

Take a bite of Tokyo 2023

CHARGE
FREE

Guide to Tokyo's Locavore Restaurants



"Take a bite of Tokyo"
English Edition:
Scan the below QR code!



TOKYO METROPOLITAN GOVERNMENT

Introduction

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

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

The English-language edition of the guidebook was created so that international visitors to Tokyo can also enjoy locally sourced ingredients. Of all the registered restaurants, this guidebook introduces 163 restaurants that actively accept foreign guests, such as by having an English menu.

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

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

March 2023

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

〈はじめに〉

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

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

東京を訪れる外国人の皆様にも、東京産農林水産物を活用した料理を味わっていただくために、「とうきょう特産食材使用店」ガイドブックの英語版を作成しました。全登録店のうち、英語版のメニューを有するなど外国人の受け入れに積極的で、掲載を希望した 163 店舗を掲載しています。

旅のお供にご活用いただければ幸いです。

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

令和5(2023)年3月

東京都産業労働局農林水産部食料安全課

東京都が地産地消に取り組む 飲食店を応援します。

登録されているお店は

都内(区部及び多摩地域)で営業している飲食店で、以下の取り組みをしています。

- 東京産農林水産物を食材としておおむね年間を通じて使用している。
- 使用している東京産農林水産物の情報を来店者に提供している。
- 地産地消の促進につながる取組を行っている。
- 今後もさらに東京産農林水産物の使用をすすめる。
- 都の食育・地産地消推進の施策等に協力する。

このボードが目印です



紹介ページの見方

店名

電話番号

URL

03-3231-0878

<http://tng.or.jp/koukyo/>

区市町村

千代田区

外観・店内風景、他

最寄駅等

主なメニュー、他

東京産食材を使用したメニューの一例

可能な対応

メニュー名・提供時期・使用食材等

「江戸エコ行楽重」

提供時期 通年

使用食材 魚類(八丈島)、野菜(練馬)、塩(大島)

「一汁三菜御膳」

提供時期 通年

使用食材 厳選した新鮮な地場の食材を中心に使用(日替り)

※塩は大島の「海の精」を使用しています

アイコン凡例

② 駐車場有

③ テイクアウトメニュー有(予約が必要な場合あり)

④ Wi-Fi 利用可

⑤ 予約可

⑥ クレジットカード利用可(種類は要確認)

⑦ 電子マネー利用可(種類は要確認)

地図

お店の地図はすべて上が北の方角です

※メニュー名は東京産農林水産物を使用したメニューの一例を掲載しています。
なお、季節等によりメニューに変更がある場合がありますのでご了承ください。
※お店の情報は令和4年11月時点のものです。

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

Nanko Rest House

☎ 03-3231-0878

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



Signature menu



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



Edo Eco Koraku-ju

Available Year-round

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

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

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

Available Year-round

Ingredients Fresh local ingredients of the day

*Reservations are only for some menu items.



Sizzler's Tokyo International Forum

☎ 03-3211-2205

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



Signature menu



- 📍 Tokyo International Forum, A Block B1F
3-5-1 Marunouchi, Chiyoda-ku
- 🕒 11:00 – 22:00 (Sat, Sun, Holidays: 8:00 – 22:00)
- 🗓 New Year's Day
- 🚶 Accessible from JR Tokyo Station and Yurakucho Station (Located immediately outside of Tokyo Station Keiyo Subway Marunouchi Exit). Also accessible from various subway lines (Tokyo Metro Yurakucho Line, Hibiya Line, Chiyoda Line, Marunouchi Line, Ginza Line, and Toei Subway Mita Line)



Salad Bar with Seasonal Fruits and Vegetables

Available Year-round

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

mikuni MARUNOUCHI

☎ 03-5220-3921

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



Signature
menu



Chef's Special Full of Tokyo Ingredients

Available Year-round

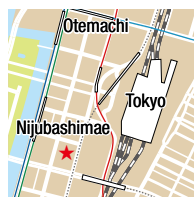
Ingredients Vegetables from Nishitokyo, etc.,
used and eggs from Tokyo

Special Lunch with Seasonal Tokyo Vegetables

Available Year-round

Ingredients Edogawa mustard spinach and
used Takingogawa burdock

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



L'art et Mikuni

☎ 03-3213-0392

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



Signature
menu



Piccolo Course (lunch)

Available Year-round

Ingredients Seasonal Tokyo vegetables
used (menus vary)

Grande Course (lunch/dinner)

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

Available Year-round

Ingredients Seasonal Tokyo vegetables (menus vary)
used

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



P Parking lot
available

A Takeout menu available
(may require a reservation)

W Wi-Fi available

R Reservations
possible

C Credit cards accepted
(confirm types that
are accepted)

E Electronic money accepted
(confirm types that
are accepted)

Tokyo Karaage Bar

☎ 03-6256-0564

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



Signature
menu



Tokyo Vegetable Bagna Càuda

Available Year-round

Ingredients Seasonal vegetables from
used Tokyo

Tokyo Vegetable Marinade

Available Year-round

Ingredients Seasonal vegetables from
used Tokyo

📍 B1F JP Tower, 2-7-2 Marunouchi,
Chiyoda-ku

🕒 11:00 – 22:00

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

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



Tonkatsu Ikeda

☎ 03-3262-4434

URL <https://tonkatsu-ikeda.com/>



Signature
menu



Tokyo X Pork roast cutlet

Available Year-round

Ingredients Tokyo X

Tokyo X Port quality fillet cutlet

Available Year-round

Ingredients Tokyo X

📍 2-14 Kojimachi, Chiyoda-ku

🕒 11:30-14:30

17:00-21:00 (Until 20:00 on Saturdays)

✖ Sundays and holidays

🚶 2 min. walk from Tokyo Metro Hanzomon Line
Hanzomon Station



Vin Picoeur Marunouchi

☎ 03-6212-1011

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



Signature
menu

Charcoal Grilled Tokyo Shamo Chicken

Available Year-round

Ingredients Tokyo Shamo Chicken
used (from Hachioji)

Available

Ingredients
used



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

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

18:00 - 22:30 (Last Call 21:30)

Weekends
and holidays 17:00 - 22:30 (Last Call 21:30)

✕ Sundays (other irregular holidays)

🚶 3 min. walk from JR Yurakucho Station International Forum Exit

2 min. walk from Tokyo Metro Yurakucho Line Yurakucho Stn

3 min. walk from Tokyo Metro Hibiya Line Hibiya Stn



Nihombashi Yukari

☎ 03-3271-3436

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



Signature
menu

Braised TOKYO X Pork Belly with Senju Green Onion

Available Year-round

Ingredients TOKYO X pork
used and Senju green onion

Custard Pudding with Edo Rice

Available Year-round

Ingredients Rice, eggs, milk
used

📍 3-2-14 Nihombashi, Chuo-ku

🕒 11:30 - 14:00 / 17:00 - 22:00

✕ Sundays and Holidays

🚶 3 min. walk from JR Tokyo Station

1 min. walk from Tokyo Metro Ginza Line Nihombashi Stn



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

💰 Electronic money accepted
(confirm types that
are accepted)

Tenmo

☎ 03-3241-7035

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



Signature menu



Edo Tokyo Vegetable Tempura

Available Varies in each season

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

Assorted Pickles

Available Year-round

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



Nihombashi Funazushi

☎ 03-3661-4569

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



Signature menu



Edo-style Conger Eel Shiro-yaki/Sushi

Available Year-round

Ingredients Conger eel from Tokyo Bay

Edo-style Sillago Sashimi/Sushi

Available Year-round

Ingredients Sillago from Tokyo Bay

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



Ginza Himorogi

☎ 03-6274-6779

URL <http://himorogi.tokyo/>



Signature menu



Tokyo Shamo Chicken Thigh Yakitori

Available Year-round

Ingredients used Tokyo Shamo Chicken from Akiruno

Edo Shamo Chicken Hot Pot

Available Year-round

Ingredients used Tokyo Shamo Chicken from Akiruno

📍 1F Meiko Bldg, 8-2-15 Ginza, Chuo-ku

🕒 Lunch (Mon - Sat): 11:30 - 14:00

Dinner (Mon - Fri): 17:00 - 4:00

next morning (Last Call 3:00)

Lunch (Sun and Holidays): 11:30 - 14:00

Dinner (Sat, Sun and Holidays): 17:00 - 23:00

(Last Call 22:00)

*Please contact the restaurant directly to inquire about their regular holidays and opening time.

🚶 5 min. walk from Ginza, Shimbashi, Hibiya, and Uchisaiwaicho stations



Hanagoyomi Tokyo

☎ 03-3271-1135

URL <https://www.ryumeikan-tokyo.jp/breakfast/>



Signature menu



20 Types of Fresh Vegetables Buffet

Available Year-round

Ingredients used Vegetables, including Edo Tokyo vegetables (produced in Tokyo)

Tamago kake gohan

(steaming boiled rice mixed with a raw hen's egg)

Available Year-round

Ingredients used Chicken eggs (from Hachioji)



📍 15F Hotel Ryumeikan, 1-3-22 Yaesu, Chuoku

🕒 Breakfast: 6:45~10:00 (Last Call 9:45)

Lunch: 11:00~14:00 (Last Call 13:30)

✖ Open every day

🚶 3 min. walk from JR Tokyo Station Yaesu North Exit
1 min. walk from Tokyo Metro Nihombashi Station A3 Exit

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Sol Sevilla

☎ 03-3547-2999

URL <https://www.instagram.com/solsevillaatsukiji/>



Signature menu

Tokyo X Pork roasted

Available Irregular

Ingredients used TOKYO X

Rice omelet with Edo (Tokyo)-grown herbs

Available Year-round

Ingredients used Edo(Tokyo)-grown herbs (from Ota)

- 📍 1F Seriko Higashi Ginza Bldg., 2-14-2 Tsukiji, Chuo-ku
- 🕒 11:30~14:00
18:00~24:00 (Saturdays: 17:00 - 20:00)
- ✕ Sundays and holidays
- 🚶 3 min. walk from Tokyo Metro Hibiya Line Tsukiji Station



Natural Cafe and Restaurant

TABUNOKI

☎ 03-3280-1916

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



Signature menu

Naturally Farmed Vegetable Lunch

Available Year-round

Ingredients used Seasonal vegetables from Nishitokyo, etc.

Seasonal Dinner Course

Available Year-round

Ingredients used Seasonal vegetables from Nishitokyo, etc.

- 📍 1F Tokyo Ryoin-shinkan, 4-9-16 Takanawa, Minato-ku
- 🕒 Tuesdays-Saturdays: 11:00-21:00
- ✕ Sundays and Mondays
- 🚶 3 min. walk from JR/Keikyu Shinagawa Station



Shinkyoutei Shinkan

☎ 03-3580-2211

URL <http://shinkyotei.com/>



Signature menu

Tokyo Feast Course Meal

Available Year-round (reservation required)

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

TOKYO X Char-Siu Pork

Available Year-round

Ingredients used TOKYO X Pork

📍 2-4-2 Shimbashi, Minato-ku

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

✕ New Year Holidays

🚶 3 min. walk from JR Shimbashi Station Hibiya Exit



Minato

cusavilla

☎ 03-5467-0560

URL www.erbadanakahigashi.com



Signature menu

Minestrone Soup

Available Year-round

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

Wild ayu (from Akligawa River) broiled with salt

Available June – August

Ingredients used: Wild *ayu* sweetfish caught in the Akligawa River, seasonal vegetables from Hachioji and Akiuno

📍 B1F NISHIAZABU4416, 4-4-16

Nishi-azabu, Minato-ku

🕒 17:00 – 20:00 (Last Call)
Fridays and Saturdays 12:00 – 13:00 (Last Call)

✕ Sundays

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



Minato

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Tokyo Oven Akasaka

☎ 03-6230-9569

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

Signature menu

Homemade pickles with farm vegetables

Available Year-round (Depending on availability)

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

Steamed Tokyo vegetables in a nabe iron pot

Available Year-round (Depending on availability)

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

- 📍 Hotel Risveglio Akasaka, 3-18-1 Akasaka, Minato-ku
- 🕒 Breakfast: 7:00-10:00
- ✕ Lunch: 11:30-14:30 Dinner: 17:00-24:00
Morning only -- Open everyday
Lunch -- Sat, Sun and Holidays
Dinner -- Sun and Holidays
- 🚶 3 min. walk from Akasaka-mitsuke Subway Station/
5 min. walk from Akasaka Station



Tonkatsu X

☎ 03-6435-2904

URL



Signature menu

Tokyo X Pork Roast Katsu Set Meal

Available Year-round

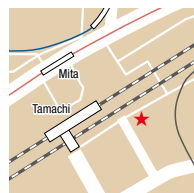
Ingredients Tokyo X Pork

Tokyo X Pork Curry

Available Year-round

Ingredients Tokyo X Pork

- 📍 Tamachi Station Tower N, msb Tamachi, 3-1-1 Shibaura, Minato-ku
- 🕒 Weekdays: 11:30-15:00 (Last Call 14:00)
17:00-22:00 (Last Call 21:00)
Sat., Sun. and Holidays: 11:30 - 16:00 (Last Call 15:00) 17:00 - 21:00 (Last Call 20:00)
- ✕ Open everyday
- 🚶 2 min. walk from JR Tamachi Station





Signature menu

Hachiojima Island *Kusaya* (dried fish)

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

Available Year-round

Ingredients Mackerel scad and flying fish used from Hachiojima Island

Ashitaba Tempura and Boiled Salad

Available Year-round

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

- 📍 2F Maneki Dori Golden Street, 1-1-5 Kabukicho, Shinjuku-ku
- 🕒 19:00 – 3:00 next morning
- ✕ Irregular
- 🚶 10 min. walk from JR Shinjuku Station East Exit



Under the Tree



Signature menu



Spicy Curry

Available Year-round

Ingredients Naito chili pepper (from Nerima, Mitaka), seasonal vegetables (from Tokyo)

- 📍 Inside the Shinjuku Gyoen National Garden Information Center 11 Naito-cho, Shinjuku-ku
- 🕒 9:00 – 16:00
- ✕ Closed days for Shinjuku Gyoen National Garden
- 🚶 In the information center next to [Shinjuku Gate] at Shinjuku Gyoen
- Nearest station to Shinjuku Gate: 5 min. walk from Shinjuku -gyoenmae / Shinjuku -sanchome Subway Stations



Forest Salad

Available Year-round

Ingredients Tomatoes, carrots, pumpkins, etc. (from Tokyo)



Restaurant Tsuburano

☎ 03-3341-1461

URL <https://www.fng.or.jp/shinjuku/>



Signature
menu



Kohaku inari (containing clams al ajillo)

Available Year-round

Ingredients Naito chili pepper (from
used Nerima, Mitaka)

Ebi tempura soba noodle

Available Year-round

Ingredients Naito chili pepper (from
used Nerima, Mitaka)



Compass Group Japan Inc.

Tokyo Tochou

☎ 03-5320-7510

URL



Signature
menu



Ashitaba Roll Katsu

Available Year-round

Ingredients Ashitaba (from Hachiojima)
used

Murobushi Croquette and TOKYO X Pork Tonjiru Pork Soup

Available Year-round

Ingredients Scad katsubushi (from
used Hachiojima), Tokyo X Pork



Kaidarake

☎ 03-6279-0116

URL <http://mikore.info/>



Signature menu



Dinner only

Dinner only

Dinner only

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



Fresh Vegetable Salad

Available Year-round

Ingredients Cabbage, lettuce, tomato, carrot,
used cucumber, etc. (from Mitaka)

Vegetable Tempura

Available Year-round

Ingredients Mushroom, potato, *shiso*/Japanese
used basil, carrot, etc. (from Mitaka)



Charcoal Grill Kappo

Mikore Shinjuku Nishiguchi

☎ 03-6302-0903

URL <http://mikore.info/>



Signature menu



Dinner only

Dinner only

Dinner only

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



Fresh Vegetable Salad

Available Year-round

Ingredients Cabbage, lettuce, tomato, carrot,
used cucumber, etc. (from Mitaka)

Tempura of the Season

Available Year-round

Ingredients Mushroom, potato, *shiso*/Japanese
used basil, carrot, etc. (from Mitaka)



P Parking lot
available

T Takeout menu available
(may require a reservation)

W Wi-Fi available

R Reservations
possible

C Credit cards accepted
(confirm types that
are accepted)

E Electronic money accepted
(confirm types that
are accepted)

Sakana no Mikore

☎ 03-5990-5906

URL <http://mikore.tokyo/>



Signature menu



Fresh Vegetable Salad

Available Year-round

Ingredients Cabbage, lettuce, tomato, carrot, used cucumber, etc. (from Mitaka)

Smashed Cucumber Salad

Available Year-round

Ingredients Cucumber (from Mitaka) used

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



Tori Dining & Bar Goto

☎ 03-5330-8014

URL <https://www.tori-goto.jp/>



Signature menu



Ultimate Oyakodon

Available Year-round

Ingredients Tokyo *Shamo* Chicken used (from Ome)

- 📍 B1 Fujino Bldg., 7-4-5 Nishishinjuku, Shinjuku-ku
- 🕒 Lunch: 11:30~14:30 (Last Call 14:00)
Dinner: 18:00~23:00 (Last Call 22:15)
- ✕ Sundays and Holidays
- 🚶 5 min. walk from JR Shinjuku Station West Exit
2 min. walk from Oedo Line Shinjuku Station West Exit



Negima

Available Year-round

Ingredients Tokyo *Shamo* Chicken used (from Ome)





- 📍 4F Tokyo Metropolitan Government Bldg No.2, 2-8-1 Nishishinjuku, Shinjuku-ku
- 🕒 11:00~14:00
- ✖ Saturdays, Sundays and holidays
- 🚶 Toei Subway Oedo Line Tochomae Station



Signature menu

Tokyo grown vegetable curry
(Tocho (TMG office) curry)

Available Every third Wednesday of the month
Ingredients used Vegetables in season
Raddish (from Kiyose), pumpkins (from Hachioji), *mizuna* mustard greens (from Kiyose), others

Tokyo grown vegetable tempura

Available Every day
Ingredients used Eggplants (from Kiyose), white turnips (from Kiyose), *shiitake* mushrooms (from Nerima), etc.



Shinichikan

Shinjuku Honten



- 📍 2-28-13Kabukicho, Shinjuku-ku
- 🕒 16:00~23:00
- ✖ Open everyday
- 🚶 5 min. walk from JR Chuo/Sobu Line Shinjuku Station East Exit
4 min. walk from Seibu Shinjuku Line Seibu Shinjuku Station
4 min. walk from Toei Subway Oedo Line/Tokyo Metro Fukutoshin Line Higashi-Shinjuku Station



Signature menu

Tokyo X Pork's all the cuts

Available Year-round
Ingredients used TOKYO X

Tokyo X Pork ribs in chunks

Available Year-round
Ingredients used TOKYO X



Tokyo Shamo Chicken Restaurant

Nezu Torihana



Signature menu



Tokyo Shamo Chicken Course Meal

Available Year-round

Ingredients used Tokyo Shamo Chicken

Tokyo Shamo Chicken Oyakodon

Available Year-round

Ingredients used Tokyo Shamo Chicken

☎ 03-5834-8079

URL <http://tokyoshamo.com>

- 📍 2F Daini Takano Bldg., 1-27-1 Nezu, Bunkyo-ku
- 🕒 Tue-Sun 12:00 - 14:00 (Last Call 13:30)
Tue-Sat 17:30 - 22:00 (Last Call 21:00)
Sundays and holidays 17:30 - 21:00 (Last Call 20:00)
- ✕ Mondays (Tuesday if Monday is a holiday)
- 🚶 5-6 min. walk from Tokyo Metro Nezu/Sendagi/Todaimae stations



Creative Dining

Bonin Island Chef



Signature menu



Tempura/salad with seasonal Ogasawara vegetables

Available Year-round (content changes based on availability)

Ingredients used Winged beans, okra, green papaya, green beans, cucumbers, tomatoes, etc. (from Ogasawara)

Direct-from-Ogasawara Fruit Sour

Available Year-round (content changes based on availability)

Ingredients used Passion fruit, green lemon, tomatoes, etc. (from Ogasawara)

☎ 03-3235-0070

URL Instagram [boninislandchef](https://www.instagram.com/boninislandchef)

- 📍 1-1-4 Sekibuchi, Bunkyo-ku
- 🕒 11:30-14:00 (Last call 13:30)
17:00-23:00 (Last call 22:00)
*Sundays is closed at 22:00.
- ✕ Tuesdays
- 🚶 3 min. walk from Tokyo Metro Yurakucho Line Edogawabashi Station Exit A4



Kifune

☎ 03-5834-7512

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



Signature
menu



- 📍 1F A Kanon Nezu, 2-22-10 Nezu, Bunkyo-ku
- 🕒 11:30~15:00/17:00~23:30
- ✖ Tuesdays
- 🚶 5 min. walk from Tokyo Metro Chiyoda Line Nezu Station



Sake-simmered alfonsin

Available Year-round (Depends on supplies from catches)

Ingredients Alfonsin (from Kozushima Island)

Nerima Daikon radish *suitan* (seasoned with broth)

Available December-February

Ingredients *Nerima Daikon* radish (from used Nerima and Nishitokyo)



Oshiage Yoshikatsu

☎ 03-3829-6468

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



Signature
menu



- 📍 5-10-2 Narihira, Sumida-ku
- 🕒 Mon.-Sun. and Holidays 17:00 ~ 24:00 (Closing time: 22:30)
Lunch only on Sundays and Holidays 11:30 ~ 14:00
- ✖ Irregular
- 🚶 4 min. walk from Oshiage Station Exit B1 on each line



"Savoring Tokyo" 6 Item Snack Course

Available Year-round

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

Green *Monjayaki* (*Ashitaba Monja* served with baguettes)

Available Year-round

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

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



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Tokyo *Shamo* Chicken Restaurant
Nezu Torihana (Ryogoku Edo NOREN)

☎ **03-6658-8208**

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



Signature
menu

Tokyo *Shamo* Chicken Course Meal

Available Year-round

Ingredients used Tokyo *Shamo* Chicken

**Tokyo *Shamo* Chicken
Oyakodon**

Available Year-round

Ingredients used Tokyo *Shamo* Chicken

📍 1-3-20 Yokoami, Sumida-ku

🕒 Lunch 11:00 – 14:00

Dinner 17:00 – 21:30

✕ Mondays (Tuesday if Monday is a holiday)

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



Edo Tokyo Beer On Tap

☎ **03-6659-8379**

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



Signature
menu

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

Available Year-round

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

**Pickles and soaked Waseda
myoga Japanese ginger stalks**

Available February, March

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

📍 16-2 Senda, Koto-ku

🕒 Wed., Thu., Fri.: 17:00 – 23:00

Sat & Sun: 16:00 – 22:00

✕ Mondays and Tuesdays

🚶 Immediately after getting off at Ogibashi 2-chome
bus stop

10 min. walk from Sumiyoshi Station subway Exit B1





Signature menu

Shinagawa Sweets Turnip

Available November to March (harvest period of turnip)

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

Available November to March (harvest period of turnip)

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

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



Turkish Restaurant DEDE



Signature menu

Kebab Vegetables

Available Year-round

Ingredients Seasonal vegetables from used Tokyo

Chef's Recommended Grill/Salad etc.

Available Year-round

Ingredients Seasonal vegetables from used Tokyo

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



Soba Studio Hatano



Signature
menu



**Soba noodle kneaded with
Magome Obuto Sanzun carrots**

Available November – Around February

Ingredients used Magome Obuto Sanzun
carrots (from Ota)

**Kakiage tempura (deep-fried
seafood and vegetables)**

Available Year-round

Ingredients used Tokyo grown vegetables in season
(Magome Obuto Sanzun carrots
are harvested from around
November to around March.)

☎ 03-3771-4310

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

- 📍 5-30-9 Minamimagome, Ota-ku
- 🕒 11:30~14:00 / 17:30~21:00
- ✖ Tuesdays and every third
Wednesday of the month
(in addition, some other days irregularly)
- 🚶 1 min. walk from Toei Subway Line Nishi-
magome Station West Exit



Cake Studio

Nanatsu-no-Suisen



Signature
menu



Pudding a la mode

Available Year-round

Ingredients used Eggs (from Akigawa), seasonal
fruits (mainly from Setagaya)

Pumpkin tart

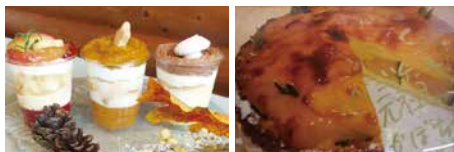
Available Year-round

Ingredients used Pumpkins (from Setagaya)

☎ 03-3427-0414

URL <http://nanatsunosuisen.com/>

- 📍 2-10-10 Kyodo, Setagaya-ku
- 🕒 11:00 – 18:00
- ✖ Mondays and Tuesdays (in addition,
some other days irregularly)
- 🚶 5 min. walk from Odakyu Line Kyodo Station
North Exit



Asian Restaurant
Saigon-kamimachi

☎ 03-3420-5581

URL



Signature
menu



Coriander salad and shrimp
senbei

Available Year-round

Ingredients Cilantro (produced in Komae
used and Kitami)

Water Spinach Stir Fry

Available Available only in summer

Ingredients Water Spinach (produced in
used Komae and Kitami)

📍 3-3-5 Setagaya, Setagaya-ku

🕒 11:30 - 14:30 (Last Call)/
17:00 - 22:00 (Last Call)

✖ Mondays and the second Tuesday of each month
(Open on holidays)
(also during summer/New Year holidays)

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



Setagaya

Seijo Sakurako

☎ 03-3483-5296

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



Signature
menu



Okimari

Available Year-round

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

Available

Ingredients
used

📍 3F Hana Bldg, 6-10-2 Seijo,
Setagaya-ku

🕒 10:30 - 17:00 (Last Call)

✖ Sundays, Holidays, Mondays

🚶 Just steps from Odakyu Line Seijogakuen-
mae North Exit



Setagaya

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Soba Oonoya Motoyoyogicho

☎ 03-3467-7513

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

Signature menu

Pot dish of cooked duck

Available October to May

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

Karami daikon Seiro soba

Available Year-round

Ingredients used Edo karami daikon radish

- 📍 3-10 Motoyoyogicho, Shibuya-ku
- 🕒 11:30 – 14:00
17:30 – 22:30
- ✂ Irregular
- 🚶 Odakyu Line Yoyogi-Hachiman Station
(approx. 2 min. from the north exit,
approx. 3 min. from the south exit)



Charcoal Grill Kappo Mikore

☎ 03-3377-4488

URL <http://mikore.info/>

Signature menu

Fresh Veggie Salad

Available Year-round

Ingredients Cabbage, lettuce, tomato, carrot, used cucumber, etc. (from Mitaka)

Seasonal Vegetable Tempura

Available Year-round

Ingredients Mushroom, potato, shiso/Japanese basil, carrot, etc. (from Mitaka)

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



Mikore Zushi

☎ 03-3375-5008

URL <http://mikore.jp/>



Signature
menu



Dinner only Dinner only Dinner only

Vegetable Tempura

Available Year-round
Ingredients used Cabbage, lettuce, tomato, carrot, used cucumber, etc. (from Mitaka)

Assorted Pickles

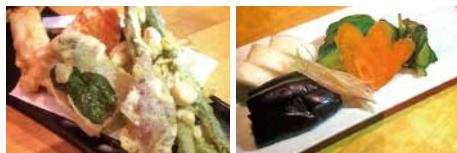
Available Year-round
Ingredients used Seasonal vegetables from Mitaka and Setagaya

📍 2F Matsumoto Bldg, 2-14-1 Yoyogi, Shibuya-ku Dogenzaka, Shibuya-ku

🕒 Mon - Fri 11:30 - 23:00
Weekends and Holidays 11:30 - 22:30
(Lunch: 11:30 - 15:00)

✖ New Year Holidays

🚶 1 min. walk from Toei Shinjuku Line Shinjuku Station Exit.6



Shibuya

Ichiba Nakama

☎ 03-6276-7284

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



Signature
menu



Dinner only Dinner only Dinner only

Fresh Veggie Salad

Available Year-round
Ingredients used Cabbage, lettuce, tomato, carrot, used cucumber, etc. (from Mitaka)

Vegetable Tempura

Available Year-round
Ingredients used Mushroom, potato, shiso/ Japanese basil, carrot, etc. (from Mitaka)



📍 1F Tamagawa Bldg, 2-16-19 Yoyogi, Shibuya-ku

🕒 11:30 - 24:00

✖ New Year Holidays

🚶 5 min. walk from Shinjuku Station South Exit

Shibuya

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👤 Electronic money accepted (confirm types that are accepted)

JA Tokyo Agripark

☎ 03-3370-3001

URL www.tokyo.ja.or.jp/



Signature menu

Tempura and *soba* noodles with Tokyo vegetables

Available Year-round (Provided on-the-spot at events)

Ingredients Seasonal vegetables from Tokyo

Summer vegetable curry

Available Year-round (Provided on-the-spot at events)

Ingredients Seasonal vegetables from Tokyo

*In line with event programs, we serve a variety of cuisines using Tokyo grown vegetables.

- 📍 2-10-12 Yoyogi, Shibuya-ku
- 🕒 11:00 – 18:30
(closing time is subject to change)
- ✕ Sundays and Mondays
- 🚶 4 min. walk from Shinjuku Station South Exit



fun.ice!

☎ 080-4342-1522

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



Signature menu

Gelato

Available Depends on the harvest seasons

Ingredients Tokyo gold kiwi (from Kodaira), kinkan oranges (from Mitaka), corn (from Nerima)

- 📍 1F 5-64-4 Yoyogi, Shibuya-ku
- 🕒 Noon - sunset
(varies with the seasons)
- ✕ Irregular
- 🚶 5 min. walk from Tokyo Metro Chiyoda Line Yoyogi-koen Station No.3 Exit
5 min. walk from Odakyu Line Yoyogi-Hachiman Station



*Serves gelato using Tokyo grown ingredients in season.

Corn-Barley Restaurant & Bar Shibuya Store

☎ 03-3477-1965

URL <https://tabelog.com/tokyo/A1303/A130301/13014454>



Signature menu



- 📍 3F/4F Kayama Bldg., 1-3-6 Dogenzaka, Shibuya-ku
- 🕒 15:00 – 23:30
- ✖ Sundays
- 🚶 1 min. walk from JR Shibuya Station
1 min. walk from Hanzomon Subway Line Shibuya Station



Spinach and Bacon Hot Salad

Available Year-round

Ingredients used Spinach and tomatoes (from Musashino, Mitaka, and Koganei)

Oven-baked Komatsuna

Available Year-round

Ingredients used Komatsuna mustard spinach (from Musashino, Mitaka, and Koganei)



Yofu Souzai Teppan Daidokoro Theory Akabane

☎ 03-6454-4252

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



Signature menu



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



Hiroshima Yaki

Available Year-round

Ingredients used cabbages from Nerima

Cabbage with Salt-Based Sauce

Available Year-round

Ingredients used cabbages from Nerima



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

Izumiya Home Cooking

☎ 03-3894-4226

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

Signature menu

Whole onions roasted on an open grill
(Dinner menu)

Available Year-round

Ingredients Onions from Higashiyamato used

📍 6-30-9 Nishiogu,
Arakawa-ku

🕒 11:00 - 14:00 / 17:00 - 22:00

✖ Tuesdays

🚶 2 min. walk from Toden Arakawa
Line Arakawayuenchi-Mae StationTokyo matcha tea
shaved ice

Available Year-round

Ingredients Tokyo Sayama tea
from Higashiyamato used

Narimasu Italian Restaurant

☎ 03-3976-6535

URL



Signature menu

Bagna cauda
with Musashino vegetables

Available Year-round

Ingredients About 10 kinds of seasonal
vegetables (most are from
Kiyose)

📍 1-15-7 Narimasu, Itabashi-ku

🕒 11:30~14:00 17:30~23:30

✖ Sundays

🚶 3 min. walk from Tobu Tojo Line
Narimasu Station
1 min. walk from Tokyo Metro
Yurakucho Line Narimasu Station

Musashino Green salad

Available Year-round

Ingredients Sunny lettuces, green lettuces
used (from Kiyose)

Teppan Pub Hanaya

☎ 03-3937-8300

URL <https://www.hotpepper.jp/strJ000684356/>



Signature menu



Magome Hanjiro cucumbers
and squid's arms and tentacles dressed with
su-miso (vinegar contained bean paste)

Available June – August

Ingredients *Magome Hanjiro* cucumbers
used (from Itabashi)

Grilled prosciutto-covered
okra and *ingen* beans

Available June-September

Ingredients Okra, *ingen* beans
used (from Itabashi)

- 📍 4-29-6 Tokiwadai, Itabashi-ku
- 🕒 17:00~23:00
Sundays and holidays: 14:00 – 21:00
- ✖ Tuesdays and some other days irregularly
(Please contact before your visit.)
- 🚶 5 min. walk from Tobu Tojo Line Kami-Itabashi Station North Exit
1 min. walk from Tokyo Metro Yurakucho Line Narimasu Station



Enza

☎ 03-3995-1577

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



Signature menu



Mizorekate Udon (hot or cold)

Available Year-round

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

Mixed *Tempura* of Local
Vegetables

Available Year-round

Ingredients eggplant, onion, carrot and
used seasonal vegetables

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

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



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

💰 Electronic money accepted
(confirm types that
are accepted)

Gochiso Bar yasu & Nonchan

☎ 03-6479-2252

URL



Signature menu

Daikon radish salad

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

Roll cabbage

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



Chinese Restaurant Taishoken

☎ 03-3923-7770

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



Signature menu

Anton Gyoza Dumpling

Available Year-round
 Ingredients used Cabbages (from Nerima)

Nerima Vegetable Tanmen Noodles

Available Year-round
 Ingredients used Cabbages (from Nerima)



Koryouri Ishii

☎ 03-4283-1430

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



Signature
menu

Evening Course

Available Year-round

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

- 📍 First Floor, 5-36-14 Higashioizumi, Nerima-ku
- 🕒 11:30 – 14:00 (Last Call 13:30)
17:30 – 22:00 (Last 21:30)
- ✕ Sundays, Holidays and the first Monday of each month
- 🚶 3 min. walk from Seibu Ikebukuro Line Oizumi-gakuen Station



Nerima

Kutsurogi-dokoro Toride

☎ 03-3995-9378

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



Signature
menu

Seiro-mushi Steamed Seasonal Vegetables

Available Year-round

Ingredients used Seasonal vegetables from Nerima

Ami-yaki Grilled Seasonal Vegetables

Available Year-round

Ingredients used Seasonal vegetables from Nerima

- 📍 3-26-3 Shakujimachi, Nerima-ku
- 🕒 17:00 – 23:30
- ✕ Thursdays
*Subject to change on a temporary basis (Please make a reservation before visiting the store.)
- 🚶 3 min. walk from Seibu Ikebukuro Line Shakujii-kōen Station



Nerima

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

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

Available Served at peak season (approximately 1 month)

Ingredients used Nerima daikon radish

**Waseda Ginger and Zoshigaya
Eggplant Tempura**

Available Served at peak season (approximately 1 month)

Ingredients used Waseda Ginger and Zoshigaya
Eggplant

- 📍 1F Hotel Kadenza Hikarigaoka,
J. CITY, 5-8 Takamatsu, Nerima-ku
- 🕒 Weekdays 11:30 - 14:00/17:30 - 21:00
Weekends and Holidays 11:30 - 15:00/17:00 - 21:30
Business hours may change. Please check with the store in advance.
- ✕ Mondays and Tuesdays (Open on Holidays)
- 🚗 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit 3,
Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line Narimasu
Station South Exit, Seibu Ikebukuro Line Shakujii-koen Station

Chinese Cuisine **Hakurakuten**☎ **03-5372-4500**URL <https://h-cadenza.jp/restaurant/hakurakuten.html>Signature
menu**Nerima Daikon and Pork Spare
Rib Earthenware Hotpot**

Available Served at peak season (approximately 1 month)

Ingredients used Nerima daikon radish

**Nerima Cabbage Twice
Cooked Pork Buns**

Available Served at peak season (approximately 2 months)

Ingredients used Cabbage (from Nerima)

- 📍 1F Hotel Kadenza Hikarigaoka,
J. CITY, 5-8 Takamatsu, Nerima-ku
- 🕒 Weekdays 11:30 - 14:00/17:30 - 21:00
Weekends and Holidays 11:30 - 15:00/17:00 - 21:30
*Business hours may change. Please check with the store in advance.
- ✕ Wednesdays and Thursdays (Open on Holidays)
- 🚗 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit 3,
Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line Narimasu
Station South Exit, Seibu Ikebukuro Line Shakujii-koen Station



Bar Lounge Voisin

☎ 03-5372-4499

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



Signature
menu



Pasta with clams and Waseda *myogatake* Japanese ginger shoots

Available Provided on spot when in season (1 month)

Ingredients Waseda *myogatake* Japanese ginger
used shoots (from Nerima)

Fresh Pasta and Sauce with Dried Tomatoes

Available Provided on spot when in season (3 months)

Ingredients Dried tomatoes (from Nerima)
used

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

🕒 Weekdays and Saturdays 10:00 - 20:00

🕒 Weekends and Holidays 10:00 - 20:30

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

✕ Open everyday

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



Nerima

Pâtisserie Bon Parfum

☎ 03-5372-4518

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



Signature
menu



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

Available Year-round

Ingredients Honey (from Nerima)
used

Luxurious Nerima Blueberry Tart

Available Served at peak season (approximately 2 months)

Ingredients Blueberries (from Nerima)
used

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

🕒 Everyday 11:00 - 18:00

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

✕ Open everyday

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



Nerima

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Pizzeria Gtalia da Filippo

☎ 03-5923-9783

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



Signature menu

Whimsical Mixed Salad with Nerima Vegetables

Available Year-round

Ingredients Uses seasonal vegetables used mainly from Nerima farmers

Tokyo NMP (Pizza) with Nerima Greens and Musashino Pork

Available Year-round

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



OPPLA'! DA GTALIA

☎ 03-6339-6936

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



Signature menu

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

Available June - August

Ingredients Seasonal vegetables used (from Nerima)

Blueberry Tart with Blueberries from Hamanaka Farm in Nerima, Tokyo

Available July - August

Ingredients Blueberries (from Nerima)



Pizzeria 222

☎ 03-6882-4138

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



Signature menu

Nerima's Oizumi-grown corn cream soup served cold

Available Mid-June – mid-July

Ingredients used Corn (from Nerima)

Stewed pizza with Nerima's Oizumi-grown corn and pork

Available Mid-June – mid-July

Ingredients used Corn (from Nerima)

- 📍 6-47-11 Higashioizumi, Nerima-ku
- 🕒 12:00~14:30 (Last Call 14:00)
17:30~22:00 (Last Call 21:00)
- ✖ Tuesdays and some other days irregularly
- 🚶 8 min. walk from Seibu Ikebukuro Line Oizumi-gakuen Station North Exit



Nerima

Il Tonsione

☎ 03-3992-9800

URL



Signature menu

Tokyo Eggplant with Mille-Feuille Finishing

Available Spring to summer

Ingredients used Silk-skinned eggplant, American eggplant from Nishitokyo and Higashikurume)

Caprese with Colorful Tokyo Tomatoes

Available Early to late summer

Ingredients used Various kinds of tomatoes from Nerima, Nishitokyo, and Tama areas



Nerima

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Kitchen Toretate

☎ 03-3853-4114

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



Signature menu

Combo of freshly harvested vegetables

Available Year-round

Ingredients Vegetables grown in the Park used

Adachina (Adachi-grown komatsuna mustard spinach)- kneaded udon noodle

Available Year-round

Ingredients Vegetables grown in the Park used

- 📍 Adachi Urban Agricultural Park, 2-44-1 Shikahama, Adachi-ku
- 🕒 1st floor: 10:00- 2nd floor: 11:00-17:00
- ✖ 1st and 2nd floors: Every Wednesday
2nd floor: Every Thursday
- 🚗 At Nishiarai Station, take Tobu Bus's Community Bus Harukaze for Shikahama *toshi nogyo koen* (Urban Agricultural Park) and get off at the last stop



Traditional Crafts Café ARTISAN

☎ 03-3676-9083

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



Signature menu

Komatsuna mustard spinach doria set (containing shrimps and meat)

Available Year-round

Ingredients Komatsuna mustard spinach used (from Edogawa)

Komatsuna smoothie

Available Year-round

Ingredients Komatsuna mustard spinach used (from Edogawa)

- 📍 3F Proceed Shinozaki Tower, 7-20-19 Shinozaki-machi, Edogawa-ku
- 🕒 9:00~20:30
(Last Call Food 19:30/Drink 20:00)
- ✖ 12/31~1/2
- 🚗 Directly connected to Toei Subway Shinozaki Station West Exit (Located in Shinozaki Bunka Plaza)



Bakery Restaurant

Maruko

☎ 03-3656-5211

URL <https://bakerymaruko2017.com>



Signature menu



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

Available Year-round

Ingredients Japanese Mustard Spinach
used from Haruecho, Edogawa

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

Available Year-round

Ingredients Japanese Mustard Spinach
used from Haruecho, Edogawa



Edogawa

The Scent of Happiness

Pere Noel Minamino

☎ 042-632-0214

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



Signature menu



Tokyo Hachioji Madeleine "Yamato"

Available Year-round

Ingredients Honey, eggs (From Hachioji)
used

Hachioji Castella

Available Year-round

Ingredients Honey, eggs (From Hachioji)
used

- 📍 3-11-5 Nishikatakura, Hachioji-shi
- 🕒 9:30 - 19:00
- 🗓 Open everyday
- 🚶 5 min. walk from JR Yokohama Line Hachioji-Minamino Station



Hachioji

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

P Parking lot available

TAKE OUT Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Additive-Free, *Dashi*-based Japanese Food

Ajinao

☎ 042-663-0262

URL <http://ajinao.com/>

Signature menu



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

Available Year-round

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

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

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

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

📍 B1F Agora Bldg., 1-8-25 Mejiro-dai, Hachioji-shi

🕒 17:00 – 22:00

(Lunch is currently available by reservation)
(Takeout 9:00~17:00)

✕ Wednesdays (with irregular holidays)

🚶 3 min. walk from Keio Takao Line Mejiro-dai Station



Keinoya Hachioji Honten

☎ 042-649-1724

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

Signature menu



Abundant Assortment of Grilled Hachioji Vegetables and Cheese

Available Year-round

Ingredients Spinach, turnips, tomatoes, taro roots, broccoli, etc. (from Hachioji)

Freshly Gathered Hachioji Vegetable Salad

Available Year-round

Ingredients Lettuce, *daikon* radishes, turnips, radishes, Kawaguchi peas, etc. (from Hachioji)

📍 1F MK Building, 3-9-1 Myojincho, Hachioji-shi

🕒 11:30-14:00

17:00-23:00

✕ Sundays

🚶 5 min. walk from Keio Hachioji Station



Chinese Cuisine *Gojyuban*

☎ 042-522-7472

URL <http://www.annex-tachikawa.com/gojyuban>



📍 1-4-5 Nishiki-cho, Tachikawa-shi

🕒 11:00 – 21:00

(closed 15:00 – 17:00 on weekdays)

✖ Mondays

🚶 5 min. walk from JR Tachikawa Station South Exit
6 min. from Tama Toshi Monorail Line
Tachikawa-Minami Station

Signature
menu

Udo Ramen

Available January – November

Ingredients Udo spikenard
used (from Tachikawa)

Tachikawa Blueberry and Tomato Salad

Available Year-round

Ingredients Blueberries (from Tachikawa)
used



Shichirin Ox Tongue

DANRAN TEIS

☎ 042-540-0229

URL <http://www.meat-c.co.jp/danrantei/danrantei.htm>



📍 1-4-5 Nishiki-cho, Tachikawa-shi

🕒 Weekdays 11:00~22:30 (Last Call 22:00)

Sat, Sun and holidays 17:00~22:30 (Last Call 22:00)

✖ Irregular

🚶 2 min. walk from JR Tachikawa Station
South Exit

Signature
menu

Tokyo X Pork's all the cuts

Available Year-round

Ingredients Ingredients used

Tokyo X Pork samgyeopsal (grilled belly BBQ)

Available Year-round

Ingredients Ingredients used



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👤 Electronic money accepted
(confirm types that
are accepted)

Tachikawa

Tachikawa

hoccori *cafe

☎ 042-595-8379

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

Signature menu

Black curry and brown rice mixed with enzyme-abundant millets

Available Year-round

Ingredients Onions, carrots, cabbages, etc. used (from Tachikawa)

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



Salad plate

Available Year-round

Ingredients used *Komatsuna* mustard spinach, spinach, napa cabbages, leaf lettuces, paprika, carrots, cucumbers, cherry tomatoes, turnips, etc. (from Tachikawa)Teppan-yaki
Senju

☎ 042-529-6787

URL



Signature menu

Daily Fresh-Gathered Salad

Available Year-round

Ingredients Seasonal vegetables (from Tachikawa) used The picture shows fresh corianders, cherry tomatoes, onions and spinach.

a EMO Kuroge Wagyu Beef Sirloin Steak from Miyazaki

Available Year-round

Ingredients With seasonal vegetables used (from Tachikawa)



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

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

Minore Café

☎ 042-538-7227

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



Signature
menu

Meat *udon* noodle/ Meat soup *udon* noodle

Available Year-round (except the occasions of festivals and events)

Ingredients *Yawaraton* pork (from Tachikawa),
used *komatsuna* mustard spinach,
green onions (from Tachikawa)

Tokyo grown black tea ice cream

Available Year-round

Ingredients Tokyo raised cow milk, Tokyo-
used grown black tea



Tachikawa

Rinto Kaiseki Catering

☎ 042-521-3180

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



Signature
menu

Course Meal [SUZAKU]/[KIRITSUBO]

Available Year-round

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

📍 3-29-8 Hagoromocho, Tachikawa-shi

🕒 11:30 – 21:30 (Last call 21:00)

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

Please make a reservation at least 3 days in advance

✕ Irregular

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



Tachikawa

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Nagomi Pub

☎ 042-595-6659

URL



Signature menu

Boiled Salad of Tachikawa Japanese Mustard Spinach and Whitebait

Available September-March

Ingredients Japanese mustard spinach used (from Tachikawa)

Homemade Kimchi with Tachikawa Vegetables

Available Year-round

Ingredients Napa cabbage and carrots used (from Tachikawa)

- 📍 1-3-27 Nishikicho, Tachikawa-shi
- 🕒 11:30 – 25:00
- ✖ Open every day.
- 🚶 2 min. walk from R Chuo Line Tachikawa Station



DAICHINO RESTAURANT

☎ 050-3196-9027

URL <https://soranohotel.com/restaurant/daichi/>



Signature menu

Yawaraton pork loin cooked with the flavor of *mizansho* pepper with ratatouille in the flavor of bean paste

Available Year-round

Ingredients *Yawaraton* pork (from Tachikawa) used

Salad from the mother earth

Available Year-round

Ingredients Seasonal vegetables used (from Tachikawa)

- 📍 2F W1 SORANO HOTEL, 3-1 Midoricho, Tachikawa-shi
- 🕒 7:00~10:00/11:00~15:00/17:00~22:00
- ✖ Irregular
- 🚶 8 min. walk from JR Chuo/Ome/Itsukaichi Line Tachikawa Station



SORANO ROOFTOP BAR

☎ 050-3503-9379

URL <https://soranohotel.com/restaurant/bar>



📍 2F W1 SORANO HOTEL, 3-1
Midoricho, Tachikawa-shi

🕒 11:00~23:00

✖ Irregular

🚶 8 min. walk from JR Chuo/Ome/
Itsukaichi Line Tachikawa Station



Signature
menu



Eggplant parmigiano

Available September – March

Ingredients Eggplants, salvatica herb (wild
used rocket) (from Tachikawa)

Tamagokorono carbonara

Available Year-round

Ingredients Ukokkei hen's eggs
used (from Tachikawa)



Kichijoji Corn-Barley

☎ 0422-20-9023

URL <https://tabelog.com/tokyo/A1320/A132001/13239386/>



📍 2F Kichijoji Light Bldg., 1-24-5
Kichijoji Honcho, Musashino-shi

🕒 11:00 – 23:00

✖ 12/30 – 1/3 Every Monday

🚶 1 min. walk from JR Chuo Line and JR Sobu
Line Kichijoji Station North Exit
3 min. walk from Keio Inokashira Line
Kichijoji Station



Signature
menu



Must-see homage course for Ghibli fans!

Available Year-round

Ingredients Broccoli, leaf lettuce, cabbage,
etc. (from Musashino, Mitaka,
used Koganei)

"Consomme soup with chunks of vegetables" included for lunch-menu meals

Available Year-round

Ingredients Cabbage, spinach, daikon radish,
used carrots, cauliflower, etc. (from
Mitaka)



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

📱 Electronic money accepted
(confirm types that
are accepted)

Kitchen Ohnami

☎ 0422-26-9283

URL <https://touch.facebook.com/kitchenohnami2gogo/>



Signature
menu



Assorted delicatessen
including Musashino grown vegetables

Available Year-round

Ingredients Seasonal vegetables
used (from Kodaira, Nishitokyo,
Higashikurume and Suginami)

Soup curry with chunks of Musashino
grown summer vegetables

Available June - September

Ingredients Seasonal vegetables
used (from Kodaira, Nishitokyo,
Higashikurume and Suginami)

- 📍 102 Hara Bldg., 2-13-13 Kichijoji
Minamicho, Musashino-shi
- 🕒 Daytime 12:30 - 15:00 (Last Call 14:00)
Night 18:00 - 23:00 (Last Call 22:00)
- ✕ Irregular
- 🚶 5 min. walk from Kichijoji Station (JR Chuo/Sobu Line,
Tokyo Metro Tozai Line and Keio Inokashira Line)



Wine Cafeteria

Sautoir

☎ 0422-38-9066

URL <https://wine-sautoir.com/>



Signature
menu



Grilled Mitaka Vegetables
and Cheese in a Cocotte

Available Year-round

Ingredients Eggplants, cucumbers,
used tomatoes, zucchini
(from Mitaka)

Mitaka Vegetable Plate

Available Year-round

Ingredients Eggplants, cucumbers,
used tomatoes, zucchini
(from Mitaka)



KAERU SHOKUDO

Enzymatic Brown Rice Specialty Store

☎ 0422-46-0077

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



Signature
menu

- 📍 1-9-18 Shimorenjaku, Mitaka-shi
- 🕒 11:30 – 15:00 (Last Call 14:30)
- ✕ Sundays, public holidays, 2nd Monday of every month
- 🚶 17 min. walk from JR Mitaka Station/
Kichijoji Station
From Kichijoji Station, take the bus to the
Shimorenjaku stop and walk 1 minute



Kaeru Special

Available Year-round

Ingredients Carrots, Japanese mustard
used spinach, spinach, etc.
(from Mitaka)

Marinated Sardines Set

Available Year-round

Ingredients Carrots, Japanese mustard
used spinach, spinach, etc.
(from Mitaka)



Rose & M

☎ 0422-26-8670

URL



Signature
menu

- 📍 1F Hidari Maki Bldg., 4-17-10
Shimorenjaku, Mitaka-shi
- 🕒 9:30 – 19:00
- ✕ Wednesdays and the 3rd Monday
of every month
- 🚶 12 min. walk from JR Mitaka Station
South Exit



Lemon Cake Set

Available Year-round

Ingredients Eggs from cage-free chickens
used (from Mitaka)

Lunch Curry

Available Year-round

Ingredients Seasonal vegetables
used (from Kokubunji, Mitaka)



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Dining & Gallery *Mayugura*

☎ 0428-21-7291

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

Vegetarian Plate

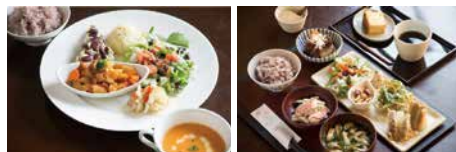
Available Year-round (Changes monthly)

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

Mayu-zen Set

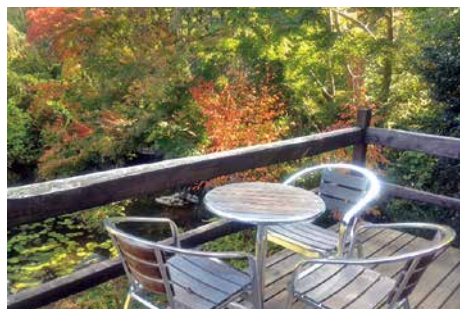
Available Year-round (Changes monthly)

Ingredients Spinach, bamboo shoots (from Ome)



CAFE YUBA

☎ 0428-74-4405

URL <https://cafeyuba.com>Signature
menu

Handmade Cake

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

Available Year-round

Ingredients Eggs (from Ome), home used grown herbs

Handmade Cake Set

Available Year-round

Ingredients Eggs (from Ome), Tokyo Black used Tea Mizuho, Iwakura Coffee

- 📍 5-3142 Osoki, Ome-shi
- 🕒 Thu./Fri./Sun. 11:00 – 16:00
- ✖ Mondays, Tuesdays, Wednesdays and Saturdays (may also be used as a rental cafe)
- 🚌 From JR Higashi-Ome Station North Exit, ride the Seibu Bus bound for "Hanno-eki Minami-guchi" for approximately 20 minutes, get off at the "Iwakura Onsen" bus stop and walk 2 minutes



"Pirtsu" Light Meal Cafe

☎ 0428-74-4528

URL <http://u-kinoko.jp>



Signature menu

"Plenty of Mushrooms" Pizza

Available Year-round

Ingredients Various mushrooms (from used Ome)

Shiitake Mushroom Ajillo and Baguette Set

Available Spring and autumn

Ingredients Various mushrooms (from used Ome)

- 📍 1-90 Nariki, Ome-shi
- 🕒 11:30 - 15:30
- ✖ Tuesdays (Tuesdays and Wednesdays in June, July, and August)
- 🚗 Take the "Nariki Loop" Bus from the South Exit of JR East Ome Station. Get off at the "Nariki 1-chome" stop and walk 5 mins.



Italian House Toscana

☎ 0428-24-3755

URL facebook.com/since1978toscana



Signature menu

Meal with Local Vegetables / Seasonal Spaghetti

Available Year-round

Ingredients Seasonal vegetables (from Ome)
(summer: eggplants, cucumbers, tomatoes/ winter: sweet potatoes, Daikon radish, potatoes, etc.)

Chef's Special Minestrone

Available November to March

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

- 📍 10-5-4 Kabe-machi, Ome-shi
- 🕒 11:00 - 14:30 (Last Call)
17:00 - 20:45 (Last Call)
- ✖ Mondays (Open if Monday is a Holiday)
- 🚗 5 min. walk from JR Ome Line Kabe Station North Exit



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Soba Noodles Tsukumo

☎ 0428-32-1230

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



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



Signature menu

TOKYO X Meat Udon / Soba, Developed in Ome

Available Year-round

Ingredients TOKYO X Pork Yuzu citrus
used (From Ome)

Minced Tokyo Shamo Chicken Rice Bowl Set

Available Year-round

Ingredients Tokyo shamo Chicken, shiitake
used mushrooms (from Ome)



Soba Noodles Inariya

☎ 0428-76-0915

URL



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



Signature menu

TOKYO X Pork Udon

Available Year-round

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

TOKYO X Minced Meat Cutlet

Available Year-round

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



Moriman

☎ 0428-22-1331

URL



- 📍 3-9-7 Higashiome, Ome-shi
- 🕒 10:00 – 20:00
- ✖ Irregular
- 🚶 5 min. walk from JR Ome Line Higashiome Station North Exit

Signature menu



TOKYO X Pork Katsudon

Available Year-round
Ingredients used TOKYO X Pork (from Ome)

TOKYO X Pork Udon

Available Year-round
Ingredients used TOKYO X Pork (from Ome)



MEMO

Kappo Cooking Mikawayaya

☎ 0428-22-2716

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



Signature
menu

Unagi Hitsumabushi

Available Year-round

Ingredients Eggs (from Ome), yuzu citrus (from Ome),
used norabona greens (from Akiruno)

Chawan mushi Egg Custard

Available Year-round

Ingredients Eggs (from Ome)
used



Kominka Irori

☎ 0428-74-7104

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



Signature
menu

River Fish Salt Grilled or Simmered in Sweeten Soy Sauce

Available Year-round

Ingredients Sweetfish, trout from the
used Tama River in Okutama

Irori (Hearth) Set

Available Year-round

Ingredients Mushrooms from Ome
used (shiitake mushrooms), Iwakura
vegetables (organic vegetables)



Fujimineken

☎ 0428-78-8451

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



Signature
menu

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



Wasabi Soba (Zaru soba*)

*Soba noodle that is served on a woven bamboo tray (Zaru)

Available Served from April (Obliged to remove it from our menu when supplies run out)
Ingredients used Wasabi flowers (from Okutama)

Wasabi Soba (Kake soba*)

*Soba noodle with soy sauce base broth

Available Served from April (Obliged to remove it from our menu when supplies run out)
Ingredients used Wasabi flowers (from Okutama)



Soba Goro Handmade Noodles

☎ 0428-74-9419

URL <http://www.soba560.com/>



Signature
menu

- 📍 266 Mitakehoncho, Ome-shi
- 🕒 11:00 – 14:30
- ✖ Tuesdays
- 🚶 1-2 mins. walk from JR Ome Line Mitake Station



Salt-grilled Okutama yamame trout

Available Year-round
Ingredients used Okutama yamame trout

Tokyo Ukokkei Chicken Tamagoyaki

Available Year-round
Ingredients used Tokyo Ukokkei chickens



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

Soba Noodles Waraku

☎ 0428-33-0141

URL



Signature menu

Seiro (cooked cuisines on a steaming bamboo basket)

Available Year-round

Ingredients *Wasabi* horseradish used (from Okutama)

Tempura seiro

Available Year-round

Ingredients *Wasabi* horseradish (from Okutama), green peppers, eggplants, pumpkins, sweet potatoes, *oba* basil leaves, etc. (from Ome)



*In order you to taste *soba* more deliciously, this restaurant recommends that you put grated fresh *Okutama wasabi* on the *soba* directly.

Sushi Midoriya

☎ 0428-22-7507

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



Signature menu

Conger eel and Rice Meal

Available Year-round

Ingredients Live conger eels (from Tokyo Bay)

Tamago-yaki

Available Year-round

Ingredients Local eggs used



IKADA Sumidorikura

☎ 0428-85-8726

URL <http://ikadamitake.com/>



Signature menu

IKADA Set

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

Available Year-round

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

Individual Charcoal Grilled *Mukashi-dori* Chicken Skewers

Available Year-round

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



Nomiya Bar Minminya

☎ 0428-27-2055

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



Signature menu

Fried Tamago-yaki Eggs

Available Year-round

Ingredients used Eggs (from Ome)

Omelet Rice

Available Year-round

Ingredients used Eggs (from Ome)



P Parking lot available

Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

NAMIKI-AN

☎ 042-362-8462

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



Signature menu

Musashifuchu kofun tendon (ancient tomb mound *tempura* rice ball)

Available Year-round

Ingredients Seasonal vegetables (from used Fuchu and Kunitachi)

Fuchu grown vegetable tempura and soba noodle

Available Year-round

Ingredients Seasonal vegetables (from used Fuchu)

- 📍 2-29-5 Nishifuchu, Fuchu-shi
- 🕒 11:00~14:30
17:30~20:00
- ✕ Mondays
- 🚶 7 min. walk from JR Nambu Line Nishifu Station North Exit



Pork Cutlet Cuisine Yasui Meat

☎ 042-363-8601

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



Signature menu

Tonkatsu Set

Available Year-round

Ingredients Tamacho Cabbage from used Fuchu (during harvests)

Tsuzuki Family Fried Eggplant (Night Menu)

Available Summer

Ingredients Tamacho Eggplants from used Fuchu-shi

- 📍 1-23-3 Shiraitodai, Fuchu-shi
- 🕒 Lunch Mon. - Sat. 11:30 - 14:00
(Closed on Sundays and Holidays)
- Pub 17:00 - 23:00
(Sun.: 16:30 - 22:30/Closed on Tuesdays and Holidays)
- ✕ Tuesday nights and Holidays
- 🚶 10 min. walk from Keio Line Tama-Reien Station
Transfer at JR Chuo Line Musashi-Sakai Station (Bound for Koremasa), 7 min. walk from Shiraitodai Station



Trattoria La Vita

☎ 042-360-1166

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



Signature menu



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

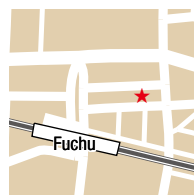
Available Year-round

Ingredients Seasonal vegetables (from used Fuchu)

Bagna Cauda

Available September-March

Ingredients Seasonal vegetables (from used Fuchu)



Fuchu

MORIPARK Cafe LOCAL TAVERN

☎ 042-545-2677

URL <https://www.moripark.com/moriparkcafe/>



Signature menu



Locally grown vegetable salad with thinly sliced roast beef

Available Year-round

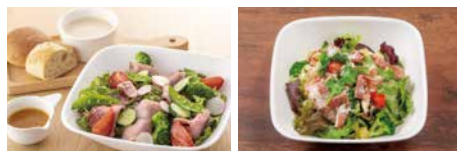
Ingredients Seasonal vegetables (from Akishima, Hachioji, Akiruno, Tachikawa and Musashimurayama)

Locally grown vegetable salad with prosciutto

Available Year-round

Ingredients Seasonal vegetables (from Akishima, Hachioji, Akiruno, Tachikawa and Musashimurayama)

- 📍 562-1 Tanakacho, Akishima-shi
- 🕒 11:00~22:00 (Last Call 21:30)
- ✕ Open every day
- 🚶 1 min. walk from JR Ome Line Akishima Station



Akishima

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Micchan Sengawa Honten

Please check operation status on our official LINE account

URL



Signature menu

Okonomiyaki

Available Year-round

Ingredients Cabbage, onions, carrots
used (from Mitaka and Chofu)

Yakisoba Grilled Noodles

Available Year-round

Ingredients Japanese mustard spinach,
used onions, carrots (from Mitaka and Chofu)

1-10-19 Midorigaoka, Chofu-shi

11:00 – 14:00

17:00 – 23:00

(Until 21:00 on Sundays and Holidays)

✕ Mondays, 2nd and 3rd Tuesday of every month

🚶 7 min. walk from Keio Line Sengawa Station



Kamado Kunsei

Farm Cuisine Takamiya

☎ 042-734-3336

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



Signature menu

1 Soup 4 Sides (6 dishes total) to
1 Soup 7 Sides (10 dishes total)

Available Year-round

Ingredients Wild and farmed vegetables
used (from Machida)

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

Standard/Special 1 Soup 4
Sides (plus dessert)

Available Year-round

Ingredients Wild and farmed vegetables
used (from Machida)

📍 800-2 Nozuta-machi, Machida-shi

🕒 11:30 – 14:30/17:30 – 20:30

(Reservations required, evening service is Tuesday, Saturday and Sunday only)

✕ Wednesdays and Thursdays

🚶 From Tsurukawa Station in Machida, get off at Fukurobashi Bus Stop, walk 5 minutes



Raimon Ramen

☎ 042-722-5567

URL



Signature menu

Ramen

(Soy sauce flavored or salt flavored broth)

Available Year-round

Ingredients Japanese leeks (from used Machida)

Set with Takikomi Seasoned Rice (limited quantities)

Available Year-round

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

📍 973-16 Hommachida, Machida-shi

🕒 Weekdays 11:00 – 14:30

Weekends and Holidays 11:00 – 15:30

✕ Every Monday, second Tuesday of each month)

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



Machida Vegetables × Bistro MACHI DINER

☎ 042-724-0303

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



Signature menu

Tokyo X Pork roasted rib

Available Year-round

Ingredients TOKYO X used

Grilled vegetables that have the diners feel the season of the Machida region with home-made harissa

Available Year-round

Ingredients Seasonal vegetables (from used Machida)

📍 2F 6-11-14 Haramachida, Machida-shi

🕒 11:30~14:30 (Last Call 13:30)

17:00~23:00 (Last Call 22:00)

✕ Open every day

🚶 1 min. walk from Odakyu Line Machida Station



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

VIN de RUE

☎ 042-383-4908

URL



Signature menu

Simmered Soup of Edo Tokyo Vegetables

Available December-February

Ingredients Magome Sanzung Carrots, used Kameido Daikon Radishes

Okura Daikon Radish Steak

Available December-February

Ingredients used Okura daikon radishes

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



Kappo Take Bamboo

☎ 042-381-9213

URL



Signature menu

Terajima eggplant *Dengaku*

Available June-October

Ingredients Terajima eggplants from used Koganei

Kokugyu (black beef), *yakishabu* (thinly sliced boiled and grilled beef), Tama grown wild *wasabi* horseradishes

Available Year-round

Ingredients used Ingredients from Tama district

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



Sakanaya No Daidokoro

☎ 042-382-1455

URL



Signature menu

Sashimi Assorted

Available Irregular

Ingredients Horse mackerel, mackerel
used (from Miyake Island)

Ashitaba with Sesame Sauce

Available Irregular

Ingredients used Ashitaba (from the Izu Islands)

- 📍 2-6-10 Hon-cho, Koganei-shi
- 🕒 Weekdays 11:00-13:30/16:30-22:00 (Last Call 21:00)
Saturdays, Sundays and holidays 11:30-13:30/16:30-22:00 (Last Call 21:00)
May be closed for lunch if wild fish is not delivered
- ✕ Mondays and Tuesdays
- 🚶 3 min. walk from JR Chuo Line Musashi Koganei Station North Exit



Cafe 5884

☎ 042-387-1004

URL <http://cafe5884.com>



Signature menu

Today's 5884 Plate

Available Year-round

Ingredients Seasonal vegetables (from Koganei)

Koganei sakura chirashizushi

Available When cherry blossoms start blooming

Ingredients Norabona greens (from Koganei)

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



Cafe Laguras

☎ 042-344-7199

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



Signature menu

Blueberry chiffon cake

Available August 1-31

Ingredients used Blueberries (from Kodaira)

Yuzu citrus cake

Available Year-round

Ingredients used Yuzu citrus (from Kodaira)



My Space O-Ban

☎ 042-342-5550

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



Signature menu

Kodaira Rhapsody

Available Year-round

Ingredients used five to seven types of seasonal Kodaira vegetables

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

Available Year-round

Ingredients used root vegetables harvested in Kodaira



Kakyoan Soba, Sake, and Sakana

☎ 042-347-0655

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



Signature menu



Seasonal Soba Noodles (mainly with Kodaira vegetables)

Available Year-round

Ingredients Vegetables from Kodaira, used soba noodles

Snack of Kodaira Vegetables

Available Year-round

Ingredients Vegetables from Kodaira used

*Reservations are required for course meals and dinner.

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



Kodaira

MIL FRUKTO

☎ For reservations and inquiries, please visit the website below.

URL <http://milfrukto.com/>



Signature menu



Lamb and Hinode Tomato Curry

Available Year-round

Ingredients Tomatoes (from Hinode) and used onions (from Kodaira)

Chicken and Norabona Curry

Available Year-round

Ingredients Vegetables from Kodaira used

*Vegetables from Tokyo are used for seasonal curry (depending on availability).
Milk from Tokyo is used for drinks.

- 📍 1F Pearl Bldg., 1-21-19 Gakuen Nishimachi, Kodaira-shi
- 🕒 12:00 - 14:30 (Last Call 14:00)
18:00 - 22:00 (Last Call 21:00)
Closes when curry runs out
- ✕ Closed on Tuesdays and Wednesdays, irregularly closed on Mondays
- 🚶 3 min. walk from Seibu Tamako Line Hitotsubashi Gakuen Station



Kodaira

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Handmade *Udon* Noodles **Dontaku**

☎ 042-585-2222

URL

Signature
menu**Tenzaru Udon Noodles**

Available Year-round

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

- 📍 1352-6 Hino, Hino-shi
- 🕒 11:00 - 14:30/15:30 - 20:30
- ✕ Tuesdays and Wednesdays
- 🚆 3 min. walk from Tama Toshi Monorail Line Koshu-Kaido Station

**Salad Udon**

Available May-September

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

Restaurant **Mokuba**

☎ 042-594-7375

URL

Signature
menu**Lunch Course**

Available Year-round

Ingredients Seasonal vegetables (from Hino)

- 📍 5-12-3 Hirayama, Hino-shi
- 🕒 11:30 - 14:30 (Last Call 13:30)
17:30 - 20:00
- ✕ Mondays (other irregular holidays)
- 🚆 5 min. walk from Keio Line Hirayamajoshi-koen Station

**Dinner Course**

Available Year-round

Ingredients Seasonal vegetables (from Hino)



Artigiano Gelateria

☎ 042-599-2880

URL <http://www.artigiano-gelateria.com/>



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



Signature menu

Freshly squeezed milk (gelato)

Available Year-round

Ingredients Homemade milk used (Mogusa Farm)

Seasonal Fruit Gelato

Available Year-round

Ingredients Homemade milk (Mogusa Farm)
Seasonal fruits and vegetables from Hino (blueberries, strawberries, tomatoes, etc.)



kitchen KEIJI

☎ 042-395-3325

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



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



Signature menu

DON Burg

Available Year-round

Ingredients Tomatoes, sunny lettuce, etc. used (from Higashimurayama)

Bagna càuda

Available Year-round

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



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Syokusai Warabitei

☎ 042-511-7269

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



Signature menu

Jellied tomatoes/corn shinjowan/ fig sesame paste

Available Summer

Ingredients tomatoes, corn, figs from Fuchu



📍 3-7-6-1F Higashi, Kunitachi-shi

🕒 11:30 - 14:00/17:00 - 21:30

✕ Wednesdays and the third Tuesday of the month

🚶 About 15 min. from JR Chuo Line Kunitachi Station



Fugu course

Available November-February

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



Kunitachi Vegetable Restaurant Nakamichi Café

☎ 042-848-4991

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



Signature menu

Daily Quiche

Available Year-round

Ingredients Seasonal vegetables (from used Kunitachi)



📍 4-12-11-1F Fujimidai, Kunitachi-shi

🕒 11:30 - 22:30

(Until 20:30 on Sundays and Holidays)

✕ Mondays

🚶 1 min. walk from JR Nambu Line Yagawa Station



Daily Kunitachi Vegetable Salad

Available Year-round

Ingredients Seasonal vegetables (from used Kunitachi)



Kunitachi Mura Sakaba Wine Bar

☎ 042-505-6736

URL <http://www.emalico.com/sakaba/>



Signature menu

Bagna Cauda with Local Vegetables

Available Summer

Ingredients Various seasonal vegetables from Kunitachi, Tachikawa, and Kokubunji, etc. (content varies depending on the season)

Locally Grown Shiitake Mushrooms

Available Year-round (depending on availability)

Ingredients Shiitake mushrooms from Tokyo

📍 B1 National Sekiya Bldg., 1-9-30 Kunitachi-shi

🕒 17:30 – 23:00 (Last Call 22:15)

✖ New Year Holidays and Summer Holidays (mid-August)

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



CRAFT! KUNITA-CHIKA

☎ 042-843-0607

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



Signature menu

Deep-fried local vegetables

Available Year-round

Ingredients Seasonal vegetables from Tokyo

Pickles

Available Year-round

Ingredients Seasonal vegetables from Tokyo

📍 B1F Kunitachi Sekiya Bldg., 1-9-30 Kunitachi-shi

🕒 Tuesdays-Saturdays 17:30-23:00 (Last call 22:30)
Sundays and Holidays 16:00-22:00 (Last call 21:30)

✖ Mondays

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



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👤 Electronic money accepted (confirm types that are accepted)

Stuben Otama

☎ 042-551-1325

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



Signature
menu

Today's TOKYO X Poek Lunch

Available Year-round (Lunch only)

Ingredients TOKYO X Ham • sausages and
used bacon

TOKYO X Pork Steak Set

Available Year-round (Dinner only, reservation required)

Ingredients TOKYO X Pork
used

📍 785 Fussa, Fussa-shi

🕒 Weekdays 11:30 – 14:00/17:00 – 20:30
Weekends and
Holidays 11:30 – 15:00/17:00 – 20:30

✕ Tuesdays (Open if Monday is a public holiday, then closed on Wednesday)

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



Ikesu Restaurant Hamazen

☎ 042-551-0035

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



Signature
menu

Nishitama Nigiwai Meal

Available Year-round

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

Tempura Assorted

Available Year-round

Ingredients Maitake mushrooms from
used Hinohara, etc.



Asian Restaurant Komae Saigon

☎ 03-3430-5186

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



Signature
menu

Coriander Salad

Available Year-round

Ingredients Coriander (from Komae and Setagaya)

Water Spinach and Garlic Stif-fry

Available Year-round

Ingredients Water spinach (from Komae and Setagaya)

📍 1-3-1 Izumihoncho, Komae-shi

🕒 11:00 – 15:00
17:00 – 22:00

✕ Mondays (Changes on public holidays)

🚶 3-4 min. walk from Odakyu Line Komae Station



Italian Restaurant Vino Uno

☎ 03-3430-4884

URL <http://vinouno-komae.com/>



Signature
menu

Lunch Course

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

Available Year-round

Ingredients GAP Komae vegetables, used Komae vegetables

Dinner Course

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

Available Year-round (Dinner only, reservation required)

Ingredients GAP Komae vegetables, used Komae vegetables

📍 1F Izumi-no-Mori Hall, 1-8-12 Motoizumi, Komae-shi

🕒 12:15 – 14:00 (Last call 13:00)
18:00 – 21:00 (Last call 20:00)

✕ Mondays

(Substituted to Tuesday if Monday is a holiday)

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



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

💰 Electronic money accepted (confirm types that are accepted)

Teppan TOKIO

☎ 03-5761-8805

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



Signature menu

Salad with our Renowned Homemade Dressing

Available Year-round

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

Stake-shaped broccoli from Komae with a topping of goat cheese

Available Autumn - Spring

Ingredients Broccoli (from Komae)
used



Shunsaigyō hiro

☎ 042-459-1486

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



Signature menu

Kiyose Salad

Available Year-round

Ingredients Seasonal vegetables from
used Kiyose

Fish and Kiyose Vegetables
Tempura

Available Year-round

Ingredients Seasonal vegetables from
used Kiyose



Ika Bar x Niku Bar Haru

☎ 042-497-9268

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



Signature menu

Salad with Raw Ham and Arugula from Kiyose

Available Year-round

Ingredients used Arugula from Kiyose

Fish and Kiyose Vegetables Tempura

Available Year-round

Ingredients used Turnips from Kiyose



Kiyose

Casual French restaurant Arbre

☎ 042-492-7800

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



Signature menu

Dinner A course

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

Available Year-round

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

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

🕒 11:30 - 14:30 (LO 13:30)
17:45 - 21:30 (LO 19:30)

✕ Monday every week, the first Tuesday of the month, and for dinner on Thursdays

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



Seasonal Kiyose vegetable potage

Available Year-round

Ingredients used Kiyose-grown purple sweet potatoes, turnips, etc.



Kiyose

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Murayama
Mangetsu Udon Noodles



Signature
menu

Udon Noodles with Meat Soup

Available Year-round

Ingredients Japanese mustard spinach
used from Musashimurayama

Udon Noodles Topped with Broiled Chashu Pork Slices

Available Summer

Ingredients Daikon radish from
used Musashimurayama

☎ 042-560-3559

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

- 📍 1-12-10 Mitsugi,
Musashimurayama-shi
- 🕒 11:00 – 14:30
(evening hours will be posted on the website)
- ✕ Mondays and 2nd Tuesday of the month
- 🚌 Take the Tachikawa Bus from JR Tachikawa Station towards "Hakonegasaki."
Approx. 4 min. walk after getting off at "Choenji" bus stop.



Handmade Icecream Studio
VERDE



Signature
menu

Milk

Available Year-round

Ingredients (Home-made) milk of
used Musashimurayama raised
cows

☎ 042-560-6651

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

- 📍 1-80-3 Mitsufuji, Musashimurayama-shi
- 🕒 April – September 11:00 – 17:30
October – March 11:00 – 17:00
- ✕ Mondays and Tuesdays (Changes may occur)
- 🚌 5 min. walk after getting off the Tachikawa Bus
or the Seibu Bus at "Aeon Mall" bus stop



Blueberries

Available Mid-June - mid-September

Ingredients (Home-made) milk of Musashimurayama
used raised cows (Home-grown) blueberries
from Higashimurayama

*Okutama grown wasabi radish, Komae grown soy beans, Higashiyamato grown black tea, Musashimurayama grown berries, oranges and apples, etc. (Season to season)

Nikujiru Udon Nagashimaya

☎ 042-516-8669

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



Signature menu

Nikujiru Udon

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

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

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

- 📍 1-135-2 Ominami, Musashimurayama-shi
- 🕒 Lunch 11:30 – 15:00
Dinner 18:00 – 20:00
(only open on Fridays, Saturdays and Sundays)
- ✕ Irregular
- 🚌 Take the bus from the Tachikawa Station. 2 min. walk from "Ominami 1-chome" bus stop



Akariya Kosen

Handmade Soba Noodles

☎ 042-379-9225

URL <http://akariyakosen.com/>



Signature menu

Duck Hot-pot

Available Nov to Mar
Ingredients Long leeks, chrysanthemums, shiitake mushrooms, etc. (from Inagi)
used

Pear Soba

Available End of August to early October
Ingredients Pears (from Inagi)
used



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

ORTOLANA

☎ 042-407-5659

URL <http://ortolana.kitchen/>



Signature menu

Ortolana Napolitan Pasta

Available Year-round

Ingredients Onions, carrots, bell peppers, eggplants, chayote, *norabona* greens, cabbage, etc. (from Inagi)

Peperoncino with Inagi Vegetables

Available Year-round

Ingredients Cucumbers, carrots, paprika, chayote, *norabona* greens, etc. (from Inagi)

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



Italian Restaurant

Crescere

☎ 042-578-3368

URL <http://cordialita.com/>



Signature menu

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

Available July to November

Ingredients Tomatoes, bell peppers, eggplants used (from Hamura)

Grilled Cheese with Eggplant and Minced Meat

Available July to November

Ingredients Eggplants (from Hamura) used

- 📍 First floor, 4-15-11
Gonokami, Hamura-shi
- 🕒 11:30 – 14:30 (Last Call 14:00)
18:00 – 22:30 (Last Call 22:00)
- ✕ Sundays
- 🚶 2 min. walk from JR Ome Line
Hamura Station East Exit



Kabe Handmade Soba

☎ 042-578-1734

URL <http://kablesoba.com/>



Signature menu

Kenchin Soba

Available November to February

Ingredients used 8 kinds of vegetables from Ome (*daikon* radish, carrot, burdock, etc.)

📍 3-1-11 Hanenishi, Hamura-shi

🕒 Weekdays 11:30 – 15:00/17:00 – 20:00
Weekends and Holidays 11:30 – 20:00

✕ Thursdays

🚶 10 min. walk from JR Ome Line Ozaku Station West Exit



Tenzaru Soba

Available July to November

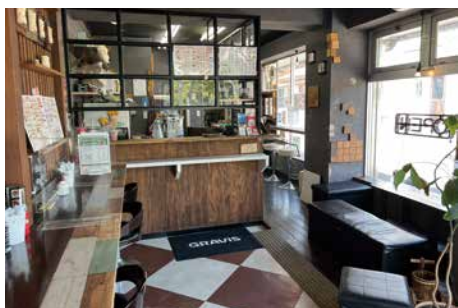
Ingredients used Seasonal vegetables from Ome



54 Cafe & Crepe

☎ 042-533-6208

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



Signature menu

Fried Rice Crepe with Yakiniku Pork from Ome

Available Year-round

Ingredients used Pork (from Ome)

Fried rice crepe with flavorfully hot grilled pork

Available Year-round

Ingredients used Pork (from Ome)

📍 1F Mansion Nakano, 1-5-12

Midorigaoka, Hamura-shi

🕒 10:30 – 22:00

✕ Irregular

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



P Parking lot available

A Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Seafood and Sushi Hanamizuki

☎ 042-578-3137

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

Signature menu

Hinohara potato *chijimi*

Available Year-round

Ingredients Potatoes from Hinohara-mura used

Hinohara *maitake* mushroom spaghetti aglio, olio e peperoncino

Available Year-round

Ingredients *Maitake* mushrooms from Hinohara-mura used

- 📍 1-27-2 Ozakudai, Hamura-shi
- 🕒 11:30 – 14:00/16:00 – 23:00
- ✖ New Year's Holidays only
- 🚶 4 min. walk from JR Ome Line Ozaku Station

Akiruno Traditional *Udon* Noodles

Shougotei

☎ 042-596-0541

URL



Signature menu

Hikuridashi Udon Noodles

Available Year-round

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

Morisoba Noodles

Available While new-harvest buckwheat is available

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

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



Kurochaya

☎ 042-596-0129

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


Signature
menu

Sumibiyaki Char-grilled/ Yamazato Village Dishes

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

Hoba Leaf-grilled and Mountain Vegetable Dishes

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

- 📍 167 Konakano, Akiruno-shi
- 🕒 11:00 – 15:00/17:00 – 19:00
(Reservations accepted)
*Reservations required for weekday dinner courses by the previous day
- ✕ Tuesdays (Open when falling on holidays),
Wednesdays (may be irregularly closed)
Opens during the daytime only on Mondays
- 🚗 Near Konakano Cross on Hinohara-mura Way
(Parking space for 50 cars)
Near from the closest bus stop Nishi-Konakano



Akiruno

Sweetness & Tea House

Misegura HISAMORI

☎ 042-558-1852

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


Signature
menu

Shaved natural ice

Available Year-round (Service is ended when supplies run out of natural ice)
Ingredients used Seasonal fruits (from Akiruno)

Anmitsu confectionary topped with bean jam and bracken starch dumplings

Available Year-round
Ingredients used Tokyo grown cow milk

- 📍 633 Ogawa, Akiruno-shi
- 🕒 Weekdays 12:00 – 17:00
Saturdays, Sundays and holidays 12:00 – 17:00
*Please confirm on the website, etc.
- ✕ Tuesdays
- 🚗 10 min. walk from JR Itsukaichi Line Higashi-Akiru Station



Akiruno

P Parking lot
available

A Takeout menu available
(may require a reservation)

Wi-Fi available

Reservations
possible

Credit cards accepted
(confirm types that
are accepted)

Electronic money accepted
(confirm types that
are accepted)

Dining Bar KAI Akigawa

☎ 042-550-6633

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

Signature menu

Grilled Akigawa Beef Skewers

Available Year-round

Ingredients used Akigawa beef (from Akiruno)

Chilled Tomato Carpaccio

Available Summer

Ingredients used Tomatoes (from Akiruno)

📍 1-1-10 Akigawa, Akiruno-shi

🕒 16:00 - 1:00

(Dishes: Last Call 24:00/Beverages: Last Call 24:30)

✖ December 31, January 1

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



Home of Bread A La Mode

☎ 042-550-6505

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

Signature menu

Akigawa Beef Curry Bread

Available Year-round

Ingredients used Akigawa beef (from Akiruno)

Akigawa Beef Curry Bread (with Cheese Filling)

Available Year-round

Ingredients used Akigawa beef (from Akiruno)

📍 1-1-16 Akigawa, Akiruno-shi

🕒 8:00 - 19:00

✖ Thursdays

🚶 Near JR Itsukaichi Line Akigawa Station



Otowa-Sushi

serving *Sushi/Chinese Dishes/Unagi/Japanese Set Meal*

☎ 042-596-0009

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



Signature menu

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

Available Year-round

Ingredients Lettuce, green leaves,
used *norabona* greens, etc. (from Akiruno)

Superb Boneless Rib Akigawa Beef

Available Year-round

Ingredients Akigawa beef (from Akiruno)
used

- 📍 50 Itsukaichi, Akiruno-shi
- 🕒 11:00 - 14:00 (Last Call 13:20)
Weekdays 17:00 - 21:00 (Last Call 19:50)
Saturdays and Sundays 16:00 - 21:00 (Last Call 19:50)
- ✕ Wednesdays (Once or twice a month there are consecutive holidays)
- 🚶 8 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station (Parking lot for cars and bicycles)



Akiruno

Soba Noodles Restaurant Yanagiya

☎ 042-596-0071

URL <http://a-yanagiya.com/>



Signature menu

Kurohachi soba noodles

Available Year-round

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

Seasonal Choices of the Chef

Available Year-round

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

- 📍 218 Tateya, Akiruno-shi
- 🕒 Wed.-Fri. 11:00 - 14:00 (Last Call 13:30)
Sat, Sun and Holidays 11:00 - 15:00 (Last Call 14:30)
- ✕ Mondays and Tuesdays
- 🚶 1 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station



Akiruno

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👤 Electronic money accepted (confirm types that are accepted)

Tokura Shiroyama Terrace Restaurant Shokuinshitsu

☎ 042-595-1234

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

Inaka Countryside Curry Plate

Available Year-round

Ingredients Seasonal vegetables from
used Akiruno (mainly root
vegetables)

Salt Grilled Satoyama Masu Trout Set Meal

Available Except for June and August

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

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

🕒 11:30 – 14:00

✖ Tuesdays and 28 December-January 4

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

Hanagaki Soba Noodles

☎ 042-559-7081

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

Hinohara Maitake Mushroom Tempura

Available Year-round

Ingredients Maitake mushrooms from
used Hinohara

Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables from
used Akiruno

📍 608-3 Ninomiya, Akiruno-shi

🕒 Mon-Fri 11:00-14:50 (Last call)/15:30-19:50 (Last call)
Sat, Sun and
Holidays 11:00-15:30 (Last call)/17:00-19:50 (Last call)

✖ Tuesdays

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

Egg Center Ueno

☎ 042-557-0494

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



Signature menu

Melty Puddings

Available Year-round

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

Sponge Cake Rolls

Available Year-round

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



Mizuho

Shogaiseishunnoy

Tsurutsuru Hot Spring

☎ 042-597-1126

URL <http://www.tsurutsuru-onsen.com>



Signature menu

Tsurutsuru Grilled Magnolia Leaf Tokyo Wagyu Beef

Available Year-round

Ingredients Aki-gawa Beef (from Akiruno-shi)

Abalone *kamameshi* (seasoned rice boiled in a small individual *kama* or pot with various ingredients) (Served only to the guests of private rooms)

Available Year-round

Ingredients Farmed abalone (from Ome) Seasonal vegetables (from Ome)



Hinode

P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

Tourist Inn Mitou Sansou

☎ 042-598-6138

URL <http://www.mitou-sansou.com>



Signature menu

Seasonal Mountain Vegetables in 22 Small Dishes

Available Year-round

Ingredients Mountain vegetables and farmed used vegetables (from Hinohara)

Tempura Set Meal/ River Fish Set Meal

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

Ingredients Mountain vegetables, *yamane* trout, *iwana* trout (from Hinohara)

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



NPO Restaurant

Hinohara Shiki-no-sato

☎ 042-598-1060

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



Signature menu

Aya Gozen

Available Year-round

Ingredients Seasonal farmed vegetables, mountain vegetables, *maitake* mushrooms (from Hinohara)

Tempura Udon Set Meal

Available Year-round

Ingredients Seasonal farmed vegetables, mountain vegetables, *maitake* mushrooms (from Hinohara)

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



Kazumanoyu Hotsprings Hinohara Onsen Center

☎ 042-598-6789

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



Signature
menu

Kazuma's *Motsuni* (Tripe stew) Set Meal

Available Year-round

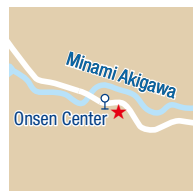
Ingredients used *Maitake* mushrooms, *Daikon* radish, carrots, ginger (from Hinohara)

Rhubarb Ice Cream

Available April - December

Ingredients used Rhubarb (from Hinohara)

- 📍 2430 Kazuma, Hinohara-mura, Nishitama-gun
- 🕒 10:00 - 19:00
- ✖ Mondays (The following day if Monday is a holiday)
- 🚌 From JR Musashi-Itsukaichi Station take the "Kazuma Yuki" Nishi-Tokyo Bus for about one hour to the "Onsen Center" stop. Immediately by the bus stop.



Hinohara

Folk Tale Inn Arasawayaya

☎ 0428-83-2365

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



Signature
menu

Japanese Dinner (an example)

Available Year-round

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

- 📍 1446 Hikawa, Okutama-machi, Nishitama-gun

🕒 11:30 - 13:30
17:30 - 21:00

- ✖ Tuesdays and Wednesdays
- 🚌 5 min. walk from JR Ome Line Okutama Station



Okutama *yamame* sashimi raw slices

Available Year-round

Ingredients used *Yamame* trout (from Okutama)



Okutama

P Parking lot available

Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Robata (Fireside) Akabeko

☎ 0428-83-2365

URL <http://akabeko.tokyo/>

Signature menu

Awabidake mushrooms nabe

Available Year-round

Ingredients Natural river fish, Okutama yamame trout, awabidake mushrooms, various mountain vegetables (from Okutama), TOKYO X, etc.

Jisuke poteto with negi miso (leek and miso sauce)

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

Ingredients Jisuke potato (from Okutama)

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



Yamabato

☎ 0428-85-2158

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

Signature menu

Lunch Set

Available Year-round (Tuesday - Friday)

Ingredients Seasonal vegetables (from Ome)

Soba Salad

Available Year-round

Ingredients Gobo burdock roots and carrots (from Ome)

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



Kamameshi Nakai

☎ 0428-85-1345

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



Signature menu

Pulpwood *shiitake* mushrooms
grilled on an iron plate

Available Spring: from mid-March to mid-April
Fall: from mid-October to mid-November

Ingredients *Shiitake* mushrooms cultivated
used on pulpwood (from Ohtaba)

For *zaru soba* noodle, *sashimi*
konnyaku (thinly sliced
processed yam), *yakitori*, etc.

Available Year-round

Ingredients *Sawawasabi* (wild horseradish)
used (from Ohtaba)

📍 175 Otaba Okutama-machi,
Nishitama-gun

🕒 Weekdays 11:00-15:00 (Last Call)
Sat, Sun and Holidays 11:00-18:00 (Last Call)

✕ 2nd Wednesdays and Thursdays

🚶 30 min. walk from JR Kawai Station, near Otaba Kokusai
Fishing Area, or 5 min. by car (Parking lot available)



Hikawa Service Station

☎ 0428-83-2140

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



Signature menu

Deep-fried *Yamame* Trout

Available Year-round

Ingredients Okutama *yamame* trout
used

Kinoko Mushroom Rice

Available Year-round

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

📍 213 Hikawa, Okutama-machi,
Nishitama-gun

🕒 12:00 - Closes when handmade
soba noodles run out

✕ Thursdays, 1st & 3rd Fridays

🚶 Near JR Ome Line Okutama Station



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👤 Electronic money accepted
(confirm types that
are accepted)

Okutama riverside café awa

☎ 0428-74-9947

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

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



Signature menu

Venison Volcano

Available Irregular

Ingredients Venison, *wasabi* radish (from used Okutama)

Available

Ingredients used



Café restaurant SAKA

☎ 0428-85-8155

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

- 📍 564 Unazawa, Okutama-machi, Nishitama-gun
- 🕒 11:00 – 15:00
- ✕ Sundays and Mondays
- 🚗 10 min. by car or taxi/40 min. walk from JR Okutama Station
- 15 min. walk from the closest bus stop Kaniwa



Signature menu

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

Available Year-round

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

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

Available Year-round

Ingredients Seasonal vegetables from used Okutama

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



RUNWAY

Dashimaki Eggs Specialty Store

☎ 0428-85-8337

URL <https://ranway-dashimaki.com/>



Signature menu

Ukokkei Chicken Egg Dashimaki Omelet Set Meal (incl. raw eggs)

Available Year-round

Ingredients Tokyo Ukokkei chicken used (from Ome)

RUNWAY Pudding

Available Year-round

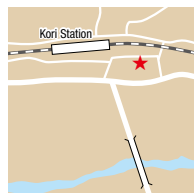
Ingredients Fukami eggs (from Ome) used

📍 549 Kotaba, Okutama-machi, Nishitama-gun

🕒 11:00 – 15:00

✖ Tuesdays

🚶 1 min. walk from JR Ome Line Kori Station



Okutama

RUNWAY

~TAMA Collection~

☎ 0428-85-8687

URL <https://ranway-dashimaki.com/>



Signature menu

Dashimaki Omelet Set Meal

Available Irregular

Ingredients Chicken eggs (from Ome) used

RUNWAY Chawan Mushi

Available Irregular

Ingredients Chicken eggs, Tokyo Shamo chicken, and Tokyo Ukokkei chicken (from Ome) used

📍 207 Hikawa, Okutama-machi, Nishitama-gun

🕒 11:00 – 18:00

✖ Tuesdays

🚶 1 min. walk from JR Ome Line Tama Station



Okutama

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

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

Tokyo Metropolitan Government Certified Locally Sourced Food Products

(E-Mark Certified Foods)

About E-Mark Certified Foods

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

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

About the E-mark logo

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



Example of placement of the E-mark on products

Excellent Quality

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

Exact Expression

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

Harmony with Ecology

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

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

*For details, please visit the following website.

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

Inquiries

Management Support Section, Commerce and Industry Division,
Bureau of Industrial and Labor Affairs, Tokyo Metropolitan Government

Introduction to Tokyo



Ingredients

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



Marine Products

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



Ashitaba

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



- ☒ Initiative for local production and local consumption!
- ☒ Differentiation from other stores!

We hope you use these ingredients.



Why don't you enjoy Tokyo's specialties?

Japanese mustard spinach (Year-round)

One of Tokyo's leading vegetables, and boasts one of the largest production volumes in Japan. This vegetable's Japanese name,



komatsuna, is said to have been given by Tokugawa Yoshimune, the 8th Tokugawa shogun, because during the Edo period (1603 - 1867) the plant was cultivated around the Komatsu River near the Edo River.

Okutama trouts (Year-round)

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



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

Splendid alfonsino (Year-round)

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



Ashitaba (Year-round)

The *ashitaba* names comes from a saying about the leaves' quick growth, "Pick



leaves in the evening, and new ones come out tomorrow or *ashita*." Rich in chalcones, vitamins, minerals, etc.

TOKYO X Pork (Year-round)

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



Tokyo Shamo Chicken (Year-round)

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



Tomatoes (Jan - Nov)

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



Japanese giant flying fish (Feb - May)

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



Passion fruit (Mar - Aug)

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



Edamame soybeans (May - Aug)

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



Bonitoes (Feb - Apr)

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



Norabona (Mar - Apr)

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



Wasabi (Apr - Nov)

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



Yellowstriped butterfish (May - Aug)

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



Corns (Jul - Aug)

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



Blueberries (Jul - Sep)

Full-scale commercial production in Japan is said to have begun in Kodaira City.



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

Grapes (Aug - Sep)

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



Japanese pears (Aug - Oct)

Full-scale commercial production in Japan is said to have begun in Kodaira City.



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

Edo Tokyo Traditional Vegetables

"Edo Tokyo Vegetable" is a brand name for vegetables grown in Tokyo as its typical vegetables with history. Among 52 vegetables certified and registered by Japan Agricultural Cooperatives (JA) Tokyochoukai are *Nerima Daikon* radish, *Dento* (Traditional) *Okura Daikon* radish and *Kameido Daikon* radish, *Goseki Bansei Komatsuna* mustard spinach, *Magome Sanzun Ninjin* carrot, *Magome Hanjiro Kyuri* cucumber, *Terajima Nasu* eggplant and *Takinogawa Gobo* burdock root. (In addition to the certified vegetables, 9 non-vegetable items including fruits and grains are certified as items inheriting the agricultural tradition of Tokyo.)



▲ Kameido Daikon radish



▲ Magome Sanzun carrot



▲ Terajima Nasu eggplant

Traditional *Okura Daikon* radish ▶



Kiwi fruit (Oct - Nov)

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



Persimmons (Oct - Nov)

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



Cabbages (Oct - Dec)

Harvested twice a year in early summer and in fall/winter. The cabbages that take advantage of the cold winter weather for a high sugar content are sold under the "Sweets Cabbage" brand. Is characterized by its strong sweetness and lushness



Broccoli (Oct - Dec)

Rich in vitamins, minerals, dietary fibers and other nutrients. Produced throughout Tokyo and was once shipped to markets, but recently is also sold at direct sales locations.



Spinach (Oct - Feb)

Highly nutritious vegetable that is rich in vitamins A and C. Is produced in a variety of locations in Tokyo and was once shipped to markets, but recently is also being sold at direct sales locations.



Daikon radishes (Nov - Dec)

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



Udo spikenard (Dec - May)

Udo spikenard from Tokyo is thick, white, and characterized by its distinctive crispy texture and spring scent. It is cultivated with great care so as not to expose it to light.



Strawberries (Dec - May)

The more a strawberry gets colorful and ripens, the more its sugar content gets higher. Suited for direct sales, more farmers in Tokyo as well have been cultivating strawberries.



Restaurants registered as being able to serve vegetarians and vegans

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

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

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

*1 Vegetarian

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

*2 Vegan

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

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

[Vegetarian]

Location	Restaurant name	Contact	Page
Chiyoda-ku	L'art et Mikuni	03-3213-0392	11
Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	16
	Shinkyoutei Shinkan	03-3580-2211	17
	cusavilla	03-5467-0560	17
	Tokyo Oven Akasaka	03-6230-9569	18
Shinjuku-ku	Tokyo Islands Shochu <i>izakaya</i> Kokkome	080-9971-3471	19
	Under the tree	03-3341-1461	19
Koto-ku	Edo Tokyo Beer On Tap	03-6659-8379	26
Shinagawa-ku	Turkish Restaurant DEDE	03-3786-5600	27
Setagaya-ku	Cake Studio Nanatsu-no-Suisen	03-3427-0414	28
Shibuya-ku	Soba Oonoya Motoyoyogicho	03-3467-7513	30
	fun.ice!	080-4342-1522	32
Nerima-ku	Koryouri Ishii	03-4283-1430	37
	Pizzeria Gtalia da Filippo	03-5923-9783	40
	Il Tonsione	03-3992-9800	41
Edogawa-ku	Bakery Restaurant Maruko	03-3656-5211	43
Tachikawa-shi	Chinese Cuisine <i>Gojyuban</i>	042-522-7472	45
	hoccori *cafe	042-595-8379	46
	Rinto <i>Kaiseki</i> Catering	042-521-3180	47
Musashino-shi	Kichijoji Corn-Barley	0422-20-9023	49
	Kitchen Ohnami	0422-26-9283	50
Mitaka-shi	KAERU SHOKUDO Enzymatic Brown Rice Specialty Store	0422-46-0077	51
Ome-shi	Dining & Gallery <i>Mayugura</i>	0428-21-7291	52
	"Pirtsu" Light Meal Cafe	0428-74-4528	53
Machida-shi	Kamado Kunsei Farm Cuisine Takamiya	042-734-3336	62
	Machida Vegetables × Bistro MACHI DINER	042-724-0303	63

[Points to note]

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2. The range of food that can be offered differs depending on the restaurant. Please be sure to confirm this with the restaurant in advance.

Location	Restaurant name	Contact	Page
Koganei-shi	VIN de RUE	042-383-4908	64
	Cafe 5884	042-387-1004	65
Hino-shi	Handmade <i>Udon</i> Noodles Dontaku	042-585-2222	68
Kunitachi-shi	Kunitachi Mura Sakaba Wine Bar	042-505-6736	71
Komae-shi	Asian Restaurant Komae Saigon	03-3430-5186	73
	Italian Restaurant Vino Uno	03-3430-4884	73
Kiyose-shi	Casual French restaurant Arbre	042-492-7800	75
Inagi-shi	ORTOLANA	042-407-5659	78
Hamura-shi	Seafood and Sushi Hanamizuki	042-578-3137	80
Akiruno-shi	Hanagaki <i>Soba</i> Noodles	042-559-7081	84
Okutama-machi	Okutama riverside café awa	0428-74-9947	90

[Vegan]

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Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	16
	cusavilla	03-5467-0560	17
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	Rinto <i>Kaiseki</i> Catering	042-521-3180	47
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Machida-shi	Kamado Kunsei Farm Cuisine Takamiya	042-734-3336	62
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TOKYO GROWN



WE ARE TOKYO GROWN.



IT PROBABLY IS HARDER TO UNDERSTAND IF WE TELL YOU THAT WE ARE THE AGRICULTURE, FORESTRY AND FISHERIES.....



YOU MIGHT THINK IT MAY BE IRRELEVANT YOU, HOWEVER IT IS WHEN YOU HEAR TOKYO, IT MIGHT COME ACROSS TO YOU AS A BUSINESS



AND TOURIST AREA.



HOWEVER, TOKYO IS NOT JUST A BUSTLING CITY! EVEN TOKYO'S AGRICULTURE, FORESTRY AND FISHERIES.....

HAS ITS UNIQUENESS AND CHARM!!



TOKYO HAS THESE PRODUCERS



AND PRODUCTS



SPOTS TO EXPLORE AND ENJOY. TO SHOP AROUND TO EAT



WE WILL BE INTRODUCING THIS ALL IN TOKYO GROWN!

A PART OF TOKYO WE WANT YOU TO KNOW.WHICH IS TOKYO GROWN.

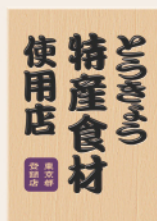
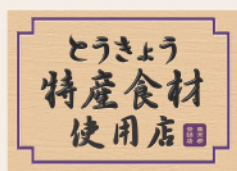


TOKYO GROWN



QR code





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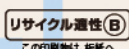
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