The Coronavirus Crisis has Changed the Business and Value of Food

In 2020, the explosive spread of the novel coronavirus shook the world. Covid-19 rocked Japan and the world, and has transformed the value of food and how we do business.

Food as Medicine

Health was already growing in prominence, and the pandemic crisis has drawn more and more attention to it. Meals are what control the state of our health from day to day. It has become clear that lifestyle diseases raise the risks of Covid-19 infection, and interest in measures against obesity and diabetes is rising. Services have already been launched which suggest meals on the basis of the user's genes, gut microbiome, and vital data, as well as products such as complete nutrition foods. The values of health and disease avoidance will keep on gaining prominence, with more importance being attached to food as medicine.

Food Waste Solution

The slump in the food service industry in Japan has triggered a situation in which commercial farmers cannot ship their produce to market with good timing. Moves to deal with this situation, by using fast freezing to improve shelf life, and marketing produce as frozen fruits or smoothie ingredients, are attracting attention. Farmers are fast-freezing produce such as surplus strawberries so that they can be sold as frozen sweets. Farmers' efforts to try novel sales methods and broaden ways of eating their produce are earning praise.



Home Cooking for Reconnecting and Relaxing

Now that it's harder to eat out, it's increasingly common for husbands and wives, and parents and children, to cook meals together. People are increasingly interested in enjoying the process of cooking together, like going to the supermarket as a family to buy ingredients, then peeling potatoes together. Cooking appliances are also selling well. People with no experience of cooking have started signing up for livestreamed online cooking classes. Content that relays chefs' cooking processes are another welcome service for people living with restrictions on going out.

The Expansion of Alternative Proteins

Sales of plant-based meat substitutes are strong in the US retail market. Expectations are rising for the development of cultured meat, because it does not require the raising of large numbers of livestock. Cultured meat as a technology is in the spotlight for its efficiency, because chunks of meat can be cultured in a few weeks, instead of the two to three years it takes to grow beef cattle. Another attraction is that no pasture land is required, so production and consumption locations can be brought closer together, and it is easier to adapt production to demand. In Japan, Nisshin Food Products HD and Tokyo University are working on increasingly highprofile joint research on cultured steak.

The Potential of Food Robots

Food robots are a machine solution to support restaurant operations. They can offer a wide range of assistance. Other than types that handle restaurant back room jobs such as preparing, serving, and washing, some robots are coming out front, to serve dishes and clear tables. Food robots also have an entertainment aspect, showing cooking processes to diners for their amusement. They will also provide value in areas of food safety and transparency as Covid countermeasures.

Covid-19 has had huge negative impacts on our lives and on society, but at the same time, it is ushering in outstanding opportunities to reconsider the value of food, how we handle it, and how we think about it. Those changes are certain to generate new business opportunities.

Gentle

5-47-6 Jingumae, Shibuya-ku Phone: 03-6897-3777 Open Hours: 11:30AM-11:00PM* *Check website for details Closed on Monday https://www.gentle-base.com

7wo Different Spaces within One Restaurant

entle is built on two levels, ground floor and basement, which are used to house Mediterranean dining and a sushi bar within one restaurant. The Mediterranean dining area is an elegant, highceilinged space, and its terrace seating is particularly pleasant, with a wide-open feel. It's a place for diners to take their time over Mediterranean cuisine that is based on Italian but weaves in the essences of Spanish, Greek, and other regional cuisines. The first floor also has a bar counter that's a good place to meet up with people. The sushi bar in the basement is a little hideaway place with 16 counter seats.











Spring is here! Enjoy evening high tea on the terrace!

From March 20, Gentle Omotesando will start offering evening high tea, which you can enjoy after 5pm. It follows on from the success of the hugely popular afternoon tea, which is always fully booked in advance.

The tea features a grill of carefully selected wagyu Japanese beef on a high tea stand that also offers nine types of tapas. Then there's the dessert cart, carrying a range of desserts and other dishes to delight the eye as well as the mouth.

On the afternoon of your day off, or after work, come to our terrace seats, surrounded by amazing greenery, or to our stylish, art-decorated interior, to spend some elegant time shedding the fatigue of the day.

"High tea" is a course meal in which diners enjoy dishes arrayed on a stand, similar to the presentation for afternoon tea.

MARKINGS



Free Wi-Fi



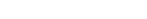
Non-smoking



Serves alcoholic drinks



Types of menus available



EN = English CH = Chinese

KR = Korean



Vegetarian menus available*

Halal & vegetarian menus available*



Recommended menu

*In many cases, reservations are required for vegetarian and halal menus. Please ask each restaurant for more information.

Information on this magazine is subject to change without notice due to the current situation of COVID-19.

Please check each official website for the latest information.

Don't forget to follow us!











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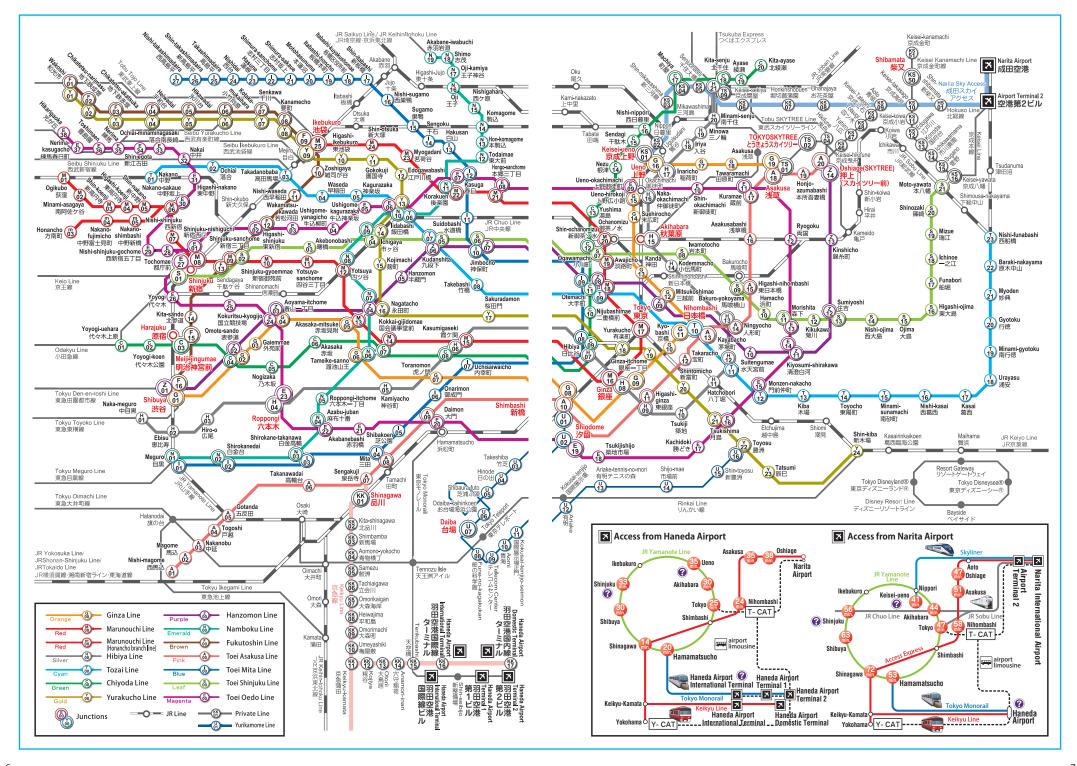








*Information on this magazine was updated March 2021. Some information may change without notice.



b



is under pressure to meet these needs. The event organizer says "The aim of this unique event program is to boost the natural foods market and raise the quality of natural food products. This is an to connect chefs with businesses".

The 49th

Hotel and

19th, 2021,

International

Restaurant Show

(February 16th-

Tokyo Big Sight)

fourth "Natural

Food: Audition

to Discover New

Recipes" as one

of its showcase

events.

presented the

Every year entries are requested in the two fields of main dishes and sweets, and there are the following six screening criteria: [1] Originality, [2] How natural appeal), [4] Nutritional balance, [5] Unit price and costs,

Among the judges, Jury President Toshiyuki Kato commented that "Natural food still doesn't have a culture or a form as a cuisine, in the way that French or Italian food have. It is necessary to establish natural cuisine as a new genre, including its definition, and in that regard, this event has extraordinary value going forward. It would be wonderful if it prompted more people to think about, and reconsider, health, the environment, and their lifestyles."

gluten-free and vegan items. This trend is expected to accelerate, and demand for ingredient development and recipe ideas is rising rapidly, as the food service industry

unprecedented new initiative to use natural food recipes

ingredients are used, [3] Finished appearance (photogenic and [6] Balance of flavors.

The organizer also says "We are looking for this audition to lead to commercial product development and media coverage of superior recipes, so the screening judges are top players in retailing, dining, and the media, and are familiar with natural foods. And at the same time we want to encourage buyers and others to taste the recipes, and to generate opportunities for trade negotiations".











The 4th "Natural Food: **Audition to Discover New Recipes"**

Main Dishes Division and Sweets Division

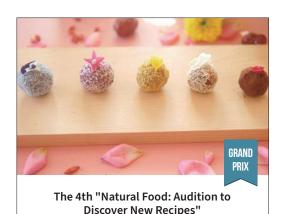
The seven finalists who passed the preliminary review were divided into two divisions, for main dishes and sweets. The four finalists chosen for the main dish category and three for the sweets category worked on cooking demonstrations at the same time.

In the Main Dishes Division, "Konjac and Soy Meat Salad" by executive chef Atsushi lijima won the Grand Prix, and "Soupless Tan Tan Noodle with Miso Soy Meat ", by Miho Maeda won the Special Recognition Award.

In the Sweets Division, "Raw Beauty Bliss Ball" by Organic Cafe & Salon Aguricafe amateru, Akio Tanaka, won the Grand Prix, and "Konjac Macedonia", by vegan food creator Mai Tsunoda won the Special Recognition Award.

This unprecedented natural food event is certain to gather much more attention next year in line with the return of foreign visitors to Japan toward the end of Covid-19.

It is hoped that it will continue to serve to strengthen and stimulate Japan's natural food industry, bringing more variety in natural foods to Japan's dining tables.



Sweets Division Grand Prix

"Raw Beauty Bliss Ball"

Fermented foods are

Japan's superfoods

Akio Tanaka

Organic Cafe & Salon Aguricafe amateru

What were you focusing on the most about your entry?

I was thinking of a recipe that would improve the intestinal environment and boost immune function when people eat it. I used Chinese medicinal ingredients, such as jujube and goji berry, which help to regulate liver function, dietary fiber from dates and figs, and Organic Roasted Brown Rice Powder, which is the sponsor's product, to enhance the detox effect. I made a "bliss ball" with the five colors of the five elements in Chinese cosmology, and added ingredients with effects for the liver, heart, spleen, lungs, and kidneys, to produce a recipe that's also fun to look at.

What is the biggest attraction of your recipe?

Raw sweets and bliss balls commonly use nuts, but there are lots of people who can't eat nuts because of allergies, or who just don't like nuts much. That's why I thought of a nut-free recipe this time. But the greatest appeal is that as well as being nut-free, the recipe is also free of wheat, eggs, dairy products, sugars, lecithin, and gluten, with the sweetness coming from just the Chinese medicinal ingredients and the dates.

Please tell us a little about yourself.

I sell vegan and gluten-free cakes, I have an online shop, I suggest recipes, and I'm a writer. I was born with severe food allergies and eczema, and that experience prompts me to offer recipes for dishes and confectionery that everyone can enjoy eating around the same table without worrying, even if they have allergies, religious reasons, or other issues.

What do you recommend as a food experience for foreigners in Japan?

A wide variety of culinary cultures come together in Japan, but I particularly want foreigners to experience the delicious flavor of proper dashi stock, and Japan's real traditional cuisine. Dashi stock, fermented foods, pickles, and the like build the intestinal environment and the body's constitution.

Is there a particular Japanese ingredient that you want people to try, and to learn about?

I want them to try vegan Japanese recipes, which don't use animal ingredients. Fermented foods like pickles, sake lees, and malted rice have rich and savory flavors, contain abundant lactobacillus, keep well, and have high nutritional value. They are Japan's superfoods.

I'm delighted if I can earn three stars in people's hearts!

Atsushi lijima Executive Chef, HMI Hotel Group

What was the theme of your recipe?

The Covid pandemic is putting the tourist and restaurant industries in a tough spot. I was thinking of a recipe that could be provided and sold as a delivery or takeout meal. I also considered the operational aspects and tried to make something simple for anyone to make.

What was the biggest attraction of your prize-winning recipe?

"There's value and important aspects that can't be seen in the recipe". It's a recipe that values the ingredients and fully uses all materials, even the water. It uses the minimum amount of water to boil vegetable and make the water into bouillon. Vegetable scraps are used in dressing, mayonnaise, and



The 4th "Natural Food: Audition to Discover New Recipes" Main Dishes Division Grand Prix "Konjac and Soy Meat Salad"

Please tell us a bit more about yourself.

I've been working in this industry for over 30 years. French cuisine is my starting point, but at times, I created luxurious dishes and cooked just for myself. Now I cook for people for their smiles and happiness. From now on, my role as executive chef is to develop the business by getting involved in management, human development, and environment building.

What do you strive for as you cook?

I think about how to get people to eat and be happy, and try to create recipes that let food make people smile. It's very important to communicate Japan's culture and traditions through cuisines. It's also important for me to know foreign culinary cultures and dietary habits, and to create recipes through communication with people.

What is your mission as a chef?

My greatest mission is to develop people who will carry our work on to the next generation. This is a career that has high turnover and isn't kind to women. The industry must improve the work and the workplace environment, and become an industry that coming generations will want to work in. It should be a place where people from other countries can work easily and thrive. I'm always thinking about what I can do to those ends.

If I could do things like that overseas as well, including volunteering or just helping out, that would be my happiest culinary life. There are so many people around the world who cook. I want to do the things that I can only do. I'm delighted if I can earn three stars in people's hearts.



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JAPANESE SAKE APPRECIATION PROGRAM WAS STREAMED ONLINE ON JANUARY 30TH, 2021 FROM THE JAPAN SAKE AND SHOCHU INFORMATION CENTER

Japan Sake and Shochu Makers Association(JSS) held an online program called the "Japanese Sake Appreciation Program" inviting guests from Embassies and Chambers of Commerce and Industry in Japan. The Association is a legally established organization representing 1,700 members of the Japanese Sake and Shochu producers in Japan. The organizer aimed to let the participants know that sake is compatible with a wide range of cuisines in the world and it has strong links to regionality and the culture and traditions of Japan.

In the program Italian-born sake taster Giulia Maglio served as a navigator to discuss its pairing from her unique perspective. Darryl Cody Brailsford, the Americanborn sake brewer in Japan expounded the appeal of sake.









NIHONSHU < JAPANESE SAKE > TODAY

Hitoshi Utsunomiya Director Japan Sake and Shochu Makers Association

Japanese sake has over 1,500 years of history, but I'm confident that we are now drinking the best sake there has ever been. By now, sake is well known around the world as a fermented alcoholic beverage made from rice. The value of sake exports has roughly tripled in 10 years. More and more people are familiar with sake styles like ginjo and junmai.

Until about 30 years ago, the custom of sake brewing was that the owner of the brewery would commission a sake brewing master, called a Toji, and his team, to make sake during the winter season between November and March

Sake brewing today is changing. The owner may also be the Toji, or there may be a full-time employed manufacturing team led by a Toji who has graduated from a university brewing course. Other than fermentation in winter, they take responsibility for quality in every process, year round, including maturation and shipping. This shift has accelerated improvements that reflect customers' opinions, and a succession of unprecedented types, such as sparkling sake and aged sake, have emerged. There has also been a boom in the exchange of information among sake-brewing technicians. In some regions, multiple breweries may split the sakemaking processes among them, collaborating to create a single brand of sake.

The connection between agriculture and sake brewing has become much closer. Breweries may secure supplies of high-quality rice by commissioning production from nearby farmers and protecting farming and the environment in the area. Alternatively, it is becoming increasingly common for owners and brewery workers to start growing their own reduced-chemical or organic rice for their brewery. Some sake products have gained



geographical indications, specifying their place of origin and based on local initiatives about raw materials and techniques. By now, in March 2021, six geographical indications have been specified, for Hakusan, Yamagata, Nadagogo, Harima, Mie, and Tonenumata.

People in Japan can enjoy the gourmet foods of the world. The boom in exports of sake has generated new discoveries about pairing sake with various cuisines. Japan Sake and Shochu Makers Association and the French Sommelier Association agreed to a partnership in June 2020. Compared to wine, sake has less acidity, and contains many amino acids derived from rice. The amino acids from sake bring out the flavors of ingredients in dishes, by applying contrast and layering flavors. In future, we want to work with chefs and sommeliers of all countries, to develop pairing with the world's cuisines and propose new ways of enjoying food and sake together.

We would like you to enjoy experiencing a new world of sake. We operate Japan Sake and Shochu Information Center (in Nishishimbashi, Minato-ku, Tokyo). There are exhibits and tastings about Japanese sake and shochu, and we can also provide Mini-Seminars with a reservation. We are looking forward to seeing you there!



JAPANESE SAKE AND ME

Darryl Cody Brailsford Brewmaster, Director of International Sales and Marketing, Watanabe Sake Brewery Co., Ltd.

As early as I can remember, I grew up with my mother's stews, soups, and chili beans with meatballs with a hint of red wine. Something of a mothers taste. It was always one of those dishes I always enjoyed in my early adolescence and something my own wife makes with every dish in our household. I love soups, nabe dishes anything that warms you up and keeps you warm, especially in the winter months. Going into the kura for the first time there was always soups, miso soups and my favorite and something I always look forward eating was Kasuiiru with lunch. It was something that reminded me of my mother's dishes, and gave me the extra strength during those moments that seemed extra difficult. It warmed my soul and pushed me forward.

It was something that completed the meal and made everybody happy. It was something to do





with the mouth full of vegetables and the aroma that made everything harmonize. I felt the harmony and unity of teamwork that seemed to mesh like a woven blanket, it brought us together and made us stronger.

Kura is definitely a job that requires you to push yourself beyond your limits physically and emotionally as well, you gain strength from your work, knowing that what you put into your work the outcomes are either good or bad, so I have always strived to push myself behind my limits to make sure the outcome is always appropriate with good results. I can say that my work has become my passion, I look forward to the daily challenges that without fail always comes forward. I have learned that life should be something you enjoy, adapt to, fall in love with, I can honestly say that I have been blessed with multiple obstacles that have made me stronger and kept me striving to look forward with an optimistic mindset. It's definitely a contribution of multiple things especially my mother's cooking, my loving family and the work that I fell in love with.

THE CHARM OF JAPANESE SAKE

Giulia Maglio Certified Sake Sommelier

Japanese sake's popularity is growing exponentially in recent years. The sake world is as fascinating as it is deep.

When I started getting interested in sake, I didn't know how amazing the journey was going to be. Like for many foreigners, my first approach with sake wasn't the best I could have. I didn't know what I was doing and I didn't understand it. But somehow I couldn't forget about this interesting drink and I decided to know more about it. Sake's unique character really got me. And the more I get into it, the more I'm eager for knowledge. And eager to share about it too.

I believe that the charm of sake lies in its versatility and its depth. It can be a drink to enjoy with friends at an izakaya just for fun, or it can reveal its complexity to those who want to learn about it. Sake is part of everyday life and is also used during religious ceremonies. This duality can be found in a lot of aspects of Japanese culture. Like many things in Japan, it's a pillar of tradition but can also be very modern and even has its trends.

I believe sake represents a good starting point to understand Japan. In fact, since I became so passionate about it, I also found a more deep appreciation for this amazing culture. And that really helped me in my everyday life in Tokyo.

Thanks to its captivating character, sake welcomes everyone and it's really easy to become a fan. At the same time, it's so fascinating that, once one decides to study about it, sake can be complex and deep. I believe that a lifetime spent on studying sake is worth it.

Sake is always a fun topic to talk about at any level, from beginner to expert, and it's always a good way to meet someone and start a conversation.

Nothing is ever black or white when it comes to sake, and that makes it even more attractive. Each person can have a different opinion about it, and sake embraces them all. I believe that sake will become even more popular in the future and more people will be charmed by it.



PARTICIPANT FEEDBACK



Ewa Małocha Head of Foreign Trade Office, Polish Investment & Trade Agency

Since I am interested in Japanese culture and Japanese cuisine, I thought it would be a great chance to learn more about sake by participating in the online program.

A lot of information was rather new for me. The production method, fermentation process, and importance of koji. I knew about koji and that it is used in miso and soy sauce, but not in sake. I didn't know that sake can differ so much depending on the region. It was informative to know that there are so many types of sake which is sweet, semi-sweet, dry, etc.

I now have more confidence in going to the shops and to look for sake. It's only my initial step, but I feel more comfortable looking at labels and figuring out the types of sake. I also liked how the webinar was not only run by a Japanese person but also with a foreign sommelier. It encourages foreigners to become professional and to master the knowledge of sake.



Daniel Kolbar Minister, Head of Economic & Trade Mission Embassy of Israel

I watched the program archive with my expat friends. It was a great opportunity to enjoy and to learn about sake. I liked the videos of each breweries, and it was very inspiring to hear the commentators explaining different sake, qualities of the varieties, and preparation.

I am always curious to learn about new things especially learning about the local culture. Sake has a great traditional history. I also like to learn how products are prepared.

My friends and I, all liked the first sake, Dewazakura Yamahai Tokubetsu Junmai Hiyaoroshi.

I am becoming more accustomed to the taste of sake. After the current COVID-19 situation gets better, I will definitely visit sake breweries.

14 15



Please introduce yourself and your mission at the embassy.

I am the Agricultural Counsellor at the Netherlands Embassy in Japan from 2016. My mission is to promote partnership between Japan and the Netherlands. We have two missions in Japan. One is to promote cooperation in technology and to stimulate partnership between Japanese and Dutch companies in the field of smart agriculture such as Dutch greenhouses and milking robots. We have many experience in Netherlands when it comes to agricultural production. The other part is to promote export of food products to Japan.



The Netherlands is proud to be No.2 in the world in terms of export volume of agricultural products. Why is this?

Number 1 is the United States, and number 2 is this small country of the Netherlands. For many years, we've had a strong focus on entrepreneurship of the farmers. We are also innovation driven and are in cooperation with universities and companies to develop new technologies that help our farmers to become competitive with other countries. We are lucky because we are close to our export markets like Germany, France, and UK. We also have the advantage of having excellent logistic facilities like the port of Rotterdam.

Are there any inspection tours from Japan to your country or any agricultural technology exchanges going on?

In the last few years, there are many Japanese going to the Netherlands trying to learn from us. I think it started with the visit of former Prime Minister Abe in 2014. From there, many delegations came to learn about horticulture like greenhouse equipment. This is going on and I am happy with that.

Dr. E.J. (Evert Jan) KrajenbrinkAgricultural Counsellor
Embassy of the Kingdom of the Netherlands

What are the main products which are imported from the Netherlands to Japan?

We export meat especially pork followed by dairy products.

What are the features of Dutch food products that you want to tell Japanese consumers?

Food products need to be safe, high quality and good taste. In addition to these base values, we are in the control of the whole production process from production, transportation, and processing. This results in good final products. What is new in the recent years is the aspects of sustainability. We believe that the part of products should be sustainable. Animal welfare, care for nature.

What are your plans and strategies in order for your products to take further root into Japanese market?

In Japan, we take a step-by-step approach and work for several years. On one hand, we want Japanese consumers to get familiar with Dutch products like cheese, cookies, and waffles. But on the other hand, we want to promote Dutch ingredients that can be used for Japanese cuisines.

What is a typical Dutch dish or beverage?

We are second largest exporter of beer in the world. Others are cheese and herring. Traditional cuisine is not so familiar in Japan but the food products itself is becoming more famous.





White asparagus - In the Netherlands asparagus are often eaten with ham, a boiled egg, potatoes and a melted butter sauce.



Erwtensoep (Split pea soup) - Erwtensoep or snert is a Dutch version of pea soup. The soup is traditionally eaten during the winter season. Erwtensoep is a thick stew of green split peas, cuts of pork, celeriac, celery, onions, leeks, carrots and potato. Rookworst (smoked sausage) is added before serving.



Boerenkool - Typically Dutch dish, featuring kale, potatoes and rookworst (smoked sausage).

Are there any restaurants in Tokyo where we can enjoy Dutch food?

LIGHT-HOUSE TOKYO in Kokubunji is not a Dutch restaurant, but it occasionally provides Dutch dishes*. Before the outbreak of Covid-19, it was frequented by Dutch customers to watch soccer and other sports games.

*Please ask the restaurant for details.

Any final comments?

Thank you for providing an opportunity to put Dutch food in spotlight. Food and cuisine in the Netherlands are developing. We don't have a national cuisine, but rather international cuisine with a lot of influence. Under the pressure of consumers and NGOs, we see that sustainability is really a key development in the cuisine. Organic food, sustainable food, and vegan are new trends that I would also like to see in japan.



The Capitol Hotel Tokyu

The Principle of Fluidity and Immutability

What triggered you to leap into the world of cuisine?

When I was in elementary school, my parents used to tell me to read the newspapers, and I started doing that every day, from around third grade. At that time there was a chef named Miyazaki at the Imperial Hotel who was famous for sauces. I read an article saying that he made 3,000 types of sauces and thought "hotel chefs are really cool".

At home, my parents ran a diner, and from my childhood they'd take me with them to all kinds of Japanese, Western and Chinese restaurants, calling it "study". I also liked drawing, but I thought I couldn't make a living from drawing, so in the end, I chose cooking.



Menu card drawn by Toshinori Sogabe

You have two titles of Executive Assistant General Manager and Executive Chef.

In the first year after I entered and worked at the first hotel, I was taught by the executive chef there "you're not just a hotel cook, you're a hotelier". He continued "If you're walking through the lobby and a guest asks you something, you have to answer, even if you're the cook." I was taught that a hotel is a place where everyone has their own role and works as a team to keep the guest happy from the moment they enter to the last moment they leave, and then sends them home smiling. I think that's why I'm also the Executive Assistant General Manager.

What kind of dining experience can guests expect at The Capitol Hotel Tokyu?

We have a new lineup of gyudon (beef rice bowl) at All Day Dining "ORIGAMI", as well as high-end tantanmen noodles at Chinese restaurant "Star Hill". Those are turning into famous specialties. The All Day Dining "ORIGAMI" on the third floor offers a unique mix, so that one diner might be eating pako noodles while the next could be eating a prix fixe meal. It specializes in French cuisine, so it serves highly individual dishes. All Day Dining "ORIGAMI" flexibly adapts to the individual needs of each diner.

What menu items are popular with foreign diners?

This was originally an American-style hotel, so generously-sized items like Jumbo Burger are popular. We also serve a lot of T-bone steaks and other steak types.

I gather that you make direct connections with many customers.

I create handmade recipes every time menus for my dishes are changed. I've always done it like that, and guests are delighted when I show and serve them those dishes.

For example, when the couple picks the dishes for a wedding course meal, I might secretly write their names on the menu card to give them on the day. I draw with a 0.1mm fine sharpie and color in with colored pencils. The other chefs look at my drawing and prepare the dish.

What is your greatest mission as Executive Chef?

My mission as Executive Chef is to set the right balance between the history of the Capitol Hotel Tokyu so far, and its new history, while maintaining its immutable roots. I think we must produce food for Japanese people and food for foreigners, with both at a high level.



Toshinori Sogabe Executive Assistant General Manager Executive Chef

I hear you do some unique things with employees in the hotel.

We go on company trips twice a year. When new (first year) employees join us, we take them and more senior colleagues to a camp on Mt. Takao in Tokyo, and on a trip to Tsukiji and Toyosu Fish Market, to familiarize new employees with their workplace. We go to Tsukiji in the morning, walk around, having the businesses there show us everything, and we have a meal. We build teamwork as a kitchen team through events. So when something happens, everyone immediately pulls together to help out, it doesn't matter whether they're Japanese, Western, or Chinese.

What does "omotenashi" (hospitality) mean to you?

"Immutability". I want to give everything I have to every guest. I want to give them everything, from skills to service and reception. The key point for the hotel itself is how much the person in charge of each job can do for the guest, from when they come in the door to when they go home. I'm in charge of the culinary department, so I think about how much hospitality I can show the guests in that context.

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The Capitol Hotel Tokyu

A Private-Sector Diplomat

Why did you choose to become a concierge?

I got interested when I learned that the Hotel Century Hyatt was opening in Shinjuku, so I took the company entry exam. I learned about concierges there and thought "I'd like to try that"! After that, I was able to go to the Hyatt in Singapore for overseas training, and that was where I first learned of the Les Clefs d'Or professional organization for concierges. I came to realize that being a concierge is a job I can put my whole life into.

What do you strive for as a concierge?

I strive to know the customer's background, and to maintain my own identity as a Japanese person, so that I can introduce people to Japan's culture and customs as I make service arrangements for them. Now, amid the coronavirus crisis, I guide people with the advice that "Japan is becoming a mask culture, so if you want to spend your time comfortably in Japan, you'll be more comfortable if you have a mask with you". One piece of advice helps someone from another country understand Japan. A concierge is a "private-sector diplomat" who makes two-way communication real.

What makes the work of a concierge worthwhile?

In the work of a concierge, you can put your daily life and experience, the things you think about every day, and your miscellaneous learning to good use. Weddings, births, and a lot of other things happen in life, and I've come to believe that every single one of them is certain to crop up in my concierge job.

Could you tell us a moving story with a guest?

Around 1995, when the Internet was starting to catch on, a guest from the USA asked me to put together a schedule for a one week stay in Japan. After he went back to the USA, he wrote online about his experience of staying in Japan. One time I was told by our staff "Etsuko, there's a customer waiting for you in the lobby. They're saying it has to be you". I was wondering who it was, and a colleague showed me that web page. After that, many people came to the hotel and asked for me to put together schedules for them. That was a striking and unforgettable experience.

What are the differences between concierges in Japan and overseas?

I think the way a concierge feels is the same for every one. For those overseas, they may not get tips if they don't appeal to guests. In Japan there's a tendency to do things for people for your own loyalty, regardless of whether or not those people notice what you're doing. I've been advised before by foreign guests that we should make our service more obviously appealing. In my heart, I think it's good enough if people notice what I do even if I don't make it obvious. That's because in the work of a concierge, you can make use of everything you experience in daily life. There's a Japanese way of doing things, but I think it's good that there are all kinds of concierges.

What do you pay particular attention to as a concierge?

To keep on learning and gathering information all the time. To value networks and get to know many people I can trust. Networking with business operators is also very important, and the work of a concierge means making connections with people who you can trust to provide good service through you. It's also important to know people at guests' destinations who will look after them as well as we do, and I'm always trying to increase the number of key people I can be sure will get things right.

What kinds of stay experiences do you want guests to have?

This hotel was designed by the architect Kengo Kuma, and last year we got a Forbes Five Star rating. There's a hotel like a box, and we fill it with the water and greenery of nature, light, the works of Japanese authors, and things like that. I want people to rest and heal amid the feeling given off by quiet Japanese taste. There isn't the showy beauty of foreign-capital hotels, but I want people to experience Japanese taste in the guest rooms and in the lobby with our refreshing guest service.

What do you see as "true omotenashi"?

I want to provide service that feels like a fresh breeze blowing through the heart. I aspire to provide service so that, if people notice that breeze blowing through, they feel it refreshed them, and something remains in their heart. I think true omotenashi means getting closer to the guest's feelings and presenting them with time that will remain in their heart and their memory.



Etsuko Higashide Executive Concierge Member of Les Clefs d'Or



20

Shibuya Harajuku **Omotesando**



Youth Fashion Trends Start Here!

Shibuya and Harajuku are cities of popular culture. You can find the newest trends of young fashion in Japan. The scramble crossing in front of Shibuya Station is a must-see. Omotesando in a walking distance from Shibuya has refined boutiques and restaurants. Omotesando Hills that opened in 2006 is a fancy and elegant place for shopping. If you get tired of the bustle, take a rest in the green of Meiji Shrine or Yoyogi Park.

表参道

Omotesando

Omotesando Street, a wide avenue lined with Zelkova trees, is a great place to experience the beautiful illumination colors of each season. While located near Takeshita Dori, the two areas are completely different. Boutique stores of upscale designer brands lining up along the streets add to the elegant atmosphere of Omotesando. Omotesando Hills is the symbol complex of the area since 2006 featuring more than 100 shops. Walking along the street of Omotesando will let you forget that you are in the middle of Tokyo.

http://omotesando.or.jp/en

Omotesando $\begin{pmatrix} 0 \\ 04 \end{pmatrix} \begin{pmatrix} 0 \\ 02 \end{pmatrix} \begin{pmatrix} 7 \\ 02 \end{pmatrix}$









竹下涌り

Takeshita Dori

Takeshita Dori stands as a symbol of Harajuku where people browse around for "kawaii" (cute) fashion. Sunday might be the day to come and see "cosplayers" wearing extreme outfits. Crepe is one of the main symbols of Takeshita Dori and so are purikura (photo sticker booth). There is an underground area filled with many types of purikura machines where you can add digital make up, change hair colors, and get a new glam look! At some purikura areas, you can borrow cosplay outfits for an additional fun.

https://www.takeshita-street.com

Meiji Jingumae (03) (15) Harajuku (JR)



スクランブル交差点 & ハチ公

Scramble Crossing & Hachiko

One of the famous meeting places for Japanese people, "Hachiko," is a well-known sightseeing spot for visitors. There are thousands of people waiting and chatting in front of the bronze statue of "Hachi" every day. Right next to it is the scramble crossing one of the busiest intersections in the world. It is suggested that maximum of 3,000 people cross this street during a single green light and a total of 500,000 people walk by each day. The large electric scoreboard is also a feature of Shibuya located on the top of Starbucks, a perfect place to relax and watch the people of Shibuya crossing the streets.







¥ FREE





ヒカリエ Hikarie

Hikarie is a commercial tower that opened in 2012. When you go up the escalator from the east side of Shibuya, the touch panel direction board and electric panel welcome you with the latest information of Shibuya. The restrooms are called "switch-rooms": each floor designed in a different style by famous artists. Shibuya today has become the fashion district for younger generations and Hikarie was built under a concept of bringing back more sophisticated female shoppers to Shibuya.

Shop 10:00AM-9:00PM Restaurant 11:00AM-11:00PM http://www.hikarie.jp/en/index.html

Shibuya $\bigcirc R \bigcirc 01 \bigcirc 16 \bigcirc 01$







渋谷 109 SHIBUYA 109

Shibuya 109 (ichi-maru-kyu) is a department store operated by Tokyu Malls Development, Referred to as "maru (zero) - kyu (nine)" by its shoppers, the department store attracts young women who are looking for the hottest trends at an affordable price. The 8-story building has shops that handle fashionable items such as cosmetics, accessories, shoes, bags, apparel, and daily commodities.

Shops 10:00AM-9:00PM | Restaurants 10:00AM-10:00PM https://www.shibuya109.jp/SHIBUYA/info/





肉横丁

Niku Yokocho

Niku Yokocho, an alley of meat, is located on the 2nd and 3rd floors of an ordinary building in Shibuya Center Gai. It is the large meat restaurant area with a total of 24 restaurants. Some are open until 5AM offering draft beer. The atmosphere will make your stomach growl!

http://shibuyayokocho.com/

Shibuya JR 61 (16) (71)









根津美術館

Nezu Museum

Standing in the quiet area of Omotesando, Nezu Museum is popular for its marvelous Japanese-style garden and modern designed building. It was built in 1914 for a private collection and now holds over 7.000 objects of Japanese and oriental art. Nezu Café is recommended if you have time for a tea break; seasonal scenery can be fully enjoyed in all seasons through the wide window front.

10:00AM-5:00PM (Last entry 4:30PM) http://www.nezu-muse.or.jp/en/index.html









明治神宮

Meiji Shrine

Meiji Shrine (Meiji Jingu) was built in 1920, dedicated to Emperor Meiji and his wife Empress Shoken. The great forest surrounding Meiji Shrine is made of 120,000 trees that were donated by the Japanese people and many others from abroad to commemorate the virtues of the Emperor and Empress forever. It was later destroyed during WWII but was reconstructed in 1958. More than 3 million people visit the shrine during the first three days of the new year, making Meiji Shrine the number one place for "hatsumode" (first shrine visit of the year) in Japan for many consecutive years. Seasonal events are held throughout the year in Meiji Jingu Gaien (garden) and Meiji Jingu Kyujo (stadium).

EN 🏆 🔯

Gate opens at sunrise and closes at sunset. June 5AM-6:30PM, September 5:20AM-5:20PM, December 6:40AM-4:00PM, March 5:40AM-5:20PM http://www.meijijingu.or.jp/english/

Meiji Jingumae (63) (75) Harajuku JR







GENTLE Mediterranean, Sushi



Lunch: ¥3,000- / Dinner: ¥10,000- | Lunch 11:30AM-3:00PM (L.O. 2:00PM) Dinner 5:00PM-11:00PM (L.O. 10:00PM) (Until 21:30 on Sunday & Holidays) <Closed> Monday | Credit card: VISA, MASTER, AMEX, JCB, UnionPay, DINERS | https://www.gentle-base.com



Sauteed Lobster with Oriental Orange Sauce

Gentle is built on two levels, ground floor and basement, which are used to house Mediterranean dining and a sushi bar within one restaurant. The Mediterranean dining area is an elegant, high-ceilinged space, and its terrace seating is particularly pleasant, with a wide-open feel. It's a place for diners to take their time over Mediterranean cuisine that is based on Italian but weaves in the essences of Spanish, Greek, and other regional cuisines.

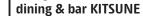


§ 5-47-6 Jingumae, Shibuya-ku Phone: 03-6897-3777 Omotesando $\begin{pmatrix} c \\ 04 \end{pmatrix} \begin{pmatrix} 6 \\ 02 \end{pmatrix} \begin{pmatrix} 7 \\ 02 \end{pmatrix}$ Exit B2, 7 min. walk



Vegetarian* Halal & vegetarian* Recommended menu *Halal & vegetarian menus may require reservation in advance

001 dining & bar KITSUNE



Sushi, French & Japanese Fusion Restaurant



<Sun-Thu & Holiday> 6:00PM-12:00AM <Fri, Sat & Public Holiday Eve> 6:00PM-5:00AM | Credit Card: VISA, Master, AMEX, JCB, Discover, others http://www.kitsune-web.info/en/



Special KITSUNE Sushi of the Day (7 Kinds) ¥1,200 (+tax)

Located between Shibuya and Ebisu, KITSUNE is one of the hideout restaurants you should check out. Their concept is "SUSHI" and "FUN." Various kinds of Japanese sake are also available. You can experience "FUN" from their widely ranged menus and inspiring interior design.

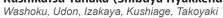






串カツ田中 渋谷百軒店店

Kushikatsu Tanaka (Shibuya Hyakkendana)





<Mon> 5:00PM-1:00AM <Tue-Fri> 5:00PM-2:00AM

<Sat> 12:00PM-2:00AM <Sun & Holiday> 12:00PM-1:00AM

<Closed> Irregular Holiday | http://kushi-tanaka.com *Temporarily closed



5 Assorted Skewers

The recipe of Kushikatsu Tanaka was first developed in Nishinari-ku of Osaka. Their original batter, oil, and sauce that was created by the founder can be enjoyed in all 160 locations (as of October 2017) across Japan. Their chefs are passionate about providing the taste of Tanaka and the culture of Osaka to people around the globe. Order some Highball and test your luck by tossing two dice! You can get a discount if you are lucky!



№ 2-18-7 Dogenzaka, Shibuya-ku Phone: 03-6416-9453

Shibuya JR Hachiko Exit, 8 min. walk $\begin{pmatrix} 6 \\ 01 \end{pmatrix} \begin{pmatrix} 7 \\ 6 \end{pmatrix} \begin{pmatrix} 7 \\ 01 \end{pmatrix}$ Exit 1, 4 min. walk





EN/CH/KR

Photo



072 | フロリレージュ



French



A French restaurant led by Chef Kawate, who trained and flourished at the renowned and distinguished Tokyo restaurants Le Bourguignon and Quintessence. From the cuisine to the service and interior design, the chef's dedication to detail can be seen everywhere, to provide each and every customer, whether a first-time visitor or a regular, a divine dining experience. Every single item on the menu will take your breath away with delight and surprise.



SEIZAN Gaien B1F, 2-5-4 Jingumae, Shibuya-ku



Gaienmae $\binom{6}{03}$ Exit 3, 5 min. walk Aoyama-itchome $\binom{E}{24}$ $\binom{6}{04}$ $\binom{6}{03}$ Exit 7, 15 min. walk









Free Wi-Fi Serves alcoholic drinks Non-smoking Types of menus available

101 ★陽と大地の食卓 T's レストラン

Credit Card: VISA, Master, AMEX, JCB, Diners

Paella Doria - Paella-style doria made with saffrone rice

Lunch: ¥1.200 / Dinner: ¥1.200-

11:30AM-8:00PM (L.O. 7:00PM)

T's Restaurant

Vegan Restaurant

http://ts-restaurant.jp/



EN/CH/Photo











Phone: 03-3717-0831 Jiyugaoka (TY) (M) 3 min. walk

Luz Jiyugaoka B1F, 2-9-6 Jiyugaoka Meguro-ku

006 | 肉炭バル MATOI-YA 表参道店

Matoiya (Omotesando)

Charcoal Grill, Bar

Lunch: ¥850- / Dinner: ¥3,500- / Course: ¥3,500-

<Mon-Thu> 11:30AM-3:00PM, 5:00PM-11:30PM <Sat> 11:30AM-5:00PM, 5:00PM-3:00AM <Fri & Before Holiday> 11:30AM-3:00PM, 5:00PM-3:00AM <Sun & Holiday> 11:30AM-5:00PM, 5:00PM-11:30PM <Closed> 12/31, 1/1 Credit Card: VISA, Master, AMEX, JCB | http://matoiya.jp/

T's Restaurant is a vegan restaurant that is highly acclaimed by meat lovers. They

doria, hamburger steak, curry, ramen and other dishes that are popular in Japan

Anniversary and birthday cakes available with reservation. Retort pouch curry and instant noodles that you can easily enjoy at home are also on sale.

offer "Smile Veggie", a dish that everyone can enjoy. Recommend dishes are

After meals, you can also enjoy exquisite sweets such as cakes and parfaits.



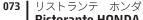
Matoiya serves sumibiyaki (charcoal grill), organic vegetables, and wines. Enjoy beef, pork, lamb, chicken, and other types of meat grilled with charcoal. Their vegetables are pesticide-free and consider healthiness of the meals. Try out their cuisines with a wine collection of over 60 types! Wine is very reasonable too, ¥500- (glass) and ¥2,000- (bottle).



5-50-6-B1F, Jingumae, Shibuya-ku Phone: 03-6418-2871











Lunch Course: ¥11.495- / Dinner Course: ¥15.125-12:00PM-3:30PM (L.O. 2PM), 6:00PM-11:30PM (L.O. 10:00PM) <Closed> Monday (Tuesday if Monday is national holiday) Credit card: VISA, MASTER, DINERS | http://ristorantehonda.jp/

Classic Italian enjoyed in a mature and elegant space. Owner-cum-chef Honda completed his training in Italy and France. He then worked as Sous-Chef de Cuisine at Al Porto in Nishi-Azabu before opening this restaurant. Honda's style is based on classic Italian, into which he incorporates the Japanese sensibility for seasonal ingredients. His signature dish is tagliolini with Hokkaido sea urchin (uni). This cozy restaurant has all the ambience of a hideaway.



Roppongi Kojima Building 1F, 2-12-35 Kita-Aoyama, Minato-ku

Gaienmae 63 Exit 3, 5 min. walk











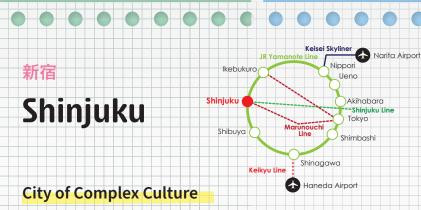












Shinjuku is the center of Tokyo's culture. On the east side of JR Shinjuku Station are the entertainment districts and on the west side are high-rise office buildings and the Tokyo Metropolitan Government Building. Being in Shinjuku feels like going to several different cities at once; next to the high-ended department stores and large electronics stores are the entertainment districts, and in a few minutes walk, you can also enjoy the panorama from skyscrapers or the nature of Shinjuku Gyoen National Park. Walk yourself through the city of Shinjuku for an adventure.



¥ FRFF 東京都庁

Tokyo Metropolitan Government

Tokyo Metropolitan Government ("Tocho") is one of the main symbols of Nishi-Shiniuku. The 243-meter Twin Towers are connected by the assembly building. The building was completed in 1991, after 13 years of construction at the cost of over 1 billion USD. It was the tallest building in Tokyo until Tokyo Midtown in Roppongi overtook that position in 2007. The panoramic views of TOKYO SKYTREE®, Tokyo Tower, Tokyo Dome, Meiji Shrine, and Mount Fuji can be seen from the free observation decks. The Tourist Information Center is located on the ground floor for your

assistance in English. 9:30AM-11:00PM <Closed> Every 2nd & 4th Monday or following day if Monday is a national holiday, December 29 to January 3 http://www.metro.tokyo.jp/ english/ Shinjuku JR (M) (27) (51)

Tochomae (28)

9:00AM-4:30PM (entry until 4:00PM)

<Closed> Monday (or following day if Monday is a national holiday), December 29 to January 3. No closing days from late March to late April and first half of November

Shinjuku Gyoen National Garden

Shinjuku Gyoen, the largest and the most popular

park in Tokyo, is known for the cherry blossoms in

spring. Its history goes back to the Edo period as

a Daimyo residence. In Meiji period, it came to be

used as an agricultural experiment station, then was

turned into a botanical garden, and reopened as an

Imperial garden in 1906. The park is an assemblage of

three different styled gardens: French formal garden

with an avenue of plane trees, English landscape

and Japanese traditional garden with ponds and

bridges of traditional Japanese culture. In the first

half of November, an impressive chrysanthemum

garden which features wide and open atmosphere,

Shinjuku JR (M) (E7) (51) South Exit

Shinjuku Gyoenmae (M) Exit 1

exhibition is held annually.

Shinjuku-Sanchome (13) Exit E5 (02) Exit C1/C5

歌舞伎町

Kabukicho

Kabukicho is the largest entertainment district located in the eastern side of Shinjuku. Known as the "Sleepless Town," Kabukicho is a red-light district full of host and hostess clubs and bars that are open throughout the night. During the day, you can enjoy shopping at large discount shops where you can find unique souvenirs. If you are looking for entertainment, try out the "Robot Restaurant" that opened in 2012.

SHINJUKU GYOEN NATIONAL GARDEN

Shinjuku IR M OS OS OS OS OS OS









Sekaido

Sekaido, established in 1940. is a well-known store in Tokyo for art and craft materials. The store provides you everything from a pens and paints to useful everyday stationeries. Stationery lovers could easily spend a day in this building. Be ready to get overwhelmed by the variety of stationery goods at reasonable prices. Most of the products are 20% off regularly!

9:30AM-9:00PM

https://www.sekaido.co.jp

Shinjuku-Sanchome (M) (F3) (S2) Exit C4









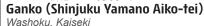
Washoku, Sushi, Nabe, Izakaya, Sashimi, Crab

Uoya Iccho (Shinjuku-Sankocho)

11:30AM-10:00PM (L.O. 9:30PM) Weekday

12:00PM-9:00PM (L.O. 8:30PM) Weekend

Ⅰ がんこ 新宿 山野愛子邸









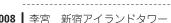


Ganko Shinjuku Yamano Aiko-tei is the first "yashiki" (mansion) style restaurant in Tokyo. Located somewhat far from noisy center of Shinjuku, you can spend a relaxing time eating meals while viewing the beautiful garden. The semiwestern style mansion is a perfect venue for different types of events from wedding to family gatherings.



Yakiniku

Higashi Shinjuku (E) (T3) Exit A1, 5 min. walk











Lunch: ¥1,000-1,500 / Dinner: ¥5,000-6,000 / Course: ¥3,300-7,300 11:30AM-3:00PM (L.O. 2:30PM) < Mon-Sat > 5:00PM-11:00PM (L.O. 10:00PM) <Sun & Holiday> 5:00PM-10:00PM (L.O. 9:00PM) <Closed> New Year Holiday & when the building is closed | Credit Card: VISA, Master,





Nikuno Kiwami Course, Tokusen Course

RIKYU (Shinjuku i-Land Tower)

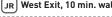
RIKYU provides high-grade meat and refined atmosphere in the sophisticated town of Nishi Shinjuku. Since they purchase a whole Japanese Black, their prices are reasonable and they are able to provide rare parts of the meat. Enjoy their course menus and all you can eat menus in a relaxing atmosphere.





6-5-1-B1F Nishi-Shinjuku, Shinjuku-ku Phone: 03-5323-6177





Sushi

009 ▮ 雛鮨 新宿アイランドタワー HINASUSHI (Shinjuku i-Land Tower)











Premium Sushi All-You-Can-Eat

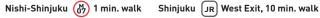
HINASUSHI is an all you can eat sushi restaurant serving about 60 types of sushi at all times! In addition to standard sushi they have a wide variety from their dynamic "whole anago sushi" to gunkan-maki of crab innards and monkfish liver. You can order your favorite sushi as many times as you want! Sushi toppings will change depending on the season.





6-5-1-B1F Nishi-Shinjuku, Shinjuku-ku Phone: 03-5323-2380







▲魚や一丁 新宿三光町店

*Temporarily closed

reasonable price



EN/CH/Photo





Hokkaido such as sashimi, sushi, and crabs at a reasonable price. Their chefs will serve the freshest seafood from all over Japan and best ingredients of the season from Hokkaido. The restaurant has 240 seats and banquet rooms for different purposes and number of guests.

Founded in Hokkaido as a sashimi izakaya, Uoya Iccho offers cuisines from

Credit Card: VISA, Master, AMEX, JCB | movia.jpn.com/shops/info/182322

Lunch: ¥850- / Dinner: ¥3,000- / Course: ¥4,180- (all you can drink)

Assorted Sashimi -enjoy fresh sea fish, shellfish, shrimp, etc. at a

2-19-1-B1, Shinjuku, Shinjuku-ku Phone: 03-3225-2030

Shinjuku JR East Exit, 10 min. walk Shinjuku-Sanchome (M) (F) (S) Exit C6, 1 min. walk



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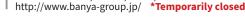
個室居酒屋 番屋 西新宿店



Banya (Nishi Shinjuku)

Izakaya

Dinner: ¥4,000- / Course: ¥4,000-5:00PM-11:30PM <Closed> New Year Holiday Credit Card: VISA, Master, AMEX, Others





10 Types of Fresh Sashimi

With respect to traditional Japanese style of "wa", Banya offers relaxing privatized rooms that can be used for different purposes. Beautiful night view of Tokyo can be seen from 200 meters up in the sky. Private rooms can be used from 2 persons up to a group of 80.



2-6-1-49F Nishi-Shinjuku, Shinjuku-ku Phone: 03-5381-5757



Ganko (Nishi-Shiniuku)





がんこ 西新宿店

Washoku. Kaiseki

Tochomae (E) Exit A6, 1 min. walk



EN/CH/KR/Photo







Lunch: ¥2,000- / Dinner: ¥3,500- / Course: ¥5,500-<Mon-Fri> 11:00AM-3:30PM, 5:00PM-11:00PM <Sat, Sun & Holiday> 11:00AM-11:00PM | Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others http://www.gankofood.co.jp/shop/detail/wa-shinjukuwest/





Sushi (large platter)

Ganko's greatest appeal is its diverse menu of all kinds of affordable Japanese cuisine. You could take the "Gozen" set menu to enjoy a full-course meal of seasonal dishes, or you could order a la carte to share dishes among a large group. There's sushi, there's tempura, and there are unagi (eel) dishes. There's sukiyaki and shabushabu. People who aren't keen on raw fish are covered by the extensive menu of meat dishes and fried items.





1-10-2-10F, Nishi-Shinjuku, Shinjuku-ku Phone: 03-5322-7011



Shinjuku JR West Exit, 2 min. walk



"Art and History" vs. "Otaku Culture"

Ueno Park, known as "Forest of Ueno," has cultural facilities such as art museums, Tokyo University of the Arts, and the Ueno Zoo as well as historical architectures such as shrines and temples. It is also known as the famous spot for the cherry blossom trees, and Shinobazu Pond where many migratory and stationary birds live. Right next to this city of art and history is Akihabara, the otaku cultural center and district of household electronic goods. Enjoy the gap between the two contrasting cultures of the hot spots in Tokyo.



Walk by any street of Akihabara - there are maids standing all over wearing "maid - fuku (outfits)". Maid Cafe is a must see if you want to experience the otaku culture of Japan. Each cafe has its own concept, and don't forget to feel the term "mo-e" to show the unexplainable feeling in words. Step into one of the cafes and the maids will welcome you as the "master" and serve you with food and drinks, singing and dancing, even casting "mo-e" spells on foods to make it delicious. Just go, see, and experience the Akiba-kei otaku field for yourself.

Akihabara JR (15)





The busy street along the Yamanote Line connects Ueno and Okachimachi stations. The name "Ameyoko," a short term for Ameya Yokocho, derives from the word "Ame" (=candies) and "Yokocho" (=store alley) since there were many stores selling candies in the post war period. Today, various types of shops line up on the street selling fresh food, clothes, cosmetics, and imported goods. It has become the home of reasonable priced products and there are over 400 shops that open from 10AM to 7PM. Don't forget to check the calendar because the stores are mainly closed on Wednesdays.

10:00AM-7:00PM | http://www.ameyoko.net

Ueno JR Central Exit (6) (17) Exit 5B Ueno-Okachimachi (Eg) Exit A7 Okachimachi JR North Exit Nakaokachimachi (H) Exit A2/A5/A7

上野恩賜公園

Ueno Park

Ueno Park is a large public park that has numerous shrines, temples, and museums. It is also famous for the Ueno Zoo, which is Japan oldest zoo that opened in 1882. In addition, Ueno Park is one of the most popular cherry blossom spots in Tokyo.

Ueno Park

Temples & Shrines - Kaneiji Temple, Kiyomizu Kannon Temple, Toshogu Shrine, Bentendo

Museums - Tokyo National Museum, National Museum of Nature and Science, Tokyo Metropolitan Art Museum, National Museum of Western Art, Shitamachi Museum

5:00AM-11:00PM http://www.tokyo-park.or.jp

Ueno JR Park Exit (6) (년)







MAIDREAMIN© Neodelightinternational Inc.

鳥良 上野駅前店

EN/CH/Photo



Open hours are subject to change due to the COVID-19 situation.





<Mon-Sat> Lunch 11:30AM-3:00PM Dinner 3:00PM-11:30PM (L.O. 11:00PM) <Sun & Holidays> Lunch 11:30AM-3:00PM Dinner 3:00PM-10:30PM (L.O. 10:00PM) Credit Card: VISA, Master, AMEX, JCB, UnionPay *Temporarily closed





5 Assorted Yakitori & Daiginjo Tofu

A 3-minute walk from Ueno Station, Toriyoshi is surrounded by many sightseeing destinations such as the Ueno Park, zoo, and museums. The interior is made in a traditional Japanese style and the display of agricultural tools may be inspiring for foreign visitors. Enjoy eating chicken dishes and a wide variety of Japanese cuisines.





1-57-B2F Ueno Koen, Taito-ku Phone: 03-5812-2424

Ueno JR Shinobazu Exit, 3 min. walk



EN/CH/Photo



上野の森 PARK SIDE CAFE

Ueno no mori PARK SIDE CAFE

Lunch: ¥1,200- / Dinner: ¥1,200-

<Mon-Fri> 10:00AM-9:00PM (L.O. Food 8:00PM, Drink 8:30PM) <Sat, Sun & Holiday> 9:00AM-9:00PM (L.O. Food 8:00PM, Drink 8:30PM) Credit Card: VISA, Master, AMEX, JCB | http://www.create-restaurants.co.jp





PARK SIDE CAFE provides "relaxation" by serving seasonal vegetables and fresh herb tea. The menus using seasonal vegetables are prepared under the concept of "maximizing the natural flavors and tastes of the vegetables." Their outdoor seats are also recommended to feel tranquil scenery of Ueno Park.





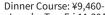
8-4 Ueno Koen, Taito-ku Phone: 03-5815-8251

Ueno (JR) Park Exit, 3 min. walk



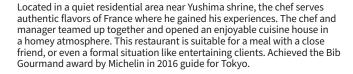


Bistrot, French





Credit Card: VISA, MASTER, DINERS | http://bistrot-taka.com/









2-33-1, Yushima, Bunkyo-ku Yushima (c) Exit 5, 5 min. walk







Akihabara LIVE RESTAURANT Heaven's Gate

Maid Cafe



EN/Photo

Lunch: ¥1,050- / Dinner: ¥3,500- / Combo: ¥3,710- (Not including tax and ¥500 table charge per 1 hour) | <Mon-Fri> 11:30AM -11:00PM <Sat, Sun & Holiday> 10:30 am-11:00pm | Credit Card: VISA, Master | http://maidreamin. com <Facebook page> https://www.facebook.com/maidcafe.maidreamin/



KAWAII HAPPINES COMBO ¥3,710+tax (Main dish, dessert, drink, gift, souvenir photograph) *All foods and drinks will be given a spell by maid

Enter the world of Maid culture and MOE experience casting special spells on foods and drinks! "maidreamin" is the No.1 maid cafe group with 17 locations worldwide, and Akihabara LIVE RESTAURANT Heaven's Gate has the largest capacity with 80 seats maximum. Pretty maids with charming smiles welcome each of their customers as a master. Don't miss out the outstanding live performance held on the stage!



Yakiniku

AK Bldg. 6F, 1-15-9 Soto-Kanda, Chiyoda-ku Phone: 03-6206-8090

Kanda Enzo (Akihabara UDX)

Lunch: ¥1,020- / Dinner: ¥4,000- / Course: ¥5,000-

9:00PM) <Closed> When Akihabara UDX is closed

017 │ 神田炎蔵 秋葉原UDX

Akihabara JR (15) Electric Town Exit, 1 min. walk







<Mon-Fri> 11:00AM-3:00PM (L.O. 2:30PM), 5:00PM-11:00PM (L.O. 10:00PM) <Sat, Sun, Holiday> 11:00AM-5:00PM (L.O. 4:30PM), 5:00PM-10:00PM (L.O.





Enzo Course, Boneless Short Rib, Seafood Korean Pancake, Stone-**Roasted Bibimbap**

Credit Card: VISA, Master, AMEX, JCB | http://www.create-restaurants.co.jp

On the third floor of Akihabara UDX is Kanda Enzo, a Yakiniku restaurant where you can enjoy carefully selected domestic beef along with a wide variety of shochu and other types of alcoholic beverages in the Edo Townhouse-style interior. More than 10 types of shochu are ready to be served with juicy beef!





4-14-1-3F Soto Kanda, Chiyoda-ku Phone: 03-5289-8480

Akihabara JR (H) Electric Town Exit, 1 min. walk





Located under the girder bridge between JR Akihabara and Okachimachi Station, 2k540 AKI-OKA ARTISAN is a shopping area that features items made by young craftsmen. 2K540 is a railway term that shows the distance of this bridge from Tokyo Station. Okachimachi used to be a city of artisans who inherited the traditional crafts of Edo Period. More and more artistic places such as galleries, cafes, and shops that offer a new type of sense and quality are gathering in this area. Try out the workshops that are located inside shops.

11:00AM-7:00PM | http://www.jrtk.jp/2k540/



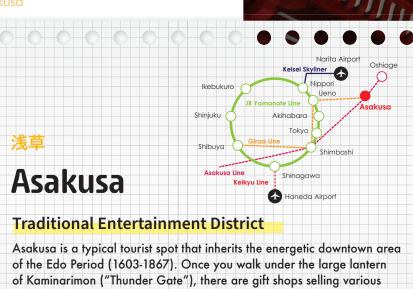












kinds of Japanese goods on the street of Nakamise-dori. Many traditional

shrines and temples still remain in Asakusa, and there are seasonal events

such as the Sanja-matsuri, Sumida River Fire Works, Tori-no-Ichi, and

Hagoita-Ichi. If you want to try out true Tokyoite cuisine such as soba, loaches, tempura, and sukiyaki, Asakusa is exactly where you want to be!

浅草寺

Sensoji Temple

Sensoji Temple is the oldest temple in Tokyo. The origin of Sensoji dates back to 628. Later in 1590, it was designed by Tokugawa Ieyasu as a government facility. When you walk through the Kaminarimon (Thunder Gate) colored with lacquer, a 250 meter long Nakamise shopping street will welcome you with traditional Japanese foods and goods. You would not be surprised to know that Nakamise has the oldest history as a Japanese shopping street.

6:30AM-5:00PM http://www.senso-ji.jp

Asakusa (6) (A) (75)

Ameshin





かっぱ橋道具街

Kappabashi Dougu Street

Kappabashi is the world's largest kitchenware town located near Asakusa. The street is about half a mile long, selling every kind of Asian and Western kitchen equipment. One of the enjoyable shops would be plastic food sample shops. The food samples you see inside the shop windows of Japanese restaurants are something Japan treasures to the world.

http://www.kappabashi.or.jp/en/

Tawaramachi (6) Iriya (18)







浅草花やしき

Asakusa Hana Yashiki

The oldest amusement park in Tokyo opened in 1853. One of the main attractions of this park is the "Rollercoaster." the oldest rollercoaster in Japan. The speed only goes up to 42km per hour but you might be thrilled by the old appearances of coaster. You can enjoy the view of Asakusa Five Story Pagoda that peeks in between the rides.

10:00AM-6:00PM https://www.hanayashiki.net/en





浅草きんぎょ Asakusa Kingyo

Asakusa Kingvo provides vou opportunity to enjoy "kingyo sukui" (goldfish catch), which is one of the most widely loved summer activities in Japan. For 300 ven, visitors are allowed to catch and release some small goldfish. There are also goldfish-inspired souvenirs such as wind-bells and coin purses.

9:00AM-4:30PM https://asakusa-kingvo. cravonsite.net

Asakusa (6) (18) (15) Exit 5





浅草 飴細工あめしん Asakusa Amezaiku

Ameshin is an amezaiku (candy art) store founded in 2013. Amezaiku is a traditional Japanese candy art that is finely crafted with bare hands and traditional Japanese scissors by cutting, pulling, and bending. The candy is heated to 90 degrees C (almost 200 degrees F). Ameshin holds workshops at their head office in Asakusa. They also have a Solamachi Store located in Tokyo Skytree Town.

10:30AM-6:00PM Closed Thursday http://www.ame-shin.com/en/

Asakusa (G) (A) (TS)



7 min. walk

Lunch: ¥2,000- / Dinner: ¥2,500- / Course: ¥4,000-

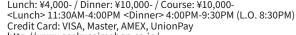
UnionPay | E-money: paypay, Alipay, WeChat Pay

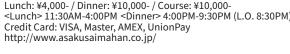
http://www.aoi-marushin.co.jp

019 ▮ 浅草今半 国際通り本店

AsakusaImahan (Kokusai Street)

Sukiyaki, Shabu-shabu, Kaiseki







Established in 1895, AsakusaImahan is known as a long-standing Sukivaki restaurant. They carefully select savory female Japanese Black Beef breeds. "Quickly simmering as if grilling" beef in shallow pot using their special sukiyaki sauce is AsakusaImahan style. Shabu-shabu and kaiseki are also recommended. There are many types of seats such as private rooms, large banquet rooms, and table seats to meet different needs.



Open hours are subject to change due to the COVID-19 situation.

EN/CH

3-1-12 Nishi Asakusa, Taito-ku Phone: 03-3841-1114

Asakusa (15) A2 Exit, 1 min. walk

ふなわかふぇ 浅草店

Funawa Café

Wa-Café

¥700-

<Mon-Fri> 10:00AM-7:30PM <Sat, Sun & Holiday> 10:00AM-8:00PM http://funawa.jp/shop/





Traditional imo-yokan and hybrid sweets using imo-yokan

Funawa, a long-standing Japanese sweets shop established in 1902, newly opened a wa-café (hybrid of traditional Japan and the West) called Funawa Café. While you can order coffee and tea, they also serve traditional Japanese sweets such as their best-selling "imo-yokan" (sweet potato paste) or an-mitsu (red bean and fruits).





2-19-10 Kaminarimon, Taito-ku Photo: 03-5828-2703

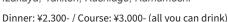
Asakusa (19) Exit 2, 0 min. walk (18) A4 Exit, 1 min. walk

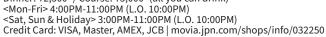
021 ┃ やきとりの扇屋 浅草店



EN/Photo

Yakitori Ohgiya (Asakusa) Izakaya, Yakitori, Kushiage, Kamameshi









The "grilling masters" of Ohgiya put their hearts into charcoal grilling each yakitori (from ¥100 / skewer) using "secret teriyaki sauce recipe" and "special salt." Other menus include kamameshi, deep-fried chicken wings, kushiage, and stewed dishes. Ohgiya is located near Sensoji and only takes 2 minutes walk from Asakusa station.





2-1-15 Asakusa, Taito-ku Phone: 03-5806-2410









浅草天ぷら 葵丸進













Tempura Course "Matsu" ¥5,800 + tax -Appetizer, assorted tempura, small mixed tempura with shrimp, rice & soup, dessert

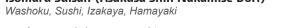
11:00AM-9:00PM (L.O. 8:00PM) | Credit Card: VISA, Master, AMEX, JCB,

Aoimarushin has been operating for nearly 70 years since its establishment in 1946. Many customers enjoy their tempura as the taste of Asakusa. They continue the Edo-style flavor that abundantly uses carefully chosen dried bonito flakes from Tosa, Kochi Prefecture. Vegetarian menus are also available.

1-4-4 Asakusa, Taito-ku Phone: 03-3841-0110 Asakusa $\binom{6}{19} \binom{6}{8} \binom{75}{01}$ Exit 1, 3 min. walk

磯丸水産 浅草新仲見世通り店

Isomaru Suisan (Asakusa Shin Nakamise Dori)









Taste the natural flavors of the seafood. Isomaru Suisan stocks fresh seafood every day and provides it at a reasonable price! You can enjoy hamayaki (grilling at beach) and have

shellfish and squids cooked right in front of your eyes. It feels as if you are dining at the beach.



EN/CH

KR/Photo

1-23-7-1F&2F Asakusa, Taito-ku Phone: 03-5806-5817 Asakusa (6) (18) (75) 8 min. walk

Tawaramachi (6) 4 min. walk











Japan Management Association, Japan Hotel Association Japan Ryokan & Hotel Association, Japan Restaurant Association, Japan Tourism Facilities Association





Please check each restaurant's website for the latest information.

ちゃんこダイニング安美 両国総本店

Chanko Dining Ami (Ryogoku)

Chanko, Washoku





ISEGAHAMABEYA-chanko (¥2,200 + tax)

Chanko is a special kind of nabe that is particularly served to Sumo wrestlers. Try Chanko Dining Ami's delicious, filling, and healthy chanko using recipes transmitted from Isegahama-beya (Isegahama sumo wrestling house)! They also serve dishes using fresh ingredients from the market and pork shabushabu from Kagoshima Prefecture. Don't forget to try out the wide variety of local shochu and Japanese sake.



3-26-6-2F&3F Ryogoku, Sumida-ku Phone: 03-5669-1570 Ryogoku JR East Exit, 1 min. walk



ビバ ナポリ **VIVA NAPOLI**

Italian



EN/CH/Photo 🏆 🔯

EN/Photo 🔊 🍸













Stone oven baked pizza -Fresh from the oven!

Lunch: ¥2,000- / Dinner: ¥3,000- / Course: ¥5,000-

Enjoy authentic Italian food in the stylish area under the TOKYO SKYTREE®. Stone oven baked pizza and pasta using carefully chosen ingredients are served at VIVA NAPOLI. Lunch menus include all you can eat antipasto (appetizer), salad, soup, and freshly made pizza along with pasta or main dish of your choice. You can enjoy a la carte for dinner on weekdays. Wide variety of wine is also available.

<Dinner> 5:00PM-11:00PM (L.O.10:00PM) <Closed> When the building is closed Credit Card: VISA, Master, AMEX, JCB | http://www.create-restaurants.co.jp/

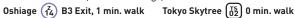


REN

TOKYO Solamachi 6F, 1-1-2-6F Oshiage, Sumida-ku Phone: 03-5610-3190



Washoku (Japanese style cuisine), Charcoal grill steak





■ スカイツリー®ビューレストラン 簾(れん)















Washoku Lunch: ¥1,100- / Dinner: ¥8,800- / Charcoal Grill Steak Lunch: ¥5,500- (Sat, Sun & Holidays only) / Dinner: ¥7,150-



<Lunch> 11:30AM-3:00PM (L.O. 2:00PM) <Dinner> 5:30PM-9:00PM (L.O. 8:00PM) Credit Card: VISA, Master, AMEX, UC, DC, UFJ, Diners, JCB, Nicos, MUFG https://www.tobuhotel.co.jp/levant-restaurant-bar/ren/



Charcoal grilled WAGYU steak

Located in the highest floor of the hotel building, providing an excellent view of TOKYO SKYTREE® on the north side and Tokyo Tower on the south. Using superb techniques they serve traditional Japanese cuisines with seasonal ingredients filled with love, pride and creativity. A wonderful place to have a precious time with your loved ones. They also offer (WAGYU) steak, Japanese (SAKE) wine by a sake sommelier and french cuisine such as charcoal grilled steak.

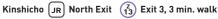




Tobu Hotel Levant Tokyo 1-2-2 Kinshi, Sumida-ku Phone: 03-5611-5591











are concentrated in this area.



根津神社

Nezu Shrine

The beautifully colored Nezu Shrine is one of the oldest shrines that was first established 1900 years ago. It was moved to the current location as a symbol of Tokugawa Tsunayoshi Shogunate choosing his successor. The Gongen Zukuri design was inspired by the Toshogu Shrine in Nikko. The main hall, two gates, and the wall of Nezu Shrine is now approved as an important cultural property for its admirable existence. Surrounding the shrine are more than 3,000 gardened plants, including the famous azaleas (tsutsuji) and wisteria (fuji) gardens that bloom gorgeously in spring. The azalea festival is held in April and May, when the fl owers are in full bloom. Today, the shrine is a popular venue for traditional Japanese-style wedding.

http://www.nedujinja.or.jp

Sendagi (15) Nezu (14) Todaimae (N) 8 min. walk

Ⅰ おにぎり café 利さく

Onigiri Café Risaku Rice ball

9:00AM-8:00PM <Closed> Wednesday https://www.risaku-tokyo.com



Shiokobu Takuan

If you want to have a light meal in Yanesen, try Risaku's rice ball made with koshihikari rice shipped directly from the farm and steamed in a traditional rice cooking stove. They make each rice ball after they receive the orders. From traditional to unique ones, you can choose from 28 types of fillings. Don't forget the healthy seasonal soups that go well with the rice balls!



HAGI CAFE

HAGI CAFE

2-31-6 Sendagi, Bunkyo-ku Phone: 03-5834-7292

Sendagi (15) Dangosaka Exit, 30 sec. walk



EN/Illustration 🔊 🏆









Lunch: ¥1,300- / Dinner: ¥2,000- / Course: ¥2,500-Breakfast menu 8:00AM-10:30AM (L.O. 10:00AM) 12:00PM-9:00PM (L.O.8:30PM) < Closed > Irregular | http://hagiso.jp



Fried mackerel sandwich ¥850

HAGI CAFE is located on the first floor of HAGISO, a 60-year-old wooden apartment that has been renovated. HAGISO is a micro cultural complex that has a cafe and gallery on the first floor, a hotel reception, atelier, and architectural design office on the second floor. You can feel the atmosphere of good old days in the aged wooden cozy apartment.

HAGISO, 3-10-25 Yanaka, Taito-ku Phone: 03-5832-9808



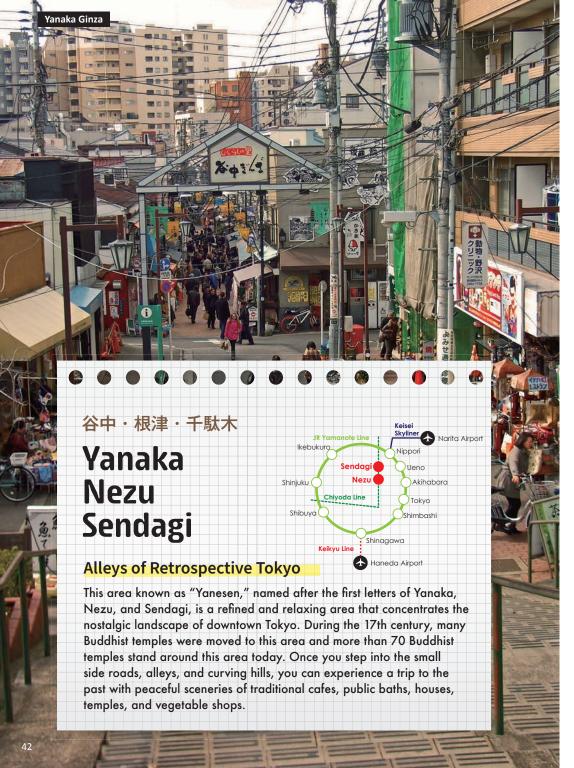












Ginza 4-Chome Intersection

歌舞伎座 Kabukiza

Kabukiza is a theater specialized to Kabuki performances that was established in 1889. After burning down several times from fire and WWII, it was rebuilt in 1950. It has been loved by all Kabuki fans and is known as a landmark of Ginza. Experience the traditional Kabuki world at the mecca of Kabuki! You can also make use of English portable subtitle devices that cost ¥1000. On B2F, there is a shopping area (souvenir shop, boxed lunch shop, cafe, convenience store, food stand, event space) called "Kobiki-cho" where you can enjoy the kabuki atmosphere. Open hours are from 9:30AM-5:30PM.

https://www.kabukiweb.net

Ginza 69 08 (16)







日比谷公園 Hibiya Park Hibiya Park is the first western it opened to public, it was the the Meiji Period. The symbol is the large 30 meters diameter fountain in the center of the park in 1961. Colorful flowers bloom Kokaido Hall locates inside the

https://www.tokyo-park.or.jp/











Refined Shopping Area

Ginza is a gorgeous shopping city in Tokyo where you can enjoy both the latest trends and traditional shops of Japan. Shop around in department stores where you will spot well-known brands of the world. There also are theaters and over 200 galleries introducing the world of art. Kabuki-za, where kabuki (a type of traditional Japanese performing art) performances are held, has been one of the landmarks in Ginza. On Saturdays, Sundays, and Holiday from noon to sunset, Ginza dori is a pedestrian paradise! Walk along the street to check out the shops and galleries. After a long walk, try some of the finest dishes at high-end restaurants.

Shiniuku

Shibuya

styled park opened in 1903. Before grounds of military parade during that remains since its construction throughout the entire year. Hibiya park where you can enjoy concerts and orchestra under blue sky and green trees.

ギンザシックス GINZA SIX

The concept of GINZA SIX is New Luxury. The floors from the 2nd basement to the 6th floor. as well as the 13th floor, which is the restaurant floor, hold stores selling precious foods and drinks gathered from Japan and around the world, alongside global fashion brands and specialty stores to enliven shoppers' lifestyles. The all-in-one appeal of GINZA SIX is rounded out with facilities ranging from a theater for Noh, Japan's traditional performing art, to a rooftop garden that commands a superb view of Ginza.

Shops 10:30AM-8:30PM Restaurants 11:00AM-11:00PM | https://ginza6.tokyo

Ginza 69 08 M Exit A2

Higashi Ginza (A) (H) Exit A1

Ginza-Itchome (19) Exit 9

東京ミッドタウン日比谷 Tokyo Midtown Hibiya

Shinagawa

Haneda Airport

Tokyo Midtown Hibiya is a shopping facility with nearly 50 shops and restaurants. Located in Hibiya, which is an area that holds a great history of innovative international business, art, and culture, their concept is "Future-oriented new values and experiences."

Shops 11:00AM-9:00PM Restaurants 11:00AM-11:00PM https://www.hibiya.tokyomidtown.com/ip/

Ginza 69 08 (16)

Hibiya 69 67 68

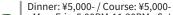
Yurakucho JR (18



焼肉居酒屋 マルウシミート 銀座本店

Maruushi Meat (Ginza Honten)

Izakaya, Yakiniku



<Mon-Fri > 5:00PM-11:30PM <Sat, Sun & Holiday> 5:00PM-10:00PM Credit Card: VISA, Master, AMEX, Diners, Others

https://www.maruushi.com/shop/ginza/



Maruushi is a restaurant in Ginza where you can enjoy Japanese beef and wine. By not intervening any intermediaries, they are able to serve you the best taste at an "unbelievable" price. They only serve rare female Japanese Black beef that are A5 and A4 ranked. Try the beef with their special wasabi and feel the meat melt in your mouth. Collaboration of wine and Japanese beef is a perfect match!





9 1-5-10-8F Ginza, Chuo-ku Phone: 03-3562-2941

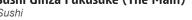
Ginza-Itchome (19) Exit 5-6, 2 min. walk Ginza (69) (18) (16) A13 Exit, 5 min. walk

Open hours are subject to change due to the COVID-19 situation.

🛍 Photo 🍸

鮨処 銀座 福助 本店

Sushi Ginza Fukusuke (The Main)



Lunch: ¥2,000- / Dinner: ¥6,500- / Course: ¥5,400-

<Mon-Fri > 11:30AM-3:00PM (L.O. 2:30PM), 5:00PM-10:00PM (L.O. 9:30PM) <Sat, Sun & Holiday> 11:00AM-10:00PM (L.O. 9:30PM) < Closed> Jan. 1st Credit Card: VISA, Master, AMEX, JCB, Others





Hamakaze Course ¥6,000 + tax

Enjoy fresh sushi using a wide range of seasonal seafood! With thorough preparation and highly skilled technique, Fukusuke maximizes the natural flavors of the seafood and provides the authentic taste of sushi. The warm interior of the restaurant is made from wood and stones. You can choose to sit at a lively counter seat, a relaxing table seat, or private rooms that seat 4-14 people.





2-6-5 10F Ginza, Chuo-ku Phone: 03-3535-3191

Ginza-Itchome (Y) Exit 8, 1 min. walk

EN/CH/KR/Photo



Ginza 69 08 M A9 Exit, 4 min. walk

037

▮がんこ 銀座1丁目店

Ganko (Ginza-itchome)

Washoku, Kaiseki



Lunch: ¥2,000- / Dinner: ¥3,000- / Course: ¥4,000-11:00AM-11:00PM (L.O. 10:30PM) Credit Card: VISA, Master, AMEX, JCB, Diners, UnionPay http://www.gankofood.co.jp/



Ganko changes their kaiseki menu every month based on the season. Try their "Special Lunch Kaiseki" and "Mini Kaiseki, Sushi Kaiseki, Hon-Kaiseki" to feel the Japanese culture. Don't miss out on their cultural events: "Sushi Competition," an event where you can eat the sushi you make and "Traditional Japanese Dance Show," an event held every Sunday to enjoy traditional Japanese dancing while having lunch.



1-7-10-B1F Ginza, Chuo-ku Phone: 03-3567-6789

Ginza-Itchome (19) Exit 7, 1 min. walk Kyobashi (6) Exit 3, 4 min. walk



Please check each restaurant's website for the latest information.

アインソフ銀座



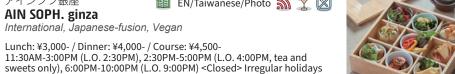
EN/Taiwanese/Photo 🔊 🏆 🔯



EN/CH/Photo









International, Japanese-fusion, Vegan

Credit Card: VISA, MASTER, AMEX, JCB, UnionPay, DINERS | http://ain-soph.jp

Kissho Bento Box - 9 seasonal dishes of the day

Lunch: ¥3,000- / Dinner: ¥4,000- / Course: ¥4,500-

AIN SOPH,'s first location, established in December 2009. The first floor features a patisserie, offering AIN SOPH.'s original range of handmade vegan sweets, such as their famous tiramisu and custard pudding, and much more. The second to fourth floor is the restaurant, serving fine, plant-based, Japaneseinspired international cuisine. Enjoy a menu of seasonal vegetable dishes, their famous 'Heavenly Vegan Pancakes', wines and cocktails, and others.



9 4-12-1 Ginza, Chuo-ku Phone: 03-6228-4241 Higashi Ginza (1) (H) Exit 3, 1 min. walk

┃ ザ・ローズ&クラウン 有楽町店

The Rose & Crown (Yurakucho) Beer Pub

Lunch: ¥900- / Dinner: ¥3,000- / Course: ¥3,000-<Mon-Fri> 11:00AM-2:30PM (L.O. 2:00PM), 3:00PM-11:30PM (L.O. 10:30PM) <Sat, Sun & Holiday> 11:30AM-2:30PM (L.O. 2:00PM), 3:00PM-11:00PM (L.O. 10:00PM) | Credit Card: VISA, Master, AMEX, JCB, UnionPay http://www.dynac-japan.com/rose/



Roast Beef Rose Plate-Rose cut 180g with 3-Garnish Plate

The Rose & Crown is a fashionable English-style pub that stands 2 minutes away from Yurakucho station with a gorgeous interior and exterior. Roasted Beef is the specialty of this restaurant. Enjoy yourself casually in the British atmosphere with a variety of alcoholic drinks from malt whisky to their original Rose Beer.



• 1-7-1 Yurakucho, Chiyoda-ku Phone: 03-3214-7920





│ 土風炉 銀座コリドー街店



Washoku, Sushi, Sukiyaki, Shabu-shabu, Nabe, Soba, Udon, Izakaya, Robata



Lunch: ¥1,500- / Dinner: ¥3,500- / Course: ¥3,800-<Lunch> 11:30AM-2:00PM (Sat & Sun until 5:00PM) <Dinner> 4:00PM-11:30PM (Sat & Sun from 5PM) (L.O. 10:50PM, drink 11:05PM) Credit Card: VISA, Master, AMEX, JCB, UnionPay | http://www.tofuro.jp



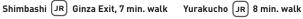
Hand-made soba

Tofuro serves wide variety of washoku using carefully selected ingredients that are directly shipped from farms all across Japan. Popular menus are fresh seafood and vegetables grilled with charcoal, fresh sashimi, soba using buckwheat from Hokkaido, and tofu is made from domestic soy milk and natural bittern from Okinawa. And we choose different domestic beans to make soy milk seasonally. The interior is designed to enjoy the atmosphere of the traditional Japanese style of Edo.



8-2-1F&2F Ginza, Chuo-ku Phone: 03-3289-9888





🛍 EN/CH/Photo 🏋









丸ノ内・日本橋

Marunouchi Nihonbashi

Shinjuku Shibuya Shinagawa A Haneda Airport

Center of Modern Tokyo

Marunouchi is an area located between Tokyo station and the Imperial Palace. It is regarded as the center of Japanese finance and economy where numbers of major companies and banks are headquartered. Next to Marunouchi is Nihonbashi, the center of Edo. The Edo Shogunate designed the bridge Nihonbashi as the center of Tokyo and five main roads leading to other regions of Japan were made to cross at Nihonbashi. All kinds of goods gathered in this area and a lot of stores flourished. You can find some long-standing stores that still has the taste of the old days.

located on the old site of Edo Castle in the center of Tokyo. In addition to the residence of the Imperial Family, there is a park, museum, an archive, and administrative offices that is surrounded by water moats and stone walls giving a historical view of Japan. Kokyo Gaien (outer garden of the Imperial Palace) is popular among tourists for its beautiful scenery. Niiu-Bashi (double bridge) that stretches over the moat reaching the inner palace grounds is a famous photo spot. Touring inside the palace itself is allowed under a reservation, but Gardens and Parks are open for public free of charge.

http://www.kunaicho.go.jp/e-about/shisetsu/





Tokyo $\sqrt{|R|}$ $\sqrt{\frac{1}{17}}$ Otemachi $\sqrt{\frac{1}{11}}$ $\sqrt{\frac{1}{19}}$ $\sqrt{\frac{1}{18}}$ $\sqrt{\frac{7}{19}}$ $\sqrt{\frac{2}{08}}$











日本橋三越本店

Nihombashi Mitsukoshi Main Store

Mitsukoshi is Japan's oldest department store chain that opened in 1673 as a kimono store. While there are many branches of Mitsukoshi around, the flagship store in Nihonbashi is known for their Renaissance-style building and its central hall with marble patterned floor. You can also see the lion statues sitting in front of the main entrance as the symbol of Mitsukoshi. The stores offer fashion, foods, cosmetics, restaurants and other services including assistance for foreigners. Reservation for instore interpretation and attendant service is available.

Shops 10:00AM-7:00PM Restaurants 11:00AM-10:00PM https://www.mitsukoshi.mistore.jp/nihombashi.html

Mitsukoshimae $\binom{6}{12}\binom{7}{09}$ 1 min. walk







the most famous architect at

the time. He is also known

Japan. The European style

building has been inspiring

people over years with its

Inside Tokyo Station is the

facility where you can enjoy

beauty and refinement.

"ekinaka," a commercial

shopping for goods and

delicious foods.

Tokyo JR (17)

for designing the Bank of

榛原

HAIBARA

Since its establishment in 1806, Haibara has been offering "washi" (Japanese traditional paper made from barks of native Japanese trees) and related products. They sell many high quality products handmade by craftsmen such as money envelopes, name card boxes, pen stands, all made of washi and various types of papers. It is worth visiting!

https://www.haibara.co.jp



Exit B6, 30 sec. walk



日本銀行 Bank of Japan

The head office of the central bank, Bank of Japan, stands in the center of Tokyo. The building was designed and built in 1896 by Kingo Tatsuno, the designer of Tokyo Station who is known as the father of modern architecture. Inspired by the National Bank of Belgium, it still boasts the majestic appearance of the Baroque style. The red bricks appearance is marvelous being approved as important cultural property in 1974. Bank vaults and business offices can be visited under reservation.

Mitsukoshimae (6) (7) Exit B1





日本橋

Nihonbashi

Nihonbashi was built in 1603 as a wooden bridge. Amid the crowded city of Edo, it was often chosen as the subject of ukiyoe (woodblock printing). Because of the frequent fire during the Edo era, Nihonbashi burnt down many times. The double arch stone bridge you see today was completed in 1911 and now is approved as an important cultural property.



Mitsukoshimae $\binom{6}{12}\binom{7}{09}$ Exit B6 Nihombashi $\binom{A}{13}\binom{6}{11}\binom{7}{10}$ Exit B12



甘酒横丁 Amazake Yokocho

Amazake Yokocho is a 400 meters long side alley at Ningyocho. The name Amazake Alley came from back in Meiji Period when an amazake (sweet-sake) shop located at the starting point of the alley. Since this neighborhood was not destroyed by WWII, a peculiar "shitamachi" atmosphere remains. Amazake festival is held every March with free distribution of amazake for you to enjoy.

http://amazakeyokocho.jp



Nihonbashi Yukari

Experience the essence of Japanese cuisine at a reasonable price

Nihonbashi Yukari is an illustrious name in Japanese cuisine. Established in 1935, it has had access to the Imperial Household Agency for three generations. Carefully-picked seasonal ingredients combine with the expert skills and inspiration of the cooks as it strives to serve the very finest dishes. Following the spirit of treasuring every moment, it also takes great care over its tableware and atmosphere. While rooted in tradition, Yukari is keen to bring in the fresh air of new times. It wants its customers to experience the essence of Japanese cuisine at a reasonable price.



EN/Photo 🕎



日本橋ゆかり Nihonbashi Yukari

Washoku



Lunch: ¥3,500- / Dinner: ¥10,000-11:30AM-2:00PM (L.O. 1:30PM) 5:00PM-10:00PM (L.O. 9:30PM) <Closed> Sunday & Holiday Credit Card: VISÁ, Master, ÁMEX http://nihonbashi-yukari.com/



3-2-14 Nihonbashi, Chuo-ku Phone: 03-3271-3436

Tokyo JR Yaesu Exit, 3 min. walk





Nihombashi $\begin{pmatrix} 1 \\ 1 \end{pmatrix} \begin{pmatrix} 1 \\ 1 \end{pmatrix} \begin{pmatrix} 1 \\ 1 \end{pmatrix}$ Exit B3, 1 min. walk



Talking to Kimio Nonaga, the thirdgeneration young master of Yukari

One feature of Yukari is that we serve cuisine across the counter. We see the counter as a stage for the cooks' performance. It's a stage for presenting our own appeal. When a customer orders a draft beer, the norm in any restaurant is to pour the beer into a glass and take it out. At Yukari, we serve it in a handmade pottery mug fired in Kyoto. Our sake containers are original pieces made of tin, which you can't see anywhere else. That's an example of how we strive to offer the best hospitality. We want our customers to enjoy a show that no other restaurant offers. We ask our customers, particularly those from overseas, about their food taste preferences and allergies in advance. If it seems like here are some things they would particularly like or dislike among the dishes we serve, we can change the cooking method or the flavoring, to serve custom cuisine to suit the individual diner's taste. Hospitality is about getting ready behind the scenes, and how much preparation you put into the food, based on the customer's feelings. I think it should never just be "work", serving dishes in sequence, one, two,



Kimio Nonaga

Born in 1972. Trained in Japanese cuisine at "Kikunoi", then became the third-generation young master of Yukari. Won the "Iron Chef Japan Cup 2002." Selected by the New York Times as the young chef to represent Japan, and was the first person recognized

as a "World Chef". Widely active in various media and magazines, and overseas, in diverse fields. Preserves tradition while spreading new Japanese cuisine.



51

ACORN 東京駅グランルーフ フロント店

ACORN (TOKYO Station Gran Roof Front)

Bar, Yoshoku (Western Food)



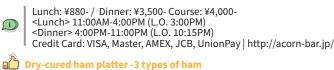


Open hours are subject to change due to the COVID-19 situation.





<Lunch> 11:00AM-4:00PM (L.O. 3:00PM) <Dinner> 4:00PM-11:00PM (L.O. 10:15PM)



ACORN is a new type of bar that is stylish and casual. In addition to tapas

dishes, you can eat dry-cured ham and wide variety of cheese. Their chefs

specializing in French cuisines will prepare healthy dishes using vegetables

cultivated with low agricultural chemicals along with dishes made with fresh

seafood and meat. Try their original local beer and wine carefully chosen from







GRANROOF FRONT B1 Tokyo Station Phone: 03-5220-2527

Tokyo (JR) Yaesu South Exit, 1 min. walk (17) Yaesu North Exit, 5 min. walk

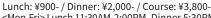
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アメリカンビストロ ニア

American Bistro nia

American, Wine Bar



<Mon-Fri> Lunch 11:30AM-2:00PM, Dinner 5:30PM-10:00PM <Sat> 5:00PM-9:00PM <Closed> Sun & Holidays | Credit Card: VISA, MASTER, AMEX, JCB, DINERS | http://bistronia.tokyo/en/



American Bistro nia offers dynamic American dishes in a sophisticated bistro atmosphere full of warm hospitality. They only serve homemade dishes that are free of artificial additives along with wines selected by sommeliers. Please feel free to contact if you are coming in wheelchairs or baby strollers. The menus can be tailored to your preferences if you are a vegetarian or have specific dietary needs.



7-13 Nihonbashi Kobunacho, Chuo-ku Phone: 03-6264-9279

Mitsukoshimae (12) (79) Exit B5, 6 min. walk Ningyocho (14) (13) Exit A5, 6 min. walk





玄冶店 濱田家

Genyadana Hamadaya

Washoku, Kaiseki

Course (Dinner): ¥39,600-

<Wed, Thu, Sat> 11:30AM-3:00PM <Mon-Sat> 5:30PM-10:00PM

<Closed> Sunday & Public Holiday

Credit Card: VISÁ, MASTER, DINERS | http://www.hamadaya.info/

A long-standing restaurant that was founded in 1912 on the site of a famous kabuki theater, Genyadana. The restaurant allows guests to get a taste of the changing seasons, with the strictly selected seasonal ingredients that arrive every morning, in private rooms looking out on a beautiful garden. The establishment is built with "sukiya" style, a method of construction that is rarely seen these days involving building multiple floors without use of a single





3-13-5 Nihonbashi Ningyo-cho, Chuo-ku

Ningyocho (1/4) (1/3) 1 min. walk Suitengumae (1/0) 8 min. walk Hamacho (1/0) 8 min. walk









Please check each restaurant's website for the latest information.

common cafe (Marunouchi Center Bldg.)

Cafe, Yoshoku (Western Food)

common cafe 丸の内センタービル店



Lunch: ¥1,000- / Dinner: ¥3,000- / Course: ¥3,500- *Smoking space available <Mon-Fri> 8:00AM-11:30PM (L.O. 10:30PM) <Sat, Sun & Holiday> 11:30AM-11:00PM (L.O. 10:15PM)

<Closed> When Marunouchi Center Building is closed Credit Card: VISA, Master, AMEX, JCB, UnionPay | http://www.common-cafe.jp/



Hamburger - with special buns and patty

The café's logo design is based on the traditional pattern of the indigenous group. Ainu, Ainu values the "connection of the heart" by sharing and coexisting with nature and showing care to their peers. The café was named "common" from the wish of the founders to create a place that inherits the warm Ainu culture of sharing and bonding. Their specialty is the original coffee that is freshly brewed and hand dripped.



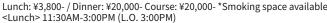


Marunouchi Center Building 1F 1-6-1 Marunouchi, Chiyoda-ku Phone: 03-6551-2511

Tokyo (JR) (17) Marunouchi North Exit, 3 min. walk Otemachi (11) (09) (18) (07) (08) B1 Exit, 1 min. walk

SAMURAI dos Premium Steak House 八重洲鉄鋼ビル店

SAMURAI dos Premium Steak House (Yaesu Tekko Bldg.) Steak, Yoshoku (Western Food)



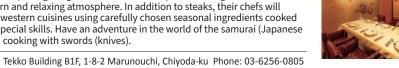
<Dinner> 3:00PM-11:30PM (Food L.O. 10:30PM / Drink L.O. 11:00PM) Credit Card: VISA, Master, AMEX, JCB, UnionPay | http://samurai-dos.jp/ *Please make a reservation 3 days in advance to dine on weekends





Premium Steak Course -vou can choose the main steak dish

Enjoy the pairing of aged beef and wine in a private dining room with modern and relaxing atmosphere. In addition to steaks, their chefs will serve western cuisines using carefully chosen seasonal ingredients cooked with special skills. Have an adventure in the world of the samurai (Japanese chefs) cooking with swords (knives).











Hoterational Hotel & Restaurant Show 10022 The 42nd Exhibition for the Catering Industries ATEREX JAPAN 2022

HCJ2022 JAPAN FOOD SERVICE 2022





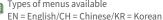






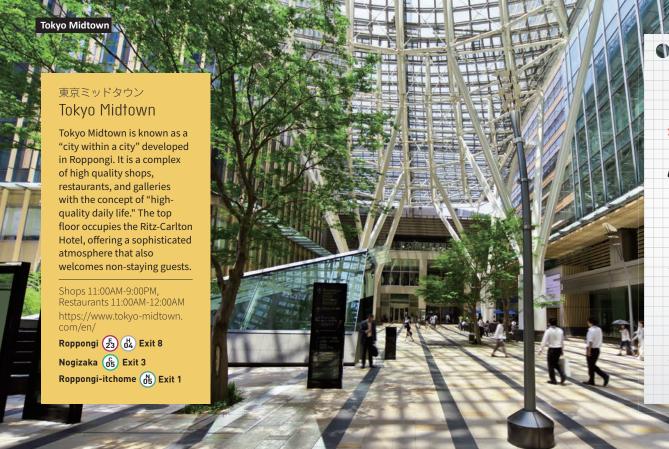






Akihabara

Haneda Airport



赤坂・六本木 Akasaka Roppongi

Center of Modern Tokyo

Akasaka is an upscale district similar to Ginza, often used for business entertainment, and where many long-established restaurants stand. Next to Akasaka is Roppongi, an area with concentrated nightspots that celebrities from overseas go to. Recently, new types of facilities such as Roppongi Hills and Tokyo Midtown that comprise a package of offices and shopping centers are the trend. Relaxing gardens and 3 art museums that create the "Art Triangle Roppongi" are also worth a visit.

Shinjuku

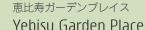
六本木ヒルズ Roppongi Hills

In the center of Roppongi stands the Roppongi Hills. The Tokyo City View open-air observation deck is located in the 238-meter 54-story complex Mori Tower. TV Asahi and Grand Hyatt Tokyo are also part of this complex. Illuminations are beautiful in winter and you might be lucky to see bon-odori (a traditional Japanese folk dance) in summer!

Shops 11:00AM-9:00PM Restaurants 11:00AM-11:00PM https://www.roppongihills.com



Azabu Juban (E) Exit 7 (N) Exit 4



The Ebisu Skywalk starting from the East Exit of Ebisu Station will take you to another "city within a city," the Yebisu Garden Place. The Central Square has a unique arch that is sloped over open space full of boutiques. If you love drinking beer, visit the Museum of YEBISU BEER that opened in 2010 to celebrate the 120th anniversary of the Yebisu brand. The 40 minutes tour costs 500 yen served with two tasting cups of draft beer.

https://gardenplace.jp

Ebisu JR 02 East Exit





芝公園

Shiba Park

Surrounding the Zojoji Temple in a ring shape, Shiba Park is one of the oldest parks in Japan. It gives you the perfect view of Tokyo Tower. Originally part of the Zojoji Temple, a family temple of Tokugawa Iesyasu, Shiba Park separated after the war due to the separation of government and religion. The park has large trees of cherry blossom, zelkova, ginkgo, camphor, and others grown around the pond that gives beautiful sceneries in spring and autumn. Momijidani, autumn leaf valley, is famous for its artificial 10-meter high water fall.

http://www.tokyo-park.or.jp









Hotel New Otani Tokyo

www.newotani.co.jp/en/tokyo/restaurant





Akasakamitsuke 🔞 🔞 D Kioicho Exit, 3 min. walk Yotsuya 🗷 🔞 Kojimachi Exit, 8 min.walk

久兵衛 ザ・メイン店

Kyubey (The Main) Washoku, Sushi

Phone: 03-3221-4144



EN/Photo T



Lunch: ¥4.000- / Dinner: ¥10.000- / Course: ¥15.000-11:30AM-2:00PM, 5:00PM-9:30PM Credit Card: VISA, Master, AMEX, JCB, Others



Kyubey Course ¥15,000 + service charge + tax

Highly acclaimed as one of the best sushi restaurants in Japan, Kyubey offers the ultimate experience of dining sushi that is regarded as a form of art. Enjoy a friendly conversation over the counter with the chef while relishing sushi made from fresh and seasonal ingredients. Another Kyubey restaurant is located in the Garden Tower of the hotel (Tel: 03-3221-4145).

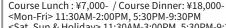


石心亭

Sekishin-tei







<Sat, Sun & Holiday> 11:30ÁM-3:00PM, 5:30PM-9:30PM Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others | Phone: 03-3238-0024





Ryokuin Course with wagyu ¥21,000 + service charge + tax

The restaurant stands in a quiet Japanese garden with a history of over 400 years located in Hotel New Otani. As you dine, take in the beautiful scenery beyond the wide window or watch the chef's precise movements preparing your meal. They serve wagyu, seasonal seafood, and vegetables, carefully selected and grilled to perfection by the chefs.



天婦羅ほり川 ホテルニューオータニ店

Tempura Horikawa

Tempura

Lunch: ¥2.200- / Course Lunch: ¥4.000-Dinner: ¥6,000- / Course Dinner ¥6,000-<Mon-Sat> 11:30AM-2:30PM, 5:00PM- 9:30PM

<Sun & Holiday> 11:30AM-9:30PM

Credit Card: VISA, Master, AMEX, JCB, Others | Phone: 03-3221-4166





and highly trained techniques. Their thin and crispy tempura batter is healthy and amazingly light. Horikawa is perfect for business meetings and gatherings as they have a variety of different course menus of their superb tempura accompanied with seasonal dishes.





ÉdiTioN Koji Shimomura **EdiTioN Koji Shimomura**

http://www.koji-shimomura.jp/

Please check each restaurant's website for the latest information.

Lunch Course: ¥7,260- / Dinner Course: ¥18,150-

12:00PM-3:00PM (L.O. 1:30PM) 6:00PM-11:00PM (L.O. 9:00PM) <Closed> Irregular | Credit Card: VISA, MASTER, DINERS











A French restaurant located on the ground floor of a skyscraper, directly connected to Roppongi-itchome Station. The chef, Mr. Shimomura who trained at a three-star restaurant in France, currently organizes several international cooking events. Although he creates elegant dishes with French cooking techniques, their taste does not depend on excessive fat and



Roppongi T-CUBE 1F, 3-1-1 Roppongi , Minato-ku Roppongi-itchome (%) 3 min. walk



▍リオグランデグリル 六本木

Rio Grande Grill Roppongi

sugar contained in butter and cream.

Churrasco Brazilian Barbecue



Lunch: ¥1,300- (Weekdays), ¥3,564- (Weekend) / Dinner: ¥4,860-<Mon-Fri> 11:30AM-3:00PM (L.O.2:00PM), 6:00PM-11:00PM (L.O.10:00PM) <Weekend & Holiday> 11:30AM-3:30PM. Sat & Before Holiday 5:30PM-11:00PM (L.O. 10:00PM), Sun & Holiday 5:00PM-10:30PM (L.O. 9:30PM) Credit Card: VISA, Master, AMÉX, JCB, UnionPay | http://riogrande.createrestaurants.com/en/



Lunch time (weekdays) Grilled chicken, Today's beef steak / Dinner time Churrasco (all vou can eat)

Rio Grande Grill Roppongi is a Brazilian BBQ (churrasco) restaurant that is located 2 minutes away from Roppongi Station. Skewered beef, other types of meat, and seafood are slowly grilled in a special oven. Listen to the upbeat samba and feel the Brazilian atmosphere as you enjoy your food.



6-6-9-1F Roppongi, Minato-ku Phone: 03-5413-5851



Roppongi (E3) (H4) Exit 3, 2 min. walk



056 ▮ 熟成焼肉 肉源

JYUKUSEI YAKINIKU NIKUGEN

Yakiniku



Lunch: ¥1,000- / Dinner: ¥5,500- Course: ¥5,000-11:00AM-3:00PM (L.O.2:30PM) Closed for lunch on Sundays 5:00PM-12:00AM (L.O.11:00PM) <Closed> Dec.31, Jan.1 Credit Card: VISA, Master, AMEX, JCB, DINERS | http://www.nikugen.jp



Wet Aged Beef Steak

If you like to have a delicious gourmet yakiniku, Nikugen is the place. Nikugen, which was opened as a flagship restaurant of a largest national chain in the industry, became one of the most popular restaurants in Akasaka, the highly competitive area of yakiniku restaurant. Nikugen serves the Prime CAB of Black Angus beef at an unbelievably low price! Their wine cellar carries over 70 kind of selected wines for you to choose to enjoy with delicious beef.



2-14-33-2F Akasaka, Minato-ku Phone: 03-5797-7390











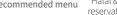












浜離宮恩賜公園



Hama-rikyu

Hama-rikyu is one of the most recommended Japanese gardens in Tokyo, which includes a tidal pond, duck hunting sites, traditional teahouses, and a Japanese black pine that is more than 300 years old. First established in the Edo Era as a household villa of the Shogunate, it came to be an Imperial villa during the Meiji Era, and later was granted to Tokyo as a public park. The tidal pond shows you different faces according to the ebb and flow of a sea

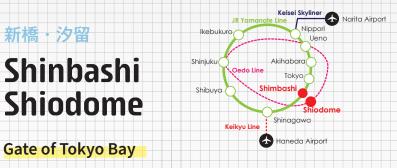
9:00AM-5:00PM (Final admission 4:30PM) <Closed> December 29 - January 1 https://www.tokyo-park.or.jp/teien/en/ hama-rikyu/

Shimbashi JR (10 08 01)



Shiodome (F) (U)





Shinbashi has a public image of a platform for so-called "salary-man" (male office workers). Hundreds of casual and reasonable izakaya are open until late hours. When you see a drunk salary-man interviewed on TV, that's probably at Shinbashi. Walking through Shinbashi will lead you to a stylish city of Shiodome. Tall buildings make up the city to have great night view at restaurants in high floor buildings. Explore the starting point of Tokyo Bay cruising! Feel the different seasons at the Hamarikyu Garden, a famous Japanese garden near the ocean.

Please check each restaurant's website for the latest information.

<Closed> When Caretta Shiodome Bldg. is closed

Credit Card: VISA, Master, AMEX, JCB, UnionPay











美寿思 ILUZIM Sushi

Edomae-Kaiseki-course

Experience the taste of Edo together with the fantastic view of Tokyo 200 meters up in the sky. You can watch the chefs making sushi right in front of your eyes if you sit at the counter seats. Private counter seat rooms are also available. Red vinegar is used for sushi toppings with a rich taste.

Caretta Shiodome 46F, 1-8-1 Higashi Shinbashi, Minato-ku Phone: 03-6218-4100

Lunch: ¥2,500- / Dinner: ¥10,000- / Course: ¥8,000-11:00AM-3:00PM (L.O. 2:30PM) 5:00PM-10:30PM (L.O. 10:00PM)

Shimbashi JR Shiodome Exit, 5 min. walk Shiodome (19) (02) Exit 10, 1 min. walk

084 | てんぷら 逢坂

Tempura Osaka

Tempura



Course (Dinner): ¥14.520-<Mon-Fri> 11:15AM-2:00PM, 5:30PM-11:00PM <Sat> 5:00PM-11:00PM <Closed> Sunday, holiday, 3rd Saturday Credit Card: VISA, MASTER, DINERS | http://www.tempura-oosaka.jp/

A simple tempura shop that brings out the food's best taste. Fresh ingredients, carefully selected in Tsukiji fish market, are lightly fried in a mellow blend of cottonseed and sesame oils. Always kept simple and not needlessly fancy. The plump seafood with its light texture is perfectly seasoned with pink Pakistani rock salt for a deeply satisfying savory flavor. Inside the shop, the main seating is at the warmly lit counter.



Tada Building 1F, 2-13-16 Nishishinbashi, Minato-ku

Shimbashi JR Ginza Exit, 10 min. Toranomon (67) Exit 1, 5 min. walk

┃ 過門香新橋店~ GoldFin ~

Kamonka Shimbashi GoldFin









Try all the flavors of China at Kamonka. Their concept is "to go beyond centuries and boarders by serving Chinese cuisines that takes pride in their 5000-year history." Their luxurious interior and beautiful dishes and cutleries will welcome all guests. Excluding vegetables that are only grown in China, they use ingredients from Japan.



Perusa 115 4F, 1-15-5 Shinbashi, Minato-ku Phone: 03-6206-1151

































サンシャインシティ Sunshine City

Sunshine City is a huge complex located on the east side of Ikebukuro. Many of the "city within a city" has been established these days, but Sunshine City was the first opened in 1978. Other than shops and restaurants, there are various facilities including Sunshine Aquarium, Sunshine 60 Observation Deck to watch Mt. Fuji and Tokyo Bay, Planetarium, and Ancient Orient Museum. The Sunshine Aguarium created a new rooftop area where visitors can watch penguins "fly" overhead. On the second floor is an indoor theme park NanjaTown supported by Japan's famous game creator Namco. You can also enjoy stand shops specialized in gyoza dumpling and unique style desserts.

https://sunshinecity.jp/en/









池袋 Ikebukuro

Town for Shoppers of All Ages

Ikebukuro is a sub-center of Tokyo following Shinjuku and Shibuya, and a train terminal where 8 different lines cross. Two major department stores are connected to the station. Sunshine City 60, a large shopping facility with a theme park, aquarium, and planetarium is now one main symbol of Ikebukuro. Many multinational restaurants gather around this area, and Ikebukuro is also known as a highly competitive area for ramen restaurants. In addition to traditional theaters and cultural facilities, there are many spots where game fans and anime fans gather.

巣鴨地蔵通り商店街

Sugamo Jizo Dori Shotengai

Sugamo is located next to Ikebukuro and known as the town of elderly. The Sugamo area is also known as "Harajuku of the seniors" reflecting the liveliness of the elderly chatting and shopping together. While walking through the area, you might realize that the street is full of red products. The color red is believed to attract good luck; especially, aka-pantsu (red underwear) is something you might want to check out.

https://www.sugamo.or.jp

Sugamo JR (15)







Ikefukuro is an owl statue standing on east exit of Ikebukuro like Hachiko in Shibuya and also known for a famous meeting spot. It was built in 1987 for its memorial of JR line foundation. The Japanese word for owl is "fukuro" and believed to be a bird that brings happiness to people. Someone mixed the two words of Ikebukuro and fukuro into Ikefukuro for its name of the statue. Japanese people love homonyms. The Ikefukuro has been the guardian of Ikebukuro for 30 years.

A Haneda Airport

Ikebukuro JR F M Y 09









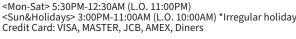




Washoku, Izakaya, Nihonshu Bar, Gibier cuisine



<Sun&Holidays> 3:00PM-11:00AM (L.O. 10:00AM) *Irregular holidays Credit Card: VISA, MASTER, JCB, AMEX, Diners





Pheasant breast meat with green onions

Ikebukuro Torahako

Ikebukuro Torahako is a kappo bistro restaurant that mainly serves gibier (wild game) dishes together with fresh seafood and vegetables. They serve gibier at a reasonable price and taste that is widely accepted. There are many types of alcoholic beverages, but sparkling sake is a must try if you order gibier dishes. Grilled rice ball with sea urchin is a popular for a final dish.



Ikebukuro (JR) West Exit, 10 min. walk





鮨処 銀座 福助 サンシャイン 60 店 Sushi Ginza Fukusuke (Sunshine 60) Sushi









Lunch: ¥2.000- / Dinner: ¥6.500- Course: ¥5.400-<Mon-Fri> 11:00AM-3:00PM (L.O. 2:30PM), 5:00PM-11:00PM (L.O. 10:00PM) <Weekend & Holiday> 11:00AM-4:00PM (Ĺ.O. 2:30PM). Sat 4:00PM-11:00PM (L.O.10:00PM) Sun & Holiday 4:00PM-10:00PM (L.O.9:00PM) <Closed> New Year Holiday | Credit Card: VISA, Master, AMEX, JCB, Others





Yuraku Course ¥5,000 + tax

Located on the 59th floor of Sunshine 60, the super high-rise building that represents the Ikebukuro district, Sushi Ginza Fukusuke is the finest place to enjoy the authentic Edo-mae-style sushi while taking in the view from 220 meters up in the sky. The interior is a natural Japanese-style space, in white wood and stone. Enjoy the fresh seafood shipped directly from Tsukiji fish market.



Sunshine 60 59F, 3-1 Higashi Ikebukuro, Toshima-ku Phone: 03-5954-6159











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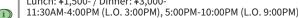




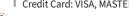




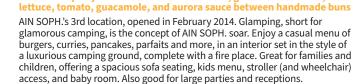
Lunch: ¥1,500- / Dinner: ¥3,000-



<Closed> Irregular holidays Credit Card: VISA, MASTER, AMEX, JCB, UnionPay, DINERS | http://ain-soph.jp



Ripple Cheese Burger - Signature burger made with homemade soy and mushroom patty with melted coconut cheese, grilled sweet onion, fresh







Union Bldg. 1F, 3-5-7 Higashi Ikebukuro, Toshima-ku Phone: 03-5944-9699 Ikebukuro [JR] (5) (25) (09) 10 min.walk











日本橋紅とん 池袋ビックリガード店

Nihonbashi Beniton Ikebukuro Bikkuri-Gard

Please check each restaurant's website for the latest information.

Izakaya, Yakitori, Kushiage, Yakiton







Dinner: ¥2,300- / Course: ¥3,480- (all you can drink) *Temporarily closed <Mon-Sat> 4:00PM-12:00AM (L.O. 11:00PM) <Sun & Holiday> 2:00PM-11:00PM (L.O. 10:00PM) Credit Card: VISA, Master, AMEX, JCB | http://movia.jpn.com/shops/info/193023



Charcoal-grilled meat on a skewer (Crispy on the outside and juicy on the inside. You can choose salt or sauce.)

Nihonbashi Beniton is one of the restaurants that represent the "Japanese izakaya culture." They offer carefully selected ingredients grilled with charcoal at a reasonable price. Their specialty is "yakiton" (pork skewer) grilled with charcoal. Experience the energy source of Japanese businessmen.



IKEBUKURO ROYAL HOTEL Higashiguchi 1F, 1-17-2 Minami Ikebukuro, Toshima-ku Phone: 03-5950-0033

HINASUSHI Ikebukuro

雛鮨 池袋





Ikebukuro JR (69) (25) (79) East Exit, 2 min. walk













Premium Sushi All-You-Can-Eat

Credit Card: VISA, Master, AMEX, JCB

HINASUSHI is an all you can eat sushi restaurant serving about 60 types of sushi at all times! In addition to standard sushi they have a wide variety from their dynamic "whole anago sushi" to gunkan-maki of crab innards and monkfish liver. You can order your favorite sushi as many times as you want! Sushi toppings will change depending on the season.



Yamada Denki LABI 1-7F, 1-5-7 Higashi Ikebukuro, Toshima-ku Phone: 03-5953-2881







Ikebukuro JR (09) (25) (09) East Exit, 2 min. walk





Fair, Seminar, and Trade Show for International Residents in Japan To exhibit? Please visit our website:



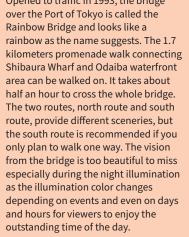


レインボーブリッジ
Rainbow Bridge
Opened to traffic in 1993, the bridge over the Port of Tokyo is called the Rainbow Bridge and looks like a rainbow as the name suggests. The 1.7

Reisel Skyliner Nortic Airport
Nippori Ueno
Shinjuku
Akihabara
Otaiba
Osoki
Shindwa Odaba-kahinkoen
Keisel Skyliner
Nippori
Ueno
Nippori
Ueno
Shinjuku
Akihabara
Tokyo
Shindwa Odaba-kahinkoen
Keisyu Une
Shindada Airport
Keisyu Une
Shindada Airport
Keisyu Une
Shindal Line
Tokyo Teleport

Amusement Area of the Tokyo Bay

Odaiba is a large amusement area. Riding the "New Transit Yurikamome," an automated guide way transit that connects Shinbashi and Toyosu, you can reach the water front area of Odaiba, a popular spot for families, couples, and tourists. Surrounded by large-scale commercial facilities, you not only can enjoy shopping and food, but also get more than enough entertainment at amusement parks and movie theaters. The night view of the Tokyo Bay from the Rainbow Bridge and areas around Odaiba is certainly worth seeing.



Promenade open hours: April 1-October 31 9:00AM-9:00PM November 1-March 31 10:00AM-6:00PM

Shibaura Futou $\begin{pmatrix} U \\ 05 \end{pmatrix}$ 5 min. walk Odaiba Kaihinkoen $\begin{pmatrix} 0 \\ 06 \end{pmatrix}$ 10 min. walk





パレットタウン

Palette Town

The large Ferris Wheel, one of the symbols of this area, is located in Palette Town. Enjoy the view of Tokyo Tower, TOKYO SKYTREE®, Tokyo Gate Bridge, and Rainbow Bridge. Palette Town includes a large shopping mall called Venus Fort opened in 1999. It was designed featuring 17th century Europe townscape where you can not only enjoy your shopping but also the design of the mall itself. Also, you can experience car riding at the TOYOTA's city show case theme park, "MEGA WEB," under a concept of 'look', 'ride' and 'feel' automobiles. 60 car models including current and new models are available for a test ride. Digital Art Museum by teamLab Borderless and Zepp Tokyo, the largest all-standing concert hall are also located in Palette Town. You can experience the Tokyo Cruise from Palate Town to Hinode Pier and enjoy other marine sports and birdwatching.

https://www.palette-town.com

Tokyo Teleport $\begin{bmatrix} R \\ 04 \end{bmatrix}$ 3 min. walk Aomi $\begin{pmatrix} U \\ 10 \end{pmatrix}$ Connected to building

64



日本科学未来館

National Museum of Emerging Science and Innovation

National Museum of Emerging Science and Innovation is more well-known as Miraikan meaning building of the future. This science museum is Japan's high-tech showcase with many fascinating exhibitions of science and technology of today including robots, space shuttles, and submarines. There is a large "Geo-Cosmos" hanging from the entrance ceiling giving spherical video display of the earth viewed from the space.

10:00AM-5:00PM<Closed> Tuesday (Open if Tuesday is a holiday), New Year Holiday http://www.miraikan.jst.go.jp/en/

¥ 620 (adults) / 210 (under 19)

Tokyo Teleport R 15 min. walk Fune-no-kagakukan (U) 5 min. walk Telecom Center (09) 4 min. walk

大江戸温泉物語

Oedo Onsen Monogatari

Oedo Onsen Monogatari is Japan's first and only natural "onsen" (hot spring) theme park with 14 kinds of indoor and outdoor baths pumped up from 1400 meters deep. The concept and theme is based on the Edo period. It is a perfect place for people experiencing onsen for the first time. What is also exciting is the rental of yukata (summer style kimono) that you can wear to wander around the bathing facilities. If you are not comfortable enough to be in a public bath, massage and games are also available but first try ashi-yu (foot bath) and enjoy the views of the Japanese-style garden. Overnight stays are available.

11:00AM-9:00AM of next day (Final entry 7:00AM) https://daiba.ooedoonsen.jp/en/

Tokyo Teleport R Free shuttle bus 7 min. ride Telecom Center (2 min. walk



東京ビッグサイト

Tokyo Big Sight

Tokyo International Exhibition Center, familiar with the name of Tokyo Big Sight, is the largest convention center in Japan that opened in 1996. The event calendar is full throughout the year. The exhibition area has 10 exhibition halls with the area of 80,000 square meters welcoming more than 10 million people every year. It is the finish line for the Tokyo Marathon and a venue for many major events including Tokyo Mortor Show, Japan IT Week, Comiket (comic market), and International Gift Show. An unbelievable number of industry trade shows are held every day.

http://www.bigsight.jp

Kokusai-tenjijo R 7 min. walk Kokusai-tenjijo-seimon (11) 3 min. walk

The Grill on 30th

The Grill on 30th

Grill dinina

Lunch: ¥5,000- / Dinner: ¥15,000-

<Lunch> 11:30AM-2:30PM (L.O.) <Dinner> 5:30PM-9:30PM (L.O.) Credit Card: VISA, Master, AMEX, JCB, Diners https://www.tokyo.grandnikko.com/eng/restaurant/thegrill/

Chefs' Selection - Special dinner course that changes seasonally

Located on the highest floor of the hotel, the grill dining allows guests to dine while enjoying a beautiful view of Tokyo. Grilled cuisines served from the open kitchen uses ingredients carefully selected from Japan and abroad, and offers meat with bones as well as fresh seafood. Forget the busyness of Tokyo and spend an elegant time with your loved ones.

Grand Nikko Tokyo Daiba 30F, 2-6-1 Daiba, Minato-ku Phone: 03-5500-4550 (Restaurant Information)

Daiba $\binom{U}{07}$ Hotel building linked to station Tokyo Teleport $\binom{R}{04}$ 10 min. walk

EN/CH

Photo

070 │ GUNDAM Café ダイバーシティ東京 プラザ店 **GUNDAM Café (DiverCity Tokyo Plaza)**

Entertainment Café



10:00AM-9:00PM <Closed> When DiverCity Tokyo Plaza is closed Credit Card: VISA, Master, AMEX, Others | http://g-cafe.jp/



Gunpla-yaki ¥194 + tax -flavor changes each season

Explore the world of "Mobile Suit Gundam," a Japanese anime classic, at "GUNDAM Café." This information base of Gundam will be sure to entertain all types of fans. Café menus are based on scenes or characters of the Gundam series. Be absorbed in the world of Gundam at Diver City Tokyo Plaza, a spot for Gundam fans to enjoy the café menus.



DiverCity Tokyo Plaza 2F, 1-1-10 Aomi, Koto-ku Phone: 03-6457-2778



Tokyo Teleport $\begin{pmatrix} R \\ 04 \end{pmatrix}$ 3 min. walk Daiba $\begin{pmatrix} U \\ 07 \end{pmatrix}$ 5 min. walk





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Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Shibuya	Cerulean Tower Tokyu Hotel	26-1 Sakuragaoka-cho Shibuya-ku Tokyo 150-8512 Tel: +81-3-3476-3000 https://www.tokyuhotelsjapan.com/global/cerulean-h	408	¥¥¥¥	0	11	English	0	0	0	0	0	Δ	0	0
Harajuku Omotesando	Shibuya Excel Hotel Tokyu	1-12-2 Dogenzaka Shibuya-ku Tokyo 150-0043 Tel: +81-3-5457-0109 https://www.tokyuhotelsjapan.com/global/shibuya-e/	408	¥¥	0	3	English	0	0	×	×	0	×	0	0
Shinjuku	Park Hyatt Tokyo	3-7-1-2 Nishi-Shinjuku Shinjuku-Ku Tokyo 163-1055 Tel: +81-3-5322-1234 Email: tokyo.park@hyatt.com http://tokyo.park.hyatt.com	177	¥¥¥¥	0	7	English	0	0	0	0	0	×	0	0
	Hilton Tokyo	6-6-2 Nishi-Shinjuku Shinjuku-Ku Tokyo 160-0023 Tel: +81-3-3344-5111 http://tokyo.hilton.com	825	¥¥¥	0	6	English, Chinese, French, Spanish, Korean, Portuguese	0	0	0	×	0	×	0	0
	Hotel Century Southern Tower	2-2-1 Yoyogi Shibuya-ku Tokyo 151-8583 Tel: +81-3-5354-0111 https://global.southerntower.co.jp/	375	¥¥¥	0	2	English	×	0	×	×	Δ	×	×	0
	Hyatt Regency Tokyo	2-7-2 Nishi-Shinjuku Shinjuku-Ku Tokyo 160-0023 Tel: +81-3-3348-1234 Email: tokyo.regency@hyattregencytokyo.com http://tokyo.regency.hyatt.com	746	¥¥¥	0	8	English	0	0	0	0	Δ	×	0	0
	Keio Plaza Hotel Tokyo	2-2-1 Nishi-Shinjuku Shinjuku-Ku Tokyo 160-8330 Tel: +81-3-3344-0111 https://www.keioplaza.com/	1455	¥¥¥	0	17	English, Chinese, Korean, French, Spanish, Italian, Portuguese	0	0	0	×	0	×	0	0
	RIHGA Royal Hotel Tokyo	1-104-19 Totsuka-machi Shinjuku-ku Tokyo 169-8613 Tel: +81-3-5285-1121 https://www.rihga.com/tokyo	131	¥¥¥	0	6	English	0	0	0	0	Δ	×	×	0
	Shinjuku Prince Hotel	1-30-1 Kabuki-cho Shinjuku-ku Tokyo 160-8487 Tel: +81-3-3205-1111 http://www.princehotels.com/shinjuku/	571	¥¥¥	0	3	English, Chinese, Korean	×	×	×	×	0	×	×	0
	Hotel Gracery Shinjuku	1-19-1 Kabukicho Shinjuku-ku Tokyo 160-8466 Tel: +81-3-6833-1111 https://gracery.com/shinjuku/	970	¥¥	0	2	English, Chinese, Korean, Thai	×	×	×	×	0	×	×	0
	Shinjuku Granbell Hotel	2-14-5 Kabuki-cho Shinjuku-ku Tokyo 160-0021 Tel: +81-3-5155-2666 http://www.granbellhotel.jp/en/shinjuku/	485	¥¥	0	3	English	Δ	×	×	×	Δ	×	×	0
	Shinjuku Washington Hotel	3-2-9 Nishi-Shinjuku Shinjuku-ku Tokyo 160-8336 Tel: +81-3-3343-3111 https://www.shinjyuku-wh.com/	1617	¥¥	0	3	English, Chinese, Korean	×	×	×	×	×	×	0	0
Ueno	Mitsui Garden Hotel Ueno	3-19-7 Higashi-ueno Taito-ku Tokyo 110-0015 Tel: +81-3-3839-1131 http://www.gardenhotels.co.jp/eng/ueno/	245	¥¥	0	1	English	×	×	×	×	0	×	×	0
Akihabara	Super Hotel Akihabara Suehirocho	3-2-5 Ueno Taito-ku Tokyo 110-0005 Tel: +81-3-6848-9000 http://www.superhotel.co.jp/s_hotels/akihabara/	106	¥¥	0	×	Japanese	×	×	×	×	×	0	×	0
Asakusa	The Gate Hotel Asakusa Kaminarimon	2-16-11 Kaminarimon Taito-ku Tokyo 111-0034 Tel: +81-3-5826-3877 Email: info-kaminarimon@gate-hotel.jp https://www.gate-hotel.jp/en/asakusa-kaminarimon/	134	¥¥	0	2	English	×	×	×	×	0	×	×	0
	Dormy Inn • global cabin Asakusa	1-3-4 Hanakawado Taito-ku Tokyo 111-0033 Tel: +81-3-3845-1122 https://www.hotespa.net/hotels/asakusa/	75	¥¥	0	×	English, Chinese, Korean	×	×	×	0	×	×	×	×

Area	Hotel	Contact Information	Room	Price	Wi-Fi	estaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Asakusa	Andon Ryokan Tokyo Japan	2-34-10 Nihonzutsumi Taito-ku Tokyo 111-0021 Tel: +81-3-3873-8611 Email: ryokan@andon.co.jp http://www.andon.co.jp/	20	¥	0	1	English	0	×	×	×	×	×	×	0
Ryogoku Kinshicho	The Gate Hotel Ryogoku	1-2-13 Yokoami Sumida-ku Tokyo 130-0015 Tel: +81-3-5637-7041 https://www.gate-hotel.jp/en/ryogoku/	126	¥¥	0	2	English	×	×	×	×	0	×	×	0
	Lotte City Hotel	4-6-1 Kinshicho Sumida-ku Tokyo 130-0013 Tel: +81-3-5619-1066 https://lottecityhotel.jp/en/	213	¥¥	0	3	English	×	×	×	×	0	×	0	0
	Tobu Hotel Levant Tokyo	1-2-2 Kinshicho Sumida-ku Tokyo 130-0013 Tel: +81-3-5611-5511 https://www.tobuhotel.co.jp/levant/	383	¥¥	0	3	English	×	0	×	×	×	×	×	0
Yanaka Nezu Sendagi	Ryokan Sawanoya	2-3-11 Yanaka Taito-Ku Tokyo 110-0001 Tel: +81-3-3822-2251 E-mail: ryokan@sawanoya.com http://www.sawanoya.com/	12	¥	0	×	English	×	×	×	×	×	×	×	0
	Four Seasons Hotel Tokyo at Marunouchi	1-11-1 Marunouchi Chiyoda-ku Tokyo 100-6277 Tel: +81-3-5222-7222 http://www.fourseasons.com/tokyo/	57	¥¥¥¥	0	1	English, Chinese, Hindi	0	0	×	0	0	×	0	0
	The Gate Hotel Tokyo	2-2-3 Yurakucho Chiyoda-ku Tokyo 100-0006 Tel: +81-3-6263-8233 Email: info-tokyo@gate-hotel.jp https://www.gate-hotel.jp/en/tokyo/	164	¥¥¥	0	3	English	×	×	×	×	0	×	×	0
	Imperial Hotel Tokyo	1-1-1 Uchisaiwai-Cho Chiyoda-Ku Tokyo 100-8558 Tel: +81-3-3504-1111 https://www.imperialhotel.co.jp/	931	¥¥¥¥	0	16	English, Chinese, Korean, Spanish, French	0	0	0	×	0	Δ	0	0
	Palace Hotel Tokyo	1-1-1 Marunouchi Chiyoda-ku Tokyo 100-0005 Tel: +81-3-3211-5211 https://en.palacehoteltokyo.com/	290	¥¥¥¥	0	10	English, Chinese, Korean, Spanish, Portuguese, Italian, French, Tagalog, German, Lithuanian, Hindi, Thai, Sri Lankan, Arabic, Nepalese, Russian, Indonesian, Czech, Vietnamese	0	0	0	0	0	Δ	0	0
Marunouchi Nihonbashi	The Peninsula Tokyo	1-8-1 Yurakucho Chiyoda-ku Tokyo 100-0006 Tel: +81-3-6270-2888 http://www.peninsula.com/tokyo	314	¥¥¥¥	0	6	English, Chinese (Cantonese, Mandarin), Korean, Spanish, Italian, French, Tagalog, German, Hindi, Indonesian, Nepalese, Arabic, Bengali, Tibetan, Ghana, Myanmar, Thai	0	0	0	0	0	×	×	0
	Shangri-La Hotel, Tokyo	Marunouchi Trust Tower Main, 1-8-3 Marunouchi Chiyoda-ku Tokyo 100-8283 Tel: +81-3-6739-7888 http://www.shangri-la.com/tokyo/shangrila	200	¥¥¥¥	0	3	English, Korean, Chinese (Cantonese, Mandarin), German, French, Hindi, Tagalog, Malay, Indonesian, Nepalese, Arabic, Vietnamese, Mongolian	0	0	0	0	0	Δ	×	0
	The Tokyo Station Hotel	1-9-1 Marunouchi Chiyoda-ku Tokyo 100-0005 Tel: +81-3-5220-1111 Email: info@tokyostationhotel.jp http://www.thetokyostationhotel.jp/	150	¥¥¥¥	0	10	English, Chinese, Korean	0	×	×	0	0	×	×	0
	HOTEL METROPOLITAN TOKYO MARUNOUCHI	1-7-12 Marunouchi Chiyoda-ku Tokyo 100-0005 Tel: +81-3-3211-2233 Email: info@hm-marunouchi.jp https://marunouchi.metropolitan.jp	343	¥¥¥	0	1	English	0	×	×	×	0	×	×	0
	The Capitol Hotel Tokyu	2-10-3 Nagatacho Chiyoda-ku Tokyo 100-0014 Tel: +81-3-3503-0109 https://www.tokyuhotelsjapan.com/global/capitol-h/	251	¥¥¥¥	0	4	English, Frenchi, Italian, Chinese, Korean	0	0	0	0	0	Δ	×	0
Akasaka Roppongi	Grand Hyatt Tokyo	6-10-3 Roppongi Minato-Ku Tokyo 106-0032 Tel: +81-3-4333-1234 Email: tokyo.grand@hyatt.com http://tokyo.grand.hyatt.com	387	¥¥¥¥	0	10	English, German, Spanish, French, Japanese, Korean, Portuguese, Russian, Simplified and Traditional Chinese	0	0	0	0	0	×	×	0

PLEASE CONTACT THE HOTEL FOR THE LATEST INFORMATION.

Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
	The Ritz-Carlton, Tokyo	9-7-1 Akasaka Minato-ku Tokyo 107-6245 Tel: +81-3-3423-8000 http://www.ritzcarlton.com/en/hotels/japan/tokyo	247	¥¥¥¥	0	7	English, Chinese, Italian, Spanish, German, French, Korean, Russian, Tagalog, Portuguese	0	0	0	0	0	×	0	0
Akasaka	Tokyo Prince Hotel	3-3-1 Shibakoen Minato-ku Tokyo 105-8560 Tel: +81-3-3432-1111 http://www.princehotels.com/tokyo/	462	¥¥	0	12	English	×	0	0	×	0	Δ	0	0
Roppongi	ANA InterContinental Tokyo	1-12-33 Akasaka Minato-ku Tokyo 107-0052 Tel: +81-3-3505-1111 https://anaintercontinental-tokyo.jp/en/	844	¥¥¥	0	11	English	0	0	0	0	0	×	0	0
	Hotel New Otani Tokyo	4-1 Kioi-Cho Chiyoda-ku Tokyo 102-8578 Tel : +81-3-3265-1111 https://www.newotani.co.jp/en/tokyo/	1479	¥¥¥	0	37	English, Chinese, Spanish, Korean	0	0	0	0	0	Δ	0	0
Shinbashi	Andaz Tokyo Toranomon Hills	1-23-4 Toranomon Minato-ku Tokyo 105-0001 Tel: +81-3-6830-1234 Email: tokyo.host@andaz.com http://www.andaztokyo.com	164	¥¥¥¥	0	5	English, Chinese, Korean	0	0	0	0	0	×	×	0
	Conrad Tokyo	1-9-1 Higashi-Shinbashi Minato-ku 105-7337 Tokyo Tel: +81-3-6388-8000 http://www.conradtokyo.com	291	¥¥¥¥	0	5	English, Chinese, Korean	0	0	0	0	0	×	×	0
	Dai-ichi Hotel Tokyo	1-2-6 Shimbashi Minato-ku Tokyo 105-8621 Tel: +81-3-3501-4411 https://global.hankyu-hotel.com/daiichi-hotel-tokyo/	278	¥¥¥	0	11	English	0	0	0	0	0	×	×	0
	InterContinental Tokyo Bay	1-16-2 Kaigan Minato-Ku Tokyo 105-8576 Tel: +81-3-5404-2222 https://www.interconti-tokyo.com/en/	330	¥¥¥	0	7	English	0	0	×	×	0	Δ	×	0
Shiodome	The Okura Tokyo	2-10-4 Toranomon Minato-ku Tokyo 105-0001 Tel: +81-3-3582-0111 http://theokuratokyo.jp/en/	508	¥¥¥	0	7	English	0	0	0	0	0	Δ	0	0
	Park Hotel Tokyo	1-7-1 Higashi Shimbashi Minato-ku Tokyo 105-7227 Tel: +81-3-6252-1111 http://en.parkhoteltokyo.com/	270	¥¥¥	0	5	English, Korean, Italian, Russian, Spanish	0	0	×	0	0	×	×	0
	The Prince Park Tower Tokyo	4-8-1 Shibakoen Minato-ku Tokyo 105-8563 Tel: +81-3-5400-1111 https://www.princehotels.co.jp/parktower/	603	¥¥¥	0	11	English	0	0	0	0	0	Δ	0	0
	The Royal Park Hotel Iconic Tokyo Shiodome	1-6-3 Higashi-shimbashi Minato-ku Tokyo 105-8333 Tel: +81-3-6253-1111 https://www.the-royalpark.jp/the/tokyoshiodome/en/	490	¥¥¥	0	5	English, Korean	×	0	×	0	0	Δ	×	0
Ikebukuro	Hotel Metropolitan Tokyo Ikebukuro	1-6-1 Nishiikebukuro Toshima-ku Tokyo 171-8505 Tel: +81-3-3980-1111 https://hotelmetropolitan.jp/en/	807	¥¥¥	0	9	English	0	0	×	×	0	×	×	0
Odaiba	Grand Nikko Tokyo Daiba	2-6-1 Daiba Minato-ku Tokyo 135-8701 Tel: +81-3-5500-6711 https://www.tokyo.grandnikko.com/	882	¥¥¥	0	9	English, French	0	0	0	×	0	×	0	0
Bay Area	Tokyo Bay Ariake Washington Hotel	3-7-11 Ariake Koto-ku Tokyo 135-0063 Tel: +81-3-5564-0111 https://tokyobay.washington-hotels.jp/	830	¥¥	0	12	English, Chinese, Korean	0	0	×	×	0	×	0	0
	Hotel Chinzanso Tokyo	2-10-8 Sekiguchi Bunkyo-ku Tokyo 112-8680 Tel: +81 3 3943-1111 Email: info@hotel-chinzanso.com https://www.hotel-chinzanso-tokyo.com/	267	¥¥¥¥	0	9	English, Chinese, Korean, French, Tagalog	0	0	0	0	0	Δ	×	0
Others	Hilltop Hotel	1-1 Surugadai Kanda Chiyoda-ku Tokyo 101-0062 Tel: +81-3-3293-2311 https://www.yamanoue-hotel.co.jp/eng/index.html	35	¥¥¥	0	7	English	Δ	×	×	×	×	×	×	0
	The Royal Park Hotel Tokyo Haneda	2-6-5 Haneda Airport Ota-ku Tokyo 144-0041 Tel: +81-3-6830-1111 https://www.the-royalpark.jp/the/tokyohaneda/en/	313	¥¥¥	0	1	English	×	×	×	×	0	Δ	×	0

Casual Restaurant Chains in Tokyo!

SOBA

Buck wheat noodle served in cold or hot soup.









Soba, udon, curry, and "don" menus fujisoba.co.jp



Gyu-don (beef bowl), pork bowl,



UDON

Flour noodle served in hot or cold soup.





NAKAU

Udon set menus, gyu-don (beef bowl), and other "don" menus www.nakau.co.jp/en/



TEISHOKU

A healthy balance of dishes on a single tray containing rice, miso soup, main and side dishes.





YAYOI

Teishoku menus www.vavoiken.com/en/



DON

Bowl dish with main (tempura, beef, cutlet, etc.) and rice





SUKIYA

curry, and set menus www.sukiya.jp/en/





TENYA

Ten-don (tempura bowl), other "don" menus

www.tenya.co.jp/english/

Yaki-, -yaki (焼き)



Grilled, baked, roasted (e.g. Yakitori, Yakiniku, Kushiyaki, Teppanyaki, Okonomiyaki, Sukiyaki, etc.)

-age (揚げ)

Deep-fried (e.g. Kushi-age: Skewered ingredients deep-fried with batter coated by bread crumbs)

Kushi- (串)

Skewer (e.g. Kushikatsu: Skewered cutlets of meats and vegetables, Kushiyaki: Meat, fish, shellfish, vegetables and other items placed on skewers and grilled, etc.)

Izakaya (居酒屋)

Japanese-style pub. The dishes are usually small and affordably priced.



HANAYA YOHFI

Sushi, sashimi, tempura, soba, udon, ten-don, sukivaki, shabushabu, and more

www.hanayayohei.co.jp/en/







COCO'S RESTAURANT

Hamburger steak and other set menus www.cocos-jpn.co.jp/





HAMAZUSHI

Sushi, and more www.hamazushi.com/en/





FRESHNESS BURGER

Hamburger, cafe www.freshnessburger.co.jp



75

Nabe (鍋)

Hot pots. They are very popular in the winter. Various ingredients are placed into a big pot, boiled with a special soup, and placed at the center of the table for everyone to share.

Ramen (ラーメン)

Types of noodle that originally came from China. Basic flavors of the soup are salt, soy sauce, miso, and tonkotsu.

Sukiyaki (すき焼き)

Kind of nabe flavored in soy sauce and sugar. Main ingredients are sliced beef and vegetables that are eaten with raw beaten

Tonkatsu (とんかつ)

Japanese-style pork cutlets

Shabu-shabu (しゃぶしゃぶ)

Dipping thinly sliced pork or beef in boiling water with your chop sticks, and eating with different kinds of sauce.

Yakiniku (焼肉)

Korean barbeque.

Monjayaki (もんじゃ焼き)

Flour based batter pan-fried with ingredients such as cabbage, seafood, meat, and cheese.

Okonomivaki(お好み焼き)

Round pancake made with ingredients such as flour, cabbage, eggs, seafood, meat, vam, and spring onions. Once cooked, it is topped with bonito flakes, dried seaweed, mayonnaise, and sauce.



USEFUL PHONE NUMBERS

EMERGENCY CALLS

Toll free number that can be dialed from any phone

110 POLICE 119

FIRE / EMERGENCY

Non-emergency help hotline (Tokyo Metropolitan Police Department General Advisory Center)

9110

TRANSPORATION

Flight Information (Haneda Airport)

03-5757-8111

Flight Information (Narita Airport)

0476-34-8000

Toei Transportation (Subway)

03-3816-5700

JR-EAST (Railway)

050-2016-1603

Tokyo Metro (Subway)

0120-10-4106

Nihon Kotsu (Taxi)

03-5755-2336



LOST AND FOUND

The Tokyo Metropolitan Police Department Lost and Found Center

0570-55-142

Tokyo Metro (Subway)

03-3834-5577

Toei Transportation (bus and subway)

03-3816-5700

Taxi

03-3648-0300

JR-EAST (Railway)

050-2016-1601



TOURIST INFORMATION

Japan National Tourism Organization (Tourist Information Center)

03-3201-3331

Tokyo Metropolitan Government Building Headquarters

03-5321-3077

Tourism Information Center Tokyo

03-5220-7055

Tokyo Tourist Information Center Haneda Airport Branch

03-6428-0653

Tokyo Tourist Information Center Keisei Useno Branch

03-3836-3471



HOSPITALS & CLINICS (ENGLISH SERVICES AVAILABLE)

St. Luke's International Hospital

03-5550-7166

American Clinic Tokyo

03-6441-0969

Tokyo Midtown Clinic

03-5413-7911

International Clinic

03-3582-2646

The King Clinic

03-3409-0764



HEALTHCARE INFORMATION

Tokyo Metropolitan Health and Medical Informational Center (Himawari)

03-5285-8181

Fire Station Telephone Service (Guidance for medical institutions)

03-3212-2323

日本の洒情報館

Japan Sake and Shochu Information Center

The Japan Sake and Shochu Information Center allows people from around the world to learn and experience Japanese sake, honkaku shochu, and awamori.

About 100 different types of sake and shochu are available at all times for tasting from 100 yen per glass.

A wide variety of sake including Daiginjo sake, Junmai sake and matured sake can be enjoyed in addition to imo (sweet potato)/mugi (barley)/kome (rice)/kokuto (brown sugar) honkaku shochu, awamori, and fruit liqueur from across Japan.

If you are not sure of what to order, try Sake 101 Set (500 yen) or Shochu 5 Types Set (500 yen) to find out your favorite "Kokushu", a national alcoholic beverage of Japan.









Address: Nihon Shuzo Toranomon Building 1st Floor, 1-6-15 Nishi Shimbashi, Minato-ku, Tokyo Phone: 03-3519-2091

Nearest Station: Tokyo Metro, Ginza Line, Toranomon Station

Hours: 10:00AM-6:00PM

Days closed: Saturday, Sunday, public holidays, year-end and New Years holidays



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