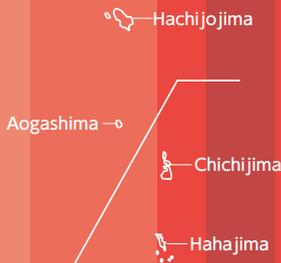
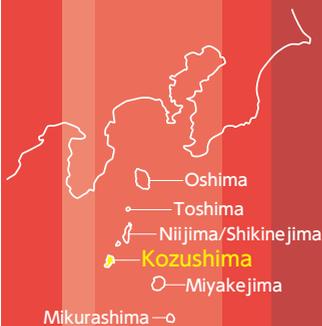


# Kozushima

An island where gods gathered together.

With clear spring water and flowers blooming in the mountains, it is an island with unchanged scenery.

Kozushima is an island located about 180 km away from the central Tokyo, between Niijima and Miyakejima. Mt. Tenjo, which is a symbol of the island, rises in the center of the island. At the summit of the mountain, which has a popular hiking course, you can look over the Pacific Ocean and also enjoy the unusual scenery of stretched desert. There are plenty of attractions such as swimming beach with white sand and small bay and facility with big open-air bath. You may not have enough time to visit all the places!



## Access

<b>Takeshiba Passenger Ship Terminal</b> (Tokai Kisen)	High-speed jet ferry [3hour40minutes]	<b>Kozushima</b>
	Large passenger ship [12hours]	
<b>Chofu Airport</b> (New Central Airservice)	Airplane [40minutes]	
(Contact) Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191		

## Map



## Main events

January 2	First Ride of the Year
April 15	Nagahama Festival
Early April	Kozu Ebine Exhibition
August 1 - 2	Monoiminanomikoto Shrine Festival
August 1	Kozushima Drum Festival
Late September	Nagisa Fireworks Festival
Mid-August	Bon Festival Dance
November 23	Commerce and Industry Festival

## Tourist information

### Kozushima Tourism Association

URL <https://kozushima.com>

TEL 04992-8-0321



Kozushima

# Yamacho

Address: 347 Kozushima-mura  
 Opening hours: 17:30 - 22:30 (LO 21:30)  
 Closed: Sundays

ACCESS MAP



☎04992-8-0331 (~ 15:30) /04992-8-0332 (15:30 ~)



A popular izakaya where locals gather every night. Also brokers fresh fish, and as such always has delicious, seasonal fish that were carefully selected by connoisseurs, so come and enjoy Kozushima's unique and seasonal fish. *Sushi* is also served every Wednesday. Orders for fresh fish are accepted either by telephone or fax, so feel free to inquire. (Fax No.: 04992-8-1358)



## Sashimi (Assorted)

Food used ▶ Local fish, *akaika* (local squid)

Available: Year-round

From ¥1,000

*Sashimi* made from seasonal fish caught on the island. A variety of seasonal fish produced in Kozushima are offered, including skipjack tuna, greater amberjack, Japanese bluefish, and *akaika* (local squid). (Photos is of *akaika*)

## 3 Sashimi Assortment

Food used ▶ Local fish

Available: Year-round

¥1,500

This *sashimi* assortment of seasonal fish caught on the island lets you taste and compare some of the seasonal fish produced in Kozushima, including skipjack tuna, greater amberjack, Japanese bluefish. (Photo shows 4 sashimi assortment)



## Kozushima Iwa Laver

Food used ▶ *Iwa laver*

Available: Year-round

¥500

Grilled *iwa laver* from Kozushima, toasted until it becomes crispy and crunchy, so that you can enjoy the texture and the scent of the shore. *Iwa laver onigiri* rice balls, with generous amounts of *iwa laver*, are also recommended. (¥600/per each)



# Sawaya Cordon Bleu

ACCESS MAP



Address: 676 Kozushima-mura

Opening hours: Lunch 12:00 - 14:00, Dinner 18:00 - 20:00

Closed: Tuesdays (with irregular holidays)

☎ 090-3992-5241



Having managed a French restaurant in Kyoto for 28 years, the restaurant moved to Kozushima in September 2016. They study every day to make the most of island ingredients and to serve more delicious dishes. The building is used to be a Japanese-style inn. Enjoy cuisine with plenty choice of wine and whiskey. Can't miss the house roasted coffee!!

## Lunch set

Food used ▶ Local fish, local vegetables

Available: Year-round

Chicken **¥1,650**Fish or pork **¥2,200**Japanese beef **¥2,750**

A lunch with salad, soup, main dish, and after-meal drink. They use plenty of fish and vegetables from the island (salad, soup, etc.).

Just a sample image ▶



## Dinner set

Food used ▶ Local fish, local vegetables

Available: Year-round

Pork **¥3,300**Japanese beef **¥3,850**

A dinner with hors d'oeuvres, soup, salad, fish dish, main dish, dessert, and after-dinner drink. The taste of the island is offered in various ways, including smoked island fish and salad of locally produced vegetables.

◀ Just a sample image



# Miyako Zushi

ACCESS MAP



Address: 913 Kozushima-mura

Opening hours: 11:30-13:30 (Last order)/18:00-20:00 (Last order)

\*By reservation only (call by 18:00 the day before) Closed: No fixed days **☎04992-8-0602**



Seasonal fish caught fresh on the day are served at this *sushi* restaurant. They also serve various dishes prepared using local ingredients such as *Ashitaba*, local *Nori* seaweed, and *Arani* using local fish (a dish made by boiling the head or other bony parts of a fresh fish in soy sauce ).

※Reservations are required. Please call by 18:00 on the day before.

## Shima sushi

Food used ▶ Local fish

Available: Year-round

¥3,000

The *sushi* here is known for using large, thick slices of fish (*sushi-neta*) that melt in your mouth. They use fish caught in waters around the island for their *Nigiri sushi*. A ¥500 discount will be given to those who make a reservation by the day before they visit.



## Local fish bowl

Food used ▶ Local fish

Available: Year-round

¥3,000

This dish is a bowl of rice topped with fresh fish caught on the day and sprinkled with local *Nori* seaweed. A ¥500 discount will be given to those who make a reservation by the day before they visit.



# Restaurant Sabusaki

ACCESS MAP



Address: 1-1 Sabusaki, Kozushima-mura, inside Kozushima Hot Spring Recreation Center  
(no admission fee for those who have meals only)

Opening hours: Lunch 11:30 - 14:00, Dinner 16:30 - 21:00  
(It varies according to the season)

Closed: Wednesdays (no holidays in summer and in May)

☎04992-8-1211



Fish caught on that day is served. Since the menu and ingredients change according to the season, please ask the menu to the waiter when visiting.

Others are also menus unique to the island, such as ice cream with locally-produced *ashitaba* and passion fruit.

## Kaisen-don

Food used ▶ Seasonal local fish

Available: Year-round

¥1,800

A bowl of delicious vinegared *sushi* rice topped with fresh *sashimi* just caught and sliced and local laver, which can only be tasted in the island. Soy-marinated-style "zuke-don" is also popular!



## Ashitaba croquette

Food used ▶ *Ashitaba*, Potatoes

Available: Year-round

¥680

Homemade croquettes with a strong *ashitaba* flavor.



## Island ten-don

Food used ▶ Seasonal local fish, seasonal vegetables

Available: Year-round

¥1,200

A hearty plate with 4 kinds of vegetables (*ashitaba*, etc.) *tempura* and 2 kinds of fish (splendid alfonso, etc.) *tempura*, all from the island.





# Guest House & cafe **Nora**

ACCESS MAP



Address: 44-1 Chichibuyama, Kozushima

Opening hours: 9:00 - 21:00 (Reception)

(Reservation required for after 17:00) Closed: No fixed days

☎090-4599-6216



A small inn and cafe with a Nora-style 'original menu focusing on local fish and home-grown vegetables. The Miura Bay Scenic Lookout gives a great vantage point to see nearby Mt. Chichibu, the Matsuyama Promenade, Miyakejima, and Mikurashima, and is highly recommended for those who enjoy stargazing, mountain climbing, or walking. A 10% discount on the cafe's menu is given to guests staying overnight. A 2 minute walk from the Akabane Pass bus stop.

## Breakfast

Food used ▶ Local fish, local vegetables

Available: Year-round

Included in the lodging charges

Enjoy with handmade dried fish.



## Dinner

Food used ▶ Local fish, local vegetables

Available: Year-round

Included in the lodging charges

Enjoy home-cooked dishes using local fish and seasonal vegetables.



## Lunch

(The daily recommended soup-curry and nan)

Food used ▶ Local fish, local vegetables

Available: Year-round

From ¥900

Starting with the daily recommendation (daily lunch), there are a variety of popular items available on the regular menu, including zuke-don marinade bowl, ashitaba pizza, roasted iwa laver and rice, drinks with originals syrups made from island fruits, shaved ice, and liquor-sours.



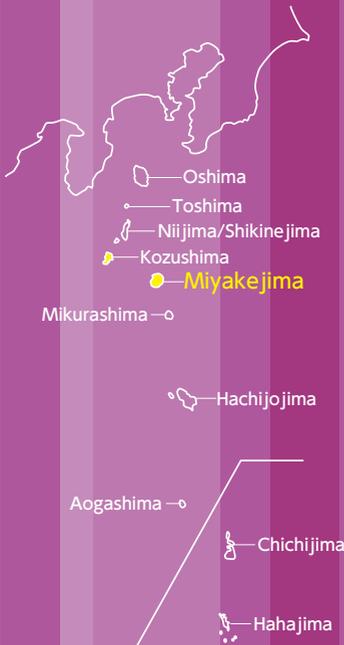


# Miyakejima

Coexistence of the volcano and lives.  
Force of eruption and regeneration.  
Experience the power of the earth.

Miyakejima is an island located about 180 km from the central Tokyo. Mt. Oyama rises in the center of the island, and you can feel the great power of nature in the landscape formed by repeated eruptions. Visit and see the wild birds such as akacocco (Izu thrush), which is designated as a natural monument, around the island.

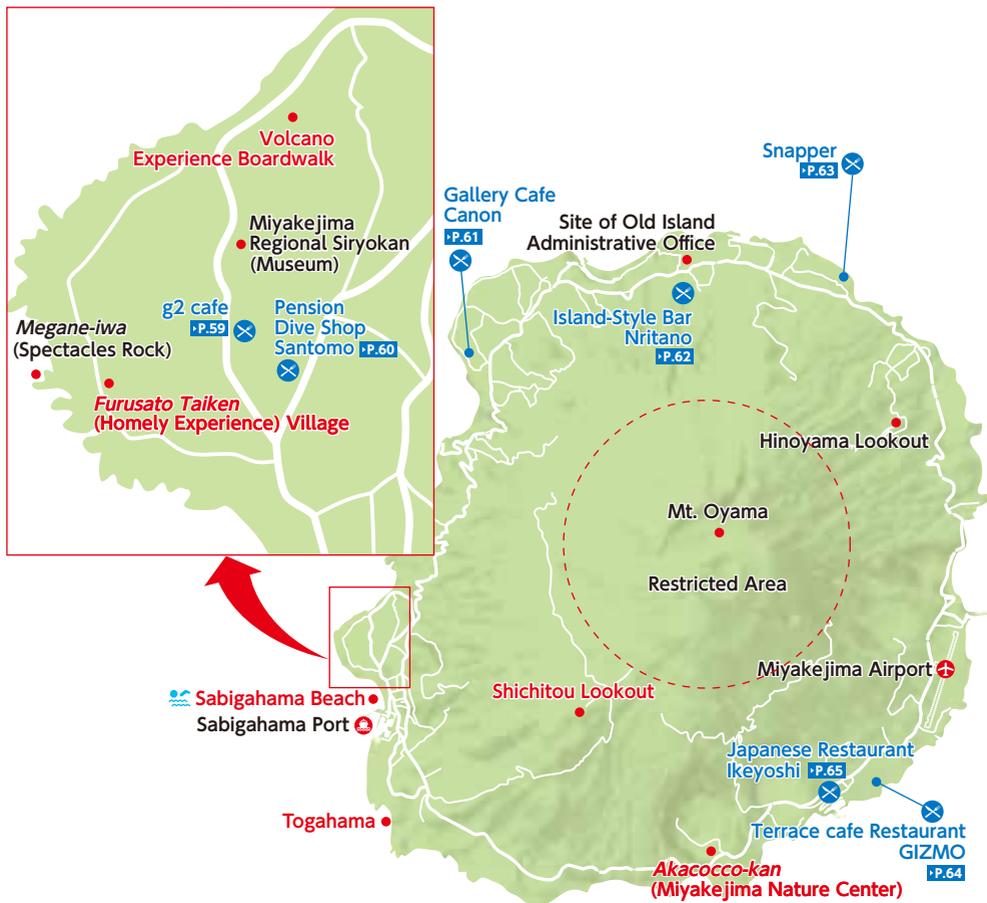
Feel the coexistence of the volcano and lives, and the dynamic power of Miyakejima that repeats eruption and regeneration as well.



## Access

<b>Takehiba Passenger Ship Terminal</b> (Tokai Kisen)	Large passenger ship [6hour30minutes]	<b>Miyakejima</b>
<b>Chofu Airport</b> (New Central Airservice)	Airplane [50minutes]	
<b>Oshima</b> (Toho Air Service)	Helicopter [20minutes]	
<p>Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191 Toho Air Service Hachijojima Office:04996-2-5200</p> <p><b>(Contact)</b></p>		

## Map



## Main events

January 2	Ship Festival
July 3rd Sunday	Gozutenno Festival
Late July - early August	Marineshole 21 Festival
Early August (every other year)	Toga Shrine Festival
Late August to the end of October (planned)	Miyakejima Photo Contest
Late November (planned)	Miyakejima Industry Festival

## Tourist information

### Miyakejima Tourism Association

URL <http://www.miyakejima.gr.jp> TEL 04994-5-1144



Miyakejima

## g2 cafe

ACCESS MAP



Address: 568-38 Ako, Miyake-mura, Miyakejima

Opening hours: 11:30-23:30 Closed: Tuesdays, Wednesdays, Thursdays



This cafe is a welcome place to visit even alone, whether relaxing while watching the sea, enjoying a beer with lunch, or munching on *Ashitaba* while tasting the local island *Shochu*. Relax and enjoy the food cooked using seasonal ingredients from the island.

## Kinmedai (splendid alfonsino) Pasta

Food used ▶ Splendid alfonsino

Available: Year-round

¥950

This is the cafe's most popular offering. The dish is accented with lemon or island chili peppers depending on the season.



## Lemon Soda with Rosemary and Island Salt

Food used ▶ Island lemons, rosemary

Available: Year-round

¥550

Enjoy the vibrant scents of lemon and rosemary with this delicious drink.



## Kinmedai (splendid alfonsino) Burger

Food used ▶ Splendid alfonsino

Available: Year-round

¥950

A fried burger made from splendid alfonsino. Also available for take-out.



## Ashitaba Cheese Toast

Food used ▶ Ashitaba

Available: Year-round

¥600

Toast with a delicious combination of *ashitaba*, cheese, and eggs.





Miyakejima

# Pension Dive Shop Santomo

ACCESS MAP



<http://santomo15.com>

Address: 575 Ako, Miyake-mura, Miyakejima Inquiry hours: 9:00-20:00  
Closed: No fixed days

☎04994-5-0532



Pension Dive Shop Santomo focuses on local production and local consumption in preparing their menu featuring a mix of East and West based on traditional local island cuisine. They use the optimal cooking methods for each fresh seasonal ingredient with a priority on fresh local produce from Miyake-jima.

The relaxing inn, or “pension” in Japan, is surrounded by seasonal flowers.



## Kinmedai (splendid alfonsino) dishes

Food used ▶ Splendid alfonsino

Available: Year-round

**Included in the lodging charges**

The pension offers a variety of dishes using *Kinmedai*, one of the key foods of Miyake-jima. Enjoy the soft and crumbly meat of the fish.

## Fresh spring roll with Ashitaba

Food used ▶ Ashitaba

Available: Year-round

**Included in the lodging charges**

This fresh spring roll contains vegetables such as *Ashitaba*. Enjoy it with a slightly sour sauce.



## Kame-no-te miso soup

Food used ▶ Kame-no-te

Available: Year-round

**Included in the lodging charges**

*Kame-no-te*, or hand of the turtle, a type of local shellfish that attaches itself to seaside rocks, is so named because it looks similar to the foot of a turtle. Including it in the miso soup results in a delicious broth.

Miyakejima

# Gallery Cafe Canon

<http://natu07miyake.blog28.fc2.com> <https://plus.google.com/100119917314305134338/posts>

Address: 36 Izu, Miyake-mura, Miyakejima

Opening hours: Wed, Thu, Fri & Sat 11:30 - 16:00

Closed: Sundays, Mondays, Tuesdays

ACCESS MAP



☎ 04994-2-1239



"A cafe that gives feeling of the wind and light of Miyakejima."

Why don't you spend a relaxing time while having lunch and desserts that make the most use of ingredients from Miyakejima with distinctive coffee in the cafe, which is surrounded by greenery with a fine view of the ocean.

The shop also has the function as the gallery that displays the paintings expressing the scenery of the island.

## Freshly made soufflé pancakes Seasonal fruit sauce

Food used ▶ Passion fruit, mangoes, kiwi fruit

Available: Year-round

¥750-1,200

The pancakes are only cooked after you order, ensuring you are served fluffy hot pancakes topped with rich homemade custard and seasonal fruit, and the homemade fruit sauce of your choice.

These pancakes earn a perfect score for volume and enjoyability.



## Ashitaba Buns and daily burger lunch set

Food used ▶ Amberstripe scad, vegetables (tomatoes, lettuce, etc.)

Available: Year-round

¥1,200

A burger set lunch menu of minced daily ingredients, sandwiched between buns with *ashitaba* in the dough. Served with seasonal island vegetables and drink.



## Passion fruit cheesecake set

Food used ▶ Passion fruit

Available: Year-round

¥750

Passion fruits, including seeds, are mixed with cream cheese and baked to make this rich cheesecake. Also use passion fruit as topping sauce and served with drink.



## Cookie cream puff (Passion fruit cream)

Food used ▶ Passion fruit

Available: Year-round  
(only on Wednesdays  
(excluding summer))

From ¥300

A cream puff made from cookie dough with plenty of Canon's special rich milky custard. You can change the type of cream with additional 50 yen, and passion fruit custard is recommended among them.



## Canon's special anmitsu with tokoroten jelly

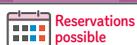
Food used ▶ *Tengusa* seaweed, *ashitaba*

Available: Summer

¥600

A bowl of sweets with *tokoroten* jelly made from high-quality *tengusa* seaweed, which was caught in Miyakejima and carefully dried in the sun. People love the firm jelly noodles because they taste so good on the way down. Enjoy the *ashitaba* ice cream, fruits, and sweet red bean paste as toppings.





# Island-Style Bar **Nritano**

ACCESS MAP



<https://www.facebook.com/nritano>

Address: 421-5, Kamitsuki, Miyake-mura, Miyakejima

Opening hours: 18:00 - 24:00 Closed: No fixed days

**☎04994-2-1245**



Bar Nritano is located near the entrance to a forest, and is sure to please you with dishes using only the finest island ingredients.

## Fresh-picked Salad from Kikuchi Farm

Food used ▶ Seasonal local vegetables, fruits

Available: Year-round **Market price**

Uses delicious seasonal fruits and rare vegetables for an unforgettable salad.



## Local Fish Dishes

Food used ▶ Seasonal local fish

Available: Year-round **Market price**

Local ingredients served in a way that nicely compliments Miyakejima style and sake. The photo shows a bonito and island chili pepper marinade.

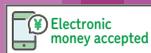


## Miyake San Marzano Steak

Food used ▶ San Marzano

Available: Summer **From ¥800**

Kikuchi Farm, run by the shop owner's parents, grows a number of vegetables that are rarely found in Japan. Miyake's San Marzano is famous as a representative summer food.



# Snapper

<http://www.snapper-d.com/>

Address: 1172 Kamitsuki, Miyake-mura, Miyakejima

Opening hours: 7:00 - 21:00 Closed: No fixed days

☎04994-2-1433

ACCESS MAP



While managing accommodation facilities and diving facilities, they launched the "Mackerel Sandwich Club" to utilize blue mackerel from Miyakejima and promote mackerel sandwich as a Miyakejima's specialty. They also serve menus that use ingredients from the island as much as possible in the dinner for those who stay in the lodge.

## Mackerel sandwich

Food used ▶ Blue mackerel, vegetables

Available: Year-round

¥600

A menu developed by utilizing mackerel which was not eaten much in the island, vegetables raised in the island, and bread baked in the island. The sandwich gained great popularity in Tokyo Islands Fair "Shima-Jiman 2014" held at Takeshiba, Tokyo.



## Ashitaba mixed tempura

Food used ▶ Ashitaba, local fish such as greater amberjack

Available: Year-round

Included in lodging charges

A large mixed tempura that uses ashitaba and fish caught at Miyakejima comes No.1 dish of Snapper's.

## Ashitaba namul

Food used ▶ Ashitaba

Available: Year-round

Included in lodging charges

Namul type dish made from ashitaba and carrots with sesame oil and seasoning.  
A plain dish that brings out the deliciousness of ashitaba.



Miyakejima

# Terrace cafe Restaurant **GIZMO**

ACCESS MAP



Address: 2891 Tsubota, Miyake-mura, Miyakejima  
 Opening hours: 12:00-14:00/18:00-21:30 (Last order 21:00)  
 (Reservations possible only for dinner) Closed: No fixed days

☎04994-8-5853



Listen to the sounds of the waves from the ocean spread out before you, and the singing of the birds in the trees around you. This cafe offers a comfortable and relaxing space where you can sip your tea on the lawn or enjoy a meal seated on the terrace.



## Gizmo sandwich

Food used ▶ Local vegetables

Available: Year-round **¥1,000**

This sandwich makes generous use of vegetables grown on Miyake-jima.

## Carpaccio of local Miyake-jima fish

Food used ▶ Local fish, local vegetables

Available: Year-round **¥1,500**

This carpaccio is made with seasonal local fish and vegetables from Miyake-jima (the photo shows the Maguro, or tuna).



## Sautéed Miyake-jima fish

Food used ▶ Local fish, local vegetables

Available: Year-round **¥1,200**

This dish features sautéed local fish and vegetables from Miyake-jima. (The photo shows the Akahata, or blacktip grouper)





# Japanese Restaurant Ikeyoshi

ACCESS MAP



Address: 3069 Tsubota, Miyake-mura, Miyakejima  
Opening hours: 11:00 - 21:00 (Advance reservation required)  
Open all year round

☎04994-8-5743/04994-6-0118



Located 2 min. walk down hill from the Miyake Cultural Center next to the bouldering facility. In addition to the seats at tables and at the bar, they have a Japanese-style *tatami* room which can be used for occasions such as a private party. A must-visit restaurant for those who want to eat fresh fish.

The type of fish to be served will vary depending on the condition of the day's takings.

## Nigiri sushi

Food used ▶

Bonito, *akaika* squid, splendid alfonsino and other seasonal fish

Available: Year-round

**¥2,000**  
(Lunch time: ¥1,400)

They have simmered/grilled fish on the menu, but this hand-formed *sushi* is for you if you are hungry for some raw fish.



## Chirashi sushi

Food used ▶

Splendid alfonsino, bonito, *akaika* (local squid) and other seasonal fish

Available: Year-round

**¥2,000**  
(Lunch time: ¥1,400)

A bowl of vinegered *sushi* rice topped with several types of seafood. Comes with a small side dish and *miso* soup.

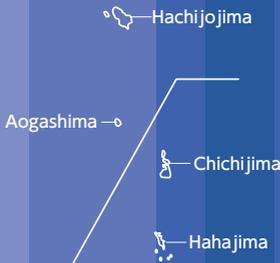


# Mikurashima

A small island where sea, mountain and air creatures coexist harmoniously with humans under in spectacular nature.

Mikurashima is a small island located about 200 km off the central Tokyo with an outer circumference of 16 km. The island is surrounded by sea cliffs, and its 480m-height cliff is known as the highest cliff in Japan.

The local community promotes "Mikurashima Ecotourism" to achieve coexistence between nature and humans, which is why visitors must be accompanied by a professional guide in the mountain and the sea with some exceptions. Wildlife seem to like the island as the nature of the island is protected, and maybe that's why tourists have a high probability of encountering dolphins during a dolphin watching tour, which has become a popular tourist activity.



## Access

<b>Takeshiba Passenger Ship Terminal</b> (Tokai Kisen)	Large passenger ship [7hours35minutes]	Mikurashima
	Helicopter [30minutes]	
<b>Oshima</b> (Toho Air Service)		
<p><b>&lt;Contact&gt;</b> Tokai Kisen Customer Center: 03-5472-9999 Toho Air Service Hachijojima Office: 04996-2-5200</p>		

## Map

# Mikurashima Tourist Information Museum

(Mikurashima Tourist Information Office)



## Main events

Late July Mikurashima Summer Fireworks Festival  
Late September to early October Spiny Lobster Festival

Tourist  
information

Mikurashima Tourist Association

URL <http://mikura-isle.com> TEL 04994-8-2022



P 2 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted



# Fukumaru Shoten



<http://www.290.tokyo>

Address: 550 Mikurashima-mura

Opening hours: 11:00 - 14:00 (7:00 - 14:00 / 16:00 - 18:00 in summer)

Closed: Thursdays

☎04994-8-2292



In addition to serving light meals and drinks that use ingredients from Mikurashima (take-out only, reservations possible), they sell original souvenirs such as T-shirts and tote bags.

You can enjoy your meal on the terrace (eat-in corner) from which you can enjoy a superb view overlooking the sea. Time passes differently here than in central Tokyo.

## Ashitaba curry and rice

Food used ▶ Ashitaba

Available: Year-round

¥750

Curry and rice that uses a whole ashitaba from Mikurashima.

The chicken keema made from minced chicken breast tastes mild and is suitable for children, too.



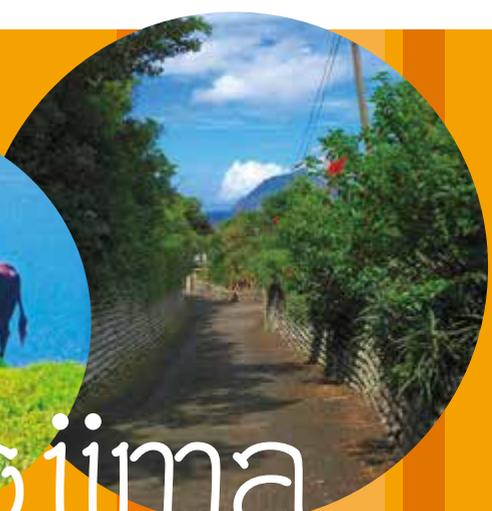
## Kabutsu sherbet Ashitaba gelato Sweet and salty milk gelato

Food used ▶ Kabutsu, ashitaba, sea salt

Available: Year-round

¥400

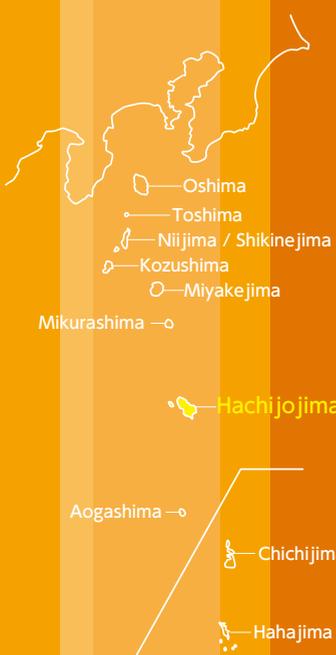
Sherbet and gelato, all homemade by the shop's owner, are the popular sweets in the shop, and there are three flavors using three different ingredients: juice of *Kabutsu*, the island's citrus fruit harvested during the winter and squeezed; dried and powdered *ashitaba* leaves; and sea salt extracted from seawater by boiling down the water.



# Hachijojima

Hachijojima is located in the southern part of the Izu Islands. Take time to explore the island's unique culture and history.

Hachijojima is located in the southern part of the Izu Islands, about 290 km off central Tokyo. Subtropical palms, ferns, and hibiscus are thriving across the island. You can experience the island's culture and history through the sight of *Tama-Ishigaki* - round-stone walls which are said to have been built by exiled convicts - and through the textile weaving experience of *kihachijo* (silk fabric) which is one of the traditional crafts of the island. After enjoying marine leisure, trekking and other activities, you can relax and refresh your mind and body in a hot spring or a foot spa with a full view of the vast Pacific Ocean.



## Access

<b>Takeshiba Passenger Ship Terminal</b> (Tokai Kisen)	Large passenger ship [10hours20minutes]	<b>Hachijojima</b>
	Airplane [55minutes]	
	Helicopter [55minutes]	
<b>Haneda airport</b> (ANA)		
<b>Oshima</b> (Toho Air Service)		
Tokai Kisen Customer Center: 03-5472-9999 ANA Domestic Reservation/Information Center: 0570-029-222 Toho Air Service Hachijojima Office: 04996-2-5200		





# Uohachi-tei



<http://uohachitei.com/>

Address: 198-1 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:30 - 3:00 (Last Order 3:00) Closed: No fixed days

☎04996-2-2807



Uohachi-tei serves local fish while it's still fresh. They take last orders at 3 a.m., so it's a perfect place for those who like to stay up late. Their menu offers a good variety of choices, including dishes with local seafood and *yakitori*.



## Homemade dried-salted local fish

Food used ▶ Largescale blackfish

Available: Year-round

From ¥680

A popular staple menu with largescale blackfish, surf casters' favorite fish, salted and dried.



## Fried mahi-mahi

Food used ▶ Mahi-mahi

Available: June to September

¥700

A hearty dish with thick-sliced and fried mahi-mahi caught at Hachijojima. It is a seasonal limited menu served from early summer to high summer.



## Assorted sashimi of 5 kinds of local fish

Food used ▶ Seasonal local fish

Available: Year-round

From ¥2,500

A plate of seasonal local fish beautifully served. Luxurious assortment of *sashimi*. Enjoy the taste of the season that the island can offer.

Hachijojima

# Genki Kunimatsu

ACCESS MAP



Address: 202-7 Mitsune, Hachijo-machi, Hachijojima  
 Opening hours: 17:00 - 0:00 Closed: Wednesdays

☎04996-2-3110



Built in an old private residence that has been renovated, there is a sunken hearth in the center of the store, and customers can enjoy the cozy atmosphere with their meal while grilling fish and vegetables, procured that day. Genki Kunimatsu is also very popular with anglers, as you can bring in the fish you catch and have them cooked.

## Fried Ashitba and Shitadami Kakiage

Food used ▶ *Ashitaba*, *shitadami* sea snails, sweet potatoes, *shiitake* mushrooms

Available: Year-round

¥600

*Shitadami* are small sea snails that have been used as an ingredient in Hachijojima since ancient times, and which have a unique texture and taste. They are particularly popular when combined with *ashitaba* and sweet potatoes into fried *kakiage*.



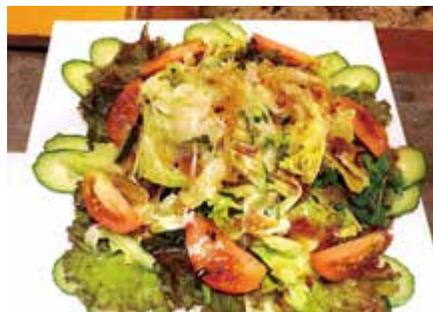
## Assortment of Island Fish Sashimi

Food used ▶ Seasonal local fish

Available: Year-round

From ¥1,500

Seasonal fish that were caught in the nearby seas and prepared to showcase their freshness, allowing customers to enjoy the color, texture, and taste that freshness brings. The original *ashitaba*, passion fruit beer, and *shochu* drinks make for a nice accompaniment.



## Vegetable Salad

Food used ▶ Seasonal vegetables

Available: Year-round

¥450

Using seasonal vegetables that are home-grown in the area around the store, this Hachijojima vegetable salad is pesticide-free and has outstanding freshness.

# Hachijojima Fujikyu



Address: 203-2 Mitsune, Hachijo-machi, Hachijojima  
 Opening hours: 8:00 - 19:00 Closed: No fixed days

☎ 04996-2-3047



A single-storied inn located close to the Hachijojima Airport.  
 They constantly improve menus and make dishes easier to eat by preparing *ashitaba*, seasonal vegetables and fish in a contemporary style.  
 The building looks a little ancient, but once inside, the friendly staff will greet you with hospitality.

## Dinner at *minshuku* (inn)

Food used ▶ *Ashitaba*, seasonal local fish, etc.

Available: Year-round Included in lodging charges

They plan a meal based on cuisine from the island with seasonal ingredients.  
 For those staying for more than one night, they will change the menu for every meal with different ingredients and recipes.





Hachijojima

# Fujikyū Kuriya

Address: 203-2 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:00 - 14:00 (13:30 LO)

Closed: Sundays

☎04996-2-3047



This store, in the style of a traditional private residence, which gives the image of visiting an island home.

Quiet jazz also plays within the store.

## Chef's choice

Food used ▶ Splendid alfonsino, greater amberjack, *ashitaba*, vegetables, etc.

Available: Year-round **¥1,800**

Seasonally changing ingredients have been incorporated and artfully arranged to create this easy-to-eat dish that lets customers enjoy simple island tastes.



## Island sushi

Food used ▶ Blue fusilier, Japanese butterfish, long-tailed red snapper, etc.

Available: Year-round **¥1,700**

The slices of fish (*sushi-neta*) for island *sushi* vary depending on the season and sea conditions, but the island *sushi* with mustard marinade is always delicious island cuisine.



## Dipping *ashitaba* noodles

Food used ▶ *Ashitaba*, salt

Available: Year-round **¥1,600**

This *tempura*, made from young *ashitaba* and island vegetables, is delicious when pair with *ashitaba* salt.



Hachijojima

# Takara-tei

<http://www.8fc.jp/takaratei.html>

Address: 765 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:30 - 15:00 / 17:30 - 21:30 Closed: No fixed days

☎04996-2-0650

ACCESS MAP



Takara-tei offers live fish dishes, centered around the fish caught in the nearby seas, seaweed dishes, and *tempura* made from ingredients such as Japanese spiny lobster, *tokobushi* abalones, *kusaya*, and *ashitaba*. Depending on the day's catch, a fish carving show will be held in front of customers, then served as well-liked *sashimi*. If you contact the store in advance then it is possible to cook fish that you catch. There is also a daily lunch menu.

## Sashimi Set Meal

Food used ▶ Splendid alfonsino, Blue fusilier, flying fish, and amberstripe scad, etc.

Available: Year-round

¥1,650

Fresh, seasonal Hachijojima fish (4-5 kinds) offered as *sashimi*. Is even more delicious when eaten with "Shima-tou Soy Sauce," which uses island chili peppers. Comes with home-made *tokoroten* agar jelly.



## Ashitaba Cuisine

Food used ▶ *Ashitaba*

Available: Year-round

¥550-880

Served with *tempura*, boiled greens, sesame sauce, and mayonnaise, etc., this dish lets you enjoy *ashitaba* with a variety of flavors.

## Island Sushi

Food used ▶ Japanese butterfish, long-tailed red snapper, blue fusilier, splendid alfonsino, greater amberjack, etc.

Available: Year-round

¥1,650

The fish are marinated in a soy sauce-based sauce, with mustard used instead of *wasabi*, and then the island *sushi* made with the slightly sweet vinegared rice is exquisitely delicious. (Reservation required)





# East Side Chaya

ACCESS MAP



<https://eastsidechaya.com/> Instagram: eastsidechaya

Address: 892-2 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 17:30 - 24:00 (LO 23:00) Closed: Tuesdays

☎04996-2-4758



With a large, 120-inch TV in the spacious-feeling store, customers can enjoy watching sports games and feel like they're right next to the action. Seasonal dishes and drinks made with home-grown vegetables and island ingredients are also available.

## Ashitaba, Mozzarella, and Ham Pizza

Food used ▶ Ashitaba

Available: Year-round

¥1,300

Baked pizza using homemade dough and a Genovese-style *ashitaba* sauce.



## Ashitaba and Ham Roll

Food used ▶ Ashitaba

Available: Year-round

¥650

The bitterness of the *ashitaba* and the salty taste of the ham make for an exquisite pairing.



## Miso-Grilled Rice Balls with Island Chili Peppers

Food used ▶ Island chili peppers

Available: Year-round (2 pieces) ¥500

Spicy *miso* rice balls with fragrant island chili peppers that are slow-grilled to perfection.





# Kokumin Shukusha Sunmarina



<http://sunmarina2002.wix.com/sunmarina>

Address: 1291-9 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 24 hours (Telephone reservation: 7:00 - 21:00)

Closed: No fixed days

☎04996-2-3010



Sunmarina is located a little way from the Hachijo Isshu Road. It's close to the sea, and there are ocean view rooms from which guests can enjoy a view of the ocean; there are also mountain view rooms overlooking Mt. Hachijo Fuji.

You can also have a nice view from the terrace and the garden, and you can fully enjoy Hachijojima with food made from local ingredients and the magnificent scenery.

## Sauteed chicken with Hachijo fruit lemon sauce

Food used ▶ Hachijo fruit lemon

Available: December to March

### Included in the lodging charges

The mildly-acid and juicy Hachijo fruit lemon is a special produce from Hachijojima.

Hachijo fruit lemons, which can be eaten without peels as they don't have the typical bitterness, are used for the sauce, which makes the chicken meat tender and further improves the texture and flavor.



## Hachijo mackerel simmered in a ketchup sauce

Food used ▶ Largescale blackfish

Available: Year-round

### Included in the lodging charges

A blue mackerel simmered with ketchup and ginger. With its plain flavor, it can be a perfect side dish not only with rice but also with alcohol such as the island *shochu*.



## Hachijojima *sushi* of the inn

Food used ▶ Seasonal local fish

Available: Year-round

### Included in the lodging charges

The rice seasoned with a little sweeter-than-usual *sushi* vinegar is topped with fish marinated in special sauce.

Island *sushi*, the island's local cuisine of which seasoning differs from restaurant to restaurant, is characterized by Japanese *karashi* mustard.





# Guest House Sokodoso

ACCESS MAP



<http://sokodo-so.com/>

Address: 1307 Mitsune, Hachijo-machi, Hachijojima

Reception hours: 8:00 - 20:00 Open all year round

☎04996-2-0092



The best location in Hachijojima! A 2 min. walk from Sokodo Port, the gateway to the sea, this is a great location for ocean leisure and sightseeing. Business plans and overnight trips for students are also available. The dinner menu features dishes that make use of plenty of island ingredients, and in the courtyard, Guest House Sokodoso's pride, customers can enjoy BBQ while taking in the sea, starry sky, and banyan trees. A banquet course is available via advance reservation, and English is available as well. Come, use Guest House Sokodoso, and create wonderful travel memories.

## Finely Sliced Hachijojima Bonito

Food used ▶ Bonito, seasonal local fish

Available: Year-round

Cooking fee: From ¥500

Caught fish are prepared in a variety of ways, including *sashimi*, salt-grilling, and simmering, and customers can add dishes with fresh fish, a feature unique to Guest House Sokodoso and its close proximity to the port. The seafood that guests pick can also be arrayed on their table!!



## Spring Banquet Course

Food used ▶ Homegrown vegetables, seasonal local fish, bonito

Available: Year-round

Please inquire

A variety of banquet courses are on offer so that guests can spend a pleasant time with dishes made from fresh, seasonal ingredients.



## Dinner Featuring Plentiful Hachijojima Ingredients

Food used ▶ Splendid alfonso, Japanese butterfish, tuna, bigeye scad, amberstripe scad, flying fish, *ashitaba*, island okra, iwa laver, passion fruit (summer only)

Available: Year-round

Included in the lodging charges

In addition to *sushi* and *sashimi* made with fish directly sourced from the port and delicious Hachijo local dishes such as *tempura* made with organic, home-grown vegetables, guests can also enjoy the tastes of the island with Guest House Sokodoso's own original and creative menu.



Hachijojima

Cafe Restaurant **Coco Moon**

ACCESS MAP



Address: 1440-2 Mitsune, Hachijo-machi, Hachijojima  
 Opening hours: 11:30 - 15:00, 18:00 - Closed: Thursdays

☎ 04996-2-0269



You can enjoy dishes with various ingredients including food from the island.  
*Ashitaba* menus are the most popular.

**Ashitaba soba salad**

Food used ▶ *Ashitaba soba* noodles, vegetables, duck

Available: Year-round **¥1,000**

A salad with *soba* noodles made with *ashitaba* kneaded into the dough, topped with lots of vegetables. The salad dressing is also the restaurant's original, which gives the dish a distinctive taste.

**Ashitaba pasta**

Food used ▶ *Ashitaba* powder, shavings of *ashitaba*, bacon, pasta noodles, powdered cheese

Available: Year-round **¥1,540**

Rich *ashitaba* pasta dish using pasta dough mixed with *ashitaba* powder, topped with fluffy *ashitaba* shavings.



ACCESS MAP



Hachijojima

# Local and Home Cuisine Han

Address: 1636-5 Mitsune, Hachijo-machi, Hachijojima

Opening hours: Breakfast: 7:00 - 9:00, lunch 11:00 - 13:00, dinner 17:30 - 21:00

Closed: Thursdays

☎04996-2-7080



They serve both a la carte and set meals using ingredients from the island. They set as reasonable prices as possible, so that everyone from solo customers to families can visit casually. They are looking forward to your visit.

## Island Sushi and Zuke-Don Mini Marinated Local Fish Ricebowl Set

Food used ▶ *Ashitaba*

Available: Year-round (Only in the evenings)

¥1,200

The "mini size" of the popular *zuke-don* marinated rice bowl, made even more of a deal by being in a set with the island *sushi*.



## Bento with Steamed Shumai Ashitaba Dumplings

Food used ▶ *Ashitaba* etc.

Available: Year-round (Only in the evenings) ¥800

*Ashitaba* were added to these homemade steamed *shumai* dumplings to make the flavor even better. The side dishes use seasonal island ingredients.



## Morning Set Meal

Food used ▶ Japanese butterfish, Spanish mackerel, *ashitaba*, etc.

Available: Year-round

¥750

Customers can choose their favorite side dish.





Reservations possible



Credit cards accepted



Electronic money accepted



Hachijojima Local Cuisine

# Ryozanpaku

ACCESS MAP



<http://www.rzp.jp/>

Address: 1672 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 17:30 - 23:00 (Last order 22:00) Closed: Sundays

☎04996-2-0631



They prepare dishes to traditional recipes using ingredients from the island as much as possible to make them match with island *shochu* and also taste even more delicious.



## Mozzarella cheese made from Hachijo milk and tomato

Food used ▶ mozzarella cheese

Available: Year-round

¥1,210 (tax included)

This premium mozzarella cheese is made from the rich and delicious milk of Hachijo-Jima's own Jersey cows.



## Assorted sashimi

Food used ▶ Seasonal fish only from Hachijojima

Available: Year-round

¥1,166

The menu may not be available depending on the weather, since it only uses ingredients from Hachijojima.

## Shiitake mushroom fry

Food used ▶ Shiitake mushrooms

Available: Year-round

¥880

This dish uses Hachijo-jima's *Umikaze shiitake* mushrooms known for being meaty, offering a pleasant after taste, lacking in the harsher taste typical of *shiitake*.





# Oshokujidokoro Michi



<http://nttbj.itp.ne.jp/0499621002/smp-index.html>

Address: 4419-11 Mitsune, Hachijo-machi, Hachiojima

Opening hours: 7:00 - 9:30 / 11:00 - 14:00 / 17:00 - 24:00

Closed: Tuesdays

☎04996-2-1002



Izakaya (Japanese bar & grill), with various set meals that is open from early in the morning, during which they serve so-called "one-coin" breakfasts for just 500 yen.

They have a good selection of dishes using island's ingredients, such as simmered fish, broiled fish and *sushi*. It's a place where you can have a lot of fun with a group of friends as well as family members.



## Ashitaba and Island Lemon Miso Oshizushi

Food used ▶ Ashitaba, homemade lemon salt

Available: Year-round

¥680

Oshizushi made with a sauce using specialty Hachiojima *ashitaba* and homegrown lemons. Enjoy the slight bitterness and the refreshing tang of the lemon *miso*.



## Russian-roulette island sushi

Food used ▶ Seasonal fish including Japanese butterfish, flying fish, bonnetmouth

Available: Year-round

¥980

Pieces of island *sushi*, which look like just another local cuisine, but one of them contains a lot of island chili. Try your luck with friends and enjoy the night of the island.



## Bukkake Set Meal

Food used ▶ Japanese butterfish, tuna, greater amberjack

Available: Year-round

¥1,200

A luxurious set meal that can be eaten in a variety of ways, such as with a dashi soy sauce that uses raw eggs and island chili peppers, with a local fish *sashimi* sauce, or with a spicy egg and rice marinade.

Hachijojima

Aigae Suisan

## Jizakana Himono Shokudo

ACCESS MAP

<http://across.co.jp/aigaesuisan/>

Address: 2333 Okago, Hachijo-machi, Hachijojima

Opening hours: Lunch 11:30-14:00/Dinner 17:00-20:30 (Reservations possible only for dinner)

Closed: Sundays (Open throughout during August)

☎04996-2-2745



This cafeteria serves *Kusaya* seafood prepared by a company specializing in *Kusaya* processing. The spacious concrete interior with its high ceiling gives an atmosphere of endless summer.

## Local fish Zuke-don set

Food used ▶ Japanese butterfish, Splendid alfonsino etc.

Available: Year-round **¥1,848**

Fresh fish caught near the island is marinated in a home made sauce and placed over rice with a topping of *Shiso* for this *Donburi* dish. The accompanying miso soup is based on a broth made with *Kame-no-te* shellfish and a generous portion of island *Nori* seaweed.

Matured raw *Kusaya*

Food used ▶ Blue mackerel scad

Available: Year-round **¥1,045**

This *Kusaya* is so soft you can break it apart with your chopsticks because it is marinated in a secret traditional *Kusaya* sauce and matured without drying.

Island *sushi* and *Aburi sushi* half and half set

Food used ▶ Japanese butterfish, Splendid alfonsino, etc.

Available: Year-round **¥1,760**

This is a traditional dish on Hachijojima in which the fish is marinated in a special sauce and made into *sushi* using *Karashi* mustard instead of *Wasabi*. The meal is served in the cafeteria's original style in which half of the *sushi* are lightly flame broiled on the outside, called *Aburi*, and eaten with *Yuzu* pepper. Flame broiling brings out the fat and makes the result go very well with the *sushi* rice.



P 30 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted

ACCESS MAP



Hachijojima

# Hachijojima Jersey Cafe

<http://www.hachijo-milk.co.jp/jerseycafe>

Address: 2370-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 10:00 - 17:00 Closed: No fixed days

☎04996-2-5922



A cafe where you can taste jersey milk and other dairy products produced by Hachijo Dairy Industry Inc. The chic and relaxing room is decorated by a female interior designer who lives on the island. You can enjoy drinks and sweets at 8 table seats and 6 seats at counter.

## Jersey soft serve ice cream

Food used ▶ Jersey milk

Available: Year-round

¥400

The Cafe's specialty dessert made from milk of Jersey cow grazing on the farm of Hachijo Dairy Industry Inc.



## Hachijo Jersey yogurt drink

Food used ▶ Jersey milk

Available: Year-round

¥400

This yogurt is made from the slow fermentation of Hachijojima Jersey milk and lactic acid bacteria, selected to match it. Although rich, it is a yogurt drink whose defining characteristic is its simplicity.



## Jersey cafe au lait

Food used ▶ Jersey milk

Available: Year-round

¥500

Cafe au lait with pasteurized non-homo jersey milk. Served at a slightly-lower temperature to enable visitors to get the flavor of the milk itself. Iced cafe au lait is also available.



## Ashitaba parfait with rice-flour dumplings and sweet azuki beans

Food used ▶ Jersey milk, ashitaba powder

Available: Year-round

¥600

Parfait with soft serve made from Jersey cow milk grazing on the farm of Hachijo Dairy Industry Inc. and Hachijojima's ashitaba powder. Rice-flour dumplings and sweet azuki beans match perfectly.



Hachijojima



# Izakaya Goan

<http://goan.o.oo7.jp/>

Address: 2403-4 Okago, Hachijo-machi, Hachijojima

Opening hours: 17:30 - 22:00 Closed: Mondays

ACCESS MAP



☎04996-2-0965



The manager goes to the port every day to purchase fish so that customers can enjoy fish caught in the island.

For those fish whose deliciousness can be enhanced by aging, preserved for a while at freezing temperature.

The manager serves fish that he himself would love to eat.

## Assorted sashimi

Food used ▶ Seasonal fish landed at Hachijojima Port

Available: Year-round

From ¥1,480

At times serve fish caught on that day depending on the day's catch. Their local *sashimi*, which you may never have heard of in Tokyo, is outstandingly fresh. Enjoy it as an assortment.

Use island green chili as you like.



## Ashitaba tsukudani fried rice

Food used ▶ Ashitaba, shochu

Available: Year-round

¥860

*Ashitaba* of Hachijojima made into *tsukudani* (food simmered in soy sauce and sugar with special recipe) with Hachijojima *shochu* is the key factor of this fried rice, and a slightly sweet taste is given to the rice.



## Fried local fish with Japanese leek and ponzu sauce

Food used ▶ White meat local fish (Japanese butterfish, mahi-mahi, etc.)

Available: Year-round

¥980

They fry white meat fish, which is fresh enough to serve as *sashimi*. Coating of fried fish soaked in special handmade Japanese leek and *ponzu* sauce makes the menu more addictive. It is also perfectly match with potherb.



## Salt-grilled splendid alfonsino collar

Food used ▶ Splendid alfonsino

Available: Year-round

¥980

Big eyes of splendid alfonsino contain "collagen". Recommended to eat with a bit of soy sauce! Please taste the whole fish, including even bones.





# Sosai Shimakappo Ikiya

ACCESS MAP



Address: 2434-3 Okago, Hachijo-machi, Hachijojima  
Opening hours: 17:30-22:00 Closed: Wednesdays

☎04996-9-5611



The food at this restaurant is made from the produce of Hachijo-jima and fish caught in nearby seas based on the principles of valuing seasonal flavors and sincerity. Private booths are available, and the restaurant is popular with large groups and families as well.



## Sashimi and island sushi

Food used ▶ Seasonal fish

Available: Year-round

From ¥1,100/¥800

This assortment primarily uses seasonal local fish caught nearby Hachijo-jima. The sugar, vinegar, and salt flavors stand out in the island *sushi*.



## Island Tempura assortment

Food used ▶ *Ashitaba*, *Umikaze Shiitake* mushrooms, island bamboo shoots, island okra, and local fish

Available: Year-round **¥880-1080**

This *Tempura* assortment includes *Tempura* made from local Hachijo-jima *Ashitaba*, the popular *Umikaze Shiitake* mushrooms, and other seasonal island ingredients.



## Kabutsu (citrus fruit) beer, fresh passion fruit sour

Food used ▶ *Kabutsu* citrus fruit, passion fruit, and island lemon

Available: Year-round

From **¥748**

This beer made from the juice of a citrus fruit called *Kabutsu* on Hachijo-jima is quite popular. The fresh sour is made seasonally with passion fruit or island lemon.



# Hachijo View Hotel

ACCESS MAP



<http://www.hachijo-v.co.jp/>

Address: 4422-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 24 hours Open all year round

☎04996-2-3221



This *ryokan*-type hotel is located on the hills of Hachijo Fuji and its Japanese-style rooms have incredible views. The Hachijo Japanese-style *kaiseki* meal, an arrangement of fresh local fish caught on Hachijojima and *ashitaba*, famed as a health food, is quite popular. The content of the dishes may change depending on the season.

## Assortment of Local Fish

Food used ▶ Seasonal fish

Available: Year-round

¥3,300

In the waters near Hachijojima, a large number of high-class migratory fish and seasonal local fish, such as flying fish, are caught, so enjoy being able to eat these island-only fish while they are still fresh.



Hachijojima



## Traditional Hachijojima Island Sushi

Food used ▶ Seasonal fish

Available: Year-round

¥2,200

Island *sushi* is synonymous with Hachijojima's traditional local cuisine. The *nigiri sushi* (7 - 8 pieces) is made by marinating fresh local fish, using sweet sushi rice, and then sprinkling not *wasabi*, but mustard on top. Truly top-tier island cuisine.

Hachijojima

# Kukansha Cafe in Long Beach 1983

ACCESS MAP



<http://w01.tp1.jp/a079783401/toiawase.html>

Address: 8144-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 13:00-18:00 Closed: Tuesdays, Fridays (Open every day during the busy season)

☎04996-2-4154



This quiet cafe in a converted home hides quietly in a forest.

The interior and tableware at the cafe are carefully selected, creating a stylish and relaxing space where time passes slowly.

## Ashitaba Cheese cake set

Food used ▶ Ashitaba

Available: Year-round **¥800**

This cheese offers the essence of *Ashitaba* and rich cheese for a smooth taste to the palate.

Enjoy it with your drink included in the set. Also take notice of the carefully selected tableware.



## Ashitaba Adzuki Milk

Food used ▶ Ashitaba

Available: Year-round **¥800**

This tall pile of shaved ice is topped with *Ashitaba* powder, and the bitterness of the *Ashitaba*, slightly different from that of *Matcha* tea, goes perfectly with the sweetness of the milk syrup.



Hachijojima

# Isozaki-En

Address: 347 Kashitate, Hachijo-machi, Hachijojima  
 Opening hours: 11:00-14:00 (at night only by reservation, call by 15:00)  
 Closed: No fixed days

☎ 04996-7-0041

アクセスマップ



Isozaki-En's calm, Japanese style rooms were built over more than a hundred years by collecting driftwood that washed up on the coast, and guests can enjoy dining in a tropical Japanese-style room that was built using an old stone wall. Particular attention is paid to the island's ingredients, with the flavors of fresh seafood and pesticide free, home-grown vegetables being on offer, as well as dishes that let guests feel the history of Hachijojima's cuisine.

## Kuroshio Cuisine

Food used ▶ Seasonal fish, taro, seaweed,  
seasonal vegetables

Available: Year-round **¥1,760**

In the past there was no rice on the island, so *miso*-flavored barley porridge was eaten. The barley porridge comes with Hachijojima-produced *sashimi* local seaweed and vegetable dishes, and fish soup.



## Island Sushi

Food used ▶ Seasonal fish

Available: Year-round **From ¥1,760**

Conceived of as a *bento* lunch for long cruises, the rice has added sugar, vinegar, and salt, and mustard is used instead of *wasabi*. Fresh fish is sprinkled with soy sauce and then wrapped with *iwa laver* to form the *sushi* pieces. (Reservation required)



## Goshamen Cuisine

Food used ▶ Seasonal fish, taro, seaweed,  
seasonal vegetables

Available: Year-round **¥5,610**

Isozaki-En's original, celebratory cuisine, serving dishes that use banana leaves as plates. In addition to the *Kuroshio Cuisine*, the *Goshamen Cuisine* features a fish figure and salt-encrusted grilled fish, where an entire fresh fish is encased in salt and grilled. (For 2 or more people, reservation required)





# Senryo

ACCESS MAP



Address: 2056 Kashitate, Hachijo-machii, Hachijojima  
Opening hours: 11:00-14:00/17:00-19:00 Closed: Mondays

☎04996-7-0040



This shop offers a menu featuring island ingredients such as home grown vegetables. The cook makes an effort so that you can enjoy the deliciousness of the Hachijo-jima produce as simply and directly as possible. The atmosphere of the single story house is inviting to visitors passing by on a walk.



## Tenzaru noodles

Food used ▶ *Ashitaba*

Available: Year-round

¥990

These refreshing chilled noodles are topped with *Ashitaba Tempura*. The new buds of the *Ashitaba* plant are used, providing a delicious and fresh flavor.

## Island Takuan pickles

Food used ▶ *Radish*

Available: Year-round

¥220

These island *Takuan* pickles are made by fermenting home grown *Daikon* radishes in salt and rice bran. The fermentation process takes between three and six years resulting in a deliciously deep fermented flavor.



## Gyoza dumplings

Food used ▶ *Garlic, Ginger*

Available: Year-round

¥550

These Gyoza dumplings that use ginger and Hachijo-jima's large and fresh garlic are the second most popular dish on the menu.



# Ogasawara Islands

In the far south of the Izu Islands, there are islands collectively called the Ogasawara Islands.

People live mainly in Chichijima and Hahajima. Okinotorishima, Iwo Jima, and Nishinoshima, which was connected with the island that was born by recent eruption, belong to the Ogasawara Islands.

Since they are isolated in the open ocean, many animals and plants of endemic species exist in the islands.

Due to the temperate climate throughout the year, many tourists from domestic and overseas visit for leisure activities in the sea.

Enjoy your summer in Tokyo at the Ogasawara Islands, which were registered as a World Natural Heritage Site in 2011 and are attracting more and more attention!





## Ogasawara Islands

# Chichijima Hahajima



— Hachiojima

— Aogashima

— Chichijima

— Hahajima

The wilderness of the Ogasawara Islands can also be called paradise of life. Experience the World Natural Heritage.

The Ogasawara Islands are composed of some 30 large and small islands, and the people live mainly in Chichijima and Hahajima.

Chichijima, located about 1,000 km from the central Tokyo, and Hahajima, about 50 km from Chichijima, both on a similar geographical latitude as Okinawa. With its remaining unspoiled nature, the Ogasawara Islands were registered as a World Natural Heritage Site in 2011.

An undestroyed distinctive ecosystem and unaffected landscape in its natural state are popular among visitors.

### Access



## Map

# Chichijima

Weather  
Station  
Lookout

Futami Port

Hatsuneura  
Beach

Higashidaira  
Sanctuary

Kominato Beach

Kimagure Cafe  
P.105

Kita Port

Higashi Port

# Hahajima

Mt. Chibusayama

Oki Port



## Main events

January 1	Japan's earliest beach openings	Chichijima / Hahajima
Mid March	Hahajima Festival	Hahajima
Late June	Festival Commemorating Return of Islands to Japan	Chichijima / Hahajima
Late July	Ogasawara Sadayori Shrine Festival	Chichijima
August	Summer Festival	Chichijima / Hahajima
November 1 - 3	Ogamiyama Shrine Festival	Chichijima
November 23	Tsukigaoka Shrine Festival	Hahajima
December	Christmas Illumination	Chichijima / Hahajima
December 31	New Year Countdown	Chichijima

## Tourist information

[Chichijima]

**Ogasawara Village Tourist Association**

URL <http://www.ogasawaramura.com> TEL 04998-2-2587



[Hahajima]

**Ogasawara Hahajima Tourist Association**

URL <http://www.hahajima.com> TEL 04998-3-2300



# Mermaid Café

ACCESS MAP



Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: Around 11 : 30 ~ 17 : 00 (Take-out reservations possible)

☎ 090-5820-2422



A cafe made of a minivan.

Small as it is, they have a wide selection of menus including cafe menus and cake menus.

Enjoy authentic coffee and original homemade cake while watching the beachfront scenery.



## Ogasawara salt caramel pound cake

Food used ▶ Ogasawara salt

Available: Year-round

¥200

They knead homemade caramel cream with Ogasawara salt into dough and bake it into a pound cake.



## Island lemon squash

Food used ▶ Island lemon

Available: Year-round

¥500

Island lemon juice with a mild sour taste is used. Once you drink it, the refreshing aroma spreads in your mouth.



## Hibiscus Tea Soda

Food used ▶ Roselle

Available: From October to around March

¥600

Enjoy the sweet and sour tastes and aroma of this soda mixed with syrup made from edible hibiscus roselle.



## Ogasawara salt caramel Frappuccino

Food used ▶ Ogasawara salt

Available: Year-round

¥600

Salt filled with blessings of Ogasawara sea adds accent to the taste of caramel, and is finished in a deep-flavored drink.

Chichijima

# Paku Paku

<http://www2.odn.ne.jp/makimaki/newpage25.htm>

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 11:30 - 14:00 / 17:30 - 22:00 (Reservations for lunch are not accepted)

Closed: The next day after departure of Ogasawara Maru

☎ 04998-2-3060

ACCESS MAP



Paku Paku, which is marked with red lanterns, is a restaurant that has a retro atmosphere of Showa era. Once you step into the store you can casually eat and drink there.

Sea turtle meat, an ingredient unique to Ogasawara, is cooked and offered as *sashimi* and stew. The rare chance for you to taste this uncommon special menu.

## Paku Paku champuru

Food used ▶ Seasonal local fish, island vegetables

Available: Year-round **¥990 (inc. tax)**

A hearty menu of stir-fried island vegetables with minced local fish balls.

You can add rice, *miso* soup, and a side dish in a small bowl as a set meal for additional 275 yen.



## Bukkake-don

Food used ▶ Seasonal local fish

Available: Year-round **¥1,485 (inc. tax)**

It is a local menu that uses island fish marinated by secret sauce.

It is also delicious to taste as a topping on rice.



## Shochu-based cocktail with passion fruit juice

## Shochu-based cocktail with lemon juice

Food used ▶ Passion fruit, island's lemon

Available: Year-round **¥715 (inc. tax)**

Take your fatigue from the day away with a flavorful *shochu*-based cocktail with passion fruit juice and refreshing cocktail with lemon juice.





# Heart Rock Cafe



<http://take-na.com/cafe/>

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 9:00 - 18:00 (Takeout-only reservations possible) Open all year round

☎04998-2-3317



How about a relaxing time of the island with tropical sweets under sunbeams shining through branches of the big symbol tree "Indian laurel"? They serve menus that make use of original taste of the ingredients including seasonal fish, vegetables, and fruits, depending on the season.

## Homemade cake

Food used ▶ Passion fruit, island banana, island lemon, strawberry guava

Available: Year-round

From ¥350

They serve cheesecake, tart, and other cakes that use plenty of island fruit. Please enjoy the fluffy pancakes with passion fruit butter or island honey.



## Homemade ice cream

Food used ▶ Passion fruit, island salt, island banana, strawberry guava

Available: Year-round

From ¥450

Ice cream made from lavish use of island bananas and passion fruits. The most popular: banana chocolate ice cream with plenty of island bananas.

\*Subject to change depending on the season.



## Shark burger

Food used ▶ Thresher shark

Available: Year-round

From ¥550

A special burger with fried thresher shark caught at Ogasawara, which can only be tasted here.

There is also a set menu with French fries and drinks.



*Teppanyaki*  
Dining Restaurant

# Charlie Brown

ACCESS MAP



Address: Higashimachi, Chichijima, Ogasawara-mura  
Opening hours: 17:00 - 24:00 Closed: No fixed days

☎04998-2-3210



The Stars and Stripes are decorated at the entrance. You can enjoy dining with family and even alone in a cozy and American classical style-like atmosphere. A blackboard in front of the store shows the menu of the month to make people feel more comfortable with ingredients from the island.

## Swordfish steak

Food used ▶ Swordfish

Available: Year-round

¥1,050

Steaked swordfish, which is a specialty of the island. It has an impact on appearance and taste, with a soy sauce-based ginger sauce that uses plenty of ginger.



## Cinnamon-Flavored Island Lemon Iced Tea Cocktail

Food used ▶ Island lemon

Available: Year-round

¥750

A luxurious cocktail made with a generous amount of island lemon juice.



## Mixed salad with island vegetables

Food used ▶ Tomato, okra, kidney beans, cucumber, celery, etc.

Available: Year-round

¥950

A bowl of mixed salad with sweet-tasting tomato, okra having good stickiness and texture, and fresh cucumber and celery. Handmade apple dressing that uses island salt further enhance the original taste of vegetables.



Chichijima

# Uwabeya

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 11:30 - 14:00 (for *bento*; reservations by LINE are until 18:00 the day before), 18:00 - 22:00 (for *izakaya*; LO 21:00) Closed: No fixed days

☎090-2252-5096



Fresh local fish and island vegetables are used as ingredients in making delicious *bento* lunchboxes. The shop owner's parents are fishermen, so high-quality fish can be obtained. Particular attention is paid to island ingredients, such as the vegetables, which are harvested at the shop owner's own farm.

## Tekka-don (Made to order)

Food used ▶ Bigeye tuna

Available: Depends on availability **¥950**

The generous volume of the *tekka-don* rice bowl has plenty of bigeye tuna filets, caught right here on the island.



## Seafood Sauce Katsu-don

Food used ▶ Swordfish

Available: Year-round **¥800**

A rice bowl with swordfish, cut into large pieces and fried, that is sprinkled with plentiful amounts of a specially made blended sauce. Extremely delicious.



## Colorful Makunouchi Bento

Food used ▶ Swordfish, local fish

Available: Year-round **¥850**

A *makunouchi bento* lunchbox bringing together a variety of side dishes, with a focus on island ingredients such as fish and vegetables.



# Shimayado Islander House



<https://islander.localinfo.jp>

Address: Higashimachi, Chichijima, Ogasawara-mura  
Reception hours: 6:00 - 22:00 Open all year round

☎080-2945-5977



The smallest available *minshuku*-style inn on the island. Dishes served are mainly island cuisine that uses the ingredients of each season, such as vegetables, as well as seasonal fish that are purchased directly from the island's fishermen. Additionally, guests can cook any fish they catch and can enjoy BBQ.

## Steamed Island Fish and Banana Leaves

Food used ▶ Seasonal local fish (swordfish, greater amberjack, blacktip grouper)

Available: Year-round

Included in the lodging charges

An exquisite dish with a rich aroma, made by wrapping whole fish caught on the island in luxurious island banana leaves and then steaming it.



## Day Octopus Takoyaki

Food used ▶ Day octopus

Available: Year-round

Included in the lodging charges

*Takoyaki*, or fried octopus balls, are a very popular dish at parties, and plentiful amounts are made taking octopus pieces from a large octopus, which can only be caught on the island, not bought at a supermarket, etc.

## Fruit Liquor

Food used ▶ Passion fruit, island lemon, guava, star fruit, etc.

Available: Year-round

¥880

This homemade fruit liquor, created by soaking passion fruit and island lemons in shochu liquor, can be enjoyed either with soda water or on the rocks.



Chichijima  
Hahaqima

Chichijima

# P.I.R HALE

ACCESS MAP



<http://papasds.com>

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 9:00 - 18:00

Closed: The next day after departure of Ogasawara Maru

☎04998-2-2265



It is a cafe where you can spend a pleasant moment while feeling the clear air and wind of Ogasawara on the open terrace with the view of the sea and the sky.

Locally produced ingredients are fully used to put the taste and flavor of the island in the food.

## Beer

Food used ▶ Island fruits

Available: Year-round (Dependent on brewing situation) **¥660**

An original beer made at the beer brewery in the P.I.R HALE main store.



## Various kinds of cakes

Food used ▶ Passion fruit, islands lemon

Available: Year-round **From ¥530**

Chiffon cake and baked cheesecake with plenty of specialty fruits. Very popular with its refreshing flavor and a subtle sweetness.



## Kaisen-don

Food used ▶ Yellowfin tuna, swordfish, bigfin reef squid, etc.

Available: Year-round **¥1,100**

Kaisen-don (vinegared rice bowl topped with sashimi) of seasonal fish from Ogasawara marinated in original sauce. Easy to eat because fish are diced. Only served during lunch time.



Chichijima

Western-style *Izakaya* **CHARA**

ACCESS MAP

<https://www.facebook.com/youhuuizakayachara/>

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 17:30 - 24:00 Closed: No fixed days

☎04998-2-3051



Through our deep connections with the island fishermen we buy and offer rare fish that aren't seen or offered in more terrestrial areas. Additionally, even for large fish, we buy entire fish, allowing our customers to enjoy eating them for a low price.

**Fried sode squid rings**

Food used ▶ Sode squid

Available: Year-round

¥950

Sode squid are Japan's largest squid — the body alone weighs more than 10 kg — and slices become our squid rings. It's a dish with impact — it doesn't just look good, it tastes good too.

**Shima sushi, two kinds of shima sushi spring roll**

Food used ▶ Local fish

Available: Year-round

¥700-850

*Shima sushi* is a dish that is only served when the Ogasawara-maru is in port. Fresh slices of fish (*sushi-neta*) are marinated in a soy sauce based sauce, have mustard, instead of wasabi, added, and are then served. Our *shima sushi* spring rolls, made from *shima sushi*, *shiso* leaves, and pickled ginger wrapped together in rice paper, also provide a unique texture and taste for you to enjoy, just like our regular *shima sushi*.

**Passion fruit parfait**

Food used ▶ Passion fruit

Available: May to July

¥1,020

A parfait with plenty of passion fruit — the jelly and sherbet also contain passion fruit. Depending on the season will change to be a mango parfait, etc.

**Sliced / boiled / roasted turtle, Stir-fried turtle innards and miso**

Food used ▶ Aoumigame turtle

Available: Year-round ¥700-1,290

Turtle dishes are an important part of the island's culture. In addition to classic boiled turtle and sliced turtle, we also prepare roasted turtle and a *miso* and turtle innards stir-fry. Around April it is possible to eat sliced liver from freshly gathered turtles (dependent on availability, etc.)





# TOMATON

<http://tomaton-ogasawara.com>

Address: Nishimachi, Chichijima, Ogasawara-mura

Opening hours: 9:30-18:00

Closed: while the ship Ogasawara Maru is out of port on Saturdays, Sundays, and Holidays

☎04998-2-7790



This shop makes and sells sweets and jams using local island ingredients.

It is located a slight distance from the busier shopping area. Many of the products can be found only here.



## Island banana ice cream

Food used ▶ Island banana

Available: Year-round

¥378

This ice cream makes generous use of the deeply flavored bananas of Ogasawara.



## Dacquoise

Food used ▶ Island honey

Available: Year-round

¥390

This sweet is made by sandwiching butter cream made with local island honey between layers of meringue.

## Island lemon jelly with fruit chunks

Food used ▶ Island lemon

Available: Year-round

¥250

This rich lemon jelly is neither too sour nor too sweet.



Chichijima  
Hanaajima

# Chichijima Kaiyu

Address: Nishimachi, Chichijima, Ogasawara-mura

Opening hours: 11:00 - 14:00

Closed: 1 or 2 days after departure of Ogasawara Maru

ACCESS MAP



☎04998-2-3181



Always developing menus that use ingredients from the island.

## Blacktip grouper ramen

Food used ▶ Blacktip grouper

Available: Year-round

¥1,000

A well-known blacktip grouper ramen with exquisite soup stock of "Blacktip grouper" from Chichijima.



## Billfish Chinese-style noodles

Food used ▶ Swordfish

Available: Year-round

¥980

A bowl of billfish Chinese-style noodles that uses island specialty, swordfish.



## Passion fruit soft serve

Food used ▶ Passion fruit

Available: Year-round

¥600

It is passion fruit soft serve topped with island passion fruit juice and other fruits.





Minshuku

# Nangokuso Oyatsu-no-niwa

<http://nangokuso.com>

Address: Nishimachi, Chichijima, Ogasawara-mura  
 Opening hours: 12:00 - 14:00 on days with port arrivals/departures,  
 12:40 - 16:20 on other days Closed: No fixed days

ACCESS MAP



☎04998-2-2295



Twenty different kinds of tropical fruits are grown in the shop's own garden.

No store-bought juice is used, and great effort is made so that you can enjoy the true taste of the fruits. Fruits, ice cream, shaved ice, juice and more! Come have a taste!

Boiled turtle is also available.



## Star Fruit Granita

Food used ▶ Star fruit

Available: Year-round

¥450

100% star fruit juice. Recommended for those who think "The taste of star fruit isn't that great" -- it'll change your mind! However, the star fruit's charms aren't merely limited to its shape. It's delicious!

## Taiwan-style shaved ice and coconut milk

Food used ▶ coconut

Available: Year-round

¥850

Together with coconut milk made from raw coconuts, this Taiwan-style shaved ice, with black tapioca and drizzled with honey, is excellent!



Chichijima

# Kimagure Cafe

ACCESS MAP


<https://kimagure-cafe.com/>

Address: MiyanoHamamichi, Chichijima, Ogasawara-mura

Opening hours: 12:00 - 17:00 (until 17:30 in July and August) Closed: No fixed days

☎ 090-5307-1297



We use abundant amounts of fruit, primarily harvested in the summer, from inside the shop you can hear the birds chirping, and we have also prepared a sofa so that you can spend a relaxing time. Additionally, there is a space for feline aficionados to spend time with our cats.

Delivery service has started (requires reservation by the day before and ordering at least 3 items). Bento lunchbox orders for tours are also accepted.

## Kimagure parfait

Food used ▶ Island fruits (passion fruit, banana, mango, etc.)

Available: End of June to end of August

¥600-1,000

A parfait made using plenty of island fruits. Fruits from the southern island, sweeeeeet vanilla ice cream and fresh cream make for a fantastic combination.

## Island banana milk, Island guava milk

Food used ▶ Island bananas, island guavas

Available: End of June to end of August ¥500

Island banana milk uses only ripe island bananas, and without any added sugar or artificial sweeteners, you can really taste the natural sweetness.



## Roselle Pie

Food used ▶ Homemade roselle jam (Chichijima roselle)

Available: October to around April

¥400

We stick mainly to our homemade roselle jam so that the pie isn't too sweet. We bet you'll fall in love with this pie's baked, sweet-tart flavor.





# Craft Inn La Mere

<http://www.lamere-inn.jp>

Address: Shizukazawa, Hahajima, Ogasawara-mura

Open all year round

ACCESS MAP



☎04998-3-2140



It is a pension that offers comfort in a cozy atmosphere.

Each room has different structure and interior, so even repeat guests can have a fresh pleasure every time.

They serve the distinctive dinner with carefully-selected seasonal ingredients.



## Dinner with island fish and island vegetables

Food used ▶ Seasonal local fish, seasonal vegetables, etc.

Available: Year-round

### Included in the lodging charges

Tasty cuisine that combines fish and vegetables from Hahajima.

Additionally, we also offer uncommon turtle meat *sashimi* and simmered turtle meat (depending on purchase).



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

### **E**xcellent 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.

### **E**xact **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.

[https://tokyogrown.jp/en/e\\_mark/](https://tokyogrown.jp/en/e_mark/)

Inquiries

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

Through this guide, the TMG introduces restaurants and shops that use specialty ingredients and products of the Izu Islands and the Ogasawara Islands.

For more information on registering a restaurant or shop, please contact the appropriate TMG branch office:

- Restaurant/shop located within the jurisdiction of the Oshima Island Branch Office  
Oshima Island Branch Office, Industrial Section  
Phone: (04992) 2-4431
- Restaurant/shop located within the jurisdiction of the Miyake Island Branch Office  
Miyake Island Branch Office, Industrial Section  
Phone: (04994) 2-1312
- Restaurant/shop located within the jurisdiction of the Hachijo Island Branch Office  
Hachijo Island Branch Office, Industrial Section  
Phone: (04996) 2-1113
- Restaurant/shop located within the jurisdiction of the Ogasawara Islands Branch Office  
Ogasawara Islands Branch Office, Industrial Section  
Phone: (04998) 2-2125



Mikurashima —○

Hachiojima —○

Aogashima —○

Chichijima —○

Hahajima —○



#### Locavore Dining in the Tokyo Islands 2021 (English Edition)

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