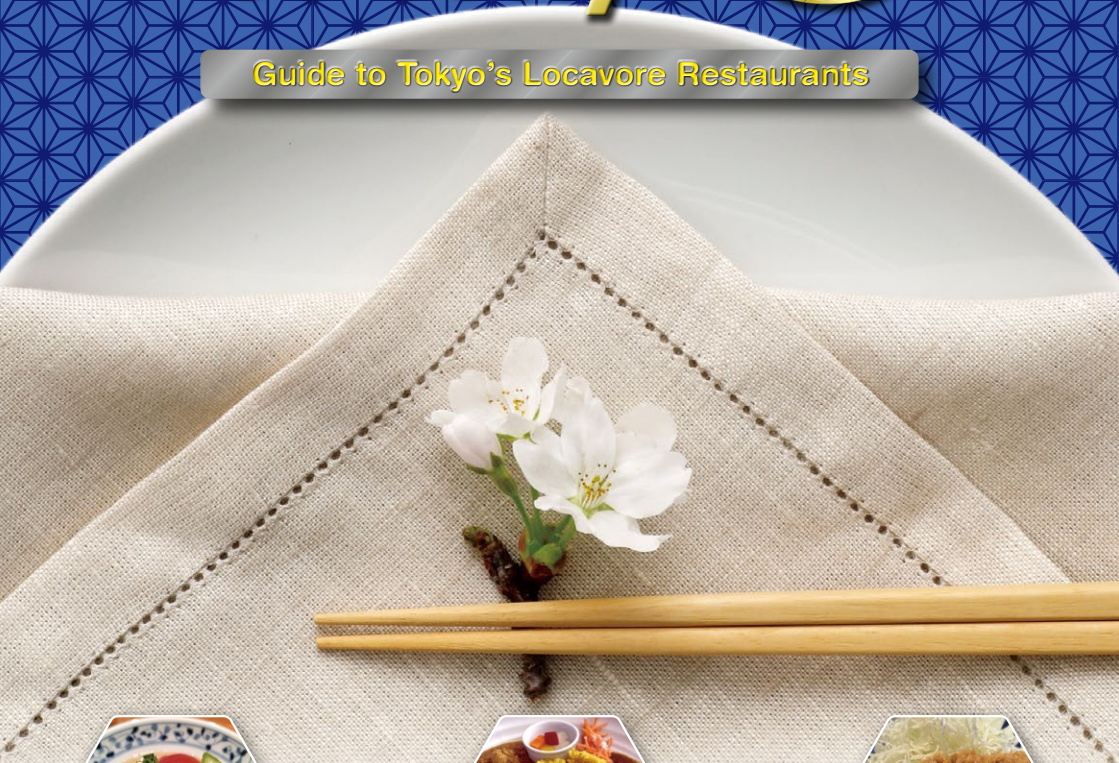




Take a bite of Tokyo

2025

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 159 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 2025

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 159 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7(2025)年3月

東京都産業労働局農林水産部食料安全課

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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/>



- 📍 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



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.



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



Signature menu

Piccolo Course (lunch)

Available Year-round

Ingredients Seasonal Tokyo vegetables used (menus vary)

Grande Course (lunch/dinner)

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

Available Year-round

Ingredients Seasonal Tokyo vegetables (menus vary) used



Tonkatsu Ikeda

☎ 03-3262-4434

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



Signature menu

TOKYO X Tonkatsu Pork Loin Cutlet

Available Year-round

Ingredients used TOKYO X

TOKYO X Premium Pork Fillet Cutlet

Available Year-round

Ingredients used TOKYO X

- 📍 2-14 Kojimachi, Chiyoda-ku
- 🕒 11:30 – 14:30
17:00 – 21:00 (Until 20:00 on Saturdays)
- ✖ Sundays and holidays
- 🚶 2 min. walk from Tokyo Metro Hanzomon Line Hanzomon Station



Chiyoda

DINING LIEU

☎ 03-3293-1141

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



Signature menu

TOKYO X (prepared with today's method)

Available Year-round

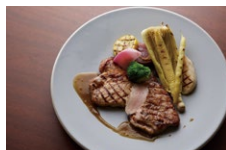
Ingredients used TOKYO X Pork

Salad Bar (Lunch Set)

Available Year-round

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

- 📍 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



Chiyoda

P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

NADABAN by HAL YAMASHITA

☎ 03-6273-3386

URL <http://nadaban.com>

Signature menu

Tempura plate

Available Year-round

Ingredients Seasonal vegetables
used (from Kokubunji)

Chilled eggplant stew with chef's pride dashi broth

Available Year-round

Ingredients Eggplant (from Kokubunji)
used

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

📍 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



Nihombashi Yukari

☎ 03-3271-3436

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

Signature menu

Braised TOKYO X
Pork Belly with Senju Green Onion

Available Year-round

Ingredients TOKYO X pork
used and Senju green onionCustard Pudding with
Edo Rice

Available Year-round

Ingredients Rice, eggs, milk
used

📍 3-2-14 Nihombashi, Chuo-ku

🕒 11:30 - 14:00 / 17:30 - 21:30

✖ Sundays and Holidays

🚶 3 min. walk from JR Tokyo Station

1 min. walk from Tokyo Metro Ginza Line Nihombashi Stn



Tenmo

☎ 03-3241-7035

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



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



Nihombashi Funazushi

☎ 03-3661-4569

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



Signature menu

Edo-style Conger Eel Shiro-yaki/Sushi

Available Year-round
Ingredients used Conger eel from Tokyo Bay

Edo-style Sillago Sashimi/Sushi

Available Year-round
Ingredients used Sillago from Tokyo Bay



P Parking lot available

A Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Ginza Himorogi

☎ 03-6274-6779

URL <http://himorogi.tokyo/>



Signature menu

Tokyo Shamo Chicken Thigh Yakitori

Available Year-round

Ingredients Tokyo Shamo Chicken
used from Akiruno

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

Available Year-round

Ingredients Tokyo Shamo Chicken
used from Akiruno

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

🕒 Lunch (Mon – Sat): 11:30 – 14:00

Dinner (Mon – Fri): 17:00 – 4:00
next morning (Last Call 3:00)

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

Dinner (Sat, Sun and Holidays): 17:00 – 23:00
(Last Call 22:00)

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

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



Hanagoyomi Tokyo

☎ 03-3271-1135

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



Signature menu

Shabu-shabu with 25 Types of Vegetable

Available Year-round

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

Tamago kake gohan

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

Available Year-round

Ingredients Chicken eggs (from Hachioji)
used



📍 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



Signature
menu

Naturally Farmed Vegetable Lunch

Available Year-round

Ingredients Seasonal vegetables from
used Nishitokyo, etc.

Seasonal Dinner Course

Available Year-round

Ingredients Seasonal vegetables from
used Nishitokyo, etc.

- 📍 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/Keikyu
Shinagawa Station



cusavilla



Signature
menu

Minestrone Soup

Available Year-round

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

Wild ayu (from Akligawa River) broiled with salt

Available June - August

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

- 📍 B1F NISHIAZABU4416, 4-4-16
Nishi-azabu, Minato-ku
- 🕒 17:00 - 20:00 (Last Call)
Fridays and
Saturdays 12:00 - 13:00 (Last Call)
- ✕ Sundays
- 🚶 6 min. walk from Tokyo Metro
Hibiya Line Hiroo Station



Tokyo Oven Akasaka

☎ 03-6230-9569

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

Signature menu

Homemade pickles with farm vegetables

Available Year-round (Depending on availability)

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

Steamed Tokyo vegetables in a nabe iron pot

Available Year-round (Depending on availability)

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

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



Tonkatsu X

☎ 03-6435-2904

URL



Signature menu

TOKYO X Tonkatsu
Pork Loin Cutlet Set Meal

Available Year-round

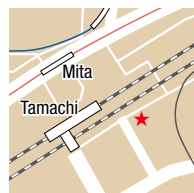
Ingredients TOKYO X Pork

Chateaubriand

Available Year-round

Ingredients 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



HAL YAMASHITA Tokyo

☎ 03-5413-0086

URL www.hal-yamashita.com



Signature
menu



Signature A5 Marbled Black Wagyu Beef and Tomato *Sukiyaki*

Available Year-round

Ingredients used Tomatoes (from Kokubunji)

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

Specially Selected Seafood *Chirashi Sushi*

Available Year-round

Ingredients used *Shiso* leaf (from Kokubunji)

- 📍 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



Minato

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)

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



Shinjuku

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)

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 Naito chili pepper (from used Nerima, Mitaka)

Red and White Inari Sushi with Tonjiru Soup or Soba

Available Year-round

Ingredients Naito chili pepper (from used Nerima, Mitaka)

- 📍 11 Naito-cho, Shinjuku-ku (In the Shinjuku Gyoen National Garden)
- 🕒 11:00 – 16:00
*Varies depending on the season
- ✕ Closed days for Shinjuku Gyoen National Garden
- 🚶 Shinjuku Gate /Ookido Gate: 5 min. walk from Shinjuku-gyoenmae/Shinjuku- sanchome Subway Stations (10 min. walk from Shinjuku station on each line)



Tokyo Islands Shochu Izakaya

Kokkome

☎ 080-9971-3471

URL <https://m.facebook.com/kokkome8jo/>



Signature menu



Stewed Turtle

Available Year-round

Ingredients Turtle (from Ogasawara) used

Ashitaba Tempura

Available Year-round

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



Kaidarake

☎ 03-6279-0116

URL <http://mikore.info/>



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 basil, carrot, etc. (from Mitaka)

- 📍 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



Charcoal Grill Kappo Mikore

☎ 03-6302-0903

URL <http://mikore.info/>



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 basil, carrot, etc. (from Mitaka)

- 📍 3F Masuya Bldg, 1-15-5 Nishi-Shinjuku, Shinjuku-ku
- 🕒 Lunch: 11:30 – 15:00 (Last call 14:30) 17:00 – 23:00 (Last call 22:00)
- ✕ New Year Holidays
- 🚶 5 min. walk from Shinjuku Station South Exit of each line



P Parking lot available

A Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Compass Group Japan Inc.
Tokyo Tochou

☎ 03-5320-7510

URL



Signature menu



Ashitaba Roll Katsu

Available Year-round

Ingredients used Ashitaba (from Hachiojima)

Murobushi Croquette and TOKYO X Pork Tonjiru Soup

Available Year-round

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

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

🕒 11:30 – 14:00

✖ Saturdays, Sundays, Holidays, New Year Holidays

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



Shinichikan

Shinjuku Honten

☎ 03-3209-8426

URL www.shinichikan.com



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

📍 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



Creative Dining Bonin Island Chef

☎ 03-3235-0070

URL Instagram boninislandchef



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)

- 📍 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



Bunkyo

Kifune

☎ 03-5834-7512

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



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 Nerima and Nishitokyo)

- 📍 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



Bunkyo

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

Tokyo vegetable Skewers

Available Year-round

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

Warayaki grilled in straw with Tokyo Vegetables

Available Year-round

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

📍 3-42-10 Yushima, Bunkyo-ku

🕒 17:30 – 22:00

✂ Irregular

🚶 5 min. walk from Tokyo Metro Chiyoda Line
Yushima Station



Asakusa Shuzen Ichimon Honten

☎ 03-3875-6800

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

Signature menu

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)

📍 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



Asakusa Shuzen Ichimon Bekkan

☎ 03-3871-1015

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



- 📍 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 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 *Shintorina* leaf (from Edogawa) Bluefin tuna (Kozushima, Miyakejima)



Mugitoro and Tokyo Islands Creative Restaurant Tenku

☎ 03-5830-6455

URL <https://tenku.tokyo/index.html>



- 📍 4-14-10 Kotobuki, Taito-ku
- 🕒 11:30 – 14:00
17:00 – 24:00
- ✖ Sundays and Holidays
- 🚶 3 min. walk from Tokyo Metro Ginza Line Tawaramachi Station Exit 2



Signature menu

Grilled *Kusaya*

Available Year-round

Ingredients *Kusaya* (fermented dried fish) (Niiijima Island)

Seiro-mushi steamed *Umikaze Shiitake* Mushrooms

Available Year-round

Ingredients *Shiitake* mushrooms used (Hachijojima 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)

Oshiage Yoshikatsu

☎ 03-3829-6468

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



Signature menu

"Savoring Tokyo" 6 Item Snack Course

Available Year-round

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

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

Green Monjayaki (Ashitaba Monja served with baguettes)

Available Year-round

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

- 📍 5-10-2 Narihira, Sumida-ku
- 🕒 17:00 - 23:00 (Last call 22:00)
Lunch only on Sundays and Holidays
11:30 - 14:00
- ✕ Irregular
- 🚶 4 min. walk from Oshiage Station Exit B1 on each line



Tokyo Shamo Chicken Restaurant Nezu Torihana (Ryogoku Edo NOREN)

☎ 03-6658-8208

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



Signature menu

Tokyo Shamo Chicken Course Meal

Available Year-round

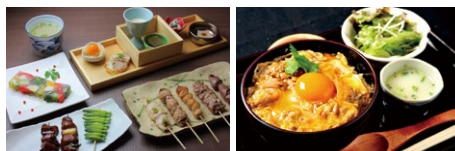
Ingredients used Tokyo Shamo Chicken

Tokyo Shamo Chicken Oyakodon

Available Year-round

Ingredients used Tokyo Shamo Chicken

- 📍 1-3-20 Yokoami, Sumida-ku
- 🕒 Lunch 11:00 - 14:00
Dinner 17:00 - 21:30
- ✕ Mondays (Tuesday if Monday is a holiday)
- 🚶 Edo NOREN can be accessed directly via JR Ryogoku Station West Exit.



Kameido Masumoto Honten

☎ 03-3637-1533

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



Signature
menu



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

📍 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



Edo Tokyo Beer On Tap

☎ 03-6659-8379

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



Signature
menu



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

Available Year-round

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

Pickles and soaked Waseda *myoga* Japanese ginger stalks

Available February, March

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



📍 16-2 Senda, Koto-ku

🕒 Wed., Thu., Fri.: 17:00 - 23:00
Sat & Sun: 16:00 - 22:00

✕ Mondays and Tuesdays

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

10 min. walk from Sumiyoshi Station subway Exit B1

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/>

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)

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



SHINAGAWA KASHO KYO-AN

☎ 03-3471-6395

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

Signature menu

Shinagawa Sweets Turnip

Available November to March (harvest period of turnip)

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

Available November to March (harvest period of turnip)

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

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



Tonkatsu Taihou

☎ 03-3491-9470

URL



- 📍 1-6-15 Meguro, Meguro-ku
- 🕒 11:30 – 15:00 (Last Call 14:30)
18:00 – 22:00 (Last Call 21:30)
- ✖ New Year holidays
- 🚶 5 min. walk from JR Yamanote Line Meguro Station



Signature menu

TOKYO X Tonkatsu Pork Loin Cutlet

Available Year round

Ingredients used TOKYO X Pork

TOKYO X Pork Shoulder Shogayaki Ginger Pork

Available Year round

Ingredients used TOKYO X Pork



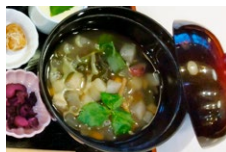
Seijo Sakurako

☎ 03-3483-5296

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



- 📍 3F Hana Bldg, 6-10-2 Seijo, Setagaya-ku
- 🕒 10:30 – 17:00
- ✖ 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 Daimon 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)



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

Kamata Shokudo

☎ 03-6873-6934

URL



Signature menu

Vegetable Sticks with Garlic Cream Sauce

Available Year-round

Ingredients Seasonal vegetables (from Setagaya)

Assorted Charcoal-Grilled Setagaya Vegetables

Available Year-round

Ingredients Eggplant, Zucchini, Pumpkin, Bell Pepper, Okra, etc. (from Setagaya)

📍 3-8-13 Kamata, Setagaya-ku

🕒 12:00 - 14:00
17:00 - 22:00

✖ Tuesdays

🚶 10 min. by bus from Futako-tamagawa Station
1 min. walk from "Setagaya Sogo High School" bus stop



L'atelier chouchou

☎ 03-3429-5889

URL <https://www.latelierchouchou>



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

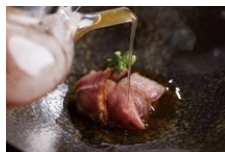
Ingredients Tokyo beef

📍 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



gigli 89 tokyo

☎ 03-5707-8686

URL <https://gigli-tokyo-89.owst.jp>



Signature menu

Tender Juicy Spare Ribs

Available Year-round

Ingredients used Onions (from Setagaya)

Garden Fresh Salad

Available Year-round

Ingredients used Daikon radish, lettuce, tomatoes, cucumbers and other seasonal vegetables, etc. (from Setagaya)
Microherbs (from Ota)

📍 101 Hayakawa Bldg., 2-16-15 Todoroki, Setagaya-ku

🕒 Lunch 11:30 - 14:30 (Last call 14:00)
Dinner 17:30 - 22:00 (Last call 21:00)
Sundays & Holidays Dinner 17:00 - 21:00 (Last call 20:00)

✖ Irregular

🚶 3 min. walk from Tokyo Ōimachi Line Oyamada Station



Setagaya

Mikore Zushi

☎ 03-3375-5008

URL <http://mikore.jp/>



Signature menu

Vegetable Tempura

Available Year-round

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

Assorted Pickles

Available Year-round

Ingredients used Seasonal vegetables from Mitaka and Setagaya

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

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

✖ New Year Holidays

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



Shibuya

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

Ichiba Nakama

☎ 03-6276-7284

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



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



Signature menu



Fresh Veggie Salad

Available Year-round

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

Vegetable Tempura

Available Year-round

Ingredients Mushroom, potato, shiso/ used 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
- 🚶 2 min. walk from Odakyu Line Yoyogi-Hachiman Station North Exit



Signature menu



Pot dish of cooked duck

Available October to May

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



JA Tokyo Agripark

☎ 03-3370-3001

URL www.tokyo.ja.or.jp/



Signature menu

Tempura and *soba* noodles with Tokyo vegetables

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

Ingredients 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.

- 📍 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



Shibuya

fun.ice!

☎ 080-4342-1522

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



Signature menu

Gelato

Available Depends on the harvest seasons

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

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



*Serves gelato using Tokyo grown ingredients in season.

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)

Shibuya

HOTEL CENTURY SOUTHERN TOWER SOUTHERN TOWER DINING

☎ 03-5354-2172 (Hotel Reservations)

URL https://www.southerntower.co.jp/restaurant_lounge/st_dining/



Signature
menu



Grilled Summer Vegetables

Available Summer

Ingredients used Corn, tomatoes, potatoes, green beans and other seasonal vegetables (from Tachikawa, Mitaka and Kiyose)

Chunky Vegetable Soup

Available Year-round

Ingredients used Tomatoes, potatoes and other seasonal vegetables (from Tachikawa, Mitaka and Kiyose)

📍 20F Odakyu Hotel Century Southern Tower, 2-2-1 Yoyogi, Shibuya-ku

🕒 6:30 – 10:30 (Last call 10:00)

11:30 – 16:00 (Last call 15:00)

17:30 – 22:00 (Last call 21:00)

✖ Open every day

🚶 3 min. walk from JR Shinjuku Station



Edo Tokyo Wazen Sumi

☎ 03-6304-0202

URL https://maps.app.goo.gl/RGoCRvMihGb3dbSS9?g_st=c



Signature
menu



Tokyo Shamo Chicken Samgyetang

Available Year-round

Ingredients used Tokyo Shamo Chicken

Tokyo Shamo Chicken and Egg Rice Bowl with Akigawa Local Sakura Eggs

Available Year-round

Ingredients used Tokyo Shamo Chicken, chicken eggs (from Akiruno)



📍 1F Axil Court Higashi-Nakano, 4-16-11 Higashi-Nakano, Nakano-ku

🕒 17:30 – 23:00

✖ Mondays

🚶 3 min. walk from Tokyo Metro Tozai Line Ochiai Station

Uoshubou Sense

☎ 03-5941-6456

URL facebook 魚酒房 扇子



Signature
menu

Assorted Sashimi

Available Year-round (subject to availability)

Ingredients Splendid alfonso
used (from Kozushima),
tuna (from Mikurashima)

Simmered Splendid Alfonso

Available Year-round (subject to availability)

Ingredients Splendid alfonso
used (from Kozushima)

- 📍 106 Nishiogi Saegusa Heights,
3-31-16 Shouan, Suginami-ku
- 🕒 17:00 - 24:00 (Last call)
- ✖ Mondays
- 🚶 5 min. walk from JR Chuo/Sobu Line
Nishi-Ogikubo Station South Exit



Suginami

All Day Dining

CROSS DINE

☎ 03-3980-4040

URL <https://ikebukuro.metropolitan.jp/restaurant/list/crossdine/index.html>



Signature
menu

Tokyo Vegetables and Lamb Shabu-shabu with Seafood Broth

Available Year-round

Ingredients Japanese mustard spinach
used (from Edogawa), Japanese
mustard greens (from Kiyose)

Minestrone with Tokyo Vegetables

Available Year-round

Ingredients Japanese mustard spinach
used (from Edogawa)

- 📍 1-6-1 Nishi-Ikebukuro, Toshima-ku
- 🕒 6:30 - 21:30 (Last call 21:00)
- ✖ Open every day
- 🚶 3 min. walk from JR Ikebukuro Station



Toshima

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)

Yofu Souzai Teppan Daidokoro Theory Akabane

☎ 03-6454-4252

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



Signature
menu

Hiroshima Yaki

Available Year-round

Ingredients used cabbages from Nerima

Cabbage with Salt-Based Sauce

Available Year-round

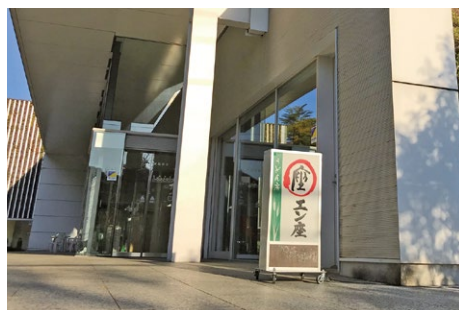
Ingredients used cabbages from Nerima



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, spinach, Daikon radish, etc. (from Nerima)

Mixed Tempura of Local Vegetables

Available Year-round

Ingredients eggplant, onion, carrot and seasonal vegetables



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

Gochiso Bar yasu & Nonchan

☎ 03-6479-2252

URL



Signature
menu



- 📍 105 Diamond Building, 4-24-5 Oizumi Gakuencho, Nerima-ku
- 🕒 17:00 – 23:00 (Last call 22:00)
- ✖ Irregular Please contact us
- 🚌 Take the bus from the Seibu Ikebukuro Line Oizumigakuen Station North Exit. 1 min. after getting off at “Oizumi Yubinkyoku Mae”



Daikon radish salad

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

Roll cabbage

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



Chinese Restaurant Taishoken

☎ 03-3923-7770

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



Signature
menu



- 📍 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.



Anton Gyoza Dumpling

Available Year-round
Ingredients used Cabbages (from Nerima)

Nerima Vegetable Tanmen Noodles

Available Year-round
Ingredients used Cabbages (from Nerima)



P Parking lot available
A Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Komorebi

☎ 03-6904-8797

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



Signature menu

Akiruno Akigawa beef steak grilled on Mt. Fuji lava

Available Year-round

Ingredients Akigawa beef and Tokyo used vegetables

French style steamed rice with truffle and Tokyo vegetables

Available Year-round

Ingredients Bouillon of Tokyo vegetables and Tokyo Shamo chicken



Kutsurogi-dokoro Toride

☎ 03-3995-9378

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



Signature menu

Seiro-mushi Steamed Seasonal Vegetables

Available April to November

Ingredients Seasonal vegetables such as *Myoga* Japanese ginger, leek, *daikon* radish, eggplant, etc (from Nerima)

Ami-yaki Grilled Seasonal Vegetables

Available April to November

Ingredients Seasonal vegetables such as *Myoga* Japanese ginger, leek, *daikon* radish, eggplant, etc (from Nerima)



Japanese Cuisine Musashino

☎ 03-5372-4501

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



Signature
menu



Steamed Nerima Daikon and Salmon

Available November to December

Ingredients Nerima daikon radish
used (from Nerima)

Tokujo Tendon (Premium tempura bowl)

Available Year-round

Ingredients Edomae Anago (conger eel)
used



Nerima

Chinese Cuisine Hakurakuten

☎ 03-5372-4500

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



Signature
menu



Nerima Daikon and Pork Spare Rib Earthenware Hotpot

Available November to December

Ingredients Nerima daikon radish
used

Nerima Cabbage Twice Cooked Pork Buns

Available Year-round

Ingredients Cabbage (from Nerima)
used



Nerima

P Parking lot
available

T 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)

Bar Lounge Voisin

☎ 03-5372-4499

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



Signature
menu



Genovese Pasta with Dried Tomato Sauce from Nerima

Available April to October

Ingredients Sun-dried Tomatoes
used (from Nerima)

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

Available November to December

Ingredients Nerima daikon radish
used (from Nerima)

- 📍 1F Hotel Cadenza Hikarigaoka,
J. City, 5-8 Takamatsu, Nerima-ku
- 🕒 Weekdays 10:00 – 20:00
Weekends and Holidays 10:00 – 20:30
- ✕ Tuesdays and Wednesdays (Open on Holidays)
- 🚗 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 Shakuji-Koen Station



Pâtisserie Bon Parfum

☎ 03-5372-4518

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



Signature
menu



Honey and Miso Florentine Cookies

Available February to October

Ingredients Honey (from Nerima)
used

Luxurious Nerima Blueberry Tart

Available July to September

Ingredients Blueberries (from Nerima)
used



PITANGO

☎ 03-6914-5513

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



Signature
menu



Seasonal Nerima Vegetables Pasta /
Grilled Green Onion and Bacon with
Nerima Miso Cream Sauce Pasta

Available Year-round (Dinner time only)

Ingredients used Seasonal vegetables (from Nerima)

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



Nerima Farm
Garden Salad

Available Year-round

Ingredients used Seasonal vegetables
(from Nerima)



Pizzeria 222

☎ 03-6882-4138

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



Signature
menu



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)



- 📍 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



P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

💰 Electronic money accepted
(confirm types that
are accepted)

Pizzeria Gtalia da Filippo

☎ 03-5923-9783

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



Signature menu

Whimsical Mixed Salad with Nerima Vegetables

Available Year-round

Ingredients Uses seasonal vegetables used mainly from Nerima farmers

Tokyo NMP (Pizza) with Nerima Greens and Musashino Pork

Available Year-round

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



OPPLA'! DA GTALIA

☎ 03-6339-6936

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



Signature menu

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

Available June - August

Ingredients Seasonal vegetables used (from Nerima)

Blueberry Tart with Blueberries from Hamanaka Farm in Nerima, Tokyo

Available July - August

Ingredients Blueberries (from Nerima)



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 Seasonal vegetables used (from Nerima)

Tempura of local seasonal vegetables

Available Year-round (Fridays)

Ingredients Seasonal vegetables used (from Nerima)



Kitchen Toretate

☎ 03-3853-4114

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



Signature menu



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



Combo of freshly harvested vegetables

Available Year-round

Ingredients Vegetables grown in the Park used

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

Available Year-round

Ingredients Vegetables grown in the Park used



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

yataiteppan 3zun

☎ 03-6231-2411

URL



Signature menu



Grilled Pork with leeks

Available October to February

Ingredients Green onions and leeks
used (from Katsushika)

Broccoli wrapped in meat

Available November to March

Ingredients Broccoli (from Katsushika)
used📍 Axis Nishikameari 1F, 3-23-14
Nishikameari, Katsushika-ku🕒 Weekdays 17:00 - 23:00 (LO 22:00)
Saturdays and Sundays 16:00 - 23:00 (LO 22:00)

✖ Mondays

🚶 20 min. walk from JR Joban Line Kameari
Station

VIOLETTA

☎ 03-3652-1927

URL <https://violetta.tokyo>

Signature menu

Edogawa-grown Japanese Mustard
Spinach & Fenugreek Curry

Available Year-round

Ingredients Japanese mustard spinach,
used fenugreek (from Edogawa)Edogawa-grown Japanese
Mustard Spinach SaladAvailable Year-round (May be
unavailable in summer)Ingredients Japanese mustard spinach
used (from Edogawa)

📍 1-23-6 Matsushima, Edogawa-ku

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

✖ Tuesdays and 2nd & 4th Mondays
(※Mondays open for lunch only)🚶 24 min. walk from JR Sobu Line Shin-Koiwa
Station South Exit
Get off at "Edogawa Kuyakusho-mae" (4th stop
on route to Kasai or Nishi-Kasai), 5 min. walk

Bakery Restaurant
Maruko

☎ **03-3656-5211**

URL <https://bakerymaruko2017.com>



Signature
menu



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

Available Year-round

Ingredients Japanese Mustard Spinach
used from Haruecho, Edogawa

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

Available Year-round

Ingredients Japanese Mustard Spinach
used from Haruecho, Edogawa

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



Edogawa

Partisserie Cafe Hibari

☎ **03-5878-1176**

URL <https://edogawa-hibari.com>



Signature
menu



**Quiche with Edogawa
Japanese Mustard Spinach and
Yongenkamuiton Pork**

Available Year-round

Ingredients Japanese mustard spinach
used (from Edogawa)

**Blueberry and Yogurt
Mousseline**

Available June to August

Ingredients Blueberries (from Edogawa)
used



- 📍 1-101, Doeru Kasai, 1-31-51 Naka-kasai, Edogawa-ku
- 🕒 11:00 – 21:00
- ✖ Thursdays
- 🚶 8 min. walk from Kasai Station on Tokyo Metro Tozai Line

Edogawa

P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

The Scent of Happiness

Pere Noel Minamino

☎ 042-632-0214

URL <http://www.pere-noel.co.jp/>Signature
menuTokyo Hachioji
Madeleine "Yamato"

Available Year-round

Ingredients Honey, eggs (From Hachioji)
used

Hachioji Castella

Available Year-round

Ingredients Honey, eggs (From Hachioji)
used

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

Keinoya Hachioji Honten

☎ 042-649-1724

URL <https://kaitakushi.co.jp>Signature
menuAbundant Assortment of
Grilled Hachioji Vegetables and Cheese

Available Year-round

Ingredients Spinach, turnips, tomatoes,
used taro roots, broccoli, etc. (from
Hachioji)Freshly Gathered Hachioji
Vegetable Salad

Available Year-round

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

Additive-Free, *Dashi*-based Japanese Food

Ajinao

☎ 042-663-0262

URL <http://ajinao.com/>



Signature menu



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

Available Year-round

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

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

🕒 17:00 – 22:00

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

✕ Wednesdays (with irregular holidays)

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



Hachimakiya

☎ 042-691-8318

URL <https://www.michinoeki-hachioji.net/>



Signature menu



TOKYO X Pork Gilet Stew

Available Year-round

Ingredients used TOKYO X Pork

Seasonal Side Dishes
(Simmered Dishes, *Tempura*, etc.)

Available Year-round

Ingredients used Seasonal vegetables (from Hachioji)

📍 1-592-2 Takiyama-cho, Hachioji-shi

🕒 9:00 – 18:00

✕ 2nd and 4th Wednesdays

(If a holiday, closed the following weekday)

🚗 By car: From Hachioji IC on Chuo Expressway, take Route 16 toward Kawagoe, turn left at Hidariiri Bridge intersection and drive about 500m (5 min. from Hachioji IC)

By bus: Take the bus bound for Tobu via Hiyodoriyama Tunnel from Keio Hachioji Station (Platform 4) or JR Hachioji Station (Platform 12). Get off at "Michi-no-Eki Hachioji Takiyama Iriguchi" bus stop, 3 min. walk



P Parking lot available

TAKE OUT Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Chinese Cuisine Gojyuban

☎ 042-522-7472

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

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

📍 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 StationTeppan-yaki
Senju

☎ 080-2087-0619

URL



Signature menu

Daily Fresh-Gathered Salad

Available Year-round

Ingredients Seasonal vegetables (from
used Tachikawa)
The picture shows fresh corianders,
cherry tomatoes, onions and spinach.a EMO Kuroge Wagyu Beef
Sirloin Steak from Miyazaki

Available Year-round

Ingredients With seasonal vegetables
used (from Tachikawa)

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

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

Kaiseki Shidashi Rinto

☎ 042-521-3180

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



Signature
menu



Course Meal [SUZAKU]/[KIRITSUBO]

Available Year-round

Ingredients *Kuroge Wagyu "Akikawa Beef" from 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



Sugo「Sukiyaki and Kaiseki Dining」

Available Year-round

Ingredients *Kuroge Wagyu "Akikawa Beef" from Tokyo*



Takaya

☎ 042-595-6922

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



Signature
menu



Toro Toro Oyakodon rice bowl with Tachikawa eggs and chicken

Available Year-round

Ingredients *Eggs (from Tachikawa)*

Crispy Tempura of local seasonal vegetables

Available Year-round

Ingredients *Seasonal vegetables (mainly from Tachikawa and Kunitachi)*



P Parking lot available

Takeout menu available (may require a reservation)

Wi-Fi available

Reservations possible

Credit cards accepted (confirm types that are accepted)

Electronic money accepted (confirm types that are accepted)

Tachikawa

Tachikawa

Nagomi Pub

☎ 042-595-6758

URL



Signature menu

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)

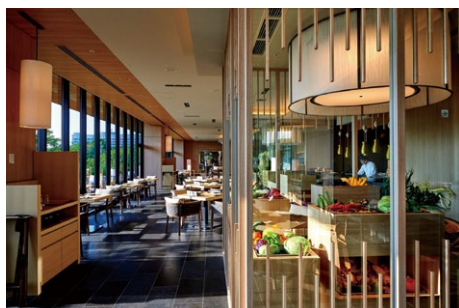
- 📍 1-3-27 Nishikicho, Tachikawa-shi
- 🕒 11:00 – 7:00 a.m. the next day
- ✖ Open every day.
- 🚶 2 min. walk from JR Chuo Line Tachikawa Station



DAICHINO RESTAURANT

☎ 050-3196-9027

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



Signature menu

Braised Yawaraton pork
in tomato sauce, served with arugula

Available Year-round

Ingredients Yawaraton pork (from Tachikawa)
used

Oyakodon rice bowl with
Tachikawa eggs and chicken

Available Year-round

Ingredients Chicken eggs
used (from Tachikawa)

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



SORANO ROOFTOP BAR

☎ 050-3503-9379

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



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

🕒 11:00 – 23:00

✖ Irregular

🚶 8 min. walk from JR Line Tachikawa Station



Signature
menu



Seasonal salad with plenty of fresh vegetables

Available Year-round

Ingredients Seasonal vegetables such as
used dried tomatoes, zucchini, etc.
(mainly from Tachikawa)

Chilled cappellini with tomato sauce and scallop

Available Year-round

Ingredients Tomatoes (from Tachikawa)
used



JIBAR CAFE

☎ 042-548-2511

URL <https://www.tachi-machi.com/jibar-cafe/>



📍 1F, COTOLINK, 3-9-2 Shibasakicho,
Tachikawa-shi

🕒 10:30 – 19:30

✖ New Year's and one irregular day
per month

🚶 3 min. walk from JR Chuo Line
Tachikawa Station



Signature
menu



Healthy Salad Bowl!

Available Year-round

Ingredients Lettuce, carrots, broccoli and
used other seasonal vegetables
(from Tachikawa)

TKG (Rice with Raw Egg) using Tachikawa-grown Ukokkei Chicken Eggs

Available Year-round

Ingredients Ukokkei Chicken eggs
used (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)

Kichijoji Corn-Barley

☎ 0422-20-9023

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



Signature menu



Must-see homage course for Ghibli fans!

Available Year-round

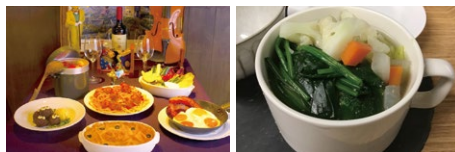
Ingredients Broccoli, leaf lettuce, cabbage, etc. (from Musashino, Mitaka, Koganei)

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

Available Year-round

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

- 📍 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 Sibu Line Kichijoji Station North Exit



Kitchen Ohnami

☎ 0422-26-9283

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



Signature menu



Assorted delicatessen including Musashino grown vegetables

Available Year-round

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

Soup curry with chunks of Musashino grown summer vegetables

Available June – September

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

- 📍 102 Hara Bldg., 2-13-13 Kichijoji Minamicho, Musashino-shi
- 🕒 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 JR Chuo/Sobu Line and Keio Inokashira Line Kichijoji Station



Bistro Relation

☎ 080-4324-0014

URL <https://bistro-relation.com>



Signature menu

Three appetizers made with local vegetables.

Available Year-round

Ingredients 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 Edamame immature soy beans, eggplant (from 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



Wine Cafeteria

Sautoir

☎ 0422-38-9066

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



Signature menu

Grilled Mitaka Vegetables and Cheese in a Cocotte

Available Year-round

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

Mitaka Vegetable Plate

Available Year-round

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



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

KAERU SHOKUDO

☎ 0422-46-0077

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

Signature menu

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



Kaeru Special

Available Year-round

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

Marinated Sardines Set

Available Year-round

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

Dining & Gallery Mayugura

☎ 0428-21-7291

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

Signature menu

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



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)

Suzukiya

☎ 0428-22-2064

URL



Signature menu



- 📍 153 Honcho, Ome-shi
- 🕒 11:30 - 14:00/17:00 - 19:00
- ✕ Wednesdays (Subject to change - temporary closures possible - please call to confirm)
Mondays and Tuesdays open for lunch only
- 🚶 2 min. walk from JR Ome Line Ome Station



Tempura Set Meal

Available Year-round

Ingredients Eggplant, green peppers and other seasonal vegetables (from Nishi-Tama)

Unaju (Grilled Eel on Rice)

Available Year-round

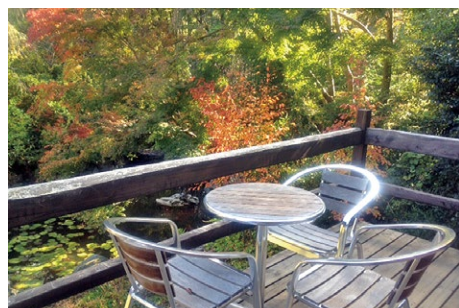
Ingredients Japanese honewort, used vegetables (from Nishi-Tama)



CAFE YUBA

☎ 0428-74-4405

URL <https://cafeyuba.com>



Signature menu



- 📍 5-3142 Osoki, Ome-shi
- 🕒 Thu./Fri./Sun. 11:00 - 16:00
- ✕ Mondays, Tuesdays, Wednesdays and Saturdays
- 🚶 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



Handmade Cake

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

Available Year-round

Ingredients Eggs (from Ome), home grown herbs

Handmade Cake Set

Available Year-round

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



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)

"Pirtsu" Light Meal Cafe

☎ 0428-74-4528

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



Signature menu

"Plenty of Mushrooms " Pizza

Available Year-round

Ingredients Various mushrooms (from used Ome)

Shiitake Mushroom Ajillo and Baguette Set

Available Spring and autumn

Ingredients Various mushrooms (from used Ome)

- 📍 1-90 Nariki, Ome-shi
- 🕒 11:30 – 15:00
- ✖ 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 Yotsukado" stop and walk 5 mins.



Italian House Toscana

☎ 0428-24-3755

URL facebook.com/since1978toscana



Signature menu

Meal with Local Vegetables / Seasonal Spaghetti

Available Year-round

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

Chef's Special Minestrone

Available November to early February

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

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



Soba-dokoro Tsukumo

☎ 0428-32-1230

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



Signature
menu

TOKYO X Meat Udon / Soba,
Developed in Ome

Available Year-round

Ingredients TOKYO X Pork Yuzu citrus
used (From Ome)

Minced Tokyo Shamo Chicken
Rice Bowl Set

Available Year-round

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

- 📍 5-45-2 Shinmachi, Ome-shi
- 🕒 11:00 - 20:30
- ✖ Wednesday, the 1st and 3rd
Wednesday and Thursday
- 🚗 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.



Tamagawaya So-honten

☎ 0428-78-8345

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



Signature
menu

TOKYO X pork meat broth
Soba/Udon noodles

Available Year-round

Ingredients TOKYO X pork (from Ome)
used

TOKYO X pork Meat nanban
style Soba/Udon noodles

Available Year-round

Ingredients TOKYO X pork (from Ome)
used

- 📍 360 Mitake Honmachi, Ome-shi
- 🕒 11:00 - 18:30 (from December to
February, 15:00)
- ✖ 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



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 Inariya

☎ 0428-76-0915

URL



Signature menu

TOKYO X Pork Udon

Available Year-round

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

TOKYO X Minced Meat Cutlet

Available Year-round

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

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



Moriman

☎ 0428-22-1331

URL



Signature menu

TOKYO X Pork Katsudon

Available Year-round

Ingredients TOKYO X Pork (from Ome)

TOKYO X Pork Udon

Available Year-round

Ingredients TOKYO X Pork (from Ome)

- 📍 3-9-7 Higashiome, Ome-shi
- 🕒 11:00 – 20:00
- ✖ Irregular
- 🚶 5 min. walk from JR Ome Line Higashiome Station North Exit



Fujimineken

☎ 0428-78-8451

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



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)

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



Sumidorikura IKADA

☎ 0428-85-8726

URL <http://ikadamitake.com/>



Signature
menu

With Bakudan Bombstyle Egg

Available Year-round

Ingredients used Eggs (from Ome)

Mukashi-dori Chicken Skewers

Available Year-round

Ingredients used Chicken (from Ome)

- 📍 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



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)

PLEIN CIEL

☎ 0428-20-8577

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



Signature
menu



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



Okutama Yamame Sashimi lunch set

Available Year-round

Ingredients used Okutama Yamame (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/>



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

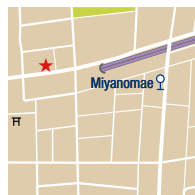
Ingredients Tokyo milk, Hojicha (from
used Ome), green tea (from Mizuho)

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

🕒 9:00 – 19:00

✖ Thursday and Fridays

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



Ome

Turkish Cafe RugTime'mutluluk

☎ 090-8778-6892

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



Signature menu

Pilaf Plate Set

Available Year-round

Ingredients Potatoes, eggplant, cabbage,
used carrots (from Ome)

Mackerel Sandwich Plate Set

Available Year-round

Ingredients Potatoes, tomatoes, green
used beans, cucumbers, cabbage,
carrots (from Ome)

📍 2-812 Kurosawa, Ome-shi

🕒 11:30 – 17:00

✖ Wednesdays and Thursdays

🚌 10 min. by bus from JR Ome Line
Higashi-Ome Station



Ome

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👤 Electronic money accepted
(confirm types that
are accepted)

NAMIKI-AN

☎ 042-362-8462

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



Signature
menu



- 📍 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



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

Available Year-round

Ingredients Seasonal vegetables such as bell peppers, eggplant, etc. (from Fuchu, Kunitachi)

Tsukemono Japanese pickled vegetables from Fuchu

Available Year-round

Ingredients Seasonal vegetables such as cucumber, daikon radish, and more (from Fuchu)



Soba-dokoro Manzouan

☎ 042-362-4590

URL <http://r.gnavi.co.jp/gcw0300/>



Signature
menu



- 📍 2-4-7 Wakamatsu-cho, Fuchu-shi
- 🕒 11:00 – 15:00
17:30 – 20:30
- ✕ Mondays (One consecutive holiday per month)
- 🚶 7 min. walk from Keio Line Higashi-Fuchu Station



Fuchu Moriage Soba

Available May to August

Ingredients Seasonal vegetables used (from Fuchu)

Agēsoba Caesar Salad

Available Year-round

Ingredients Leaf lettuce, red cabbage, etc. (from Fuchu)



Tonkatsu Kappo
Yasui Meat

☎ 042-363-8601

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



Signature
menu



Tonkatsu Set

Available Year-round

Ingredients used Cabbage (from Fuchu)

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

Available Summer

Ingredients used Eggplants (from Fuchu)

- 📍 1-23-3 Shiraitodai, Fuchu-shi
- 🕒 Lunch Mon. - Sat. 11:30 - 14:00
Pub 17:00 - 22:00
(Closed on Tuesdays)
(Sun: 16:30 - 22:00)

✕ Holidays

- 🚶 10 min. walk from Keio Line Tama-Reien Station
7 min. walk from Seibu Tamagawa Line
Shiraitodai Station



Trattoria La Vita

☎ 042-360-1166

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



Signature
menu



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

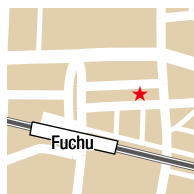
Available Year-round

Ingredients used Seasonal vegetables (from Fuchu)

Bagna Cauda

Available September-March

Ingredients used Seasonal vegetables (from Fuchu)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Kotomi Shokudo

☎ 080-9385-0348

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



Signature menu

Pork cutlet curry

Available Year-round

Ingredients Cabbage, Japanese mustard greens and other seasonal vegetables (from Fuchu), black rice (from Fuchu)



Toro Rice Set Meal

Available Year-round

Ingredients Daikon radish, carrots, cucumbers and other seasonal vegetables (from Fuchu), black rice (from Fuchu)



- 📍 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 (or the following day if Monday falls on a holiday), may be closed temporarily
- 🚶 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

Micchan Sengawa Honten

☎ Please check operation status on our official LINE account

URL <https://micchansengawa.com>



Signature menu

Okonomiyaki

Available Year-round

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

Yakisoba Grilled Noodles

Available Year-round

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



- 📍 1-10-19 Midorigaoka, Chofu-shi
- 🕒 11:00 - 13:30
- 🕒 17:00 - 21:00
- 🕒 (Until 21:00 on Sundays and Holidays)
- ✕ Mondays, 2nd and 3rd Tuesday of every month
- 🚶 7 min. walk from Keio Line Sengawa Station

Kappo Take Bamboo

☎ 042-381-9213

URL



Signature
menu



Terajima eggplant *Dengaku*

Available June-October

Ingredients Terajima eggplants from
used Koganei

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

Available Year-round

Ingredients Year-round
used Ingredients from Tama district

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



Koganei

Sakanaya No Daidokoro

☎ 042-382-1455

URL



Signature
menu



Sashimi Assorted

Available Irregular

Ingredients Horse mackerel, mackerel
used (from Miyake Island)

Ashitaba with Sesame Sauce

Available Irregular

Ingredients Ashitaba (from the Izu Islands)
used

- 📍 2-6-10 Hon-cho, Koganei-shi
- 🕒 Weekdays, weekends, and holidays
11:30 – 13:30 / 16:30 – 21:00 (Last Call 20:30)
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



Koganei

Nishimakigohan

☎ 042-203-2418

URL



Signature menu

Vegetable Croquette Set Meal with Deep-fried Bean Curd Coating (Example of Daily Vegan Set Meal)

Available Year-round

Ingredients Onions, potatoes, carrots and other used seasonal vegetables (from Koganei)

Today's Vegetable Curry

Available Year-round

Ingredients Onions, carrots, mushrooms and other used seasonal vegetables (from Koganei)

- 📍 2-13-10 Nakacho, Koganei-shi
- 🕒 11:00 – 17:00
- ✕ Wednesdays and Thursdays
- 🚶 13 min. walk from JR Musashi-Koganei Station



MIL FRUKTO

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

URL <http://milfrukto.com/>



Signature menu

Hinode Tomato Mutton Curry

Available Around May to June

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

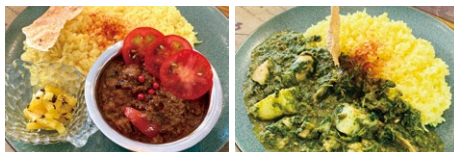
Chicken and *Norabona* Curry

Available Around April

Ingredients *Norabona* (from Hinode) and used Onions (from Kodaira)

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

- 📍 1F Pearl Bldg., 1-21-19 Gakuen Nishimachi, Kodaira-shi
- 🕒 12:00 – 14:00 (Last Call 13:30)
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



Tacos Mercado

☎ 042-497-5211

URL



Signature
menu



Tempura Tacos

Available Year-round

Ingredients *Morohaeya* Jute mallow, kale, tomatoes and other seasonal vegetables (from Kiyose and Kodaira)

- 📍 B1 Verde Hanakoganei, 2-2-16 Hanakoganeimimamicho, Kodaira-shi
- 🕒 12:00 - 15:00
17:30 - 21:30 (Fridays and Saturdays until 22:30)
- ✕ Thursdays
- 🚶 7 min. walk from Seibu Shinjuku Line Hanakoganei Station



Cobb Salad

Available Year-round

Ingredients Tomatoes, onions, lettuce and other seasonal vegetables (from Kiyose and Kodaira)



Teuchi-Udon Dontaku

☎ 042-585-2222

URL



Signature
menu



Tenzaru Udon Noodles

Available Year-round

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

- 📍 1352-6 Hino, Hino-shi
- 🕒 11:00 - 14:30 (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



Salad Udon

Available May-September

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



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

Keinoya Hino ekimae

☎ 042-586-0650

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



- 📍 4-6-4 Hinohoncho, Hino-shi
- 🕒 17:00 – 26:00
(Thursdays 17:00 – 23:00)
- ✕ Sundays
- 🚶 1 min. walk from JR Hino Station



Signature
menu

Grilled Hino Vegetables with Plenty of Cheese

Available Year-round

Ingredients Seasonal vegetables
used (from Hino and Tama area)

Ajjisai no Uta

(Potato salad with Tama-grown vegetables)

Available Year-round

Ingredients Seasonal vegetables
used (from Hino and Tama area)



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.)



Sushikou Higashimurayama

☎ 042-395-0522

URL https://instagram.com/sushikou.higashimurayama?utm_source=qr&igshid=MzNlNGNkZWQ4Mg==



Signature menu



Tamago-yaki Japanese Rolled Omelette

Available Year-round

Ingredients *Sakura* chicken eggs
used (from Machida)

Seasonal Vegetable Tempura

Available Year-round

Ingredients *Maruju* Sweetpotatoes,
pumpkin, corn, eggplant, okra,
edamame, *shitake* mushrooms,
etc. (from Higashimurayama)

- 📍 2-6-25 Honcho, Higashimurayama-shi
- 🕒 11:30 – 14:00 (Last call 13:40)
17:00 – 22:30 (Last call 21:30)
- ✕ Wednesdays
- 🚶 1 min. walk from Seibu Shinjuku Line
Higashimurayama Station East Exit



Higashimurayama

Western Kitchen kitchen KEIJI

☎ 042-395-3325

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



Signature menu



DON Burg

Available Year-round

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

Bagna càuda

Available Year-round

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

- 📍 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



Higashimurayama

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📅 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

👛 Electronic money accepted
(confirm types that
are accepted)

Aburyanse Hyakkan

☎ 042-329-2336

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



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)

📍 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



Yakiniku Keijyoen

☎ 042-323-5746

URL



Signature menu

Rich vegetable homemade namul

Available Year-round

Ingredients Seasonal vegetables used (from Kokubunji)

Rich vegetable Keijyoen salad

Available Year-round

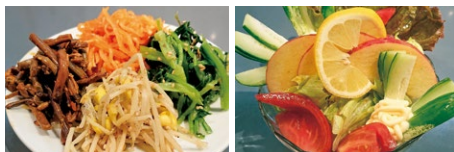
Ingredients Seasonal vegetables used (from Kokubunji)

📍 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



Syokusai Warabitei

☎ 042-511-7269

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



Signature menu

Jellied tomatoes/corn shinjowan/
fig sesame paste

Available Summer

Ingredients tomatoes, corn, figs from Fuchu

- 📍 3-7-6-1F Higashi, Kunitachi-shi
- 🕒 11:30 – 14:00/17:00 – 21:30
- ✖ Tuesdays and Wednesdays
- 🚶 About 15 min. from JR Chuo Line Kunitachi Station



Fugu course

Available November-February

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



Nakamichi Cafe

☎ 042-848-4991

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



Signature menu

Daily Set Meal

Available Year-round

Ingredients Seasonal vegetables (from Kunitachi)

Seasonal Vegetable and
Chicken Coconut Curry

Available Year-round

Ingredients Seasonal vegetables (from Kunitachi)

- 📍 4-12-11-1F Fujimidai, Kunitachi-shi
- 🕒 11:30 – 22:30
(Until 20:30 on Sundays and Holidays)
- ✖ Mondays
- 🚶 1 min. walk from JR Nambu Line Yagawa Station



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)

Hokkori Gohan • Hiyokomame

☎ 070-6459-4195

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

Signature menu

Soybean meat lunch, chicken *nanban* style

Available Year-round

Ingredients Seasonal vegetables (Kokubunji, Tachikawa, Kunitachi)

Homemade red *shiso* leaf juice mix

Available June end until sold out

Ingredients Red shiso leaf (from Tachikawa) used

📍 Matsuzawa Building 1F, 1-12-2 Kita, Kunitachi-shi

🕒 12:00 – 15:00

Around 18:00 – 19:30

✖ Monday, Tuesday

🚶 5 min. walk from JR Chuo Line Kunitachi Station North Exit



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



CRAFT *sakaba* KUNITACHIKA

☎ 042-843-0607

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



Signature
menu

Local vegetables *agebitashi*

Available Year-round

Ingredients Seasonal vegetables
used (from Kunitachi)

Pickles

Available Year-round

Ingredients Seasonal vegetables
used (from Kunitachi)

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

🕒 Monday, Tuesday, Thursday to Saturday 17:30 – 23:00
Sundays and Holidays 15:00 – 22:00

✕ Wednesdays

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



Kunitachi

Stuben Otama

☎ 042-551-1325

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



Signature
menu

Softly Stewed TOKYO X Pork Oven-baked

Available Year-round (Dinner only)

Ingredients TOKYO X Pork
used

TOKYO X Pork Steak Set

Available Year-round (Dinner only, reservation required)

Ingredients TOKYO X Pork
used

📍 785 Fussa, Fussa-shi

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

✕ Monday and Tuesday (Open if Monday is a public holiday, then closed on Wednesday)
Other irregular closure

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



Fussa

P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

MouMou BEACH CAFE

☎ 050-3623-5195

URL <https://moumou-beach.com/>



Signature menu

Mixed Curry

Available Year-round

Ingredients Petit Puyo tomatoes (from Ome)

Chicken and *Shiitake* Mushroom Ragout Pasta

Available Year-round

Ingredients Log-grown *shiitake* mushrooms (from Ome)

- 📍 91-2 Ushihama, Fussa-shi
- 🕒 11:30 - 15:00
17:00 - 22:00 (Thursday, Friday, Saturday only)
- ✕ Sundays and holidays
- 🚶 1 min. walk from JR Ome Line Ushihama Station



Asian Restaurant Komae Saigon

☎ 03-3430-5186

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



Signature menu

Coriander Salad

Available Year-round

Ingredients Coriander (from Komae and Setagaya)

Water Spinach and Garlic Stif-fry

Available Year-round

Ingredients Water spinach (from Komae and Setagaya)



Italian Restaurant **Vino Uno**

☎ **03-3430-4884**

URL <https://www.vino-uno.com/>



Signature
menu



Lunch and Dinner Course
(Includes homemade, stone oven-baked bread made with natural yeast)

Available Year-round

Ingredients Broccoli, Romanesco, and other
used seasonal vegetables (from Komae)

Vegan-friendly!!
Pizza with Seasonal Vegetables

Available Year-round

Ingredients Eggplant, beets, and other
used seasonal vegetables (from Komae)

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

🕒 12:00 – 14:30 (Last call 13:30)
18:00 – 21:30 (Last call 20:30)

✕ Monday (Substituted to Tuesday if Monday is a holiday), two consecutive holidays twice a month

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



Komae

Casual French restaurant **Arbre**

☎ **042-492-7800**

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



Signature
menu



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

Available Year-round

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

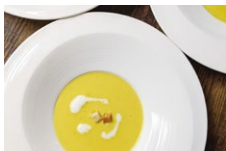
📍 Yamaka Bldg., 1-4-17 Matsuyama,
Kiyose-shi

🕒 11:30 – 14:30 (Last call 13:30)
17:30 – 21:30 (Last call 19:30)

(Closed on Thursdays)

✕ Mondays and the 1st Tuesday of the month

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



**Seasonal Kiyose
vegetable potage**

Available Year-round

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



Kiyose

P Parking lot
available

📄 Takeout menu available
(may require a reservation)

📶 Wi-Fi available

📞 Reservations
possible

💳 Credit cards accepted
(confirm types that
are accepted)

📱 Electronic money accepted
(confirm types that
are accepted)

Ika Bar x Niku Bar Haru

☎ 042-497-9268

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

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)



Bistro Coin

☎ 042-420-7722

URL <https://bistrocoin.jp/>

Signature menu

Marinated Snow Crab and Scallops with Local Vegetable Nage (Example of course menu item)

Available Year-round

Ingredients used Tomatoes, myoga ginger, herbs and other seasonal vegetables (from Higashikurume)

Yanagikubo Wheat Canelé

Available Year-round

Ingredients used Yanagikubo wheat (from Higashikurume)



Murayama
Mangestu Udon

☎ 042-560-3559

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



Signature
menu

Udon Noodles with Meat Soup

Available Year-round

Ingredients Japanese mustard spinach
used (from Musashimurayama)

*Udon Noodles Topped with
Broiled Chashu Pork Slices*

Available Summer

Ingredients Daikon radish
used (from Musashimurayama)

- 📍 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

Nikujiro Udon Nagashimaya

☎ 042-516-8669

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



Signature
menu

Nikujiro Udon

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

*Matsuten (Nikujiro udon and tempura rice bowl) /
Takezen (Nikujiro 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



Musashimurayama

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)

ORTOLANA

☎ 042-407-5659

URL <http://ortolana.kitchen/>



Signature
menu

Ortolana Napolitan Pasta

Available Year-round

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

Peperoncino with Inagi Vegetables

Available Year-round

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



imacoco coffee

☎ 080-5674-7374

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



Signature
menu

Homemade pear pie

Available Year-round

Ingredients Pears (from Inagi)
used

Takao grape frappe

Available Year-round

Ingredients Takao grapes (from Inagi)
used



Teuchi-soba Kabe

☎ 042-578-1734

URL <http://kablesoba.com/>



- 📍 3-1-11 Hanenishi, Hamura-shi
- 🕒 Weekdays 11:30 – 15:00/17:00 – 20:00
Weekends and Holidays 11:30 – 20:00
- ✕ Thursdays
- 🚶 10 min. walk from JR Ome Line Ozaku Station West Exit



Signature menu



Kenchin Soba

Available November to February

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

Tenzaru Soba

Available July to November

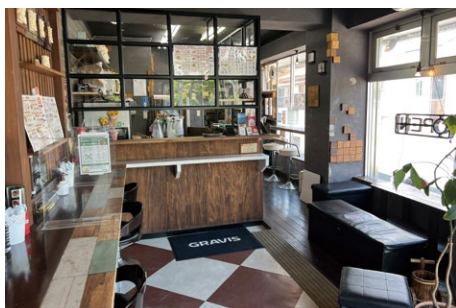
Ingredients Seasonal vegetables used (from Ome)



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 Potatoes (from Hinohara)
usedHinohara *maitake* mushroom spaghetti aglio, olio e peperoncino

Available Year-round

Ingredients *Maitake* mushrooms
used (from Hinohara)

Sumibiyaki/Yamazato Village Dishes

Kurochaya

☎ 042-596-0129

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

Signature menu



- 📍 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

Sumibiyaki Char-grilled/
Yamazato Village DishesAvailable 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.

Sweetness & Tea House
Misegura HISAMORI

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



Signature menu

Shaved natural ice

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

Anmitsu confectionary topped with bean jam and bracken starch dumplings

Available Year-round
Ingredients used Tokyo milk

- 📍 633 Ogawa, Akiruno-shi
- 🕒 Weekdays 12:00 – 17:00
Saturdays, Sundays and holidays 12:00 – 17:00
- ✖ Tuesdays
- 🚶 10 min. walk from JR Itsukaichi Line Higashi-Akiru Station



Akiruno

Dining Bar KAI Akigawa

☎ **042-550-6633**
URL <https://diningbarkaiakigawa.owst.jp>



Signature menu

Grilled Akigawa Beef Skewers

Available Year-round
Ingredients used Akigawa beef (from Akiruno)

Chilled Tomato Carpaccio

Available Summer
Ingredients used Tomatoes (from Akiruno)

- 📍 1-1-10 Akigawa, Akiruno-shi
- 🕒 Sun - Thu: 16:00 – 24:00
Fri, Sat and Days before holidays: 16:00 – 25:00
- ✖ December 31, January 1
- 🚶 1 min. walk from JR Itsukaichi Line Akigawa Station North Exit



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 Spring: *Tanarome* angelica tree shoots, fukinoto butterbur flower buds, Summer: *Yukinoshita* creeping saxifrage, tsuyukusa Asiatic dayflower, Autumn to Winter: *Maitake* mushrooms, Jerusalem artichoke, makomodake Manchurian wild rice shoots, etc. (from Akiruno)

Seasonal Choices of the Chef

Available Year-round

Ingredients used Seasonal vegetables (from Akiruno)



Tokura Shiroyama Terrace Restaurant Shokuinshitsu

☎ 042-595-1234

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

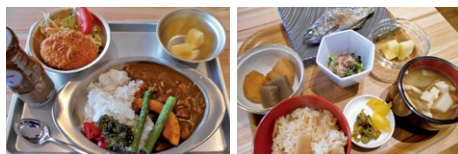


📍 Inside the Tokura Experience Training Center, Akigawakeikoku, 325 Tokura, Akiruno-shi

🕒 11:30 – 14:00

✖ Tuesdays and 28 December-January 4

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



Signature menu

Inaka Countryside Curry Plate

Available Year-round

Ingredients Seasonal vegetables
used (from Akiruno)
(mainly root vegetables)

Salt Grilled Satoyama Masu Trout Set Meal

Available Except for June and August

Ingredients Seasonal vegetables
used (from Akiruno), Masu trout
from the Akigawa River



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



P Parking lot available

A Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

L'Arbre

☎ 042-596-0068

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



Signature
menu



Shima Zushi

Available July to September

Ingredients Red snapper, sea bream,
used splendid alfonsino, etc.
(from Hachijojima Island)

Charcoal-Grilled Tokyo Wagyu Beef

Available October to January

Ingredients Tokyo wagyu beef
used (from Akiruno)



Restaurant Kenzo

☎ 042-465-0300

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



Signature
menu



Lunch course / dinner course

Available Year-round

Ingredients Seasonal vegetables
used (homegrown, from Nishitokyo)

Tomato falcly (with soup, bread, and a drink)

Available Tomato harvest season

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



TRATTORIA E PIZZERIA L'INCANTO

☎ 042-439-9560

URL



Signature
menu



📍 1F Annex Manor 102, 4-8-18 Shimohoya, Nishitokyo-shi

🕒 Lunch 11:30 - 14:30 (Last call 14:00)
Dinner Weekdays 17:30 - 22:00 (Last call 21:30)
Weekends & Holidays 17:00 - 22:00 (Last call 21:30)

✕ Mondays (or following day if Monday is a holiday), irregular holidays

🚶 4 min. walk from Seibu Ikebukuro Line Hoya Station



Local Vegetable Bagna Cauda

Available Year-round

Ingredients Cabbage, zucchini, tomatoes and other seasonal vegetables (from Nishitokyo and Nerima)

Pizza Ortolana

Available Summer

Ingredients Eggplant, zucchini, tomatoes and other seasonal vegetables (from Nishitokyo and Nerima)



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)



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

NPO Restaurant

Hinochara Shiki-no-sato

☎ 042-598-1060

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

Signature menu

Aya Gozen

Available Year-round

Ingredients Seasonal vegetables such as eggplant, *Manganji* chili peppers, etc. (from Akiruno, Hinode, and Hinochara), mountain vegetables, and maitake mushrooms (from Hinochara)

Vegetable tempura rice bowl

Available Year-round

Ingredients Seasonal vegetables such as eggplant, *Manganji* chili peppers, etc. (from Akiruno, Hinode, and Hinochara), mountain vegetables, and maitake mushrooms (from Hinochara)

- 📍 5493 Hinochara-mura, Nishitama-gun
- 🕒 11:30 – 14:00
- ✕ 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



Signature menu

Satoyama Set Meal

Available Year-round

Ingredients Maitake Mushrooms (from Hinochara) Seasonal Vegetables (from Hinochara)

Hinochara Potatoes

Available Year-round

Ingredients Potatoes (from Hinochara)

- 📍 3783 Hinochara-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.



Villa delpino

☎ 042-598-1054

URL



- 📍 5493-1 Motoshuku, Hinohara-mura, Nishitama-gun
- 🕒 11:00 – 14:30
(Dinner by reservation only)
- ✖ Wednesdays and Thursdays
- 🚶 25 min. by bus from JR Itsukaichi Line Musashi-Itsukaichi Station

Signature menu



Hinohara Maitake Mushroom Salad

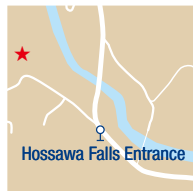
Available Year-round

Ingredients Maitake mushrooms
used (from Hinohara)

Pasta with Hinohara Potatoes and Itsukaichi Green Beans

Available June to August

Ingredients Potatoes (from Hinohara),
used green beans (from Akiruno)



Earth Garden

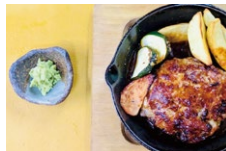
☎ 0428-85-5101

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 Hamburg

Available Year-round

Ingredients Wasabi (from Okutama)

Sea grapes TKG

Available Year-round

Ingredients Shiromaru eggs
used (from Okutama)



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

Kamameshi Nakai



☎ 0428-85-1345

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

📍 175 Otaba Okutama-machi, Nishitama-gun

🕒 Weekdays 11:00 – 15:00
Sat, Sun and Holidays 11:00 – 18:00

✕ 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 used on pulpwood (from Ohtaba)

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

Available Year-round

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



Minwa-no-yado Arasawayama

☎ 0428-83-2365

URL <http://arasawayama.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 Okutama *Yamame* used (from 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, awabidake mushrooms, various mountain vegetables (from Okutama), TOKYO X, etc.

Jisuke poteto with negi miso (leek and miso sauce)

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

Ingredients Jisuke potato (from Okutama) used



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 Okutama)

Shiromaru Egg Volcano

Available Year-round

Ingredients Shiromaru eggs (from Okutama) used



P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

Cafe restaurant SAKA

☎ 0428-85-8155

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

Signature menu

Hamburg steak made with
Aki-gawa beef and Okutama *shiitake* mushrooms
(Appetizer and drink set)

Available Year-round

Ingredients Aki-gawa beef, *shiitake* mushrooms
used and vegetables from Okutama

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

Available Year-round

Ingredients Seasonal vegetables from
used Okutama

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

📍 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



RUNWAY

Dashimaki Eggs Specialty Store

☎ 0428-85-8337

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

Signature menu

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

Available Year-round

Ingredients Tokyo *Ukokkei* Chicken eggs
used (from Ome)

RUNWAY Pudding

Available Year-round

Ingredients *Fukami* eggs (from Ome)
used

📍 549 Kotaba, Okutama-machi,

Nishitama-gun

🕒 11:00 – 15:00

✕ Tuesdays

🚗 1 min. walk from JR Ome Line Kori
Station



RUNWAY

~TAMA Collection~

☎ 0428-85-8687

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

Okutama



- 📍 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)



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

Take a bite of Tokyo

Introduction to Tokyo



TOKYO X Pork

This high quality pig was registered in 1997 as the first pedigree pig species in Japan by breeding three varieties of pigs, Berkshire, Duroc and Beijing Black. Its soft meat is characterized by its high quality fat, and around 9,000 of the pigs are distributed annually. The name implies that it is a "Cross" breed pig born in Tokyo with unknown "X" possibilities.



Tokyo Shamo Chicken

Females produced by a cross between *shamo* game fowl and Rhode Island Red chickens, were crossed again with *shamo* game fowl to create this high quality chicken. In addition to the firmness of *shamo* game fowl, the meat has a rich taste and aroma. When compared with *shamo* game fowl, it is characterized by its high rate of egg laying and gentle and easy to keep disposition. About 8,000 birds are produced and distributed each year in Tokyo.



Tea

The western part of Saitama and the northwestern part of Tama, Tokyo have been tea producing areas since the Edo period (1603 - 1868). The tea from Saitama is called "Sayama Tea" and the tea from Tokyo is called "Tokyo Sayama Tea." Characterized by its sweet and rich taste which are a result of the cold winters in the production area and the unique "Sayama roasting" finishing technique.



Camellia & Camellia Oil

Production of camellia oil is flourishing in Toshima and Oshima with their mild climate. Not just used as an edible ingredient, demand is high because it is used in various products such as cosmetics. Toshima Island in particular has about 200,000 trees planted and is known as the best producer of camellia oil in Japan.



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, *asemono* side dishes, and stir fry. Most of the raw *ashitaba* that are exported are produced in Tokyo.



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

We hope you use these ingredients.



Why don't you enjoy Tokyo's specialties?

Japanese mustard spinach (Year-round)

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



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

Okutama Yamame (Year-round)

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



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

Splendid alfonso (Year-round)

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



Ashitaba (Year-round)

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



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

TOKYO X Pork (Year-round)

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.

Tokyo Shamo Chicken (Year-round)

Rich in protein and low in fat, it features a moderate firmness and is recommended



for traditional Edo dishes such as "Shamo-nabe" hot pot.

Tomatoes (Jan - Nov)

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



Japanese giant flying fish (Feb - May)

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



Passion fruit (Mar - Aug)

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



Edamame soybeans (May - Aug)

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



Bonitoes (Feb - Apr)

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



Norabona (Mar - Apr)

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



Wasabi (Apr - Nov)

Carefully cultivated in small *wasabi* fields along the clear streams of the Tama River basin in areas such as Okutama-machi.



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) Tokyoochuukai 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, 12 non-vegetable items, including fruits and grains, are recognized as part of the Edo-Tokyo historical heirloom crops.)



▲ Kameido Daikon radish



▲ Magome Sanzun carrot



▲ Terajima Nasu eggplant

Traditional *Okura Daikon* radish ▶



Kiwi fruit (Oct - Nov)

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



Persimmons (Oct - Nov)

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



Cabbages (Oct - Dec)

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



Broccoli (Oct - Dec)

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



Spinach (Oct - Feb)

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



Daikon radishes (Nov - Dec)

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



Udo spikenard (Dec - May)

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



Strawberries (Dec - May)

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



Restaurants registered as being able to serve vegetarians and vegans

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

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

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

*1 Vegetarian

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

*2 Vegan

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

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

[Vegetarian]

Location	Restaurant name	Contact	Page
Chiyoda-ku	DINING LIEU	03-3293-1141	11
	NADABAN by HAL YAMASHITA	03-6273-3386	12
Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	15
	cusavilla	03-5467-0560	15
	HAL YAMASHITA Tokyo	03-5413-0086	17
Shinjuku-ku	Under the Tree	03-3341-1461	17
	Tokyo Islands Shochu <i>izakaya</i> Kokkome	080-9971-3471	18
Bynkyo-ku	Kifune	03-5834-7512	21
Koto-ku	Edo Tokyo Beer On Tap	03-6659-8379	25
Shibuya-ku	<i>Soba-dokoro</i> Oonoya Motoyoyogicho	03-3467-7513	30
	fun.ice!	080-4342-1522	31
Toshima-ku	All Day Dining CROSS DINE	03-3980-4040	33
Kita-ku	Yofu Souzai Teppan Daidokoro Theory Akabane	03-6454-4252	34
Nerima-ku	Komorebi	03-6904-8797	36
	Kutsurogi-dokoro Toride	03-3995-9378	36
	Pizzeria Gtalia da Filippo	03-5923-9783	40
	OPPLA'! DA GTALIA	03-6339-6936	40
Edogawa-ku	Bakery Restaurant Maruko	03-3656-5211	43
Tachikawa-shi	DAICHINO RESTAURANT	050-3196-9027	48
	SORANO ROOFTOP BAR	050-3503-9379	49
Musashino-shi	Kitchen Ohnami	0422-26-9283	50
Mitaka-shi	KAERU <i>SHOKUDO</i>	0422-46-0077	52
Ome-shi	Dining & Gallery Mayugura	0428-21-7291	52
	Suzukiya	0428-22-2064	53

[Points to note]

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

Location	Restaurant name	Contact	Page
Ome-shi	"Pirtsu" Light Meal Cafe	0428-74-4528	54
	Turkish Cafe RugTime' mutluluk	090-8778-6892	59
Fuchu-shi	Trattoria La Vita	042-360-1166	61
Koganei-shi	Nishimakigohan	042-203-2418	64
Kodaira-shi-shi	Tacos Mercado	042-497-5211	65
Hino-shi	Keinoya Hino ekimae	042-586-0650	66
Kunitachi-shi	Syokusai Warabitei	042-511-7269	69
Fussa-shi	MouMou BEACH CAFE	050-3623-5195	72
Komae-shi	Asian Restaurant Komae Saigon	03-3430-5186	72
	Italian Restaurant Vino Uno	03-3430-4884	73
Inagi-shi	ORTOLANA	042-407-5659	76
Hamura-shi	(Seafood and Sushi) Hanamizuki	042-578-3137	78
Okutama-machi	Earth Garden	0428-85-5101	85
	Okutama riverside cafe awa	0428-74-9947	87

[Vegan]

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Okutama-machi	Earth Garden	0428-85-5101	85
	Minwa-no-yado Arasawaya	0428-83-2365	86
	Robata Akabeko	0428-83-2365	87
	Okutama riverside cafe awa	0428-74-9947	87

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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.

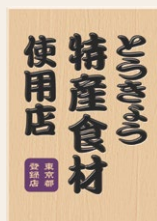
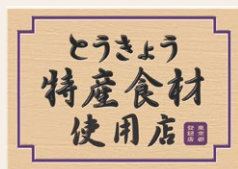


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