

Take a bite ²⁰²⁶ of Tokyo

*Guide to
Tokyo's Locavore
Restaurants*

**TAKE
FREE**



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



TOKYO METROPOLITAN GOVERNMENT

the made from
Tokyo
Tokyo

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 204 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 2026

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204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8(2026)年3月

東京都産業労働局農林水産部食料安全課

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

Establishments registered

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

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

Look for these signboards



Sample page

Name of establishment
Nanko Rest House

Telephone number
03-3231-0878

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

Exterior, interior, etc.


Available services, etc.


Signature menu
Edo Eco Koraku-ju

Available Year-round
Ingredients Fish (Hachijojima Island), vegetables (Nerima-ku), salt (Oshima Island)
* Salt: Umi no Sei from Oshima Island

Telephone number
03-3231-0878

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

Address
1-1 Kokyogaien, Chiyoda-ku

Hours
11:00~14:00

Closed
December 28 to January 1

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

Featured dishes


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

Available Year-round
Ingredients Fresh local ingredients of the day

Map


Municipality
Chiyoda

Icon legend

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

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

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

※ Restaurant information is current as of November 2025.

東京都が地産地消に取り組む 飲食店を応援します。

登録されているお店は

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

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

このボードが目印です



紹介ページの見方

店名 楠公レストハウス

電話番号 03-3231-0878

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

区市町村 千代田区

外観・店内風景、他



例 千代田区皇居外苑1-1 ● **所在地**

営業時間 11:00~14:00

休み 12月28日~1月1日

JR東京駅・有楽町駅より徒歩約10分
地下鉄二重橋前駅・日比谷駅より徒歩約5分

最寄駅等

可能な対応



メニュー名・提供時期・使用食材等

「江戸エコ行楽重」

提供時期 Year-round

使用食材 魚類(八丈島)、野菜(練馬)、塩(大島)

※塩は大島産の「海の精」を使用しています

「一汁三菜御膳」

提供時期 Year-round

使用食材 厳選した新鮮な地場の食材を中心に使用(日替り)

主なメニュー、他



アイコン凡例

- 駐車場有
- テイクアウトメニュー有
- Wi-Fi 利用可
- 予約可
- クレジットカード利用可 (種類は要確認)
- 電子マネー利用可 (種類は要確認)

地図



お店の地図はすべて上が北の方角です

※メニュー名は東京産農林水産物を使用したメニューの一例を掲載しています。
 なお、季節等によりメニューに変更がある場合がありますのでご了承ください。
 ※お店の情報は令和7年11月時点のものです。

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

Nanko Rest House

☎ 03-3231-0878

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



Signature menu

Edo Eco Koraku-ju

Available Year-round

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

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

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

Available Year-round

Ingredients Fresh local ingredients of the day used

*Reservations are only for some menu items.

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



L'art et Mikuni

☎ 03-3213-0392

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



Signature menu

Piccolo Course (lunch)

Available Year-round

Ingredients Seasonal Tokyo vegetables used (menus vary)

Grande Course (lunch/dinner)

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

Available Year-round

Ingredients Seasonal Tokyo vegetables (menus vary) used

- 📍 In the National Museum of Modern Art
3-1 Kitanomaru Park, Chiyoda-ku
- 🕒 11:30 - 15:00
17:30 - 21:00
- 🗓 Mondays, Sunday dinner time
- 🚶 3 min. walk from Tokyo Metro Tozai Line Takebashi Stn Exit 1b



Tonkatsu Ikeda

☎ 03-3262-4434

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



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



Chiyoda

Signature menu

TOKYO X Tonkatsu Pork Loin Cutlet

Available Year-round
Ingredients used TOKYO X Pork

TOKYO X Premium Pork Fillet Cutlet

Available Year-round
Ingredients used TOKYO X Pork



NADABAN by HAL YAMASHITA

☎ 03-6273-3386

URL <http://nadaban.com>



- 📍 2F room 215, 1-1-2 Yurakucho, Chiyoda-ku
- 🕒 11:30 - 13:30/17:30 - 23:00
- ✖ Same as Midtown closed days
- 🚶 3 min. walk from Tokyo Metro Hibiya Line Hibiya Station



Chiyoda

Signature menu

Tempura plate

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

Chilled eggplant stew with chef's pride dashi broth

Available Year-round
Ingredients used Eggplant (from Kokubunji)



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

Nihombashi Yukari

☎ 03-3271-3436

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



- 📍 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

Signature menu

Braised TOKYO X Pork Belly with Senju Green Onion

Available Year-round

Ingredients TOKYO X pork
used and Senju green onion

Custard Pudding with Edo Rice

Available Year-round

Ingredients Rice, eggs, milk
used



Tenmo

☎ 03-3241-7035

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



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

Signature menu

Edo Tokyo Vegetable Tempura

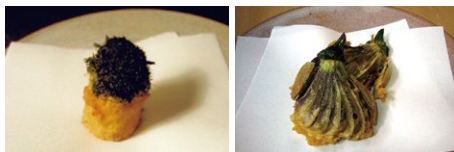
Available Varies in each season

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

Assorted Pickles

Available Year-round

Ingredients Turnip (from Kiyose, etc.), Magome 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

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



Ginza Himorogi

☎ 03-6274-6779

URL <http://himorogi.tokyo/>



Signature menu

Tokyo *Shamo* Chicken Thigh *Yakitori*

Available Year-round

Ingredients used Tokyo *Shamo* Chicken from Akiruno

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

Available Year-round

Ingredients used Tokyo *Shamo* Chicken from Akiruno

- 📍 1F Meiko Bldg, 8-2-15 Ginza, Chuo-ku
- 🕒 Lunch (Mon - Sat): 11:30 - 14:00
Dinner (Mon - Fri): 17:00 - 4:00
next morning (Last Call 3:00)
- ✖ Sundays
- 🚶 5 min. walk from Ginza, Shimbashi, Hibiya, and Uchisaiwaicho stations



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)

Hanagoyomi Tokyo

☎ 03-3271-1135

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



- 📍 15F Hotel Ryumeikan, 1-3-22 Yaesu, Chuoku
- 🕒 6:45 – 10:00 (Last Call 9:45)
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

Shabu-shabu with 25 Types of Vegetable

Available Year-round

Ingredients Spinach, carrots and other seasonal vegetables (from Hachioji)

Tamago kake gohan

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

Available Year-round

Ingredients Chicken eggs (from Hachioji)



Torimikura Kyobashi Edogrand

☎ 03-6262-0879

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



- 📍 1F Kyobashi Edogrand, 2-2-1 Kyobashi, Chuo-ku
- 🕒 11:00 – 15:00
17:00 – 22:30
- ✖ Sundays, national holidays, year-end and New Year holidays
- 🚶 1 min. walk from Tokyo Metro Ginza Line Kyobashi Station



Signature menu

Ultimate Tokyo Shamo Chicken Oyako-don

Available Year-round

Ingredients Tokyo Shamo Chicken

Ultimate Tokyo Shamo Chicken 'Salt' Oyako-don

Available Year-round

Ingredients Tokyo Shamo Chicken



Public Restaurant FUKURO

☎ 050-5462-2999

URL



Signature menu

Kakiage Tempura with Ashitaba and Beni Shoga (Red Pickled Ginger)

Available Year-round

Ingredients used Ashitaba (from Miyakejima)

Simmered Terajima Eggplant

Available August to September

Ingredients used Terajima eggplant (from Mitaka)

- 📍 1F Kyobashi OM Building, 1-19-8 Kyobashi, Chuo-ku
- 🕒 11:30 - 14:00
17:30 - 22:00
- ✖ Saturdays, Sundays and national holidays
- 🚶 3 min. walk from Toei Asakusa Line Takaracho Station
6 min. walk from Tokyo Metro Ginza Line Kyobashi Station
6 min. walk from Tokyo Metro Hibiya Line Hatchobori Station



Chuo

Aoyama Torimikura Honten

☎ 03-5770-5039

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



Signature menu

Ultimate Tokyo Shamo Chicken Oyako-don

Available Year-round

Ingredients used Tokyo Shamo Chicken

Tokyo Shamo Chicken Skewers

Available Year-round

Ingredients used Tokyo Shamo Chicken

- 📍 3-12-4 Minami-Aoyama, Minato-ku
- 🕒 11:30 - 15:00
17:30 - 22:00
- ✖ New Year Holidays
- 🚶 4 min. walk from Omotesando Station Exit A4



Minato

Natural Cafe and Restaurant

TABUNOKI

☎ 03-3280-1916

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

Signature menu

Naturally Farmed Vegetable Lunch

Available Year-round

Ingredients Seasonal vegetables from used Nishitokyo, etc.

Seasonal Dinner Course

Available Year-round

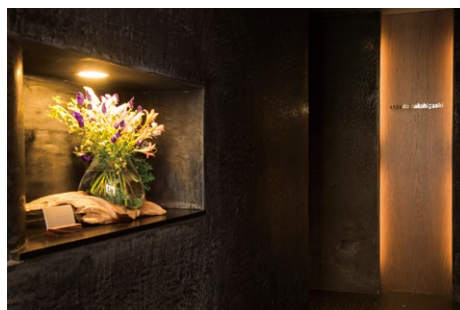
Ingredients Seasonal vegetables from used Nishitokyo, etc.

- 📍 1F Tokyo Ryoin-shinkan, 4-9-16 Takanawa, Minato-ku
- 🕒 Weekdays 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

☎ 03-5467-0560

URL www.cusavilla.com

Signature menu

Minestrone Soup

Available Year-round

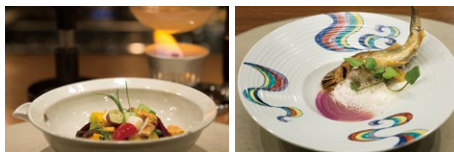
Ingredients All course menu dishes use ingredients produced in Tokyo (seasonal vegetables from Hachioji and Akiruno, Tokyo *ukokkei* fowl eggs, livestock products from urban areas, river fish, etc.)

Wild ayu (from Akigawa River) broiled with salt

Available June - August

Ingredients Wild ayu sweetfish caught in the Akigawa River, seasonal vegetables from Hachioji and Akiruno

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



Tokyo Oven Akasaka

☎ 03-6230-9569

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



- 📍 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



Signature menu

Homemade pickles with farm vegetables

Available Year-round (Depending on availability)

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

Steamed Tokyo vegetables in a nabe iron pot

Available Year-round (Depending on availability)

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



Tonkatsu X

☎ 03-6435-2904

URL



- 📍 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



Signature menu

TOKYO X Tonkatsu Pork Loin Cutlet Set Meal

Available Year-round

Ingredients used TOKYO X Pork

Chateaubriand

Available Year-round

Ingredients used TOKYO X Pork



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)

HAL YAMASHITA Tokyo

☎ 03-5413-0086

URL www.hal-yamashita.com



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



Signature menu



Signature A5 Marbled Black Wagyu Beef and Tomato *Suki-yaki*

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)



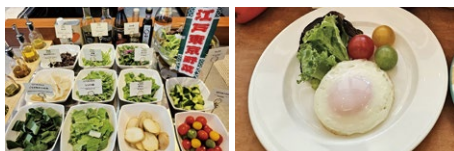
BONSALUTE CAFE

☎ 03-6699-1000

URL <https://gracery.com/tamachi/>



- 📍 Hotel Gracery Tamachi
3-8-1 Shibaura, Minato-ku
- 🕒 7:00 – 10:00
- ✖ Open everyday
- 🚶 5 min. walk from JR Tamachi Station



Signature menu



12 Salad Items

Available Year-round

Ingredients used Goseki late-season *Komatsuna* mustard spinach, mizuna greens, arugula and other seasonal vegetables (from Kiyose, Nerima and Tachikawa)

Fried Egg

Available Year-round

Ingredients used Eggs (from Ome)



Tonkatsu Taihou Nishishimbashi

☎ 03-6273-3330

URL



- 📍 1-18-11 Nishishimbashi, Minato-ku
- 🕒 11:30 - 14:30
18:00 - 22:00
- ✖ Sundays
- 🚶 3 min. walk from Toei Mita Line Uchisaiwaicho Station

Minato

Signature menu



TOKYO X Tonkatsu Pork Loin Cutlet Set

Available Year-round

Ingredients used TOKYO X Pork

TOKYO X Tonkatsu Pork Fillet Cutlet Set

Available Year-round

Ingredients used TOKYO X Pork



Tokyo Islands Shochu Izakaya Kokkome

☎ 080-9971-3471

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



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

Shinjuku

Signature menu



Stewed Turtle

Available Year-round

Ingredients used Turtle (from Ogasawara)

Ashitaba Tempura

Available Year-round

Ingredients used Ashitaba (from Hachijojima)



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)

Under the Tree

☎ 03-3341-1461

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



Signature menu

Spicy Curry

Available Year-round

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

Vegetable smoothie

Available Year-round

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



Restaurant Tsuburano

☎ 03-3341-1461

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



Signature menu

Bento Box with Dashimaki Broth Fried Egg and Tonjiru Soup

Available Year-round

Ingredients Naito chili pepper (from Nerima, Mitaka)

Red and White Inari Sushi with Tonjiru Soup or Soba

Available Year-round

Ingredients Naito chili pepper (from Nerima, Mitaka)





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

🕒 11:30 - 14:00

🗓 Saturdays, Sundays, Holidays, New Year Holidays

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



Signature menu



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 *katsuobushi* (from Hachiojima), TOKYO X Pork



Kaidarake



📍 1F LeCIEL Nishi-Shinjuku, 1-13-8 Nishi-Shinjuku, Shinjuku-ku

🕒 11:30 - 23:30

(Lunch served till 15:00)

🗓 Saturdays

🚶 5 min. walk from Shinjuku Station West Exit on each line



Signature menu



Fresh Vegetable Salad

Available Year-round

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

Vegetable Tempura

Available Year-round

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



Charcoal Grill *Kappo* Mikore

☎ 03-6302-0903

URL <http://mikore.info/>

Signature menu



Dinner only

Dinner only

Dinner only

- 📍 3F Masuya Bldg, 1-15-5 Nishi-Shinjuku, Shinjuku-ku
- 🕒 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



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)

Sakana no Mikore

☎ 03-5990-5906

URL <http://mikore.tokyo/>

Signature menu



Dinner only

Dinner only

Dinner only

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



Fresh Vegetable Salad

Available Year-round

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

Smashed Cucumber Salad

Available Year-round

Ingredients Cucumber (from Mitaka)



Shinichikan

Shinjuku Honten

☎ 03-3209-8426

URL www.shinichikan.com

Shinjuku



📍 2-28-13Kabukicho, Shinjuku-ku

🕒 17:00 – 25:00 (Last Call 24:00)

🗑 Open everyday

🚶 5 min. walk from JR Chuo/Sobu Line Shinjuku Station East Exit
4 min. walk from Seibu Shinjuku Line Seibu Shinjuku Station
4 min. walk from Toei Subway Oedo Line/Tokyo Metro Fukutoshin Line Higashi-Shinjuku Station

Signature menu



TOKYO X Pork's all the cuts

Available Year-round

Ingredients used TOKYO X Pork

TOKYO X Pork ribs in chunks

Available Year-round

Ingredients used TOKYO X Pork



Sanaburi

☎ 070-3316-1718

URL

Shinjuku



📍 B1 Makiba Bldg., 1-16-14 Hyakunincho, Shinjuku-ku

🕒 17:00 – 23:00

🗑 Sundays

🚶 2 min. walk from JR Okubo Station
3 min. walk from JR Shin-Okubo Station

Signature menu



Oden

Available Year-round

Ingredients used Nerima daikon radish, Komatsuna mustard spinach (from Nerima)

Seiro-mushi Steamed Meat and Vegetables

Available Year-round

Ingredients used Potato, carrot, pumpkin, tomato and other seasonal vegetables (from Nerima)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👤 Electronic money accepted (confirm types that are accepted)

Creative Dining

Bonin Island Chef



Signature menu

Tempura/salad with seasonal Ogasawara vegetables

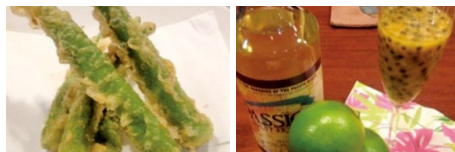
Available Year-round (content changes based on availability)

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

Direct-from-Ogasawara Fruit Sour

Available Year-round (content changes based on availability)

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



☎ 03-3235-0070

URL Instagram boninlandchef

📍 1-1-4 Sekiguchi, 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

Kifune



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 to February

Ingredients used Nerima Daikon radish (from Nerima and Nishitokyo)

☎ 03-5834-7512

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

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



Charcoal Yakitori Ohana

☎ 03-6284-4617

URL



📍 3-42-10 Yushima, Bunkyo-ku

🕒 18:00 – 22:00

✖ Irregular

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



Signature menu

Tokyo vegetable Skewers

Available Year-round

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

Warayaki grilled in straw with Tokyo Vegetables

Available Year-round

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



Hachiojima Local Cuisine

Genpachisendo Yushima

☎ 03-3837-5151

URL



📍 B1F Tocho Bldg., 3-46-8 Yushima, Bunkyo-ku

🕒 Weekdays 17:00 – 23:15

Saturdays 16:00 – 23:15

Sundays 17:00 – 22:15

✖ Thursdays

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



Signature menu

Ashitaba Tempura

Available Year-round

Ingredients used Ashitaba (from Hachiojima)

Kusaya Dried Mackerel

Available Year-round

Ingredients used Kusaya (from Hachiojima)



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)

Yawarana Hatauchi

☎ 080-2503-8087

URL

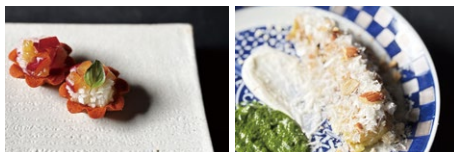


Signature menu



- 📍 2-12-13 Nezu, Bunkyo-ku
- 🕒 Mondays, Tuesdays 11:30 - 14:00, 18:00 - 24:00
Thursdays, Fridays 18:00 - 24:00
Saturdays, Sundays and holidays 11:00 - 15:00, 18:00 - 24:00

- ✕ Wednesdays
- 🚶 3 min. walk from Tokyo Metro Chiyoda Line Nezu Station



Paprika Tart with Two Types of Marinated Onions and Plums
(Example of monthly menu)

Available July

Ingredients used Onion (from Kokubunji)

Eggplant Gratin with Garland Chrysanthemum Sauce and Mascarpone Cheese Sauce
(Example of monthly menu)

Available July

Ingredients used Eggplant (from Musashino)



Mugitoro and Tokyo Islands Creative Restaurant

Tenku

☎ 03-5830-6455

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

Signature menu



- 📍 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



Grilled Kusaya

Available Year-round

Ingredients used Kusaya (fermented dried fish) (Niijima Island)

Seiro-mushi steamed Umikaze Shiitake Mushrooms

Available Year-round

Ingredients used Shiitake mushrooms (Hachijojima Island)



Asakusa Shuzen Ichimon Honten

☎ 03-3875-6800

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



- 📍 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



Signature menu

Edo Negima Nabe (Quality, Extra Quality)

Available Year-round

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

Edo vegetables with Edo miso

Available Year-round

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



Asakusa Shuzen Ichimon Bekkan

☎ 03-3871-1015

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



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



Signature menu

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

Available Year-round

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

Edo Negima Nabe (Quality, Extra Quality)

Available Year-round

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



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)

sun potter cafe nonbiriya

☎ 03-6879-5630

URL



Signature menu

- 📍 5-2-29 Yanaka, Taito-ku
- 🕒 Weekdays 11:30 - 15:00, 18:00 - 23:00
Saturdays, Sundays and holidays 11:00 - 23:00
- ✕ Wednesdays and Thursdays
- 🚶 8 min. walk from JR Nippori Station



Japanese-Style Gapao Rice

Available Year-round

Ingredients Naito chili peppers (from used Nerima), Island chili peppers (from Ogasawara)

Fermented *Ume* Juice

Available Year-round

Ingredients used Japanese plum (from Taito)



Tagokoro Cafe

☎ 03-5827-8217

URL <https://hatarakuba.com/tagokoro-cafe/>

Signature menu

- 📍 3-3-4 Nishi-Asakusa, Taito-ku
- 🕒 12:00 - 19:00
- ✕ Sundays, Mondays and Tuesdays
- 🚶 3 min. walk from Tsukuba Express Asakusa Station



10-Variety Salad Plate Set

Available Year-round

Ingredients Magome *sanzun* carrot, Goseki late-season *Komatsuna* mustard spinach and other seasonal vegetables (from Edogawa and Ome)

Tagokoro Special Tororo Gozen

Available Year-round

Ingredients used *Kanamachi kokabu* turnip, Terajima eggplant and other seasonal vegetables (from Ome and Koganei)



Oshiage Yoshikatsu

☎ 03-3829-6468

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



- 📍 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



Signature menu

"Savoring Tokyo" 6 Item Snack Course

Available Year-round

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

Green Monjayaki (Ashitaba Monja served with baguettes)

Available Year-round

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

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



Tokyo Shamo Chicken Restaurant Nezu Torihana <Ryogoku Edo NOREN>

☎ 03-6658-8208

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



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



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



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)

Creative Italian Meat Bar

SUONO

☎ 03-6659-9617

URL



Signature menu



- 📍 1-28-11 Midori, Sumida-ku
- 🕒 11:30 - 14:30 (LO 14:00)
17:30 - 22:30 (LO 21:30)
Wednesdays and Saturdays dinner only
- ✕ Sundays and national holidays
- 🚶 1 min. walk from Toei Oedo Line Ryogoku Station



Tokyo X Pork Braised in Balsamic Vinegar

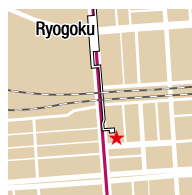
Available Year-round

Ingredients used TOKYO X Pork

Tokyo X Pork Steak

Available Year-round

Ingredients used TOKYO X Pork



Kameido Masumoto Honten

☎ 03-3637-1533

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

Signature menu



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



Hot pot of Kameido daikon radish with Japanese littleneck clams

Available Year-round

Ingredients used Kameido daikon radish (from Katsushika and Edogawa)

Kameido Course

Available Year-round

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

Torimikura DiverCity Tokyo Plaza

☎ 03-6457-2636

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



- 📍 6F DiverCity Tokyo Plaza, 1-1-10 Aomi, Koto-ku
- 🕒 11:00 - 22:00
- ✖ Open everyday (Closed on mall holidays)
- 🚶 3 min. walk from Rinkai Line Tokyo Teleport Station
- 🚶 5 min. walk from Yurikamome Line Daiba Station

Signature menu



Ultimate Tokyo Shamo Chicken Oyako-don

Available Year-round

Ingredients used Tokyo Shamo Chicken

Ultimate Tokyo Shamo Chicken Oyako-don with Japanese Pepper

Available Year-round

Ingredients used Tokyo Shamo Chicken



Edo Tokyo Beer On Tap

☎ 03-6659-8379

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



- 📍 16-2 Senda, Koto-ku
- 🕒 Wed., Thu., Fri.: 17:00 - 23:00
Saturdays: 15:00 - 23:00
- ✖ Sundays, Mondays and Tuesdays
- 🚶 Immediately after getting off at Ogibashi 2-chome bus stop
- 🚶 10 min. walk from Sumiyoshi Station subway Exit B1

Signature menu



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

Available Year-round

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

Pickles and soaked Waseda myouga Japanese ginger stalks

Available February, March

Ingredients used Waseda myouga Japanese ginger (from Nerima)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

25Hudson

☎ 03-6666-7045

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

Signature menu

Today's main dish and Tokyo herbs

Available Year-round

Ingredients Herbs (from Ota)
used

Tomioka Hachimangu-no-Ishi

Available Year-round

Ingredients Kitaakari potatoes
used (from Nerima)

SHINAGAWA KASHO KYO-AN

☎ 03-3471-6395

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

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

Meguro



- 📍 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



Hachijojima Local Cuisine Genpachisendo Nakameguro

☎ 03-5724-3642

URL

Meguro



- 📍 2F Nakameguro Arena, 1-23-1 Kamimeguro, Meguro-ku
- 🕒 Weekdays 16:30 - 23:30
Saturdays 16:00 - 23:30
Sundays 16:00 - 22:30
- ✖ Wednesdays
- 🚶 1 min. walk from Tokyu Toyoko Line or Tokyo Metro Hibiya Line Nakameguro Station



Signature menu

Ashitaba with Sesame Dressing

Available Year-round

Ingredients used Ashitaba (from Hachijojima)

Kusaya Dried Mackerel

Available Year-round

Ingredients used Kusaya (from Hachijojima)



Japanese Cuisine KURAYA

☎ 03-5703-8778

URL



Signature menu

Akigawa Beef Cutlet

Available Year-round

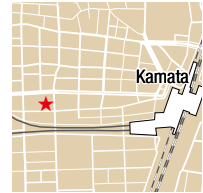
Ingredients Akigawa beef (From Akiruno)

Okutama Yamame with Nanban Vinegar Sauce

Available June to August

Ingredients Okutama Yamame (from Okutama)

- 📍 102 Fuji Bldg., 7-51-11 Nishi-Kamata, Ota-ku
- 🕒 12:00 - 14:00
18:00 - 22:00
- ✖ Sundays and national holidays
- 🚶 7 min. walk from JR Kamata Station
7 min. walk from Tokyu Tamagawa Line or Ikegami Line Kamata Station



Seijo Sakurako

☎ 03-3483-5296

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

Signature menu

Kitami Grown Vegetables with Miso

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

Available Year-round

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

Deep Fried Eggplant Topped with Yuzu Flavored Sweet Bean Paste, White Bitter Gourd, Purple Chrysanthemum, and Green *shiso* (Example menu for the *Okimari* meal set of the day)

Available Autumn

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

- 📍 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



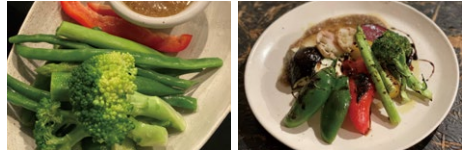
Kamata Shokudo

☎ 03-6873-6934

URL



- 📍 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



Signature menu

Vegetable Sticks with Garlic Cream Sauce

Available Year-round

Ingredients Seasonal vegetables (from used Setagaya)

Assorted Charcoal-Grilled Setagaya Vegetables

Available Year-round

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



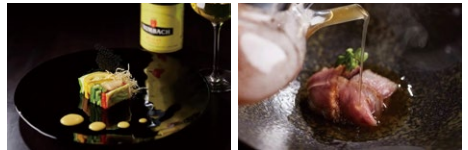
L'atelier chouchou

☎ 03-3429-5889

URL <https://www.latelierchouchou>



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



Signature menu

Tokyo vegetable terrine

Available Year-round

Ingredients Seasonal vegetables such as zucchini, used 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 used



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

📱 Electronic money accepted (confirm types that are accepted)

gigli 89 tokyo



Signature menu

Tender Juicy Spare Ribs

Available Year-round

Ingredients Onions (from Setagaya)
used

Garden Fresh Salad

Available Year-round

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

☎ 03-5707-8686

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

- 📍 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 Tokyu Ōimachi Line Oyamadai Station



gita Ristorante-italiano



Signature menu

Aglio Olio with Setagaya Vegetables and Oysters

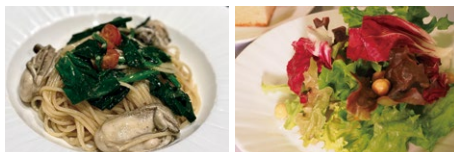
Available December to March

Ingredients Spinach and other seasonal vegetables (from Setagaya)
used

☎ 03-5494-5519

URL setagaya-gita.com

- 📍 3-17-6 Kinuta, Setagaya-ku
- 🕒 11:00 – 15:00 (Last call 14:00)
17:00 – 22:00 (Last call 21:00)
- ✖ Mondays
- 🚶 13 min. walk from Odakyu Line Soshigaya-Okura Station



Green Salad

Available Year-round

Ingredients Carrots, Komatsuna mustard spinach, spinach, tomatoes and other seasonal vegetables (from Setagaya)
used

Charcoal Grill Kappo Mikore

☎ 03-3377-4488

URL <http://mikore.info/>

Shibuya



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

Signature menu



Fresh Vegetable Salad

Seasonal Tempura

Available Year-round
Ingredients Cabbage, lettuce, tomatoes, carrots, cucumbers, etc. (from Mitaka)

Available Year-round
Ingredients Mushrooms, potatoes, *shiso*/Japanese basil, carrots, etc. (from Mitaka)



Mikore Zushi

☎ 03-3375-5008

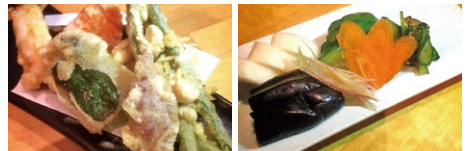
URL <http://mikore.jp/>

Shibuya



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

Signature menu



Vegetable Tempura

Assorted Pickles

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

Available Year-round
Ingredients Seasonal vegetables from Mitaka and Setagaya



Ichiba Nakama

☎ 03-6276-7284

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



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

Signature menu



Fresh Veggie Salad

Available Year-round

Ingredients Seasonal vegetables used (from Mitaka, Setagaya)

Vegetable Tempura

Available Year-round

Ingredients Seasonal vegetables used (from Mitaka, Setagaya)



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 used (from Nerima and Adachi)



JA Tokyo Agripark

☎ 03-3370-3001

URL www.tokyo.ja.or.jp/



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

Shibuya

Signature menu

Tempura and soba noodles with Tokyo vegetables

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

Ingredients used Seasonal vegetables from Tokyo

Summer vegetable curry

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

Ingredients used Seasonal vegetables from Tokyo

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



fun.ice!

☎ 080-4342-1522

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



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

Shibuya

Signature menu

Gelato

Available Depends on the harvest seasons

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



*Serves gelato using Tokyo grown ingredients in season.

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)

Corn-Barley Restaurant & Bar Shibuya

☎ 03-3477-1965

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



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



**Signature
menu**

Warm Spinach and Bacon Salad

Available Year-round

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

Oven-baked *Komatsuna*

Available Year-round

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



HOTEL CENTURY SOUTHERN TOWER SOUTHERN TOWER DINING

☎ 03-5354-2172 (Hotel Reservations)

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



- 📍** 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



**Signature
menu**

Grilled Seasonal Vegetables

Available Year-round

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)



Edo Tokyo Wazen Sumi

☎ 03-6304-0202

URL https://maps.app.goo.gl/RGoCrVMihGb3db5S9?g_st=ic

Nakano



- 📍 1F Axil Court Higashi-Nakano, 4-16-11 Higashi-Nakano, Nakano-ku
- 🕒 17:30 – 23:00
- ✖ Mondays
- 🚶 1 min. walk from Tokyo Metro Tozai Line Ochiai Station



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)



Uoshubou Sense

☎ 03-5941-6456

URL facebook 魚酒房 扇子

Suginami



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



Signature menu



Assorted Sashimi

Available Year-round (subject to availability)

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

Simmered Splendid Alfonsino

Available Year-round (subject to availability)

Ingredients used Splendid alfonsino (from Kozushima)



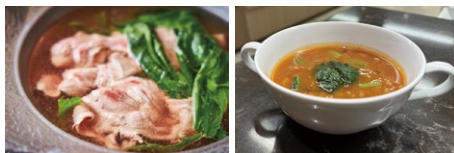
All Day Dining
CROSS DINE

☎ **03-3980-4040**

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



- 📍 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



Signature menu

Tokyo Vegetables and Lamb Shabu-shabu with Seafood Broth

Available Year-round

Ingredients *Komatsuna* mustard spinach (from Edogawa), Japanese mustard greens (from Kiyose)

Minestrone with Tokyo Vegetables

Available Year-round

Ingredients *Komatsuna* mustard spinach (from Edogawa)



osteria Selvaggina

☎ **03-6903-7020**

URL selvaggina.net



- 📍 3-2-7 Komagome, Toshima-ku
- 🕒 18:00 – 21:00
- ✖ Mondays, Tuesdays and Irregular
- 🚶 1 min. walk from JR Komagome Station
1 min. walk from Tokyo Metro Namboku Line Komagome Station



Signature menu

Handmade Burrata Cheese from Our Workshop

(Homemade burrata cheese with seasonal citrus)

Available Year-round

Ingredients Raw milk (from Hachioji)

Handmade Ricotta Cheese from Our Workshop

(Corn vellutata with fresh ricotta cheese)

Available Year-round

Ingredients Raw milk (from Hachioji)



Enza

☎ 03-3995-1577

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



Signature menu

Mizorekate Udon (hot or cold)

Available Year-round

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

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

Mixed Tempura of Local Vegetables

Available Year-round

Ingredients eggplant, onion, carrot and seasonal vegetables (from Nerima)



Nerima

Gochiso Bar yasu & Nonchan

☎ 03-6479-2252

URL



Signature menu

Daikon radish salad

Available When *daikon* radish are available

Ingredients *Daikon* radishes (from Oizumi) used

105 Diamond Building, 4-24-5 Oizumi Gakuencho, Nerima-ku

17:00 - 23:00 (Last call 22:00)

Irregular

Take the bus from the Seibu Ikebukuro Line Oizumigakuen Station North Exit. 1 min. after getting off at "Oizumi Yubinkyoku Mae"



Roll cabbage

Available When cabbage is available

Ingredients Cabbage (from Oizumi) used



Nerima

P Parking lot available

T Takeout menu available (may require a reservation)

W Wi-Fi available

R Reservations possible

C Credit cards accepted (confirm types that are accepted)

E Electronic money accepted (confirm types that are accepted)

Chinese Restaurant Taishoken

☎ 03-3923-7770

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



Signature
menu

Anton Gyoza Dumpling

Available Year-round

Ingredients used Cabbages (from Nerima)

Nerima Vegetable Tanmen Noodles

Available Year-round

Ingredients used Cabbages (from Nerima)



Koryouri Ishii

☎ 03-4283-1430

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



Signature
menu

Course Meal in the Evening

Available Year-round

Ingredients used Seasonal vegetables from Tokyo including Nerima (displayed on the daily menu blackboard)

Examples of dishes in the course: Zoshigaya eggplant puree soup, Nerima daikon radish salad, etc. (depending on the season)

📍 5-36-14 Higashi-Oizumi, Nerima-ku 1F

🕒 11:30 - 14:00 (Last call 13:30)

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

✖ Sundays, Holidays and 1st and 3rd Mondays

🚶 3 min. walk from Seibu Ikebukuro Line Oizumi-Gakuen Station South Exit



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 used Uses seasonal vegetables mainly from Nerima farmers

Tokyo NMP (Pizza) with Nerima Greens and Musashino Pork

Available Year-round

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

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



OPPLA'! DA GTALIA

☎ 03-6339-6936

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



Signature menu

Tart with Oizumi White Figs

Available August to October

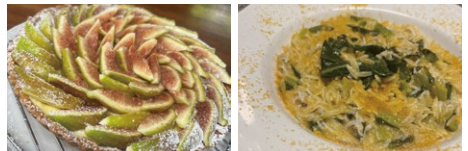
Ingredients used White figs (from Nerima)

Risoni with Mitaka *Norabona* and Hitachi Shirasu with Karasumi

Available March to May

Ingredients used *Norabona* (from Mitaka)

- 📍 2-28-7 Sekimachikita, Nerima-ku
- 🕒 12:00~15:00 (Last Call 14:00)
17:30~22:30 (Last Call 21:30)
- ✖ Thursdays
- 🚶 3 min. walk from Seibu Shinjuku Line Musashiseki Station (South Exit)



Japanese Cuisine **Musashino**☎ **03-5372-4501**URL <https://h-cadenza.jp/restaurant/musashino.html>

Signature menu

**Nerima Daikon Radish Oden with Old-Style Miso**

Available November to December

Ingredients Nerima *daikon* radish used (from Nerima)**Tokujo Tendon (Premium tempura bowl)**

Available Year-round

Ingredients Edomae *Anago* (conger eel) usedChinese 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



Bar Lounge Voisin

☎ 03-5372-4499

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



- 📍 1F Hotel Cadenza Hikarigaoka, J. City, 5-8 Takamatsu, Nerimu-ku
- 🕒 Weekdays 10:00 - 20:00
Weekends and Holidays 10:00 - 20:30
- ✖ 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

Signature menu

Genovese Pasta with Dried Tomato Sauce from Nerima

Available April to October

Ingredients Sun-dried Tomatoes used (from Nerima)

Croque Monsieur Tokyo Style with Nerima Old-Style Miso and Nerima Daikon Radish in Onion Gratin Style

Available November to December

Ingredients Nerima daikon radish used (from Nerima)



Pâtisserie Bon Parfum

☎ 03-5372-4518

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



- 📍 1F Hotel Cadenza Hikarigaoka, J. CITY, 5-8 Takamatsu, Nerima-ku
- 🕒 Fridays 11:00 - 18:00
Weekends and Holidays 11:00 - 19:00
- ✖ Mondays - Thursdays
- 🚌 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit 3, Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line Narimasu Station South Exit, Seibu Ikebukuro Line Shakuji-Koen Station

Signature menu

Honey and Miso Florentine Cookies

Available February to October

Ingredients used Honey (from Nerima)

Luxurious Nerima Blueberry Tart

Available July to September

Ingredients used Blueberries (from Nerima)



*Items may not be available depending on stock availability.

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)

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 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 Seasonal vegetables (from Nerima)



Japanese-style French cuisine

Eveil by Komorebi

☎ 03-6904-8797

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



- 📍 1F Maison Yamazaki, 1-39-25 Kamishakujii, Nerima-ku
- 🕒 12:00 – 15:00
18:00 – 24:00
- ✖ Irregular (reservations recommended)
- 🚶 5 min. walk from Seibu Shinjuku Line Kami-Shakujii Station South Exit



Signature menu

Tokyo Beef (Tokyo-Produced Japanese Black Wagyu) Mt. Fuji Lava Stone Steak

Available Year-round

Ingredients Tokyo Beef, mushrooms, etc. used (from Hinohara)

Poêlé of Fresh Fish from Tokyo Islands and Tokyo Vegetables

Available Year-round

Ingredients Spanish mackerel, etc. (from Izu Islands), Nerima daikon radish (from Nerima)



Pizzeria 222

☎ 03-6882-4138

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



- 📍 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



Signature menu

Tuscan soup

Available November to January

Ingredients used Black cabbage (from Nerima)

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

Available Mid-June to Mid-July

Ingredients used Corn (from Nerima)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Aida Komenten

☎ 03-3922-2835

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

- 📍 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



Signature menu

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/>

- 📍 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



Signature menu

Combo of freshly harvested vegetables

Available Year-round

Ingredients Onions and other seasonal vegetables (homegrown)

Adachina Udon

Available Year-round

Ingredients *Daikon* radish and other seasonal vegetables (homegrown)

Izakaya Konchan

☎ 03-3887-3878

URL



- 📍 6-32-4 Umeda, Adachi-ku
- 🕒 Weekdays 17:00 – 22:00
Sat, Sun and Holidays 16:00 – 22:00
- ✖ Mondays (or the following day if Monday is a holiday)
- 🚶 5 min. walk from Tobu Isesaki Line Umejima Station



Signature menu



Boiled *Komatsuna* Mustard Spinach

Available Year-round

Ingredients *Komatsuna* mustard spinach used (from Adachi)

Gyoku *Nabe*

Available Year-round

Ingredients Carrots (from Adachi, etc.) used



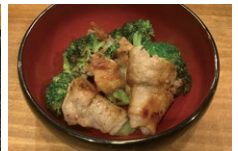
yataiteppan 3zun

☎ 03-6231-2411

URL



- 📍 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



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



#Katsushika Shokudo

☎ 070-6673-1891

URL



Signature menu

Stir-fried *Komatsuna* Mustard Spinach with Garlic

Available Year-round

Ingredients *Komatsuna* mustard spinach
used (from Katsushika)

Tomato Salad

Available May to August

Ingredients Tomatoes (from Katsushika)
used

Hachijojima Local Cuisine

Genpachisendo Shinkoiwa

☎ 03-3651-1881

URL



Signature menu

Ashitaba Tempura

Available Year-round

Ingredients *Ashitaba* (from Hachijojima)
used*Kusaya* Dried Mackerel

Available Year-round

Ingredients *Kusaya* (from Hachijojima)
used

Japanese Cuisine Ginsen

☎ 03-5636-8055

URL <http://r.gnavi.co.jp/a619100/>



- 📍 3-2-11 Minami-Shinozaki-machi, Edogawa-ku
- 🕒 11:30 - 14:30/17:00 - 22:00
- ✖ Wednesdays
- 🚶 About 5 min. walk from Toei Shinjuku Line Mizue Station

Signature menu



Komatsuna Mustard Spinach and Duck Salad

Available Year-round

Ingredients *Komatsuna* mustard spinach used (from Edogawa)

Komatsuna Mustard Spinach and Bacon Salad

Available Year-round

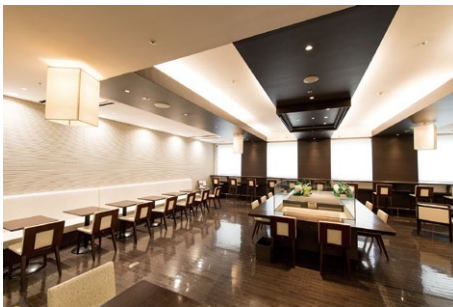
Ingredients *Komatsuna* mustard spinach used (from Edogawa)



Traditional crafts Café ARTISAN

☎ 03-3676-9083

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



- 📍 3F Proceed Shinozaki Tower, 7-20-19 Shinozaki-machi, Edogawa-ku
- 🕒 9:00 - 20:30 (Last call 19:30)
- ✖ December 31 to January 2
- 🚶 Just by the West Exit of Toei Shinjuku Line Shinozaki Station (Inside Shinozaki Bunka Plaza)

Signature menu



Komatsuna Mustard Spinach Doria

Available Year-round

Ingredients *Komatsuna* mustard spinach used (from Edogawa)

Komatsuna Mustard Spinach Juice

Available Year-round

Ingredients *Komatsuna* mustard spinach used (from Edogawa)



VIOLETTA

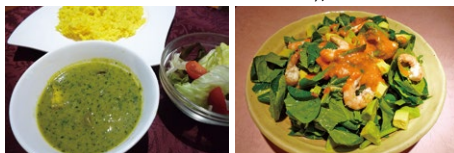
☎ 03-3652-1927

URL <https://violetta.tokyo>

Signature menu



- 📍 1-23-6 Matsushima, Edogawa-ku
- 🕒 11:00 - 14:00 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

Edogawa-grown *Komatsuna* Mustard Spinach & Fenugreek Curry

Available Year-round

Ingredients *Komatsuna* mustard spinach, used fenugreek (from Edogawa)Edogawa-grown *Komatsuna* Mustard Spinach Salad

Available Year-round (May be unavailable in summer)

Ingredients *Komatsuna* mustard spinach used (from Edogawa)

Bakery Restaurant

Maruko

☎ 03-3656-5211

URL <https://bakerymaruko2017.com>

Signature menu



- 📍 2-10-7 Ichinoe, Edogawa-ku
- 🕒 11:00 - 22:00 (Last Call 21:00)
- ✖ December 31st and January 1st and 2nd
- 🚶 13 min. walk from Toei Shinjuku Line Ichinoe Station

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

Available Year-round

Ingredients *Komatsuna* mustard Spinach used (from Edogawa)Cream Pasta with Clams and *Komatsuna* Mustard Spinach (Lunch with salad bar)

Available Year-round

Ingredients *Komatsuna* mustard Spinach used (from Edogawa)

Living Room KaRaFu

☎ 03-5668-2507

URL <http://www.karafu-living.com>



- 📍 6-16-9 Minami-Koiwa, Edogawa-ku
- 🕒 10:30 – 15:00
- ✖ Fridays, Saturdays, Sundays and Mondays
- 🚶 4 min. walk from JR Sobu Line Koiwa Station



Signature menu



Simmered *Komatsuna* Mustard Spinach

Available December to February

Ingredients *Komatsuna* mustard spinach used (from Edogawa)

Simmered *Daikon* Radish

Available December to February

Ingredients *Daikon* radish (from Edogawa) used



Edogawa

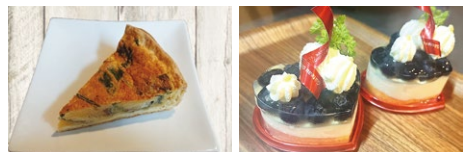
Partisserie Cafe Hibari

☎ 03-5878-1176

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



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



Signature menu



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

Available Year-round

Ingredients *Komatsuna* mustard spinach used (from Edogawa)

Blueberry and Yogurt Mousse

Available June to August

Ingredients Blueberries (from Edogawa) used



Edogawa

Hachijojima Local Cuisine
Genpachisendo Koiwa-honten

☎ 03-3659-6636

URL



Signature menu

Ashitaba Tempura

Available Year-round

Ingredients used *Ashitaba* (from Hachijojima)

Kusaya Dried Mackerel

Available Year-round

Ingredients used *Kusaya* (from Hachijojima)



Hachijojima Local Cuisine
Genpachisendo Koiwa-koukashitaten

☎ 03-3559-6650

URL



Signature menu

Ashitaba Kusaya Mayonnaise

Available Year-round

Ingredients used *Ashitaba, kusaya* (from Hachijojima)

Boiled Ashitaba

Available Year-round

Ingredients used *Ashitaba* (from Hachijojima)



Keinoya Hachioji Honten

☎ 042-649-1724

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



- 📍 1F MK Building, 3-9-1 Myojincho, Hachioji-shi
- 🕒 11:30 - 14:00
17:00 - 23:00
- ✖ Sundays
- 🚶 5 min. walk from Keio Hachioji Station



Signature menu

Abundant Assortment of Grilled Hachioji Vegetables and Cheese

Available Year-round

Ingredients 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/>



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



Signature menu

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

Available Year-round

Ingredients Seasonal vegetables and fruits used (from Mizuho), eggs (from Machida)

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

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

Ingredients Seasonal vegetables and fruits used (from Mizuho), eggs (from Machida)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Hachimakiya

☎ 042-691-8318

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



- 📍 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 Tobuki 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

Signature menu



TOKYO X Pork Giblet Stew

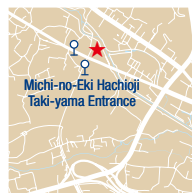
Available Year-round

Ingredients used TOKYO X Pork

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

Available Year-round

Ingredients used Seasonal vegetables (from Hachioji)



DOZO SAKE KITCHEN

☎ 042-649-5229

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



- 📍 2F Ajiroen Minami Bldg., 10-14 Yokoyama-cho, Hachioji-shi
- 🕒 Weekdays 18:00 - 22:30
Saturdays 13:00 - 16:00/17:30 - 23:00
- ✕ Sundays, Mondays and Tuesdays
- 🚶 10 min. walk from JR Hachioji Station
15 min. walk from Keio Line Keio-Hachioji Station

Signature menu



Sweet and Spicy Stir-fried Hachioji Shiitake Mushrooms

Available Year-round

Ingredients used Shiitake mushrooms (from Hachioji)

Stir-fried Tomato and Egg

Available June to August

Ingredients used Tomatoes (from Hachioji)





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



Signature menu



Daily Fresh-Gathered Salad

Available Year-round

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

Miyazaki Prefecture EMO Beef Japanese Black Wagyu Sirloin Steak

Available Year-round

Ingredients With seasonal vegetables (from Tachikawa)
used



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

Kaiseki Shidashi Rinto



- 📍 3-29-8 Hagoromochi, Tachikawa-shi
- 🕒 11:30 – 21:30 (Last call 21:00)
*Only by reservation (Reservations accepted 09:00 – 18:00)
Please make a reservation at least 3 days in advance
- ✖ Irregular
- 🚶 7 min. walk from JR Nambu Line Nishi-Kunitachi Station



Signature menu



Course Meal [SUZAKU]/[KIRITSUBO]

Available Year-round

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

Sugo「Sukiyaki and Kaiseki Dining」

Available Year-round

Ingredients *Kuroge Wagyu* "Akikawa Beef" from Tokyo
used



Nagomi Pub

☎ 042-595-6758

URL



- 📍 1-3-27 Nishikicho, Tachikawa-shi
- 🕒 Open 24 hours
- ✖ Open every day
- 🚶 2 min. walk from JR Chuo Line Tachikawa Station



Signature menu

Soaked Komatsuna mustard spinach and whitebait from Tachikawa

Available September-March

Ingredients Komatsuna mustard spinach used (from Tachikawa)

Homemade Kimchi with Tachikawa Vegetables

Available Year-round

Ingredients Napa cabbage and carrots used (from Tachikawa)



DAICHINO RESTAURANT

☎ 050-3196-9027

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



- 📍 2F W1 SORANO HOTEL, 3-1 Midoricho, Tachikawa-shi
- 🕒 7:00 - 10:00/11:00 - 16:00/17:00 - 22:00
- ✖ Irregular
- 🚶 8 min. walk from JR Line Tachikawa Station



Signature menu

Cream Puff with Strawberries and Edible Flowers from Tachikawa, SORANO Rice and Two-Row Barley Cookies

Available December to April

Ingredients Strawberries (from Tachikawa) used

Oyakodon with Tachikawa Eggs

Available Year-round

Ingredients Chicken eggs used (from Tachikawa)



SORANO ROOFTOP BAR

☎ 050-3503-9379

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



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

🕒 11:00 – 23:00

✖ Irregular

🚶 8 min. walk from JR Line Tachikawa Station



Signature menu



Seasonal Salad with Plenty of Fresh Vegetables

Available Year-round

Ingredients used Dried tomatoes, zucchini and other seasonal vegetables (mainly from Tachikawa)

Dessert Ensemble

Available Year-round

Ingredients used Stock, dianthus, snapdragon and other edible flowers (from Tachikawa)



Takaya

☎ 042-595-6922

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



📍 3-15-27 Hagoromocho, Tachikawa-shi

🕒 11:30 – 15:00 (Last call 14:30)

17:30 – 21:00 (Last call 20:30)

✖ Mondays, Tuesdays, Wednesdays

🚶 5 min. walk from JR Nambu Line Nishi-Kunitachi Station/20 min. walk from JR Tachikawa Station



Signature menu



Toro Toro Oyakodon rice bowl with Tachikawa eggs and chicken

Available Year-round

Ingredients used Eggs (from Tachikawa)

Crispy Tempura of local seasonal vegetables

Available Year-round

Ingredients used 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)

bel Salice

☎ 050-1725-6705

URL <https://belsalicetachikawa.oest.jp>



Signature menu

Carbonara with Tokyo *Ukokkei* Chicken Eggs

Available Year-round

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

Milano-style Cutlet with *Yawaton* Pork Fillet

Available Year-round

Ingredients *Yawaton* pork used (from Tachikawa)



JIBAR CAFE

☎ 042-548-2511

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



Signature menu

Choose Your Deli Plate

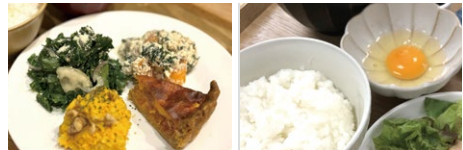
Available Year-round

Ingredients Broccoli, *daikon* radish, carrots and 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)



LIZARRAN GREEN SPRINGS Tachikawa

☎ 042-512-5198

URL



- 📍 E3/1F Green Springs, 3-1 Midori-cho, Tachikawa-shi
- 🕒 11:00 – 22:00
- ✕ Irregular
- 🚶 10 min. walk from JR Tachikawa Station
7 min. walk from Tama Toshi Monorail Tachikawa-Kita Station



Tachikawa

Signature menu



Bagna Càuda with Direct-from-Nishi-Tokyo-Farm Vegetables

Available Year-round

Ingredients used *Daikon* radish, turnips, pumpkin and other seasonal vegetables (from Tachikawa)

Paella with Chicken and Seasonal Vegetables

Available Year-round

Ingredients used Turnips, eggplant and other seasonal vegetables (from Tachikawa)



Kichijoji Corn-Barley

☎ 0422-20-9023

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



- 📍 2F Kichijoji Light Bldg., 1-24-5 Kichijoji Honcho, Musashino-shi
- 🕒 11:00 – 23:00
- ✕ Every Mondays, December 30 to January 3
- 🚶 1 min. walk from JR Chuo Line and JR Sobu Line Kichijoji Station North Exit



Musashino

Signature menu



Must-see homage course for Ghibli fans!

Available Year-round

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

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

Available Year-round

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



Kitchen Ohnami



Signature menu

Assorted delicatessen including Musashino grown vegetables

Available Year-round

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

Soup curry with chunks of Musashino grown summer vegetables

Available June - September

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

☎ 0422-26-9283

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

- 📍 102 Hara Bldg., 2-13-13 Kichijoji Minamicho, Musashino-shi
- 🕒 18:00 - 23:00 (Last Call 22:15)
- ✖ Irregular
- 🚶 5 min. walk from JR Chuo/Sobu Line and Keio Inokashira Line Kichijoji Station



Bistro Relation



Signature menu

Three Amuse-Bouche

Available June to September

Ingredients Basil, potatoes, pumpkin used (from Musashino)

Shirako Meunière with Musashino Chinese Cabbage Déclinaison

Available October to February

Ingredients Chinese cabbage used (from Musashino)

☎ 080-4324-0014

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

- 📍 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





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



Signature menu



Grilled Mitaka Vegetables and Cheese in a Cocotte

Available Year-round
Ingredients Eggplants, cucumbers, tomatoes, zucchini (from Mitaka)

Mitaka Vegetable Plate

Available Year-round
Ingredients Eggplants, cucumbers, tomatoes, zucchini (from Mitaka)



KAERU SHOKUDO



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



Signature menu



Kaeru Special

Available Year-round
Ingredients Carrots, Komatsuna mustard spinach, spinach, etc. (from Mitaka)

Marinated Sardines Set

Available Year-round
Ingredients Carrots, Komatsuna mustard spinach, spinach, etc. (from Mitaka)



Dining & Gallery Mayugura

☎ 0428-21-7291

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



Signature menu

Vegetarian Plate

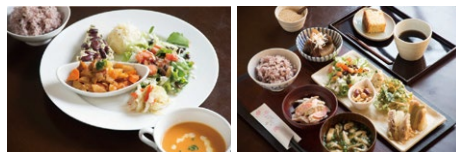
Available Year-round (Changes monthly)

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

Mayu-zen Set

Available Year-round (Changes monthly)

Ingredients Spinach, bamboo shoots (from Ome)



Suzukiya

☎ 0428-22-2064

URL



Signature menu

Tempura Set Meal

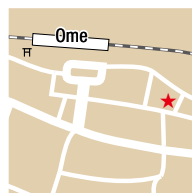
Available Year-round

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

Unaju (Grilled Eel on Rice)

Available Year-round

Ingredients Japanese honeysuckle, vegetables (from Nishi-Tama)



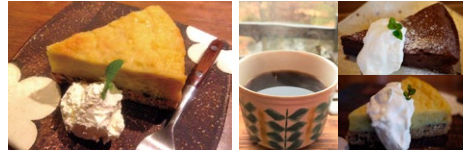
CAFE YUBA

☎ 0428-74-4405

URL <https://cafeyuba.com>



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



Ome

Signature menu

Homemade Cakes (Chiffon Cake, Sweet Potato Cake, etc.)

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

Handmade Cake Set

Available Year-round
Ingredients Eggs (from Ome), Tokyo Black Tea Mizuho, Iwakura Coffee



“Pirtsu” Light Meal Cafe

☎ 0428-74-4528

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



- 📍 1-90 Nariki, Ome-shi
- 🕒 11:30 – 15:00
- ✖ 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.



Ome

Signature menu

“Plenty of Mushrooms” Pizza

Available Year-round
Ingredients Various mushrooms (from Ome)

Shiitake Mushroom Ajillo and Baguette Set

Available Spring and autumn
Ingredients Various mushrooms (from Ome)



Italian House Toscana

☎ 0428-24-3755

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



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



Signature menu

Meal with Local Vegetables / Seasonal Spaghetti

Available Year-round

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

Chef's Special Minestrone

Available November to early February

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



Soba-dokoro Tsukumo

☎ 0428-32-1230

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



- 📍 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.



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))



Tamagawaya So-honten

☎ 0428-78-8345

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



- 📍 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

Signature menu



TOKYO X pork meat broth Soba/Udon noodles

Available Year-round

Ingredients used TOKYO X pork (from Ome)

TOKYO X pork Meat nanban style Soba/Udon noodles

Available Year-round

Ingredients used TOKYO X pork (from Ome)



Soba-dokoro Inariya

☎ 0428-76-0915

URL



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

Signature menu



TOKYO X Pork Udon

Available Year-round

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

TOKYO X Minced Meat Cutlet

Available Year-round

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



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Moriman

☎ 0428-22-1331

URL



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



Signature menu

TOKYO X Pork Katsudon

Available Year-round

Ingredients used TOKYO X Pork (from Ome)

TOKYO X Pork Udon

Available Year-round

Ingredients used TOKYO X Pork (from Ome)



Fujimineken

☎ 0428-78-8451

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



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



Signature menu

Wasabi Soba (Zaru soba*)

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

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

Ingredients used Wasabi flowers (from Okutama)

Wasabi Soba (Kake soba*)

*Soba noodle with soy sauce base broth

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

Ingredients used Wasabi flowers (from Okutama)



Teuchi-soba Goro

☎ 0428-74-9419

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



- 📍 266 Mitake-Honmachi, Ome-shi
- 🕒 11:00 - 14:30
- 🗓️ Tuesdays
- 🚶 2 min. walk from JR Ome Line Mitake Station

Signature menu



Salt-grilled Okutama Yamame

Available Year-round

Ingredients used Yamame (from Okutama)

Tokyo Ukokkei Chicken Tamagoyaki

Available Year-round

Ingredients used Tokyo Ukokkei Chicken eggs



Sumidorikura IKADA

☎ 0428-85-8726

URL <http://ikadamitake.com/>



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

Signature menu



With Bakudan Bombstyle Egg

Available Year-round

Ingredients used Eggs (from Ome)

Mukashi-dori Chicken Skewers

Available Year-round

Ingredients used Chicken (from Ome)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📞 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

PLEIN CIEL

☎ 0428-20-8577

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

Signature menu



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



Low-Temperature Roasted Tokyo Wagyu

Available Year-round

Ingredients used Tokyo Wagyu

Iwakura vegetable assortment

Available Year-round

Ingredients used Seasonal vegetables (from Ome)



PÂTISSERIE TERROIR

☎ 0428-34-9525

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

Signature menu



- 📍 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



Smooth Ome Pudding

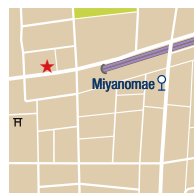
Available Year-round

Ingredients used Chicken eggs (from Ome), Tokyo milk

Hojicha Caramel and Green Tea Flan

Available Year-round

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



Mori no Kakashi

☎ 0428-85-9587

URL



- 📍 1-111-2 Tomioka, Ome-shi
- 🕒 Weekdays 11:00 – 18:00
Holidays 11:00 – 20:00
- ✖ Tuesdays and Wednesdays
- 🚌 Take the bus from JR Ome Line Higashi-Ome Station North Exit.
4 min. walk from “Iwaido” bus stop



Signature menu



Daily Set Meal (Kimchi and Namul)

Available Year-round

Ingredients used Carrots, leeks, chili peppers, daikon radish, Chinese cabbage, spinach (from Ome)

Stone-grilled Bibimbap Set Meal

Available Year-round

Ingredients used Carrots, leeks, chili peppers, daikon radish, Chinese cabbage, spinach (from Ome), chicken eggs (from Ome)



Turkish Cafe RugTime'mutluluk

☎ 090-8778-6892

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



- 📍 2-812 Kurosawa, Ome-shi
- 🕒 11:30 – 17:00
- ✖ Wednesdays and Thursdays
- 🚌 10 min. by bus from JR Ome Line Higashi-Ome Station



Signature menu



Pilaf Plate Set

Available Year-round

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

Mackerel Sandwich Plate Set

Available Year-round

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



P Parking lot available

📄 Takeout menu available (may require a reservation)

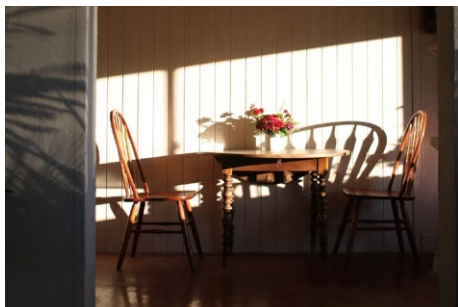
📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Half Light



Signature menu



☎ Not available

URL

- 📍 323-5 Fukiage, Ome-shi
- 🕒 11:00 – 21:00
Fridays only 15:00 – 21:00
- ✖ Thursdays and 3rd Sundays
- 🚌 10 min. by bus from JR Higashi-Ome Station



Seasonal Salad

Available Year-round

Ingredients Lettuce, kale, mustard greens, and other seasonal vegetables (from Mizuho)

Keema Curry

Available Year-round

Ingredients Kale, onions, potatoes, coriander (from Mizuho)



Farmer's restaurant SHUN



Signature menu



☎ 0428-27-0624

URL shun0901.com

- 📍 7-285-1 Nagabuchi, Ome-shi
- 🕒 11:00 – 15:00
17:00 – 21:00
- ✖ Mondays and Thursdays
- 🚌 10 min. by bus from JR Ome Station



Seasonal Pasta

Available Year-round

Ingredients Eggplant, daikon radish, tomatoes and other seasonal vegetables (from Ome)

Hamburg Steak

Available Year-round

Ingredients Onions, carrots (from Ome)



Natura

☎ 0428-33-5022

🌐 <https://natura-ome.jp>



- 📍 4-7-14 Shinmachi, Ome-shi
- 🕒 11:30 – 14:30 (Last call 13:30)
17:00 – 21:30 (Last call 20:00)
- ✖ Mondays and Irregular
- 🚌 5 min. by bus from JR Ozaku Station

Signature menu



Lunch Salad

Available Year-round

Ingredients Leafy lettuce, sunny lettuce, kale and other seasonal vegetables (from Ome)

Roast Ethically-Sourced Beef with Seasonal Vegetables

Available Year-round

Ingredients Turnips, mustard greens, asparagus, and other seasonal vegetables (from Ome)



NAMIKI-AN

☎ 042-362-8462

🌐 <http://r.gnavi.co.jp/e540000/>



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

Signature menu



Musashifuchu kofun tendon (ancient tomb mound tempura rice ball)

Available Year-round

Ingredients Seasonal vegetables 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)



🅑 Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Tonkatsu Kappo
Yasui Meat



Signature
menu

Tonkatsu Set

Available Year-round
Ingredients used Cabbage (from Fuchu)

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

Available Summer
Ingredients used Eggplants (from Fuchu)

- 📍 1-23-3 Shiraitodai, Fuchu-shi
- 🕒 Lunch 11:30 - 14:00
Izakaya 17:00 - 22:00
- ✕ Sundays and Holidays
- 🚶 10 min. walk from Keio Line Tama-Reien Station
7 min. walk from Seibu Tamagawa Line Shiraitodai Station



Trattoria La Vita



Signature
menu

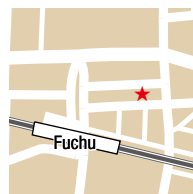
**Salad with Seasonal Vegetables Grown
by Nishifu-cho's Ishikawa Farm**

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

☎ 042-360-1166

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

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



Bagna Cauda

Available September-March
Ingredients used Seasonal vegetables (from Fuchu)

Kotomi Shokudo

☎ 080-9385-0348

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



- 📍 Fuchu-shi Kyodo-no-Mori Kanko Bussankan, 6-32-10 Koremasa, Fuchu-shi
- 🕒 Weekdays 10:00 - 16:00
- 🕒 Saturdays, Sundays, and holidays 10:00 - 17:00 (different hours during winter)
- ✖ Every Monday (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

Signature menu



Pork cutlet curry

Available Year-round

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

Toro Rice Set Meal

Available Year-round

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



Shiki Soba Takahashi

☎ 042-545-2248

URL



- 📍 1F Dai-Ichi Inoue Bldg., 1-8-10 Asahi-cho, Akishima-shi
- 🕒 11:30 - 14:30/17:30 - 20:30
- ✖ Wednesdays
- 🚉 5 min. walk from JR Ome Line Nakagami Station South Exit

Signature menu



TOKYO X Pork Shabu-Shabu Hotpot

Available Year-round (Reservation required)

Ingredients used TOKYO X Pork, seasonal vegetables (from Akishima, Tachikawa and Akiruno)

Local Vegetable Tempura

Available Year-round

Ingredients used Corn, eggplant, and other seasonal vegetables (from Akiruno)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Micchan Sengawa Honten



Signature
menu

☎ Please check operation status on our official LINE account
URL <https://micchansengawa.com>

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



Okonomiyaki

Available Year-round

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

Yakisoba Grilled Noodles

Available Year-round

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



Raimon Ramen



Signature
menu

☎ 042-722-5567

URL

- 📍 973-16 Hommachida, Machida-shi
- 🕒 Weekdays 11:00 – 14:30
Sat, Sun and Holidays 11:00 – 15:30
- ✕ Mondays and 2nd Tuesdays
- 🚶 Take the bus from JR/Odakyu Line
Machida Station
Get off at Sugawara Jinja-mae, 2 min. walk



Ramen (Soy Sauce/Salt)

Available Year-round

Ingredients Leeks (from Machida)
used

Rice Set (Limited quantity)

Available Year-round

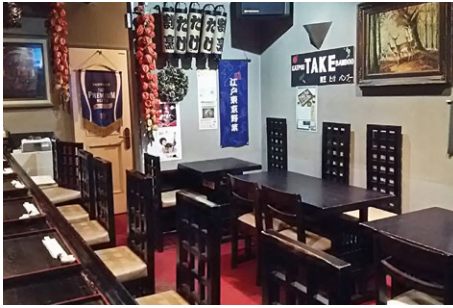
Ingredients Seasonal vegetables (from
used Machida) (small dishes such as
pickles and simmered dishes)



Kappo Take Bamboo

☎ 042-381-9213

URL



- 📍 5-6-16 Maeharachō, Koganei-shi
- 🕒 18:00 – 24:00
(Reservations required)
- ✖ Mondays and Tuesdays
- 🚶 About a 15 min. walk from JR Musashi-Koganei Station

Koganei

Signature menu



Terajima eggplant *Dengaku*

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

Available June-October

Available Year-round

Ingredients Terajima eggplants from Koganei

Ingredients used Ingredients from Tama district



Sakanaya No Daidokoro

☎ 042-382-1455

URL



- 📍 2-6-10 Hon-cho, Koganei-shi
- 🕒 11:30 – 13:30 / 16:30 – 21:00
(Last Call 20:30)
May be closed if wild fish is not available
- ✖ Mondays and Tuesdays
- 🚶 3 min. walk from JR Chuo Line Musashi-Koganei Station North Exit

Koganei

Signature menu



Sashimi Assorted

Ashitaba with Sesame Sauce

Available Irregular

Available Irregular

Ingredients Horse mackerel, mackerel used (from Miyake Island)

Ingredients used *Ashitaba* (from the Izu Islands)



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 seasonal vegetables (from Koganei)

Today's Vegetable Curry

Available Year-round

Ingredients Onions, carrots, mushrooms and other 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 onions (from Kodaira)

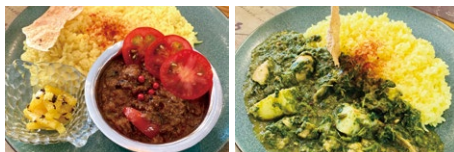
Chicken and *Norabona* Curry

Available Around April

Ingredients *Norabona* (from Hinode) and 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)
- ✖ Closed on Mondays and Tuesdays, irregularly closed on Sundays
- 🚶 3 min. walk from Seibu Tamako Line Hitotsubashi Gakuen Station



Tacos Mercado

☎ 042-497-5211

URL



- 📍 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



Signature menu



Tempura Tacos

Available Year-round

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

Cobb Salad

Available Year-round

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



La Fontana Hanakoganei

☎ 042-444-1067

URL



- 📍 1-8-2 Hana-Koganei, Kodaira-shi
- 🕒 11:30 - 15:30 (Last call 15:00)
17:00 - 22:30 (Last call 21:30)
- ✕ New Year holidays
- 🚶 2 min. walk from Seibu Shinjuku Line Hana-Koganei Station



Signature menu



“Seafood Salad” with Mustard Dressing

Available Year-round

Ingredients Frill lettuce, leaf lettuce (from Kodaira)

Caprese with Kodaira King Tomato and Burrata Cheese

Available October to June

Ingredients Tomatoes (from Kodaira)



Teuchi-Udon Dontaku

☎ 042-585-2222

URL



- 📍 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



Signature menu

Tenzaru Udon Noodles

Available Year-round

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

Salad Udon

Available May to September

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



Keinoya Hino ekimae

☎ 042-586-0650

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

- 📍 4-6-4 Hinohoncho, Hino-shi
- 🕒 11:30 - 14:00 (except Mondays)
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)

Chicken Nanban

Available Year-round

Ingredients Onions (from Hino)



Artigiano Gelateria

☎ 042-599-2880

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



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



Signature menu

Freshly squeezed milk (gelato)

Available Year-round

Ingredients Homemade milk used (Mogusa Farm)

Seasonal Fruit Gelato

Available Year-round

Ingredients Homemade milk (Mogusa Farm) used
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==



- 📍 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



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, shiitake mushrooms, etc. (from Higashimurayama)



Western Kitchen kitchen KEIJI



Signature
menu



DON Burg

Available Year-round

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

☎ 042-395-3325

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

📍 1F Takeda Bldg., 2-31-1 Sakaecho,
Higashimurayama-shi

🕒 11:00 - 15:00/17:00 - 22:30

✖ Mondays

🚶 1 min. walk from Seibu Shinjuku
Line Kumegawa Station South Exit



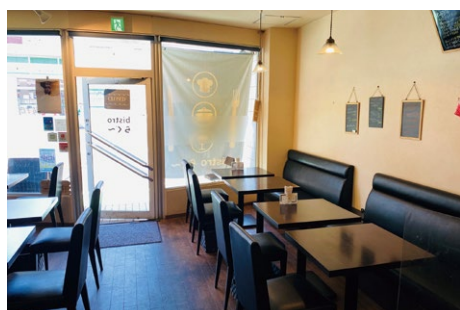
Bagna càuda

Available Year-round

Ingredients Tomatoes, cucumbers,
daikon radish, etc.
used (from Higashimurayama)



bistro Ragu



Signature
menu



Chilled *Shiso* with Fresh Shrimp and Higashimurayama Tomatoes

Available May to September

Ingredients *Shiso*/Japanese basil, tomatoes
used and other seasonal vegetables
(from Higashimurayama)

☎ 042-202-1008

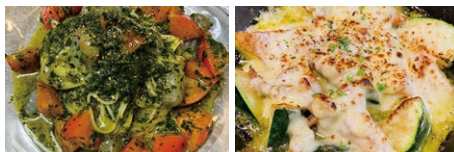
URL

📍 2-32-6 Sakae-cho, Higashimurayama-shi

🕒 11:30 - 14:30 (Last call 14:00)
18:00 - 22:00 (Last call 21:30)

✖ Sundays and Thursdays

🚶 5 min. walk from Seibu Shinjuku Line
Kumegawa Station



Baked Chicken Neck with Higashimurayama Zucchini and Cheese

Available May to September

Ingredients Zucchini and other
seasonal vegetables (from
Higashimurayama)



Aburyanse Hyakkan

☎ 042-329-2336

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



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

🕒 11:00 – 22:00

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

🚶 Located within Celeo Kokubunji in the JR Kokubunji Station building



Kokubunji

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)



Yakiniku Keijyoen

☎ 042-323-5746

URL



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

🕒 17:00 – 22:30

✖ Wednesdays

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

Kokubunji

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)



P Parking lot available

📄 Takeout menu available (may require a reservation)

📶 Wi-Fi available

📅 Reservations possible

💳 Credit cards accepted (confirm types that are accepted)

👛 Electronic money accepted (confirm types that are accepted)

Syokusai Warabitei

☎ 042-511-7269

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



Signature menu

Jellied tomatoes/corn shinjowan/
fig sesame paste

Available Summer

Ingredients used tomatoes, corn, figs from Fuchu

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



Fugu course

Available November-February

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



Kunitachi Mura Sakaba Wine Bar

☎ 042-505-6736

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



Signature menu

Bagna Cauda with
Local Vegetables

Available Summer

Ingredients used 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 used *Shiitake* mushrooms from Tama

- 📍 B1 National Sekiya Bldg., 1-9-30 Kunitachi-shi
- 🕒 17:30 - 23:00 (Last Call 22:15)
- ✖ New Year Holidays and Summer Holidays (mid-August)
- 🚶 3 min. walk from JR Chuo Line Kunitachi Station South Exit (Underground in the building where you enter Seiyu)



CRAFT *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

Nakamichi Cafe

☎ 042-848-4991

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



Signature menu

Daily Set Meal

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

Seasonal Vegetable and Chicken Coconut Curry

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

- 📍 4-12-11-1F Fujimidai, Kunitachi-shi
- 🕒 Weekdays 11:30 – 22:00
Sundays and Holidays 11:30 – 20:30
- ✕ Mondays
- 🚶 1 min. walk from JR Nambu Line Yagawa Station



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)

Hokkori Gohan • Hiyokomame

☎ 070-6459-4195

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

- 📍 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



Signature menu

Soybean meat lunch, chicken *nanban* style

Available Year-round

Ingredients Seasonal vegetables used (Kokubunji, Tachikawa, Kunitachi)

Homemade red *shiso* leaf juice mix

Available June end until sold out

Ingredients Red shiso leaf (from Tachikawa) used

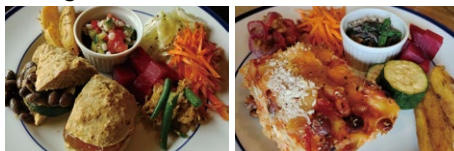


cafe himmel

☎ 070-9042-3024

URL <http://cafehimmel.info>

- 📍 3-4-1 Fujimidai, Kunitachi-shi
- 🕒 Tuesdays: Bento sales only
Wednesdays, Fridays 11:00 – 14:00
Saturdays 11:00 – 15:00
- ✖ Holidays, Mondays, Thursdays and National Holidays
- 🚶 10 min. walk from JR Nambu Line Yagawa Station



Signature menu

Soda Bread Sandwich

Available Year-round

Ingredients Zucchini, onions, carrots, cabbage, potatoes, tomatoes, etc. (from Kunitachi, Hachioji)

Ripe Tomato Lasagna

Available July to September

Ingredients Tomatoes (from Kunitachi, Hachioji)



Stuben Otama

☎ 042-551-1325

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



- 📍 785 Fussa, Fussa-shi
- 🕒 Weekdays 11:30 – 14:00/17:00 – 20:30
Weekends and Holidays 11:30 – 15:00/17:00 – 20:30
- ✕ 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



Signature menu

Softly Stewed TOKYO X Pork Oven-baked

Available Year-round (Dinner only)

Ingredients used TOKYO X Pork

TOKYO X Pork Steak Set

Available Year-round (Dinner only)

Ingredients used TOKYO X Pork



MouMou BEACH CAFE

☎ 050-3623-5195

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



- 📍 91-2 Ushihama, Fussa-shi
- 🕒 11:30 – 15:00
- ✕ Sundays and holidays
- 🚶 1 min. walk from JR Ome Line Ushihama Station



Signature menu

Mixed Curry

Available Year-round

Ingredients used Petit Puyo tomatoes (from Ome)

Chicken and Shiitake Mushroom Ragout Pasta

Available Year-round

Ingredients used Log-grown shiitake mushrooms (from Ome)



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)

Yakiniku Fussa Moumou-tei

☎ 042-842-0001

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



- 📍 Miko Bldg., 883-1 Fussa, Fussa-shi
- 🕒 17:00 - 23:00 (Last call 22:00)
- ✖ Sundays
- 🚶 4 min. walk from JR Fussa Station



Signature menu

Homemade Kimchi Assortment

Available Year-round

Ingredients Chinese cabbage, cucumbers,
used daikon radish (from Ome)

Vegetable Assortment

Available Year-round

Ingredients Leeks, green peppers, onions
used (from Ome)



Asian Restaurant Komae Saigon

☎ 03-3430-5186

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



- 📍 1-3-1 Izumihoncho, Komae-shi
- 🕒 11:00 - 15:00
17:00 - 22:00
- ✖ Mondays (Changes on public holidays)
- 🚶 3-4 min. walk from Odakyu Line
Komae Station



Signature menu

Coriander Salad

Available Year-round

Ingredients Coriander (from Komae and
used Setagaya)

Water Spinach and Garlic Stif-fry

Available Year-round

Ingredients Water spinach (from Komae
used and Setagaya)



Italian Restaurant *Vino Uno*

☎ **03-3430-4884**

🌐 <https://www.vino-uno.com/>



- 📍 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



Signature menu

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

Available Year-round

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

Vegan-friendly!!
Pizza with Seasonal Vegetables

Available Year-round

Ingredients used *Edamame* soybeans, okra, eggplant, beets and other seasonal vegetables (from Komae)



Ika Bar x Niku Bar Haru

☎ **042-497-9268**

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



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



Signature menu

Salad with Raw Ham and Argula from Kiyose

Available Year-round

Ingredients used Arugula (from Kiyose)

Ajillo with Kiyose Turnips and Shrimp

Available Year-round

Ingredients used Turnips (from Kiyose)



🅑 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)

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, 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 1st and 3rd Tuesdays

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

**Seasonal Kiyose vegetable potage**

Available Year-round

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

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

📍 2-2-4 Honcho, Higashikurume-shi

🕒 11:30 - 15:00

17:30 - 22:00

✕ Sundays

🚶 5 min. walk from Seibu Ikebukuro Line Higashikurume Station

**Yanagikubo Wheat Canelé**

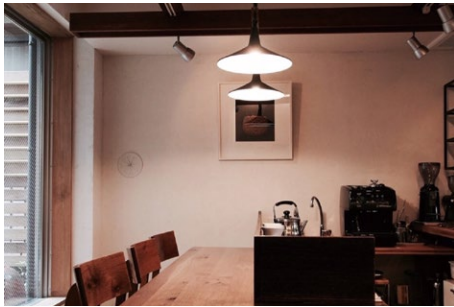
Available Year-round

Ingredients *Yanagikubo* wheat (from Higashikurume)

KAKUSHICHI

☎ 042-476-8050

URL



- 📍 2-1-34 Chuo-cho, Higashikurume-shi
- 🕒 11:00 – 17:00
- ✖ Sundays and Mondays
- 🚶 15 min. walk from Seibu Ikebukuro Line Higashikurume Station

Signature menu



Spiced Carrot Cake

Available Year-round

Ingredients used Carrots (from Higashikurume)

Edamame Scone

Available June to July

Ingredients used Edamame soybeans (from Higashikurume)



Murayama Mangestu Udon

☎ 042-560-3559

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



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

Signature menu



Udon Noodles with Meat Soup

Available Year-round

Ingredients used Komatsuna mustard spinach (from Musashimurayama)

Udon Noodles Topped with Broiled Chashu Pork Slices

Available Summer

Ingredients used Daikon radish (from Musashimurayama)



Nikujiru Udon Nagashimaya

☎ 042-516-8669

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

Signature menu

Nikujiru Udon

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

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

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

- 📍 1-135-2 Ominami, Musashimurayama-shi
- 🕒 11:30 - 15:00
18:00 - 21:00 (except Mondays)
- ✕ Tuesdays
- 🚌 Take the bus from the Tachikawa Station. 2 min. walk from "Ominami 1-chome" bus stop



Kanten Sabo Yumu

☎ 042-338-4611

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

Signature menu

Daily Set Meal

Available Year-round
Ingredients Snap peas, spinach, rapeseed flowers, etc. (from Hachioji)

Kanten Udon

Available April to June, October to March
Ingredients Fresh shiitake mushrooms, long leeks, radish sprouts (from Hachioji)

- 📍 4-3-1-107 Kaitori, Tama-shi
- 🕒 11:00 - 18:00 (Until 19:00 in summer)
- ✕ Sundays, Holidays and New Year holidays
- 🚌 Get off at Keio or Odakyu Tama Center Station → Take a bus bound for Seiseki-Sakuragaoka or Nagayama → Get off at Toyogaoka 4-chome bus stop, 1 min. walk



ORTOLANA

☎ 042-407-5659

URL <http://ortolana.kitchen/>



- 📍 965-1 Oomaru, Inagi-shi
- 🕒 11:30 - 14:30 (Last Call 13:30)
17:30 - 21:30 (Last Call 20:30)
- ✕ Mondays, Tuesdays and irregular
- 🚶 2 min. walk from JR Nambu Line Minami-Tama Station



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>



- 📍 1736-1 Higashinaganuma, Inagi-shi
- 🕒 12:00 - 18:00
- ✕ Wednesdays and Thursdays
- 🚶 10 min. walk from Keio Sagami-hara Line Inagi Station



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

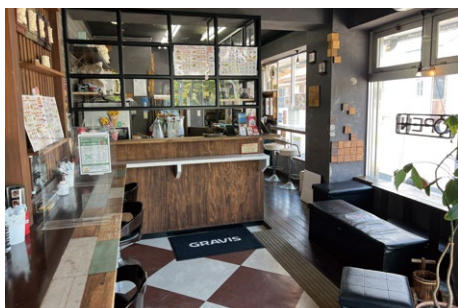
Ingredients 8 kinds of vegetables such as
used daikon radish, carrot, burdock,
etc. (from Ome)**Tenzaru Soba**

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
- 🕒 11:00 – 22:00
- ✖ Irregular
- 🚶 11 min. walk from JR Ome Line Hamura Station East Exit



Signature menu

**Fried Rice Crepe with Yakimiku Pork from Ome**

Available Year-round

Ingredients Pork (from Ome)
used**Fried rice crepe with flavorfully hot grilled pork**

Available Year-round

Ingredients Pork (from Ome)
used

(Seafood and Sushi) Hanamizuki

☎ 042-578-3137

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



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



Signature menu

Hinohara potato *chijimi*

Available Year-round

Ingredients used Potatoes (from Hinohara)

Hinohara *maitake* mushroom spaghetti aglio, olio e peperoncino

Available Year-round

Ingredients used *Maitake* mushrooms (from Hinohara)



Yakiniku Hamura Moumou-tei

☎ 042-555-0087

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



- 📍 5-2-3 Midorigaoka, Hamura-shi
- 🕒 11:30 - 14:00 (Last call 13:30)
17:00 - 23:00 (Last call 22:00)
- ✖ Wednesdays
- 🚶 18 min. walk from JR Hamura Station



Signature menu

Legendary Tokyo Beef Mountain Platter

Available Year-round

Ingredients used Tokyo beef

Seared Tokyo Beef Yukhoe

Available Year-round

Ingredients used Tokyo beef



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)

Cafe Bar AQUAVITA

☎ 042-578-5560

URL



- 📍 1-22-3-1F Uto, Hamura-shi
- 🕒 Fridays 18:30 – 22:00 (Last call 21:30)
Saturdays 12:00 – 15:00 (Last call 14:30)
18:30 – 22:00 (Last call 21:30)
- ✕ Sundays, Mondays, Tuesdays, Wednesdays and Thursdays
- 🚶 12 min. walk from JR Hamura Station



Signature menu



Margherita Pizza

Available Year-round

Ingredients Tomatoes, basil
used (from Ome/Hamura)

Green Salad

Available Year-round

Ingredients Romaine lettuce, arugula,
Italian parsley and other
seasonal vegetables
used (from Hinode)

Sumibiyaki/Yamazato Village Dishes

Kurochaya

☎ 042-596-0129

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

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



Signature menu

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/>

Akiruno



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

Signature menu



Shaved natural ice

Available Year-round (Service is ended when supplies run out of natural ice)

Ingredients used Seasonal fruits (from Akiruno)

Anmitsu confectionery topped with bean jam and bracken starch dumplings

Available Year-round

Ingredients used Tokyo milk



Dining Bar KAI Akigawa

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

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

Signature menu



Grilled Akigawa Beef Skewers

Available Year-round

Ingredients used Akigawa beef (from Akiruno)

Chilled Tomato Carpaccio

Available Summer

Ingredients used Tomatoes (from Akiruno)



Home of Bread A La Mode

☎ 042-550-6505

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

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

Signature menu

Akigawa Beef Curry Bread

Available Year-round

Ingredients used Akigawa beef (from Akiruno)

Akigawa Beef Curry Bread (with Cheese Filling)

Available Year-round

Ingredients used Akigawa beef (from Akiruno)



Soba-dokoro Yanagiya

☎ 042-596-0071

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

- 📍 218 Tateya, Akiruno-shi
- 🕒 11:00 - 14:00 (Last Call 13:30)
- ✖ 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 saffrage, *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 used	Seasonal vegetables (from Akiruno) (mainly root vegetables)

Salt Grilled Satoyama Masu Trout Set Meal

Available	Except for June and August
Ingredients used	Seasonal vegetables (from Akiruno), 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 used	Honey (from Tama), Tokyo milk

Gelato waffle

Available	Year-round
Ingredients used	Honey (from Tama), Tokyo milk



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 falcy
(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

Local Vegetable Bagna Cauda

Available Year-round

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

Pizza Ortolana

Available Summer

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

📍 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



Nishitokyo

Shunsaiya ON

☎ 090-1685-6625

URL



Signature menu

Fried Chicken Nanban Vinegar Set Meal (Example of weekly set meal)

Available June

Ingredients used Carrots, onions, edamame soybeans, zucchini and other seasonal vegetables (from Musashino)

Spring Roll with Barracuda and Baby Corn (Example of weekly set meal)

Available June

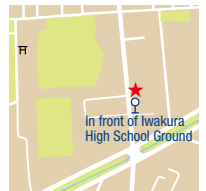
Ingredients used Baby corn, basil (from Musashino)

📍 1-13-10 Shinmachi, Nishitokyo-shi

🕒 11:00 - 18:00

✖ Sundays, Mondays and Irregular

🚶 10 min. by bus from Seibu Shinjuku Line Tanashi Station



Nishitokyo

🅑 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)

ANNE'S GARDEN

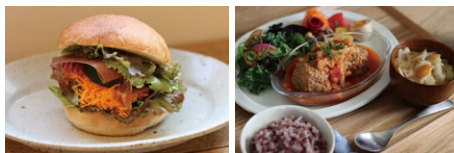
☎ 042-497-4670

URL <https://annes87garden.com>

Signature menu



- 📍 5-15-3 Minami-cho, Nishitokyo-shi
- 🕒 11:00 – 15:00
17:00 – 18:00
- ✕ Sundays, Mondays and Irregular
- 🚗 10 min. walk from Seibu Shinjuku Line Tanashi Station



ANNE'S GARDEN Sandwich

Available Year-round

Ingredients Sunny lettuce, carrots,
used cucumbers, dill
(from Nishitokyo)

Seasonal Lunch

Available Year-round

Ingredients Tomatoes, cucumbers,
used carrots, sunny lettuce, dill
(from Nishitokyo)



Shogaiseishunnoyu

Tsurutsuru Hot Spring

☎ 042-597-1126

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

Signature menu



- 📍 4718 Okuno, Hinode-machi, Nishitama-gun
- 🕒 10:00 – 20:00 (Last entry 19:00)
- ✕ 3rd Tuesdays
- 🚗 Take the bus bound for Tsurutsuru Onsen from Musashi-Itsukaichi Station Get off at the final stop

Tokyo Wagyu Tsurutsuru
Hoba-yaki grill

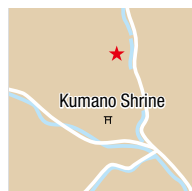
Available Year-round

Ingredients Akigawa beef (from Akiruno)
used

Leek Chili Oil Menma
Bamboo Shoots

Available Year-round

Ingredients Leeks (from Hinode)
used



Tourist Inn Mitou Sansou

☎ 042-598-6138

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



Signature menu

Seasonal Mountain Vegetables in 22 Small Dishes

Available Year-round

Ingredients Mountain vegetables and farmed used vegetables (from Hinohara)

Tempura Set Meal/ River Fish Set Meal

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

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

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



Hinohara

NPO Restaurant

Hinohara Shiki-no-sato

☎ 042-598-1060

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



Signature menu

Aya Gozen

Available Year-round

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

Vegetable tempura rice bowl

Available Year-round

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

- 📍 5493 Hinohara-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



Hinohara

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)

Museum Cafe

Satoyama *Shokudo*Signature
menu

☎ 042-588-4044

URL

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



Satoyama Set Meal

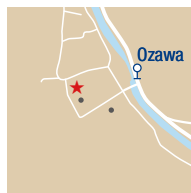
Available Year-round

Ingredients *Maitake* Mushrooms
used (from Hinohara) Seasonal
Vegetables (from Hinohara)

Hinohara Potatoes

Available Year-round

Ingredients Potatoes (from Hinohara)
used

Villa *delpino*Signature
menu

☎ 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

*Hinohara Maitake*
Mushroom Salad

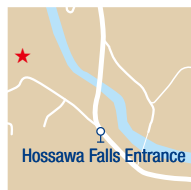
Available Year-round

Ingredients *Maitake* mushrooms
used (from Hinohara)

Pasta with *Hinohara Potatoes*
and *Itsukaichi Green Beans*

Available June to August

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



Hinohara Terrace

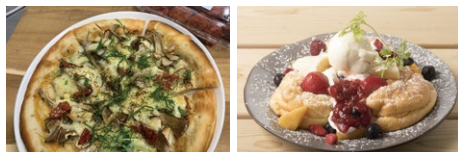
☎ 042-588-4828

URL



- 📍 3395 Kanoto, Hinohara-mura, Nishitama-gun
- 🕒 8:00 – 10:30 (Fridays only)
11:30 – 15:30 (Last call 14:30)
18:30 – 23:00 (Saturdays only)
- ✖ Mondays and consecutive Tuesdays and Wednesdays at the beginning of each month
- 🚌 30 min. by bus from JR Musashi-Itsukaichi Station

Signature menu



Pizza with Pickled Plum and Hinohara Maitake Mushrooms

Available Year-round

Ingredients Pickled plums, maitake mushrooms (from Hinohara)

Fluffy Pancakes

Available Year-round

Ingredients Eggs (from Akiruno)



Earth Garden

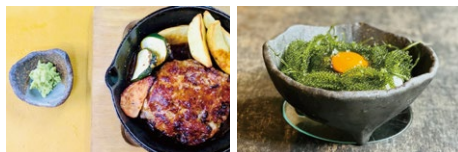
☎ 0428-85-5101

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 (from Okutama)



Yamabato

☎ 0428-85-2158

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

Signature menu

Seasonal Vegetable Pizza

Available Year-round (Tuesday – Friday)

Ingredients Broccoli, onions and other seasonal vegetables (from Ome, Okutama)

📍 380 Tanazawa, Okutama-machi, Nishitama-gun

🕒 10:00 – 17:00

✖ Mondays (or the following day if Monday is a holiday) and 3rd Tuesdays

🚶 1 min. walk from JR Ome Line Hatonosu Station



Soba Salad

Available Year-round

Ingredients Burdock root, carrots (from Ome)



Kamameshi Nakai

☎ 0428-85-1345

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

Signature menu

Pulpwood *shiitake* mushrooms grilled on an iron plateAvailable Spring: from mid-March to mid-April
Fall: from mid-October to mid-NovemberIngredients *Shiitake* mushrooms cultivated on pulpwood (from Ohtaba)For *zaru* soba noodle, *sashimi* konnyaku (thinly sliced processed yam), *yakitori*, etc.

Available Year-round

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

📍 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)



Minwa-no-yado Arasawayaya

☎ 0428-83-2365

URL <http://arasawayaya.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 (example)

(Charcoal-grilled Okutama *yamame*, wild mountain vegetables, *awabitake* mushroom hot pot, and homemade *konnyaku* sashimi, etc.)

Available Year-round

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

Okutama *Yamame* sashimi raw slices

Available Year-round

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

Jisuke poteto with *negi* miso (leek and miso sauce)

Available Year-round

Ingredients used *Jisuke* potato (from Okutama)

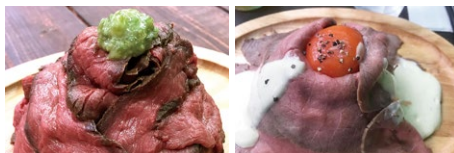


Okutama riverside cafe awa

☎ 0428-74-9947

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

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



Signature menu

Venison Volcano

Available Irregular

Ingredients Venison, wasabi radish (from used Okutama)

Shiromaru Egg Volcano

Available Year-round

Ingredients Shiromaru eggs (from Okutama)



Cafe restaurant SAKA

☎ 0428-85-8155

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

- 📍 564 Unazawa, Okutama-machi, Nishitama-gun
- 🕒 11:00 - 14:30
- ✖ Sundays, Mondays and 1st Tuesday of the month
- 🚶 10 min. by car or taxi/40 min. walk from JR Okutama Station
15 min. walk from the closest bus stop Kaniwa



Signature menu

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

Available Year-round

Ingredients Akigawa beef, shiitake mushrooms and vegetables from Okutama

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

Available Year-round

Ingredients Seasonal vegetables from Okutama

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



RUNWAY

Dashimaki Eggs Specialty Store

☎ 0428-85-8337

🌐 <https://ranway-dashimaki.com/>



- 📍 549 Kotaba, Okutama-machi, Nishitama-gun
- 🕒 11:00 – 15:00
- ✖ Tuesdays
- 🚪 Immediately after getting off at JR Ome Line Kori Station



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



RUNWAY

~TAMA Collection~

☎ 0428-85-8687

🌐 <https://ranway-dashimaki.com/>



- 📍 207 Hikawa, Okutama-machi, Nishitama-gun
- 🕒 11:00 – 18:00
- ✖ Tuesdays
- 🚪 1 min. walk from JR Ome Line Okutama Station



Signature menu

Dashimaki Omelet Set Meal

Available Year-round

Ingredients Chicken eggs (from Ome) used

RUNWAY Chawan Mushi

Available Year-round

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



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)

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 8,000 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 12,000 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 Toshiha 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. Toshiha 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, *semono* side dishes, and stir fry. Most of the raw *ashitaba* that are exported are produced in Tokyo.



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

We hope you use these ingredients.



Why don't you enjoy Tokyo's specialties?



Komatsuna mustard spinach (Year-round)

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



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

Ashitaba (Year-round)

The *ashitaba* names comes from a saying about the leaves' quick growth, "Pick leaves in the evening, and new ones come out tomorrow or *ashita*." Rich in chalcones, vitamins, minerals, etc.



Okutama 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.



TOKYO X Pork (Year-round)

Premium pork bred for its high quality delicious and flavorful fat. A breed by crossing of three types of Berkshire, Duroc pigs and Beijing Black after a 7-year trial and error process.



Splendid alfonsino (Year-round)

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



Tokyo Shamo Chicken (Year-round)

Rich in protein 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 Hachiojima Island to Miyakejima, Kozushima islands, etc. for summer. In recent years, cultivated in the Hachioji region, too.



Edamame soybeans (May - Aug)

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



Bonitoes (Feb - Apr)

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



Norabona (Mar - Apr)

Mild and sweeter leaf vegetables than *Komatsuna* 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)

Grapes are widely cultivated from the Tama area to the ward areas within Tokyo, and are a highly popular product. The specialty variety "Takao" has black skin, moderate acidity and aroma, and is characterized by its rich sweetness.



Japanese pears (Aug - Oct)

Within Tokyo, many varieties are cultivated around Lake Tama and the Tama River.



The specialty variety "Inagi" is produced almost exclusively within Tokyo and is sold at direct sales outlets and other locations.

Edo Tokyo Traditional Vegetables

"Edo Tokyo Vegetable" is a brand name for vegetables grown in Tokyo as its typical vegetables with history. Among 52 vegetables certified and registered by Japan Agricultural Cooperatives (JA) Tokyochoukai are *Nerima Daikon* radish, *Dento* (Traditional) *Okura Daikon* radish and *Kameido Daikon* radish, *Goseki Bansei Komatsuna* mustard spinach, *Magome Sanzun Ninjin* carrot, *Magome Hanjiro Kyuri* cucumber, *Terajima Nasu* eggplant and *Takinogawa Gobo* burdock root. (In addition to the certified vegetables, 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", a variety developed at Tokyo's agricultural experiment station and 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
Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	16
	cusavilla	03-5467-0560	16
	HAL YAMASHITA Tokyo	03-5413-0086	18
Shinjuku-ku	Tokyo Islands <i>Shochu Izakaya</i> Kokkome	080-9971-3471	19
	Under the Tree	03-3341-1461	20
	Sanaburi	070-3316-1718	23
Bynkyo-ku	Kifune	03-5834-7512	24
Sumida-ku	Tokyo Shamo Chicken Restaurant Nezu Torihana <Ryogoku Edo NOREN>	03-6658-8208	29
Koto-ku	Edo Tokyo Beer On Tap	03-6659-8379	31
Shibuya-ku	<i>Soba-dokoro</i> Oonoya Motoyoyogicho	03-3467-7513	38
	fun.ice!	080-4342-1522	39
	HOTEL CENTURY SOUTHERN TOWER SOUTHERN TOWER DINING	03-5354-2172	40
Toshima-ku	All Day Dining CROSS DINE	03-3980-4040	42
	osteria Selvaggina	03-6903-7020	42
Nerima-ku	Koryouri Ishii	03-4283-1430	44
	Pizzeria Gtalia da Filippo	03-5923-9783	45
	OPPLA! DA GTALIA	03-6339-6936	45
	Japanese-style French cuisine Eveil by Komorebi	03-6904-8797	49
Katsushika-ku	#Katsushika <i>Shokudo</i>	070-6673-1891	52
Hachioji-shi	DOZO SAKE KITCHEN	042-649-5229	58
Tachikawa-shi	DAICHINO RESTAURANT	050-3196-9027	60
	SORANO ROOFTOP BAR	050-3503-9379	61
	bel Salice	050-1725-6705	62
Musashino-shi	Kitchen Ohnami	0422-26-9283	64
Mitaka-shi	KAERU <i>SHOKUDO</i>	0422-46-0077	65
Ome-shi	Dining & Gallery Mayugura	0428-21-7291	66
	Suzukiya	0428-22-2064	66
	“Pirtsu” Light Meal Café	0428-74-4528	67

[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	Turkish Cafe RugTime' mutluluk	090-8778-6892	73
Fuchu-shi	Trattoria La Vita	042-360-1166	76
Koganei-shi	Nishimakigohan	042-203-2418	80
Kodaira-shi-shi	Tacos Mercado	042-497-5211	81
Hino-shi	Keinoya Hino ekimae	042-586-0650	82
Kunitachi-shi	Syokusai Warabitei cafe himmel	042-511-7269 070-9042-3024	86 88
Fussa-shi	MouMou BEACH CAFE	050-3623-5195	89
Komae-shi	Asian Restaurant Komae Saigon Italian Restaurant Vino Uno	03-3430-5186 03-3430-4884	90 91
Musashimurayama-shi	<i>Nikujiru Udon</i> Nagashimaya	042-516-8669	94
Inagi-shi	ORTOLANA	042-407-5659	95
Hamura-shi	(Seafood and Sushi) Hanamizuki Cafe Bar AQUAVITA	042-578-3137 042-578-5560	97 98
Nishi-tokyo-shi	Shunsaia ON	090-1685-6625	103
Okutama-machi	Minwa-no-yado Arasaway <i>Robata Akabeko</i> Okutama riverside cafe awa Cafe restaurant SAKA	0428-83-2365 0428-83-2365 0428-74-9947 0428-85-8155	109 109 110 110

[Vegan]

Location	Restaurant name	Contact	Page
Minato-ku	Natural Cafe and Restaurant TABUNOKI	03-3280-1916	16
	cusavilla	03-5467-0560	16
	HAL YAMASHITA Tokyo	03-5413-0086	18
Shinjuku-ku	Tokyo Islands <i>Shochu Izakaya</i> Kokkome	080-9971-3471	19
	Sanaburi	070-3316-1718	11
Bynkyo-ku	Kifune	03-5834-7512	24
Koto-ku	Edo Tokyo Beer On Tap	03-6659-8379	31
Shibuya-ku	<i>Soba-dokoro</i> Oonoya Motoyoyogicho	03-3467-7513	38
	fun.ice!	080-4342-1522	39
	HOTEL CENTURY SOUTHERN TOWER SOUTHERN TOWER DINING	03-5354-2172	40
Nerima-ku	Koryouri Ishii	03-4283-1430	44
	Pizzeria Gtalia da Filippo	03-5923-9783	45
	OPPLA! DA GTALIA	03-6339-6936	45
Tachikawa-shi	DAICHINO RESTAURANT	050-3196-9027	60
	SORANO ROOFTOP BAR	050-3503-9379	61
Ome-shi	Dining & Gallery Mayugura	0428-21-7291	66
Koganei-shi	Nishimakigohan	042-203-2418	80
Hino-shi	Keinoya Hino ekimae	042-586-0650	82
Kunitachi-shi	cafe himmel	070-9042-3024	88
Komae-shi	Asian Restaurant Komae Saigon	03-3430-5186	90
	Italian Restaurant Vino Uno	03-3430-4884	91
Hamura-shi	(Seafood and Sushi) Hanamizuki	042-578-3137	97
Okutama-machi	Minwa-no-yado Arasaway <i>Robata Akabeko</i> Okutama riverside cafe awa	0428-83-2365 0428-83-2365 0428-74-9947	109 109 110

[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.

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

Tokyo Metropolitan Government Certified Locally Sourced Food Products

About Certified Foods

Certified Food products are unique to Tokyo, using ingredients sourced in Tokyo or made using traditional Tokyo production methods.

The Tokyo Metropolitan Government (TMG) reviews and certifies foods based on aspects such as the care and attention to detail put into them, as well as their taste and quality.

Certified Food logo

Certified Foods may carry one of the following logos. TMG promotes these foods as Tokyo specialty products through channels such as websites and various events.



Excellent Quality

Indicates that the product not only meets quality standards related to the careful selection of ingredients, but also that thorough care has been paid to food safety.

Exact Expression

Indicates that the product's labelling conforms to the Food Labeling Act, Act on Japanese Agricultural Standards, Health Promotion Act, and other relevant laws and regulations.

Harmony with Ecology

Indicates that care and attention to detail has been 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.

Certified Foods are also great as souvenirs or gifts!

*Please see the website for details.

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

Inquiries

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Tokyo Metropolitan Government
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TOKYO GROWN



WE ARE TOKYO GROWN.



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



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



AND TOURIST AREA. HOWEVER, TOKYO IS NOT JUST A BUSTLING CITY!



EVEN TOKYO'S AGRICULTURE, FORESTRY AND FISHERIES.....

HAS ITS UNIQUENESS AND CHARM!!



TOKYO HAS THESE PRODUCERS AND PRODUCTS



SPOTS TO EXPLORE AND ENJOY, TO SHOP AROUND TO EAT



WE WILL BE INTRODUCING THIS ALL IN TOKYO GROWN!

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



TOKYO GROWN



QR code



とうきょう
特産食材
使用店

とうきょう
特産食材
使用店

とうきょう
特産食材
使用店



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Utagawa Hiroshige,
Famous Views of the Eastern Capital, Amusements While Waiting
for the Moon on the Twenty-sixth Night at Takanawa
(Ota Memorial Museum of Art)



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リサイクルできます。