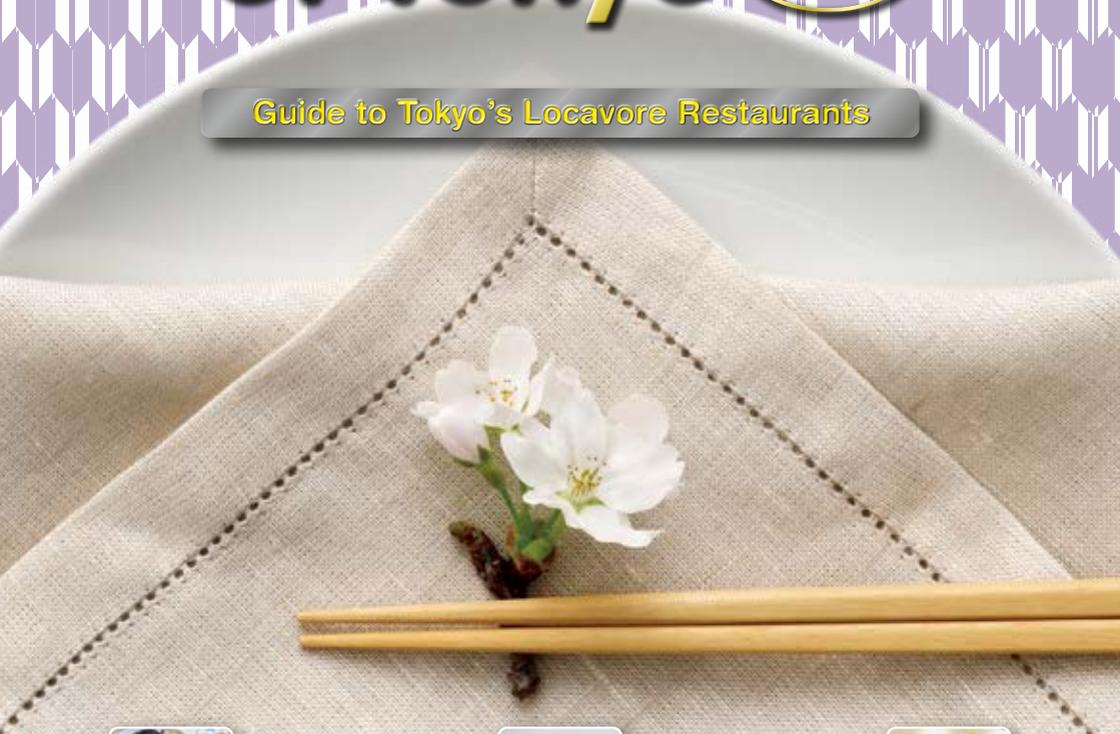




Take a bite of Tokyo 2024

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 176 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 2024

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176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6(2024)年3月

東京都産業労働局農林水産部食料安全課

The Tokyo Metropolitan Government supports restaurants contributing to local production and consumption.

Establishments registered

"Tokyo's Locavore Restaurants," operate in the central 23-ward area and Tama area in western Tokyo, and engage in the following initiatives.

- Strive to use sourced from Tokyo ingredients throughout the year.
- Provide customers with information on local products from Tokyo that they use
- Carry out initiatives that facilitate local production and consumption
- Will further their use of Tokyo ingredients into the future
- Will cooperate with Tokyo's measures for food education and local production and consumption

Look for these signboards



Sample page

Name of establishment
Nanko Rest House

Telephone number
03-3231-0878

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

Address
1-1 Kokyogaien, Chiyoda-ku

Hours
11:00~14:00

Closed
December 28 to January 1

Nearest station, etc.
10 min. walk from JR Tokyo and Yurakucho stations
5 min. walk from Tokyo Metro Nijubashimae and Hibiya stations

Featured dishes

Exterior, interior, etc.

Signature menu
Edo Eco Koraku-ju

Available services, etc.

Featured dishes, availability, ingredients, etc.
Ichi-ju San-sai (1 soup, 3 side dishes) Gozen

Available Year-round
Ingredients Fish (Hachijojima Island), vegetables (Nerima-ku), salt (Oshima Island)

* Salt: Umi no Sei from Oshima Island

Municipality
Chiyoda

Map





Icon legend → Parking lot available Takeout menu available (may require a reservation) Wi-Fi available Reservations possible Credit cards accepted (confirm types that are accepted) Electronic money accepted (confirm types that are accepted)

※ The featured dishes are representative dishes that use Tokyo sourced ingredients.

Please understand that dishes will vary depending on the season or other factors.

※ Restaurant information is current as of November 2023.

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 楠公レストハウス

電話番号 03-3231-0878

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

区市町村 千代田区

外観・店内風景、他



例 千代田区皇居外苑1-1 ● **所在地**
営業時間 11:00~14:00 ● **営業時間**
休 12月28日~1月1日 ● **休み**
最寄駅等 JR東京駅・有楽町駅より徒歩約10分
 地下鉄二重橋前駅・日比谷駅より徒歩約5分

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 Year-round

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 Year-round

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)

主なメニュー、他



アイコン凡例

- 🅐 駐車場有
- 🅑 テイクアウトメニュー有 (予約が必要な場合あり)
- 🅒 Wi-Fi 利用可
- 🅓 予約可
- 🅔 クレジットカード利用可 (種類は要確認)
- 🅕 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

※塩は大島産の「海の精」を使用しています

※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5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

Edo Eco Koraku-ju

Available Year-round

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

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

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

Available Year-round

Ingredients Fresh local ingredients of the day used

*Reservations are only for some menu items.

- 📍 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



Sizzler's Tokyo International Forum

☎ 03-3211-2205

URL <https://www.sizzler.jp/store/internationalforum/>



Signature menu

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

- 📍 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)



mikuni MARUNOUCHI

☎ 03-5220-3921

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



- 📍 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

Chiyoda

Signature menu



Chef's Special Full of Tokyo Ingredients

Available Year-round

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

Special Lunch with Seasonal Tokyo Vegetables

Available Year-round

Ingredients used Edogawa mustard spinach and Takinogawa burdock



L'art et Mikuni

☎ 03-3213-0392

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



- 📍 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

Chiyoda

Signature menu



Piccolo Course (lunch)

Available Year-round

Ingredients used Seasonal Tokyo vegetables (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 used Seasonal Tokyo vegetables (menus vary)



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)

Tonkatsu Ikeda

☎ 03-3262-4434

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



- 📍 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



Signature menu

Tokyo X Pork roast cutlet

Available Year-round

Ingredients used Tokyo X

Tokyo X Port quality fillet cutlet

Available Year-round

Ingredients used Tokyo X



DINING LIEU

☎ 03-3293-1141

URL <https://www.hotelniwa.jp/restaurant/>



- 📍 Inside Hotel Niwa Tokyo, 1-1-16 Kanda Misaki-cho, Chiyoda-ku
- 🕒 7:00 – 10:00 (Last call 9:30)
11:30 – 15:00 (Last call 14:00)
17:30 – 22:00 (Last call 21:00)
- ✖ Open every day
- 🚶 5 min. walk from Suidobashi Station via JR lines



Signature menu

TOKYO X (prepared with today's method)

Available Year-round

Ingredients used TOKYO X Pork

Salad Bar (Lunch Set)

Available Year-round

Ingredients used Seasonal vegetables (from Tachikawa, Kokubunji, Kodaira)



NADABAN by HAL YAMASHITA

☎ 03-6273-3386

URL <http://nadaban.com>



📍 2F room 215, 1-1-2 Yurakucho, Chiyoda-ku

🕒 11:30 – 13:30/17:30 – 23:00

✖ Same as Midtown closed days

🚶 3 min. walk from Tokyo Metro Hibiya Line Hibiya Station



Signature menu

Tempura plate

Available Year-round

Ingredients used Seasonal vegetables (from Kokubunji)

Chilled eggplant stew with chef's pride dashi broth

Available Year-round

Ingredients used Eggplant (from Kokubunji)

*Vegetables grown in Tokyo may change without notice according to the season and menu.



Tenmo

☎ 03-3241-7035

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



📍 4-1-3 Nihombashi Honcho, Chuo-ku

🕒 12:00 – 14:00/17:00 – 20:00

✖ Saturdays in August, Sundays and Holidays

🚶 2 min. walk from Tokyo Metro Ginza Line Mitsukoshimae Stn
2 min. walk from JR Shin-Nihombashi Station



Signature menu

Edo Tokyo Vegetable Tempura

Available Varies in each season

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

Assorted Pickles

Available Year-round

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



P Parking lot available

📄 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)

ISEJU

☎ 03-3663-7841

URL <http://iseju.com/>

Signature menu

Sukiyakiya stewed simmered pork with komatsuna leaf

Available Year-round

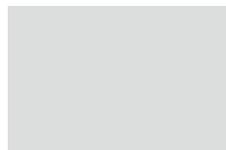
Ingredients Komatsuna Japanese mustard spinach (from Edogawa)

Available

Ingredients used

*Cabbage, turnip, peas, and daikon radishes also used in course dinners and side dishes.

- 📍 14-9 Kodemmacho, Nihombashi, Chuo-ku
- 🕒 11:00 – 22:00
- ✖ Sundays and holidays
- 🚶 Kodemmacho Station, Hibiya Line
Bakurocho Station, JR Sobu Rapid Line
Bakuro-Yokoyama Station on the Toei Shinjuku Line
3 min. walk from each



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 used

Edo-style Sillago Sashimi/Sushi

Available Year-round

Ingredients Sillago from Tokyo Bay used

- 📍 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 Ningocho Station Exit A5



Ginza Himorogi

☎ 03-6274-6779

URL <http://himorogi.tokyo/>



Signature menu

📍 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



Tokyo Shamo Chicken Thigh Yakitori

Available Year-round

Ingredients used Tokyo Shamo Chicken from Akiruno

Tokyo Shamo Chicken Fluffy Runny Oyako-don (Chicken Egg on Rice)

Available Year-round

Ingredients used Tokyo Shamo Chicken from Akiruno



Hanagoyomi Tokyo

☎ 03-3271-1135

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



Signature menu

📍 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



Shabu-shabu with 25 Types of Vegetable

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)



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)

VegeSAKABA

HARENOHIKENOHI

☎ 03-6280-4567

URL



- 📍 1-6-12, Shinkawa, Chuo-ku
- 🕒 11:30 - 14:00/17:30 - 23:00
Sundays and holidays 17:30 - 23:00
- ✖ Wednesdays
- 🚶 3 min. walk from Tokyo Metro Tozai Line and Hibiya Line Kayabacho Station, Exit 1



Signature menu



Grilled vegetables

Available Year-round

Ingredients Seasonal vegetables (from Nerima, Kokubunji, and Nishitokyo)

Pork *okonomiyaki*

Available Year-round

Ingredients Cabbage (from Higashikurume) used



Natural Cafe and Restaurant

TABUNOKI

☎ 03-3280-1916

URL <http://tokyoryoin.net/clinic/tabunoki>

- 📍 1F Tokyo Ryoin-shinkan, 4-9-16 Takanawa, Minato-ku
- 🕒 Tuesdays - Fridays: 11:00 - 16:00 17:30 - 21:00
Saturdays: 11:00 - 17:30
- ✖ Sundays and Mondays
- 🚶 3 min. walk from JR/Keikyū Shinagawa Station



Signature menu



Naturally Farmed Vegetable Lunch

Available Year-round

Ingredients Seasonal vegetables from Nishitokyo, etc.

Seasonal Dinner Course

Available Year-round

Ingredients Seasonal vegetables from Nishitokyo, etc.



Shinkyoutei

☎ 03-3580-2211

URL <http://shinkyotei.com/>

Minato



- 📍 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



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



cusavilla

☎ 03-5467-0560

URL www.cusavilla.com

Minato



- 📍 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



Signature menu

Minestrone Soup

Available Year-round

Ingredients used All course menu dishes use ingredients produced in Tokyo (seasonal vegetables from Hachioji and Akiruno, 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 Akiruno



Tokyo Oven Akasaka

☎ 03-6230-9569

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

Signature menu

Homemade pickles with farm vegetables

Available Year-round (Depending on availability)

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

Steamed Tokyo vegetables in a nabe iron pot

Available Year-round (Depending on availability)

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

- 📍 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 used Tokyo X Pork

Chateaubriand

Available Year-round

Ingredients used Tokyo X Pork

- 📍 Tamachi Station Tower N, msb Tamachi, 3-1-1 Shibaura, Minato-ku
- 🕒 11:00 - 15:00 (Last call 14:00)
17:00 - 22:00 (Last call 21:00)
- ✕ Open everyday
- 🚶 2 min. walk from JR Tamachi Station



CASADEMACHA

☎ 03-5442-3446

URL <https://casa-de-macha.net/>



- 📍 1F, 3-1-19 Mita, Minato-ku
- 🕒 16:30 - 22:00
- ✖ Sundays and holidays
- 🚶 5 min. walk from the West Exit of JR Tamachi Station
- 🚶 5 min. walk from Toei Subway Mita Station

Signature menu



Tokyo X pork salsa romesco

Available Year-round

Ingredients used TOKYO X pork

Andalusian salad with carrots

Available Year-round

Ingredients used Carrots (from Tokyo)



HAL YAMASHITA Tokyo

☎ 03-5413-0086

URL www.hal-yamashita.com



- 📍 Tokyo Midtown Galleria 1F D-0119, 9-7-4 Akasaka, Minato-ku
- 🕒 11:00 - 15:00/17:30 - 23:00
- ✖ Mondays, and days that Midtown is closed
- 🚶 3 min. walk from Toei Oedo Line Roppongi Station

Signature menu



Japanese *wagyu*
black beef charcoal grilled with A5 class charcoal, marinated Tokyo tomatoes

Available Year-round

Ingredients used Tomatoes (from Kokubunji)

Specially Selected Seafood Chirashi Sushi

Available Year-round

Ingredients used Shiso leaf (from Kokubunji)

*Vegetables grown in Tokyo may change without notice according to the season and menu.



Under the Tree

☎ 03-3341-1461

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



Signature menu

Spicy Curry

Available Year-round

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

Vegetable smoothie

Available Year-round

Ingredients used Cucumbers, lettuce, spinach, carrots, etc. (mainly from Chofu and Setagaya)



Restaurant Tsuburano

☎ 03-3341-1461

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



Signature menu

Bento Box with Dashimaki Broth Fried Egg and Tonjiru Soup

Available Year-round

Ingredients used Naito chili pepper (from Nerima, Mitaka)

Nanban style Soba noodles with duck

Available Year-round

Ingredients used Naito chili pepper (from Nerima, Mitaka)





- 📍 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



Signature menu



Stewed Turtle

Available Year-round
 Ingredients used Turtle (from Ogasawara)

Ashitaba Tempura

Available Year-round
 Ingredients used Ashitaba (from Miyakejima Island, Hachijojima Island, etc.)



Aogashimaya



- 📍 Toho Kanko Building 2F, 7-15-15 Nishi-Shinjuku, Shinjuku-ku
- 🕒 Dinner 17:00 - 23:00 (Last call 22:30)
- ✖ Sundays (but open when Sunday is a holiday or the day before a holiday)
- 🚶 5 min. walk from Shinjuku Nishiguchi Station
 10 min. walk from West Exit of Shinjuku Station
 7 min. walk from Nishi-Shinjuku Station on the Marunouchi Line



Signature menu



Shimazushi

Available Year-round
 Ingredients used Fresh fish, island nori seaweed (from Aogashima, Izu islands)

Tuna mayo with ashitaba

Available Year-round
 Ingredients used Ashitaba (from Aogashima, Izu islands)



Kaidarake

☎ 03-6279-0116

URL <http://mikore.info/>

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

Signature
menu

Dinner only Dinner only Dinner only

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

☎ 03-6302-0903

URL <http://mikore.info/>

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

Signature
menu

Dinner only Dinner only Dinner only

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)

Sakana no Mikore

☎ 03-5990-5906

URL <http://mikore.tokyo/>



- 📍 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



Signature menu



Fresh Vegetable Salad

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

Smashed Cucumber Salad

Available Year-round
 Ingredients used Cucumber (from Mitaka)



AIM SERVICE CO., LTD. Tokyo Metropolitan Government No.2 Building 4F Cafeteria

☎ 03-5320-7516

URL



- 📍 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 Year-round
 Ingredients used Eggplants (from Kiyose), white turnips (from Kiyose), shiitake mushrooms (from Nerima), etc.



Shinichikan

Shinjuku Honten

☎ 03-3209-8426

URL www.shinichikan.com



📍 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



Creative Dining

Bonin Island Chef

☎ 03-3235-0070

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



📍 1-1-4 Sekibuchi, Bunkyo-ku

🕒 11:30 – 14:00 (Last call 13:30)

17:30 – 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



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)



Kifune

☎ 03-5834-7512

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



- 📍 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



Signature menu



Sake-simmered alfonsin

Available Year-round (Depends on supplies from catches)

Ingredients used Alfonsin (from Kozushima Island)

Nerima Daikon radish *suitan* (seasoned with broth)

Available December-February

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



BAR SERVICIA

☎ 03-6284-2264

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



- 📍 2F, 3-46-2 Yushima, Bunkyo-ku
- 🕒 17:00 - 28:00
- ✖ Irregular
- 🚶 1 min. walk from Tokyo Metro Chiyoda Yushima Station
10 min. walk from JR Ueno Station, 5 min. walk from JR Okachimachi Station



Signature menu



Marinated Tokyo vegetables

Available Year-round

Ingredients used Seasonal vegetables (from Mitaka, Musashino, Fuchu, Kokubunji)

Pasta with Tokyo vegetables

Available Year-round

Ingredients used Seasonal vegetables (from Mitaka, Musashino, Fuchu, Kokubunji)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Charcoal *Yakitori* Ohana

☎ 03-6284-4617

URL



Signature menu

- 📍 3-42-10 Yushima, Bunkyo-ku
- 🕒 17:30 – 22:00
- ✖ Irregular
- 🚶 5 min. walk from Tokyo Metro Chiyoda Line Yushima Station



Tokyo vegetable Skewers

Available Year-round

Ingredients Seasonal vegetables
used (from Nerima, Higashikurume, Fuchu, Kokubunji)

Baked Tokyo vegetables with Cheese

Available Year-round

Ingredients Seasonal vegetables
used (from Nerima, Higashikurume, Fuchu, Kokubunji)



Asakusa Shuzen Ichimon Honten

☎ 03-3875-6800

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

Signature menu

- 📍 3-12-6 Asakusa, Taito-ku
- 🕒 Weekdays 18:00 – 22:00
Weekends and Holidays 17:00 – 22:00
- ✖ Open everyday (except New Year holidays)
- 🚶 7 min. walk from Tawaramachi Sta.
12 min. walk from Tokyo Metro Hibiya Line Iriya Station
3 min. walk from Tsukuba Express Asakusa Station

Edo *Negima Nabe*
(Quality, Extra Quality)

Available Year-round

Ingredients *Shintorina* leaf (from
used Edogawa), bluefin tuna (from
Kozushima and Miyakejima)

Edo vegetables with Edo miso

Available Year-round

Ingredients *Shintorina* leaf (from Edogawa),
used Shinagawa turnip and Kameido
Daikon radish (from Higashikurume),
Okura Daikon radish (from Setagaya)



Asakusa Shuzen Ichimon Bekkan

☎ 03-3871-1015

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

Taito



- 📍 3-32-2 Asakusa, Taito-ku
- 🕒 18:00 – 22:00
- 🗓 Sundays and holidays
- 🚶 8 min. walk from Tokyo Metro Asakusa Station
8 min. walk from Tobu Isezaki Line Asakusa Station
6 min. walk from Asakusa Station, Tsukuba Express



Signature menu

Kaiseki course (Featuring Edo Fish and Shellfish, Edo/Tokyo Vegetables)

Available Year-round

Ingredients used Conger eel, swordfish, *Kohada* (Konosirus punctatus -Tokyo Bay), Shinagawa turnip and Kameido *Daikon* radish (from Higashikurume), Okura *Daikon* radish (from Setagaya)

Edo *Negima Nabe* (Quality, Extra Quality)

Available Year-round

Ingredients used *Shintorina* leaf (from Edogawa) Bluefin tuna (Kozushima, Miyakejima)



Oshiage Yoshikatsu

☎ 03-3829-6468

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

Sumida



- 📍 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



Signature menu

"Savoring Tokyo" 6 Item Snack Course

Available Year-round

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

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

Available Year-round

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

*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.



SiCO

☎ **03-6659-5277**

URL <https://tabelog.com/tokyo/A1312/A131201/13269988>



Signature
menu

**Charcoal-grilled home-aged
Akigawa beef**

Available Year-round

Ingredients used Akigawa beef

- 📍 1-19-9 Midori, Sumida-ku
- 🕒 11:30 – 14:30 (Last call 14:00)
17:30 – 22:00 (Last call 21:00)
- ⊗ Sundays and Mondays
- 🚆 5 min. walk from Toei Oedo Line Ryogoku Station



Herb salad

Available Year-round

Ingredients used Seasonal vegetables (from Nishitokyo, Tachikawa, Suginami, Kodaira, etc.)

Kameido Masumoto Honten

☎ 03-3637-1533

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



Signature menu

- 📍 4-18-9 Kameido, Koto-ku
- 🕒 Mondays - Fridays 11:30 - 14:30/17:00 - 21:00
Weekend and holidays 11:00 - 14:30/17:00 - 21:00
*Last order 19:30 Last order for lunch 14:00
- ✖ Mondays
(If Monday is a Holiday, Tuesdays will be closed)
- 🚶 7 min. walk from Kameido Station



Hot pot of Kameido *daikon* radish with Japanese littleneck clams

Available Year-round

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

Kameido Course

Available Year-round

Ingredients Dinner year-round
Kameido *daikon* radish (from Katsushika and Edogawa)



Edo Tokyo Beer On Tap

☎ 03-6659-8379

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



Signature menu

- 📍 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



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 ginger used (from 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)

25Hudson

☎ 03-6666-7045

URL <https://25hudson.tokyo/>

- 📍 1F, 5-25-23 Toyo, Koto-ku
- 🕒 11:30 – 14:00/17:30 – 22:00
- 🗓️ Sundays
- 🚶 7 min. walk from Tokyo Metro Tozai Line Toyocho Station



Signature menu

Today's main dish and Tokyo herbs

Available Year-round

Ingredients Herbs (from Ota)
used

Tomioka Hachimangu-no-Ishi

Available Year-round

Ingredients Kitaakari potatoes
used (from Nerima)

SHINAGAWA KASHO KYO-AN

☎ 03-3471-6395

URL <http://kyo-an.net/>

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



Signature menu

Shinagawa Sweets Turnip

Available November to March (harvest period of turnip)

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

Available November to March (harvest period of turnip)

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

Cake Studio
Nanatsu-no-Suisen

☎ 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



Signature menu



Pudding a la mode

Available Year-round
Ingredients Eggs (from Akigawa), seasonal fruits (mainly from Setagaya)

Pumpkin tart

Available Year-round
Ingredients Pumpkins (from Setagaya)



Setagaya

Asian Restaurant
Saigon-kamimachi

☎ 03-3420-5581

URL



- 📍 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



Signature menu



Coriander salad and shrimp senbei

Available Year-round
Ingredients Cilantro (produced in Komae and Setagaya)

Water Spinach Stir Fry

Available Available only in summer
Ingredients Water Spinach (produced in Komae and Setagaya)



Setagaya

Seijo Sakurako

☎ 03-3483-5296

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

- 📍 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



Signature menu

Kitami Grown Vegetables with Miso

(Included in the *Okimari* meal set of the day)

Available Year round

Ingredients *Daikon* radish, carrot, burdock, taro, sweet potato, potato, and other seasonal vegetables (from Setagaya)

Deep Fried Eggplant Topped with Yuzu Flavored Sweet Bean Paste, White Bitter Gourd, Purple Chrysanthemum, and Green *shiso*

(Example menu for the *Okimari* meal set of the day)

Available Year round

Ingredients Eggplant, yuzu, white bitter gourd, purple chrysanthemum, green *shiso* (from Setagaya)



L'atelier chouchou

☎ 03-3429-5889

URL <https://www.latelierchouchou>

- 📍 1F Utopia Heights, 3-8-16 Sakura, Setagaya-ku
- 🕒 Weekdays 11:30 - 14:00/17:30 - 21:00
Weekend and holidays 12:00 - 14:00/17:00 - 21:00
- 🗑️ Wednesdays
- 🚶 13 min. walk from Tokyu Setagaya Line Kamimachi Station



Signature menu

Tokyo vegetable terrine

Available Year-round

Ingredients Seasonal vegetables such as zucchini, bell peppers, eggplant, green beans, okra, others (from Setagaya, Tachikawa, Higashimurayama, Nerima, others)

Tokyo beef rump steak With consommé soup flavored with *umeboshi*

Available Year-round

Ingredients Tokyo beef



Charcoal Grill Kappo Mikore

☎ 03-3377-4488

URL <http://mikore.info/>

Shibuya



📍 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



Signature menu



Dinner only



Dinner only



Dinner only

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)



Mikore Zushi

☎ 03-3375-5008

URL <http://mikore.jp/>

Shibuya



📍 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



Signature menu



Dinner only



Dinner only



Dinner only



Dinner only

Vegetable Tempura

Available Year-round

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

Assorted Pickles

Available Year-round

Ingredients Seasonal vegetables from Mitaka and Setagaya



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Ichiba Nakama

☎ 03-6276-7284

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



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



Signature menu



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)



Soba-dokoro Oonoya Motoyoyogicho

☎ 03-3467-7513

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



- 📍 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)



Signature menu



Pot dish of cooked duck

Available October to May

Ingredients used Senju-Ippon welsh onion (from Nerima and Adachi), traditional komatsuna mustard spinach (from Edogawa and Katsushika)

Chilled Seiro Soba with Duck

Available Year-round

Ingredients used Senju-Ippon welsh onion (from Nerima and Adachi)



JA Tokyo Agripark

☎ 03-3370-3001

🌐 www.tokyo.ja.or.jp/



- 📍 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

Signature menu



Tempura and *soba* noodles with Tokyo vegetables

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

Ingredients used Seasonal vegetables from Tokyo

Summer vegetable curry

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

Ingredients used Seasonal vegetables from Tokyo

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



fun.ice!

☎ 080-4342-1522

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



- 📍 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

Signature menu



Gelato

Available Depends on the harvest seasons

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

*Serves gelato using Tokyo grown ingredients in season.



🅐 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)

Corn-Barley Restaurant & Bar Shibuya

☎ 03-3477-1965

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



- 📍 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



**Signature
menu**

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)



dolloom luna sera

☎ 03-6712-7079

URL



- 📍 Granbell Ebisu-Nishi Building B1,
1-9-7 Ebisu-Nishi, Shibuya-ku
- 🕒 11:30 - 22:30 (last entry at 21:30)
- 🗑 Irregular
- 🚶 1 min. walk from JR Yamanote Line Ebisu
Station



**Signature
menu**

Bolognese pasta with *wagyu* beef and TOKYO X pork

Available Year-round

Ingredients used TOKYO X pork

TOKYO X spice lamb

Available Year-round

Ingredients used TOKYO X pork



Reve

☎ 03-3391-7595

URL



- 📍 4-27-14 Ogikubo, Suginami-ku
- 🕒 Tuesdays - Fridays 12:00 - 15:00/18:00 - 22:40
Saturdays and Sundays 11:30 - 14:00/17:00 - 22:40
- ✖ Mondays
- 🚶 10 min. walk from JR Chuo Line, Sobu Line, Tokyo Metro Marunouchi Line Ogikubo Station

Suginami

Signature menu



Acqua paza with sea bream from the waters of Aogashima

Available Year-round (Availability depends on catch)

Ingredients used Fresh fish (Izu Islands)

Bruschetta with Suginami eggplant tartar

Available Year-round

Ingredients used Herbs (Oume, Ota, Suginami)
Eggplant (Suginami)



Yofu Souzai Teppan Daidokoro Theory Akabane

☎ 03-6454-4252

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



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

Kita

Signature menu



Hiroshima Yaki

Available Year-round

Ingredients used cabbages from Nerima

Cabbage with Salt-Based Sauce

Available Year-round

Ingredients used cabbages from Nerima



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 - 21:30
- ✕ Tuesdays
- 🚶 2 min. walk from Toden Arakawa Line (Tokyo Sakura Tram) Arakawayuenchi-Mae Station



Tokyo matcha tea shaved ice

Available Year-round

Ingredients Tokyo Sayama tea used from Higashiyamato



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)

- 📍 4-29-6 Tokiwadai, Itabashi-ku
- 🕒 17:00 - 23:00
- Sundays or the last day of 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



Grilled prosciutto-covered okra and ingen beans

Available June-September

Ingredients Okra, ingen beans used (from Itabashi)



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 Shakuji Park, 5-12-16 Shakuji-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 Shakuji Park from Seibu Ikebukuro Line Shakuji-koen Station



Chinese Restaurant Taishoken

☎ 03-3923-7770

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



Signature menu

Anton Gyoza Dumpling

Available Year-round

Ingredients Cabbages (from Nerima) used

Nerima Vegetable Tanmen Noodles

Available Year-round

Ingredients Cabbages (from Nerima) used

📍 8-22-1 Shakujiidai, Nerima-ku

🕒 11:30 - 14:30 (Last call)

18:00 - 20:30 (Last call)

*Closes when sold out

✖ Tuesdays

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



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)

Komorebi

☎ 03-6904-8797

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

Signature menu

- 📍 1F Maison Yamazaki, 1-39-25 Kamishakujii, Nerima-ku
- 🕒 12:00 – 15:00
17:30 – 23:00
- ✕ Irregular (reservations recommended)
- 🚶 5 min. walk from Seibu Shinjuku Line Kami-Shakujii Station South Exit



Akiruno Akigawa beef steak grilled on Mt. Fuji lava

Available Year-round

Ingredients Akigawa beef and Tokyo vegetables used

French style steamed rice with truffle and Tokyo vegetables

Available Year-round

Ingredients Bouillon of Tokyo vegetables and Tokyo *Shamo* chicken used

Pizzeria Gtalia da Filippo

☎ 03-5923-9783

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

Signature menu

- 📍 2-13-5-103 Shakujimachi, Nerima-ku
- 🕒 12:00 – 14:30 (Last call)
17:30 – 22:00 (Last call)
- ✕ Wednesdays and Thursdays
- 🚶 3 min. walk from Seibu Ikebukuro Line Shakujii-kōen Station North Exit



Whimsical Mixed Salad with Nerima Vegetables

Available Year-round

Ingredients Uses seasonal vegetables mainly from Nerima farmers used

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/>



- 📍 2-28-7 Sekimachikita, Nerima-ku
- 🕒 Lunch Weekdays: 12:00-15:00 (Last Call 14:00)
Sat, Sun and Holidays: 12:00 - 15:00 (Last Call 14:00)
- Dinner 17:30 - 22:30 (Last Call 21:30)
Sat, Sun and Holidays: 17:30- 22:30 (Last Call 21:30)

- ✖ Wednesdays
- 🚶 3 min. walk from Seibu Shinjuku Line Musashiseki Station (South Exit)



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) used



Japanese Cuisine Musashino

☎ 03-5372-4501

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



- 📍 1F Hotel Kadenza Hikarigaoka, J. CITY, 5-8 Takamatsu, Nerima-ku
- 🕒 Weekdays 11:30 - 14:00/17:30 - 20:30
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

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

*Items may not be available depending on stock availability.



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Chinese Cuisine Hakurakuten

☎ 03-5372-4500

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

- 📍 1F Hotel Cadenza Hikarigaoka, J. CITY, 5-8 Takamatsu, Nerima-ku
- 🕒 Weekdays 11:30 - 14:00/17:30 - 20:30
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



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)



Bar Lounge Voisin

☎ 03-5372-4499

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

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



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 shoots (from Nerima)

*Items may not be available depending on stock availability.

Bouillabaisse of Nerima Daikon Radish and Japanese Littleneck Clams with Seafood Ragu Pasta

Available Provided on spot when in season (3 months)

Ingredients used Daikon radish (from Nerima)



Pâtisserie Bon Parfum

☎ 03-5372-4518

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



Signature menu



- 📍 1F Hotel Kadenza Hikarigaoka, J. CITY, 5-8 Takamatsu, Nerima-ku
- 🕒 Fridays 11:00 - 18:00
Weekends and Holidays 11:00 - 19:00
*Business hours may change. Please check with the store in advance.
- 🗓 Mondays - Thursdays
- 🚗 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit 3, Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line Narimasu Station South Exit, Seibu Ikebukuro Line Shakuji-koen Station



Nerima Komorebi Leaf Pie/Honey and Miso Florentine Cookies

Available Year-round

Ingredients used Honey (from Nerima)

Luxurious Nerima Blueberry Tart

Available Served at peak season (approximately 2 months)

Ingredients used Blueberries (from Nerima)



Kutsurogi-dokoro Toride

☎ 03-3995-9378

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



Signature menu



- 📍 3-26-3 Shakujiimachi, 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 Shakuji-koen Station



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



Pizzeria 222

☎ 03-6882-4138

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

Signature menu

- 📍 6-47-11 Higashioizumi, Nerima-ku
- 🕒 12:00 – 14:30 (Last Call 14:00)
17:30 – 21:00 (Last Call 20:00)
- ✖ Tuesdays and some other days irregularly
- 🚶 8 min. walk from Seibu Ikebukuro Line Oizumi-gakuen Station North Exit



Tuscan soup

Available November – January

Ingredients used Black cabbage (from Nerima)

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

Available Mid-June – mid-July

Ingredients used Corn (from Nerima)



Aida Komenten

☎ 03-3922-2835

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

Signature menu

- 📍 2-3-7 Minami-Oizumi, Nerima-ku
- 🕒 9:00 – 18:00
- ✖ Wednesdays, Thursdays (open until 14:00 if Wednesday or Thursday is a national holiday)
- 🚶 10 min. walk from Seibu Shinjuku Line Musashi-Seki or Higashi-Fushimi Stations



Healthy Bento box lunch of the day

Available Year-round

Ingredients used Seasonal vegetables (from Nerima)

Tempura of local seasonal vegetables

Available Year-round (Fridays)

Ingredients used Seasonal vegetables (from Nerima)



NERIMA OYSTER BAR

☎ 03-6915-8641

🌐 <https://tokyofody.com/>



- 📍 1-6-7 Sakuradai, Nerima-ku
- 🕒 11:30 – 15:00
17:00 – 23:00
- 🗓️ Mondays (except holidays)
- 🚶 5 min. walk from Seibu Ikebukuro Sakuradai Station

Signature menu



Daikon radish marinated in lemon and herbs

Available Year-round

Ingredients used *Daikon* radish (Nerima)

Oysters and Nerima Vegetables Al ajillo

Available Year-round

Ingredients used Turnips, broccoli, tomatoes, others
Seasonal vegetables (from Nerima)



yataiteppan 3zun

☎ 03-6231-2411

🌐 [URL](#)



Signature menu



- 📍 Axis Nishikameari 1F, 3-23-14 Nishikameari, Katsushika-ku
- 🕒 Weekdays 17:00 – 23:00 (Last call 22:00)
Saturdays and Sundays 14:00 – 23:00 (Last call 22:00)
- 🗓️ Mondays
- 🚶 20 min. walk from JR Joban Line Kameari Station



Yakisoba with salt grilled spring cabbage and bacon

Available March to May

Ingredients used Spring cabbage (from Katsushika)

Butter rice with shrimp and corn

Available June to September

Ingredients used Corn (from Katsushika)



🅑 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)

Bakery Restaurant

Maruko



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

☎ 03-3656-5211

URL <https://bakerymaruko2017.com>

- 📍 2-10-7 Ichinoe, Edogawa-ku
- 🕒 11:00 - 23:00 (Last call 22:00)
- ✖ December 31 and January 1
- 🚶 13 min. walk from Toei Shinjuku Line Ichinoe Station



Tokyo Sea Life Park Restaurant

Sea Wind



Signature menu

Hachijojima seafood plate

Available Year-round

Ingredients mackerel scad, snapper, and used flying fish (Hachijojima Island)

Japanese pasta with komatsuna leaf from Edogawa Ward

Available Year-round

Ingredients Komatsuna Japanese mustard spinach (from Edogawa)

☎ 03-3804-1659

URL <https://www.tokyo-zoo.net/zoo/kasai/restaurant.html>

- 📍 6-2-3 Rinkai-cho, Edogawa-ku
- 🕒 10:15 - 16:30
(Aquarium admission fee required)
- ✖ Wednesdays
- 🚶 8 min. walk from Keiyo Line Kasai-Rinkai Park Station



The Scent of Happiness
Pere Noel Minamino

☎ 042-632-0214

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



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



Signature menu

Tokyo Hachioji
Madeleine "Yamato"

Available Year-round
Ingredients used Honey, eggs (From Hachioji)

Hachioji Castella

Available Year-round
Ingredients used Honey, eggs (From Hachioji)



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

Keinoya Hachioji Honten

☎ 042-649-1724

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



- 📍 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



Signature menu

Abundant Assortment of
Grilled Hachioji Vegetables and Cheese

Available Year-round
Ingredients used Spinach, turnips, tomatoes, taro roots, broccoli, etc. (from Hachioji)

Freshly Gathered Hachioji
Vegetable Salad

Available Year-round
Ingredients used Lettuce, daikon radishes, turnips, radishes, Kawaguchi peas, etc. (from Hachioji)



Keinoya

Hachioji Minamino



Signature menu

Hachioji vegetable salad

Available Year-round

Ingredients Seasonal vegetables used (from Hachioji)

Hachioji vegetables baked with ample cheese

Available Year-round

Ingredients Seasonal vegetables used (from Hachioji)



☎ 042-683-4987

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

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

Additive-Free, *Dashi*-based Japanese Food

Ajinao



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 Car-to-Farm), seasonings (Akiruno Kondojozo, Inc.), and Edo Tokyo vegetables

☎ 042-663-0262

URL <http://ajinao.com/>

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



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 TEI

☎ 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)

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 - 14:00
- ✖ 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

☎ 080-2087-0619

URL



Signature menu

Daily Fresh-Gathered Salad

Available Year-round

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

a EMO Kuroge Wagyu Beef Sirloin Steak from Miyazaki

Available Year-round

Ingredients used With seasonal vegetables (from Tachikawa)

- 📍 1F Muto Bldg., 3-4-3 Akebonocho Tachikawa-shi
- 🕒 18:00 - 23:00 (Last call 20:00)
- ✖ Wednesdays (No holidays in December)
- 🚶 10 min. walk from JR Tachikawa Station North Exit



**"EMO" is a trademark for "Earth Medicine 0"

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

Kaiseki Shidashi Rinto

☎ 042-521-3180

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



Signature menu

Course Meal [SUZAKU]/[KIRITSUBO]

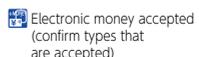
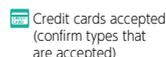
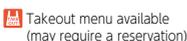
Available Year-round
Ingredients *Kuroge Wagyu* "Akikawa Beef" from
used Tokyo, vegetables from Tachikawa

📍 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



Takaya

☎ 042-595-6922

URL <https://soba-takaya.com/>

Signature menu



- 📍 3-15-27 Hagoromocho, Tachikawa-shi
- 🕒 11:30 – 15:00 (Last call 14:30)
17:30 – 21:00 (Last call 20:30)
- ✖ Mondays, Tuesdays
- 🚶 5 min. walk from JR Nambu Line Nishi-Kunitachi Station/20 min. walk from JR Tachikawa Station



Toro Toro Oyakodon rice bowl with Tachikawa eggs and chicken

Available Year-round

Ingredients Eggs (from Tachikawa)
used

Crispy Tempura of local seasonal vegetables

Available Year-round

Ingredients Seasonal vegetables
used (mainly from Tachikawa and Kunitachi)

Nagomi Pub

☎ 042-595-6758

URL



Signature menu



- 📍 1-3-27 Nishikicho, Tachikawa-shi
- 🕒 11:00 – 5:00 a.m. the next day
- ✖ Open every day.
- 🚶 2 min. walk from R Chuo Line Tachikawa Station



Soaked komatsuna
Japanese mustard spinach and whitebait from Tachikawa

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)

DAICHINO RESTAURANT

☎ 050-3196-9027

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



📍 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



Signature menu

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

Available Year-round

Ingredients used Yawaraton pork (from Tachikawa)

Salad from the mother earth

Available Year-round

Ingredients used Seasonal vegetables (from Tachikawa)



Tachikawa

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

Stewed Yawara-Ton Pork with an Accent of Okutama Wasabi

Available Year-round

Ingredients used Yawara-Ton Pork, Chili Pepper (from Tachikawa)

Gnocchi Carbonara with Egg

Available Year-round

Ingredients used *Ukokkei* hen's eggs (from Tachikawa)



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)

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, Koganei)

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

Available Year-round

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



Kitchen Ohnami

☎ 0422-26-9283

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



- 📍 102 Hara Bldg., 2-13-13 Kichijoji Minamicho, Musashino-shi
- 🕒 Daytime 12:30 – 15:00 (Last Call 14:00)
Night Weekdays and Saturdays 18:00 – 24:00 (Last Call 23:00)
Sundays 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)



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)



Bistro Relation

☎ 080-4324-0014

🌐 <https://bistro-relation.com>

Musashino



- 📍 3-3-2 Kichijoji Honcho, Musashino-shi
- 🕒 Mondays and Tuesdays 17:30 - 23:30
Wednesdays - Sundays
11:30 - 15:00/17:30 - 23:30
- ✕ Irregular
- 🚶 10 min. walk from JR Chuo and Sobu Line
Kichijoji Station



Signature menu

Three appetizers made with local vegetables.

Available Year-round

Ingredients used Corn, *komatsuna* Japanese mustard spinach leaf, Kitaakari potatoes, eggplant, others (from Musashino)

Beer fritters of seasonal fish with edamame *écluse* and grilled eggplant puree.

Available June - August

Ingredients used Edamame immature soy beans, eggplant (from Musashino)



Wine Cafeteria Sautoir

☎ 0422-38-9066

🌐 <https://wine-sautoir.com/>

Mitaka



- 📍 1-2-8 Kamirenjaku, Mitaka-shi
- 🕒 17:00 - 23:00
- ✕ Irregular
- 🚶 3 min. walk from JR Chuo Line
Mitaka Station North Exit



Signature menu

Grilled Mitaka Vegetables and Cheese in a Cocotte

Available Year-round

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

Mitaka Vegetable Plate

Available Year-round

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



🅑 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)

KAERU SHOKUDO

☎ 0422-46-0077

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

- 📍 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



Signature menu

Kaeru Special

Available Year-round

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

Marinated Sardines Set

Available Year-round

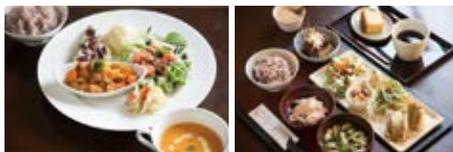
Ingredients Carrots, Japanese mustard
used spinach, spinach, etc.
(from Mitaka)

Dining & Gallery Mayugura

☎ 0428-21-7291

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

- 📍 3-127 Nishiwake-cho, Ome-shi
- 🕒 11:00 – 17:00 (Last call 16:30)
- ✖ Tuesdays
- 🚶 10 min. walk from JR Ome Station
or Higashi-Ome Station



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
used (from Ome)

CAFE YUBA

☎ 0428-74-4405

URL <https://cafeyuba.com>



- 📍 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



Signature menu

Handmade Cake

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

Available Year-round

Ingredients Eggs (from Ome), home grown herbs

Handmade Cake Set

Available Year-round

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



"Pirtsu" Light Meal Cafe

☎ 0428-74-4528

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



- 📍 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.



Signature menu

"Plenty of Mushrooms " Pizza

Available Year-round

Ingredients Various mushrooms (from Ome)

Shiitake Mushroom Ajillo and Baguette Set

Available Spring and autumn

Ingredients Various mushrooms (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)

Italian House Toscana

☎ 0428-24-3755

URL [facebook.com/since1978toscana](https://www.facebook.com/since1978toscana)



Signature menu

- 📍 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



Meal with Local Vegetables / Seasonal Spaghetti

Available Year-round

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

Chef's Special Minestrone

Available November to early February

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



Soba-dokoro Tsukumo

☎ 0428-32-1230

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



Signature menu

- 📍 5-45-2 Shinmachi, Ome-shi
- 🕒 11:00 – 20:30
- ✖ Wednesdays and the third Wednesday and 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.



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)



Tamagawaya So-honten

☎ 0428-78-8345

URL <http://www.tamagawa-ya.com>



- 📍 360 Mitake Honmachi, Ome-shi
- 🕒 11:00 - 17:00
- ⓧ Mondays and the 3rd Tuesday of the month (or the following day if those days are a national holiday)
- 🚶 3 min. walk from JR Ome Line Mitake Station

Signature menu



TOKYO X pork meat broth Soba/Udon noodles

Available Year-round

Ingredients used TOKYO X pork (from Ome)

TOKYO X pork Meat nanban style Soba/Udon noodles

Available Year-round

Ingredients used TOKYO X pork (from Ome)



Soba-dokoro 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 Miyahiro Station or Hinatawada Station

Signature menu



TOKYO X Pork Udon

Available Year-round

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

TOKYO X Minced Meat Cutlet

Available Year-round

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

Moriman

☎ 0428-22-1331

URL



- 📍 3-9-7 Higashiome, Ome-shi
- 🕒 11:00 – 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)



Kominka Irori

☎ 0428-74-7104

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



- 📍 1-135 Osoki, Ome-shi
- 🕒 11:00 – 21:00 (Last call 19:00)
- ✖ Mondays and Tuesdays (Open on Holidays)
- 🚶 From Ken-O Expressway Ome IC, drive 2 km along Iwakura Kaido (parking available)



Signature menu

River Fish Salt Grilled or Simmered in Sweeten Soy Sauce

Available Year-round

Ingredients used Sweetfish, trout from the Tama River in Okutama

Irori (Hearth) Set

Available Year-round

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



Fujimineken

☎ 0428-78-8451

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



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



Signature menu



Wasabi Soba (Zaru soba*)

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

Available Served from April (Obligated 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 (Obligated to remove it from our menu when supplies run out)

Ingredients used Wasabi flowers (from Okutama)



Teuchi-soba Goro

☎ 0428-74-9419

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



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



Signature menu



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

📄 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-dokoro Waraku ☎ 0428-33-0141

URL



- 📍 8-20-9 Shinmachi, Ome-shi
- 🕒 11:00 - 15:00/17:00 - 20:30
- ✖ Wednesdays
- 🚶 Approx. 25 min. walk from JR Ome Line Ozaku Station



Signature menu

Seiro (cooked cuisines on a steaming bamboo basket)

Available Year-round

Ingredients *Wasabi* horseradish (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 for you to taste *soba* more deliciously, this restaurant recommends that you put grated fresh *Okutama wasabi* on the *soba* directly.

Soba Udon-dokoro Kawashima ☎ 0428-78-9155

URL



- 📍 3-841-3 Futamatao, Ome-shi
- 🕒 11:00 - 15:00
- ✖ Every Tuesday and the 3rd Monday of the month
- 🚶 3 min. walk from JR Ome Line Futamatao Station



Signature menu

Chilled seiro soba with mixed vegetable tempura

Available Year-round

Ingredients Seasonal vegetables (from Ome and Okutama)

Chilled soba noodles with deep fried mochi cakes and aromatic herbs

Available Summer

Ingredients Seasonal vegetables (from Ome and Okutama)



Sumidorikura IKADA

☎ 0428-85-8726

URL <http://ikadamitake.com/>

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



Signature menu

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

Available Year-round

Ingredients used Chicken (from Ome)
Eggs (from Ome)

Individual Charcoal Grilled
Mukashi-dori Chicken Skewers

Available Year-round

Ingredients used Chicken (from Ome)



Nomi-dokoro Minminya

☎ 0428-27-1202

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

- 📍 306-7 Nakacho, Ome-shi
- 🕒 Mon, Thu and Fri: 17:00 – 22:00
Sat, Sun and Holidays: 15:00 – 22:00
(Closing time varies depending on the situation)
- ✖ Tuesdays and Wednesdays and Thursday
- 🚶 3 min. walk from JR Ome Station



Signature menu

Fried Tamago-yaki Eggs

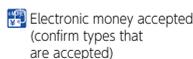
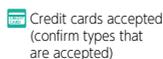
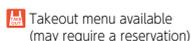
Available Year-round

Ingredients used Eggs (from Ome)

Omelet Rice

Available Year-round

Ingredients used Eggs (from Ome)



PLEIN CIEL

☎ 0428-20-8577

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

Signature menu



- 📍 9-8-9 Kabemachi, Ome-shi
- 🕒 12:00 – 15:00/18:00 – 23:00
- ✖ Monday, 2nd and 4th Tuesdays
- 🚶 10 min. walk from JR Ome line Kabe Station



Sous-vide Akigawa beef roast

Available Year-round

Ingredients used Akigawa beef

Iwakura vegetable assortment

Available Year-round

Ingredients used Seasonal vegetables (from Ome)



Machi-no-eki Ome

☎ 0428-22-0888

URL <https://www.machinoeki-oume.com>

Signature menu



- 📍 163-2-2 Honcho, Ome-shi
- 🕒 10:00 – 19:00
- ✖ Irregular
- 🚶 1min. walk from JR Ome Line Ome Station



Okutama Yamame Sashimi lunch set

Available Year-round

Ingredients used Japanese salmon (from Okutama)

Tokyo Shamo chicken curry

Available Year-round

Ingredients used Tokyo Shamo chicken (Ome)



PÂTISSERIE TERROIR

☎ 0428-34-9525

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



📍 Central Heights Kasumi A102,
5-9-2 Imamdera, Ome-shi

🕒 9:00 - 19:00

✖ Thursdays + 1 irregular day each month

🚌 Take the bus from the East Exit of JR
Ome Line Ozaku Station
7 min. walk from Miyanomae Bus Stop



Signature
menu



Smooth Ome Pudding

Available Year-round

Ingredients Chicken eggs (from Ome),
used Tokyo milk

Hojicha Caramel and Green Tea Flan

Available Year-round

Ingredients Tokyo milk, Hojicha (from
used Ome), green tea (from Mizuho)



NAMIKI-AN

☎ 042-362-8462

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



📍 2-29-5 Nishifucho, Fuchu-shi

🕒 11:00~14:30

17:30~20:00

✖ Mondays

🚌 7 min. walk from JR Nambu Line
Nishifu Station North Exit



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)



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)

Tonkatsu Kappo
Yasui Meat



Signature
menu

Tonkatsu Set

Available Year-round

Ingredients Tamacho Cabbage from
used Fuchu (during harvests)

*Daily menus using locally grown seasonal vegetables

**Tsuzuki Family Fried Eggplant
(Night Menu)**

Available Summer

Ingredients Tamacho Eggplants from
used Fuchu-shi

☎ 042-363-8601

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

📍 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



Japanese Dining Kirari

☎ 042-302-8808

URL



Signature
menu

**Dango hot pot with Fuchu vegetables
in a cloudy white chicken broth**

Available November - February

Ingredients Potherb mustard, Chinese
used cabbage, green onion, others
(from Fuchu)

**Salad of vegetables from
Fuchu farmers**

Available Year-round

Ingredients Red leaf lettuce, radish,
used tomatoes, others (from Fuchu)

📍 2F, 2-18-2 Miyamachi, Fuchu-shi

🕒 11:30 - 14:00/17:30 - 23:30

✕ Sundays, 2nd and 4th Mondays

🚶 5 min. walk from Keio Line Fuchu Station



Trattoria La Vita

☎ 042-360-1166

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



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



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)



Kotomi Shokudo

☎ 080-9385-0348

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



- 📍 Fuchu-shi Kyodo-no-Mori Kanko Bussankan, 6-32-10 Koremasa, Fuchu-shi
- 🕒 Weekdays 10:00 - 16:00
- 🕒 Saturdays, Sundays, and holidays 10:00 - 17:00 (different hours during winter)
- ✖ Every Monday (closed the following day if Monday falls on a holiday)
- 🚶 Nearest bus stop: Short walk from the Kyodo-no-Mori Seimon-Mae bus stop.
- 🚶 Nearest Station: 20 min. walk from Keio Line and JR Nambu Line Bubaigawara Station, JR Nambu Line and Musashino Line Fuchuhommachi Station, Seibu Tamagawa Line Koremasa Station



Signature menu



Pork cutlet curry

Available Year-round

Ingredients Seasonal vegetables (from used Fuchu), black rice (from Fuchu)

Tanmen noodles with savory salted rice malt

Available Season limited

Ingredients Seasonal vegetables used (from Fuchu)

*Limited to 10 servings per day on weekdays



Takahashi

☎ 042-545-2248

URL



- 📍 1F Daiichi Inoue Building, 1-8-10 Asahicho Akishima-shi
- 🕒 11:30 - 15:00/17:30 - 21:00
- ✕ Wednesdays
- 🚶 5 min. walk from JR Ome Line Nakagami Station South Exit



Signature menu

Tokyo-X pork *Shabu Shabu*

Available	Year-round (Reservations required)
Ingredients used	TOKYO X pork, Seasonal vegetables (from Akishima, Tachikawa, Akiruno)

Local vegetable *Tempura*

Available	Summer
Ingredients used	Corn and eggplant (from Akiruno)



Micchan Sengawa Honten

☎ Please check operation status on our official LINE account

URL <https://micchansengawa.com>

- 📍 1-10-19 Midorigaoka, Chofu-shi
- 🕒 11:00 - 13:30
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



Signature menu

Okonomiyaki

Available	Year-round
Ingredients used	Cabbage, onions, carrots (from Mitaka and Chofu)

Yakisoba Grilled Noodles

Available	Year-round
Ingredients used	Japanese mustard spinach, onions, carrots (from Mitaka and Chofu)



Maruta

☎ 042-444-3511

URL www.maruta.green



- 📍 1-20-1 Jindaijikitamachi, Chofu-shi
- 🕒 Sat. and Sun. 11:30 - 15:30 (reservation required)
Mon, Sat, Sun 17:30 - 22:00 (reservation required)
- ✕ Tuesday and Wednesday (Fridays for private parties only)
- 🚗 15 min. by bus from Chofu Station, 1 min. walk from the Jindaijikitamachi bus stop

Signature menu



Beet and rice snack

Available April - June, September - December

Ingredients used Seasonal vegetables (from Ome)

Wood-roasted eggplant

Available July - August

Ingredients used Eggplant (from Mitaka and Chofu)



Kamado Kunsei

Farm Cuisine Takamiya

☎ 042-734-3336

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



Signature menu



- 📍 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



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

Available Year-round

Ingredients used Wild and farmed vegetables (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 used Wild and farmed vegetables (from Machida)



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)

Raimon Ramen

☎ 042-722-5567

URL



- 📍 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"



Signature menu

Ramen

(Soy sauce flavored or salt flavored broth)

Available Year-round

Ingredients Japanese leeks (from Machida)

Set with *Takikomi* Seasoned Rice (limited quantities)

Available Year-round

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



VIN de RUE

☎ 042-383-4908

URL



- 📍 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



Signature menu

Simmered Soup of Edo Tokyo Vegetables

Available December-February

Ingredients *Magome Sanzung* Carrots, *Kameido Daikon* Radishes

Okura Daikon Radish Steak

Available December-February

Ingredients *Okura daikon* radishes



Kappo Take Bamboo

☎ 042-381-9213

URL



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



Signature menu



Terajima eggplant *Dengaku*

Available June-October

Ingredients Terajima eggplants from Koganei

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

Available Year-round

Ingredients Ingredients from Tama district used



Sakanaya No Daidokoro

☎ 042-382-1455

URL



- 📍 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



Signature menu



Sashimi Assorted

Available Irregular

Ingredients Horse mackerel, mackerel (from Miyake Island)

Ashitaba with Sesame Sauce

Available Irregular

Ingredients *Ashitaba* (from the Izu Islands) used



Cafe Laguras



☎ 042-344-7199

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

- 📍 1F Vanvell, 1-24-14 Misonocho, Kodaira-shi
- 🕒 10:30~16:00
- ✕ Wednesdays and Thursdays
- 🚶 3-4 min. walk from Seibu Shinjuku Line Kodaira Station South Exit (In front of Ajsai Park)



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)



Kakyoan Soba, Sake, and Sakana



☎ 042-347-0655

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

- 📍 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



Signature menu

Seasonal Soba Noodles (mainly with Kodaira vegetables)

Available Year-round

Ingredients used Vegetables from Kodaira, soba noodles

Snack of Kodaira Vegetables

Available Year-round

Ingredients used Vegetables from Kodaira



MIL FRUKTO

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

URL <http://milfrukto.com/>



Signature menu

Hinode Tomato Mutton Curry

Available Year-round

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

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

Chicken and *Norabona* Curry

Available Year-round

Ingredients used Vegetables from Kodaira

- 📍 1F Pearl Bldg., 1-21-19 Gakuen Nishimachi, Kodaira-shi
- 🕒 12:00 – 14:30 (Last Call 14:00)
18:30 – 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

Teuchi-Udon Dontaku

☎ 042-585-2222

URL



Signature menu

Tenzaru Udon Noodles

Available Year-round

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

- 📍 1352-6 Hino, Hino-shi
- 🕒 11:00 – 14:30 (Last call 14:00)
17:30 – 20:30 (Last call 20:00)
- ✕ Tuesdays and Wednesdays
- 🚶 3 min. walk from Tama Toshi Monorail Line Koshu-Kaido Station



Hino

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)

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

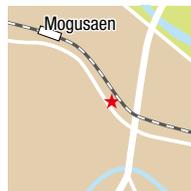
Ingredients Homemade milk used (Mogusa Farm)



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



Aburyanse Hyakkan

☎ **042-329-2336**

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



📍 Celeo Kokubunji 9F, 3-20-3 Minamicho, Kokubunji-shi

🕒 11:00 - 22:00

✖ New Year's Day and other days that Celeo Kokubunji is closed

🚶 Located within Celeo Kokubunji in the JR Kokubunji Station building



Signature menu



Steamed lunch set with Kokubunji vegetables

Available Year-round

Ingredients Seasonal vegetables used (from Kokubunji)

Caesar salad

Available Year-round

Ingredients Seasonal vegetables used (from Kokubunji)



Kokubunji

Yakiniku Keijyoen

☎ **042-323-5746**

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



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

🕒 Weekdays 17:00 - 22:30
Sundays and Holidays 17:00 - 22:30

✖ Wednesdays

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



Signature menu



Rich vegetable homemade namul

Available Year-round

Ingredients Seasonal vegetables used (from Kokubunji)

Rich vegetable Keijyoen salad

Available Year-round

Ingredients Seasonal vegetables used (from Kokubunji)



Kokubunji

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

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)



Nakamichi Cafe

☎ 042-848-4991

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



- 📍 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

Kunitachi

Signature menu



Daily Set Meal

Available Year-round
Ingredients used Seasonal vegetables (from Kunitachi)

Seasonal Vegetable and Chicken Coconut Curry

Available Year-round
Ingredients used Seasonal vegetables (from Kunitachi)



Hokkori Gohan • Hiyokomame

☎ 070-6459-4195

URL <https://hiyokomame.blog.fc2.com>



- 📍 Matsuzawa Building 1F, 1-12-2 Kita, Kunitachi-shi
- 🕒 Lunch 12:00 – 15:00 Dinner: 18:00 – 20:30
- ✖ Monday, Tuesday
- 🚶 5 min. walk from JR Chuo Line Kunitachi Station North Exit

Kunitachi

Signature menu



Soybean meat lunch, chicken *nanban* style

Available Year-round
Ingredients used Seasonal vegetables (Kokubunji, Tachikawa, Kunitachi)

Homemade red *shiso* leaf juice mix

Available June end until sold out
Ingredients used Red shiso leaf (from 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)

Kunitachi Ouka

☎ **042-572-7185**

URL <http://www.k-ouka.com/>



- 📍 Tokyo Kinbundo Building B1F, 1-9-45 Naka, Kunitachi-shi
- 🕒 Weekday lunch 11:00-14:00
Dinner 17:30-23:00
- ✕ Sundays, other non-scheduled holidays
- 🚶 Approx. 2 min. walk from JR Chuo Line Kunitachi Station South Exit



Signature menu



Lunch set with
tempura of paradise prawns
and seasonal vegetables

Available Year-round

Ingredients Seasonal vegetables
used (from Kunitachi)

Seasonal vegetable *Obanzai*

Available Year-round

Ingredients Seasonal vegetables
used (from Kunitachi)



cafe himmel

☎ **070-9042-3024**

URL <http://cafehimmel.info>



- 📍 3-4-1 Fujimidai, Kunitachi-shi
- 🕒 Tuesdays - bento boxed lunches only
Wednesday, Friday 11:00 - 14:00
Saturday 11:00 - 15:00
- ✕ Sundays, Mondays, Thursdays, holidays
- 🚶 10 min. walk from JR Nambu Line Yagawa Station



Signature menu



Soda bread sandwich

Available Year-round

Ingredients zucchini, onions,
carrots, cabbage, potatoes,
tomatoes, others (from
Kunitachi and Hachioji)

Lasagna with ripe tomatoes

Available July - January

Ingredients Tomatoes (from Kunitachi
and Hachioji)



Stuben Otama

☎ 042-551-1325

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



- 📍 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

Signature menu



Softly Stewed TOKYO X Pork Oven-baked

Available Year-round (Dinner only)

Ingredients used TOKYO X Pork

TOKYO X Pork Steak Set

Available Year-round (Dinner only, reservation required)

Ingredients used TOKYO X Pork



Asian Restaurant Komae Saigon

☎ 03-3430-5186

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



- 📍 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

Signature menu



Coriander Salad

Available Year-round

Ingredients used Coriander (from Komae and Setagaya)

Water Spinach and Garlic Stif-fry

Available Year-round

Ingredients used Water spinach (from Komae and Setagaya)



Italian Restaurant **Vino Uno**☎ **03-3430-4884**URL <https://www.vino-uno.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
Motozumi, Komae-shi🕒 12:00 – 14:30 (Last call 13:30)
18:00 – 21:30 (Last call 20:30)✕ Mondays
(Substituted to Tuesday if Monday is a holiday)

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



Shunsaigyo hiro

☎ **042-459-1486**URL <http://www.localplace.jp/t100056643/>

Signature menu

Kiyose Salad

Available Year-round

Ingredients Seasonal vegetables from
used Kiyose**Fish and Kiyose Vegetables
Tempura**

Available Year-round

Ingredients Seasonal vegetables from
used Kiyose

Ika Bar x Niku Bar Haru

☎ 042-497-9268

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



- 📍 1-9-3 Motomachi, Kiyose-shi
- 🕒 Tue-Fri 16:00 – 23:00 (Last call 22:00)
- ✖ Mondays (may be irregularly closed)
- 🚶 1 min. walk from Seibu Ikebukuro Line Kiyose Station North Exit

Kiyose

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



Murayama Mangestsu Udon

☎ 042-560-3559

🌐 <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.

Musashimurayama

Signature menu



Udon Noodles with Meat Soup

Available Year-round

Ingredients used Japanese mustard spinach from Musashimurayama

Udon Noodles Topped with Broiled Chashu Pork Slices

Available Summer

Ingredients used Daikon radish from Musashimurayama



Nikujiru Udon Nagashimaya

☎ 042-516-8669

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

Signature menu

Nikujiru Udon

Ingredients Seasonal vegetables (mainly from used Musashimurayama)
*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 used Musashimurayama)
*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



Teuchi-soba Akariya Kosen

☎ 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)

- 📍 310-10 Yanokuchi, Inagi-shi
- 🕒 11:30 – 14:00 (Last Call 13:40)
17:30 – 21:00 (Last Call 20:30)
- ✕ Mondays and Tuesdays
- 🚗 1 min. walk from Nambu Line Yanokuchi Station



Pear Soba

Available End of August to early October

Ingredients Pears (from Inagi)



ORTOLANA

☎ 042-407-5659

URL <http://ortolana.kitchen/>



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



Signature menu

Ortolana Napolitan Pasta

Available	Year-round
Ingredients used	Onions, carrots, bell peppers, eggplants, chayote, <i>norabona</i> greens, cabbage, etc. (from Inagi)

Peperoncino with Inagi Vegetables

Available	Year-round
Ingredients used	Cucumbers, carrots, paprika, chayote, <i>norabona</i> greens, etc. (from Inagi)



imacoco coffee

☎ 080-5674-7374

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



- 📍 1736-1 Higashinaganuma, Inagi-shi
- 🕒 12:00 – 18:00
- ✕ Monday, Thursday, Friday
- 🚶 10 min. walk from Keio Sagami Line Inagi Station



Signature menu

Homemade pear pie

Available	Year-round
Ingredients used	Pears (from Inagi)

Takao grape frappe

Available	Year-round
Ingredients used	Takao grapes (from Inagi)



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



Teuchi-soba Kabe

☎ **042-578-1734**

URL <http://kablesoba.com/>



Signature
menu

Kenchin Soba

Available November to February

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

Tenzaru Soba

Available July to November

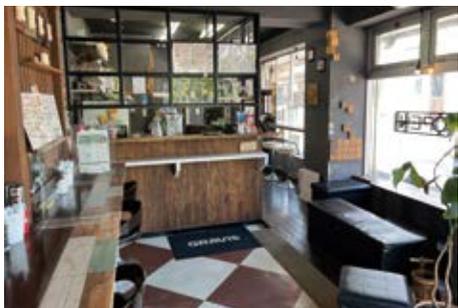
Ingredients Seasonal vegetables from
Ome



54 CAFE & CREPE

☎ 042-533-6208

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



- 📍 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



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)



(Seafood and Sushi) Hanamizuki

☎ 042-578-3137

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



- 📍 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



Signature menu



Hinohara potato *chijimi*

Available Year-round

Ingredients used Potatoes from Hinohara-mura

Hinohara *maitake* mushroom spaghetti aglio, olio e peperoncino

Available Year-round

Ingredients used *Maitake* mushrooms from Hinohara-mura



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)

Akiruno Densho *Udon*
ShougoteiSignature
menu*Hikizuridashi Udon Noodles*

Available Year-round

Ingredients Home farm-harvested wheat
used flour (Home-farm in Akiruno-shi)*Morisoba Noodles*Available While new-harvest buckwheat is
availableIngredients Home-grown buckwheat flour
used (Home-farm in Akiruno-shi)

☎ 042-596-0541

URL

- 📍 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



Sumibiyaki/Yamazato Village Dishes

Kurochaya

Signature
menu*Sumibiyaki Char-grilled/
Yamazato Village Dishes*Available Year-round (Char-grilled dishes
may not be served in summer.)Ingredients Seasonal mountain vegetables,
used river fish, etc.*Hoba Leaf-grilled and Mountain
Vegetable Dishes*

Available Year-round

Ingredients Seasonal mountain vegetables,
used river fish, etc.

☎ 042-596-0129

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

- 📍 167 Konakano, Akiruno-shi
- 🕒 11:00 - 15:00/17:00 - 19:00
(Reservations accepted)
- ✕ 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



Sweetness & Tea House
Misegura HISAMORI

☎ **042-558-1852**
 URL <http://www.hisamori.biz/>

Akiruno



- 📍 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



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 confectionery topped with bean jam and bracken starch dumplings

Available Year-round
 Ingredients used Tokyo grown cow milk



Dining Bar KAI Akigawa

☎ **042-550-6633**
 URL <http://www.hotpepper.jp/strJ000165757/>

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



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)



Home of Bread A La Mode

☎ 042-550-6505

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

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



Signature menu

Akigawa Beef Curry Bread

Available Year-round

Ingredients used Akigawa beef (from Akiruno)

Akigawa Beef Curry Bread (with Cheese Filling)

Available Year-round

Ingredients used Akigawa beef (from Akiruno)



Soba-dokoro Yanagiya

☎ 042-596-0071

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

- 📍 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



Signature menu

Kurohachi soba noodles

Available Year-round

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



Tokura Shiroyama Terrace
Restaurant Shokuinshitsu

☎ **042-595-1234**

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



- 📍 Inside the Tokura Experience Training Center, Akigawakeikoku, 325 Tokura, Akiruno-shi
- 🕒 11:30 - 14:00
- ✖ Tuesdays and 28 December-January 4
- 🚌 Take the bus from JR Itsukaichi Line Musashi-Itsukaichi Station, then a 7 min. walk after getting off at the Tokura bus stop.



Signature menu

Inaka Countryside Curry Plate

Available	Year-round
Ingredients used	Seasonal vegetables from Akiruno (mainly root vegetables)

Salt Grilled Satoyama Masu Trout Set Meal

Available	Except for June and August
Ingredients used	Seasonal vegetables from Akiruno (small bowls, boiled ingredients), trout from the Akigawa River



Akiruno

Soba-dokoro **Hanagaki**

☎ **042-559-7081**

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



- 📍 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



Signature menu

Hinohara Maitake Mushroom Tempura

Available	Year-round
Ingredients used	Maitake mushrooms from Hinohara

Vegetable Tempura

Available	Year-round
Ingredients used	Seasonal vegetables from Akiruno



Akiruno

Mitsubachi Farm Cafe

☎ 042-519-9327

URL <https://88838.co.jp>

- 📍 37-3 Kaminodai, Akiruno-shi
- 🕒 10:30 – 17:00
- ✕ Wednesdays
- 🚶 15 min. walk from JR Itsukaichi Line Musashi-Masuko Station



Signature menu

Honey milk gelato

Available Year-round

Ingredients Honey (from Tama),
used Tokyo milk

Gelato waffle

Available Year-round

Ingredients Honey (from Tama),
used Tokyo milk

Restaurant Kenzo

☎ 042-465-0300

URL <http://restaurant-kenzou.jimdo.com/>

- 📍 6-16-13 Tanashicho, Nishitokyo-shi
- 🕒 11:30 – 14:30 (Last call 14:00)
17:30 – 21:00 (Last call 20:00)
- ✕ Closed on Mondays and one irregular day per month
- 🚶 7 or 8 min. from Seibu Shinjuku Line Tanashi Station North exit



Signature menu

Lunch course / dinner course

Available Year-round

Ingredients Seasonal vegetables
used (homegrown, from Nishitokyo)Tomato falcy
(with soup, bread, and a drink)

Available Tomato harvest season

Ingredients Tomatoes, carrots, onions
used (homegrown, from Nishitokyo)

Daichi Cafe

☎ 042-452-3195

URL



- 📍 7-16-25 Tanashicho, Nishitokyo-shi
- 🕒 April - November 9:00 - 18:00
December - March 11:00 - 17:00
- ✖ April - November Mondays
December - March Mondays, Tuesdays
- 🚶 15 min. walk from Seibu Shinjuku Line Tanashi Station



Signature menu



Lunch Plate

Available Year-round
Ingredients Seasonal vegetables used (from Nishitokyo)

Dry curry with burdock root

Available Year-round
Ingredients Seasonal vegetables used (from Nishitokyo)



Shogaiseishunnoyu

Tsurutsuru Hot Spring

☎ 042-597-1126

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



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



Signature menu



Tsurutsuru Grilled Magnolia Leaf Tokyo Wagyu Beef

Available Year-round
Ingredients Akigawa Beef (from Akirunoshi)

Welsh Onion Chili Oil Menma

Available Year-round
Ingredients used Welsh Onion (from Hinode)



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 https://www.instagram.com/hinohara_shikinosato/

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



Museum Cafe
Satoyama Shokudo

☎ **042-588-4044**

URL



- 📍 3783 Hinohara-mura, Nishitama-gun
- 🕒 11:00 – 16:00 (Last call 15:30)
- ✖ Thursdays
- 🚌 Bus from Musashi-Itsukaichi Station on the JR Itsukaichi Line
2 min. walk from Ozawa bus stop.

Signature menu



Satoyama Set Meal

Available Year-round
 Ingredients used Maitake Mushrooms (from Hinohara) Seasonal Vegetables (from Hinohara)

Hinohara Potatoes

Available Year-round
 Ingredients used Potatoes (from Hinohara)



Earth Garden

☎ **0428-85-5101**

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



- 📍 361-1 Shiromaru, Okutama-machi, Nishitama-gun
- 🕒 11:00 – 16:00 (Last call 15:00)
- ✖ Tuesdays
- 🚌 7 min. walk from JR Ome Line Shiromaru Station

Signature menu



Okutama wasabi croquette

Available Year-round
 Ingredients used Wasabi (from Okutama)

Available
 Ingredients used



Minwa-no-yado Arasawaya

☎ 0428-83-2365

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

- 📍 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



Signature menu

Japanese Dinner
(an example)

Available Year-round

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

Okutama *yamame*
sashimi raw slices

Available Year-round

Ingredients *Yamame* trout (from
used Okutama)



Robata Akabeko

☎ 0428-83-2365

URL <http://akabeko.tokyo/>

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



Signature menu

*Awabidake* mushrooms *nabe*

Available Year-round

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

Jisuke potato with *negi* miso
(leek and *miso* sauce)Available Year-round (*Tempura* set meal, March to end of June)

Ingredients *Jisuke* potato (from Okutama)
used



Yamabato

☎ 0428-85-2158

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



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

Signature menu



Lunch Set

Available Year-round (Tuesday - Friday)

Ingredients Seasonal vegetables used (from Ome)

Soba Salad

Available Year-round

Ingredients Gobo burdock roots and carrots (from Ome)



Kamameshi Nakai

☎ 0428-85-1345

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



- 📍 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)

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 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)



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 cafe 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



Cafe restaurant SAKA

☎ 0428-85-8155

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

- 📍 564 Unazawa, Okutama-machi, Nishitama-gun
- 🕒 11:00 – 14:30
- ✖ Sundays, Mondays and 1st Tuesday of the month
- 🚶 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 and vegetables from Okutama

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

Available Year-round

Ingredients Seasonal vegetables from 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/>



📍 549 Kotaba, Okutama-machi, Nishitama-gun

🕒 11:00 - 15:00

✖ Tuesdays

🚶 1 min. walk from JR Ome Line Kori Station



Signature menu

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

Available Year-round

Ingredients used Tokyo *Ukokkei* chicken (from Ome)

RUNWAY Pudding

Available Year-round

Ingredients used *Fukami* eggs (from Ome)



RUNWAY

~TAMA Collection~

☎ 0428-85-8687

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



📍 207 Hikawa, Okutama-machi, Nishitama-gun

🕒 11:00 - 18:00

✖ Tuesdays

🚶 1 min. walk from JR Ome Line Tama Station



Signature menu

Dashimaki Omelet Set Meal

Available Irregular

Ingredients used Chicken eggs (from Ome)

RUNWAY Chawan Mushi

Available Irregular

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

MEMO



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

Tokyo Metropolitan Government Certified Locally Sourced Food Products

(E-Mark Certified Foods)

About E-Mark Certified Foods

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

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

About the E-mark logo

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



Example of placement of the E-mark on products

Excellent Quality

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

Exact **E**xpression

Indicates that the product's labelling conforms to the Food Labeling Act, 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 **E**cology

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

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

Inquiries

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

Ingredients

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



Marine Products

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



Ashitaba

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



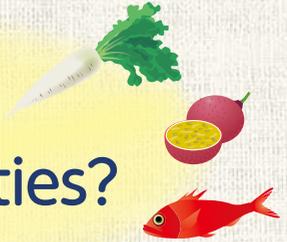
✓ Initiative for local production and local consumption!

✓ 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.

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.

Okutama trouts (Year-round)

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



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

TOKYO X Pork (Year-round)

Premium pork bred for its high quality delicious and flavorful fat. A breed by crossing of three



types of Berkshire, Duroc pigs and Beijing Black after a 7-year trial and error process.

Splendid alfonsino (Year-round)

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



Tokyo Shamo Chicken (Year-round)

Rich in protein, with low fat and moderate firmness. A good fit for hot pot dishes.



Tomatoes (Jan - Nov)

Many varieties from big and medium to very cute sizes are cultivated. Grape tomatoes,



picked up in the Ogasawarajima Islands from February to May, are popular among others with their well-balanced strong sweetness and nice sourness.

Japanese giant flying fish (Feb - May)

Coming to the Izu Islands waters in spring, called "spring flying fish" also. Bland tasting of



white flesh fits for *sashimi*, dried stock fish (such as *kusaya*), deep-fried fish ball cakes, and the like.

Passion fruit (Mar - Aug)

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



Edamame soybeans (May - Aug)

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



Bonitoes (Feb - Apr)

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



Norabona (Mar - Apr)

Mild and sweeter leaf vegetables than Japanese mustard spinach or spinach.



Often served after boiled. Farmers began to cultivate them in the present Tokyo's Tama region in the *Edo* period.

Wasabi (Apr - Nov)

Cultivated with tender care in narrow *wasabi* fields along the limpid streams of the Tama



River's head areas in Okutama-machi etc.

Yellowstriped butterfish (May - Aug)

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



Corns (Jul - Aug)

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



Blueberries (Jul - Sep)

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 ▶



Why don't you enjoy Tokyo's specialties?

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
	DINING LIEU	03-3293-1141	12
	NADABAN by HAL YAMASHITA	03-6273-3386	13
Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	16
	cusavilla	03-5467-0560	17
	Tokyo Oven Akasaka	03-6230-9569	18
	CASADEMACHA	03-5442-3446	19
	HAL YAMASHITA Tokyo	03-5413-0086	19
Shinjuku-ku	Under the Tree	03-3341-1461	20
	Tokyo Islands Shochu <i>izakaya</i> Kokkome	080-9971-3471	21
Koto-ku	Edo Tokyo Beer On Tap	03-6659-8379	29
Setagaya-ku	L'atelier chouchou	03-3429-5889	32
Shibuya-ku	<i>Soba-dokoro</i> Oonoya Motoyoyogicho	03-3467-7513	34
	fun.ice!	080-4342-1522	35
Suginami-ku	Reve	03-3391-7595	37
Nerima-ku	Komorebi	03-6904-8797	40
	Pizzeria Gtalia da Filippo	03-5923-9783	40
	OPPLA! DA GTALIA	03-6339-6936	41
	Kutsurogi-dokoro Toride	03-3995-9378	43
Edogawa-ku	Bakery Restaurant Maruko	03-3656-5211	46
Tachikawa-shi	hoccori *cafe	042-595-8379	50
	DAICHINO RESTAURANT	050-3196-9027	53
	SORANO ROOFTOP BAR	050-3503-9379	53
Mitaka-shi	KAERU <i>SHOKUDO</i>	0422-46-0077	56
Ome-shi	Dining & Gallery Mayugura	0428-21-7291	56

[Points to note]

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Location	Restaurant name	Contact	Page
Ome-shi	"Pirtsu" Light Meal Cafe	0428-74-4528	57
	<i>Kominka</i> Irori	0428-74-7104	60
	<i>Soba Udon-dokoro</i> Kawashima	0428-78-9155	62
Fuchu-shi	Japanese Dining Kirari	042-302-8808	66
	Trattoria La Vita	042-360-1166	67
Machida-shi	Kamado Kunsei Farm Cuisine Takamiya	042-734-3336	69
Kunitachi-shi	cafe himmel	070-9042-3024	78
Komae-shi	Asian Restaurant Komae Saigon	03-3430-5186	79
	Italian Restaurant Vino Uno	03-3430-4884	80
Inagi-shi	ORTOLANA	042-407-5659	83
	imacoco coffee	080-5674-7374	83
Hamura-shi	(Seafood and Sushi) Hanamizuki	042-578-3137	85
Okutama-machi	Earth Garden	0428-85-5101	93
	Okutama riverside cafe awa	0428-74-9947	96

[Vegan]

Location	Restaurant name	Contact	Page
Chiyoda-ku	DINING LIEU	03-3293-1141	12
	NADABAN by HAL YAMASHITA	03-6273-3386	13
Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	16
	cusavilla	03-5467-0560	17
	Tokyo Oven Akasaka	03-6230-9569	18
	HAL YAMASHITA Tokyo	03-5413-0086	19
Shinjuku-ku	Tokyo Islands <i>Shochu izakaya</i> Kokkome	080-9971-3471	21
Setagaya-ku	L'atelier chouchou	03-3429-5889	32
Shibuya-ku	<i>Soba-dokoro</i> Oonoya Matoyoyogicho	03-3467-7513	34
	fun.ice!	080-4342-1522	35
Nerima-ku	Komorebi	03-6904-8797	40
	Pizzeria Gtalia da Filippo	03-5923-9783	40
	OPPLA! DA GTALIA	03-6339-6936	41
Tachikawa-shi	hoccori *cafe	042-595-8379	50
	DAICHINO RESTAURANT	050-3196-9027	53
	SORANO ROOFTOP BAR	050-3503-9379	53
Ome-shi	Dining & Gallery Mayugura	0428-21-7291	56
Machida-shi	Kamado Kunsei Farm Cuisine Takamiya	042-734-3336	69
Koganei-shi	VIN de RUE	042-383-4908	70
Komae-shi	Asian Restaurant Komae Saigon	03-3430-5186	79
	Italian Restaurant Vino Uno	03-3430-4884	80
Inagi-shi	ORTOLANA	042-407-5659	83
	imacoco coffee	080-5674-7374	83
Hamura-shi	(Seafood and Sushi) Hanamizuki	042-578-3137	85
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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



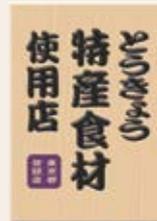
WE WILL BE INTRODUCING THIS ALL IN TOKYO GROWN!

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



TOKYO GROWN | 🔍





Guide to Tokyo's Locavore Restaurants 2024 (English Edition)

Issued by:

Food Safety Section, Agriculture, Forestry and Fishery Division,
Bureau of Industrial and Labor Affairs, Tokyo Metropolitan Government
2-8-1 Nishi-shinjuku, Shinjuku-ku, Tokyo 163-8001 Japan

Published in March 2024 Registration number (5) 75

とうきょう特産食材使用店ガイド2024 (英語版)

発行 東京都 産業労働局 農林水産部 食料安全課

〒163-8001 新宿区西新宿2-8-1

令和6年3月発行

登録番号 (5) 75



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