



## Taste of Luxury

Embrace nature's changing seasons....in a tranquil oasis so near, yet so far, from the hustle and bustle of the city.



The Capitol Hotel Tokyu

2-10-3 Nagatacho, Chiyoda-ku, Tokyo 100-0014, Japan

Tel +81-3-3503-0109 [www.capitolhoteltokyu.com/en/](http://www.capitolhoteltokyu.com/en/)



From the Editor

## What Will be the "Future of Food" and the "Food of the Future" in Japan?



What do people want from meals?

Some people are looking for healthful food that tastes good. Others want to get a sense of the time of year by eating seasonal ingredients, or to deepen communication as they gather around a dining table. For most people, meals are about more than just filling their bellies and getting some nutrition, because their meals are a vitally important element for creating wellbeing.

On the other hand, as food loss illustrates, many social issues are related to food. Food tech, in both its soft and hard aspects, is now in the spotlight as it leverages advanced technology to develop totally new forms of food and discovers new ways to prepare food. But can food tech really make people happy? For example, the act of preparing food is an accessible means of self expression, and gaining culinary skill through creative ingenuity builds self esteem. In that case, excessive automation could become an impediment to the experience of enjoying the time one spends cooking. The question of how our dining tables will change in the future is always being asked.

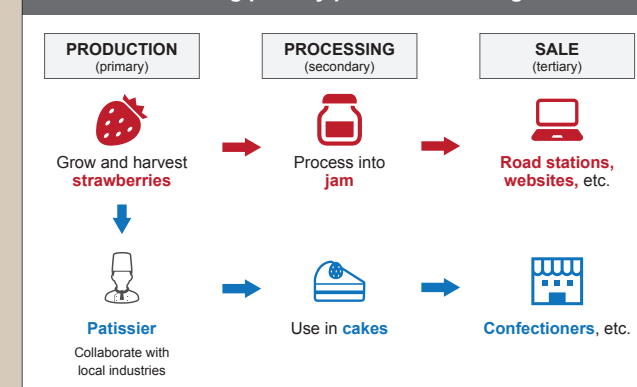
Another thing that we must not forget in this context is that our food must be produced be-

fore it can be consumed. Farming in Japan is beset by the challenges of the shrinking and aging population of farmers and the low national food self sufficiency rate. By now, Japan's self sufficiency rate has dropped to 38% in terms of calories. It's important to take this opportunity to consider what can be done in the home, knowing the current situation of producers, to protect our food.

The Ministry of Agriculture, Forestry and Fisheries is working on "shifting primary production to stage 6". Stage 6 means that the producer doesn't just produce (primary industry), but also get involved in food processing (secondary industry) and sale (tertiary industry), with the aim of attaching added value to production and increasing jobs and income. The term "stage 6" comes from adding industrial stages 1+2+3. One successful example is the strawberry jam business in Yamaguchi Prefecture, which has achieved a 60% increase in revenue and a 30% increase in jobs over four years. The land area for production of the strawberries that are the raw material has tripled.

Cooking a meal and eating it together around a shared table while talking over the day's events is a splendid and essential family activity. With the increase in nuclear families and working-couple households, more and more people in Japan are eating meals alone. Perhaps now is the time to find answers about the future of food by getting back to basics. It's no easy thing to foresee the food of the future and the future of food over the coming decade. Instead, this is the time to consider whether the answers are right in front of us, in our everyday lives.

### What does "shifting primary production to stage 6" mean?





## SPECIAL CONTRIBUTION

# Hospitality, Entertainment, and Art in Food

*Our editorial team at "delicious Japan" sees these three elements driving Japan's food scene in future, so we'll be commenting on past, present, and future food scenes with reference to developments around the world.*



### Hospitality and Entertainment

Hospitality is basic and central to hotels, restaurants, and food service businesses. Benihana was probably the first to add the aspect of entertainment to the mix. The late Rocky Aoki of Benihana opened his first hibachi steak style teppanyaki restaurant in Manhattan in 1964. The method of cooking food right before diners' eyes, giving them a performance as they eat, came to be known as the "Benihana dance", and the chain spread across the USA as entertainment restaurants. Aoki's philosophy of "Atmosphere sells the food" established an era of themed restaurants which showcase entertainment, and many imitators followed.

### Japan's Hospitainment: Hospitality x Entertainment = Hospitainment

Food entertainment isn't unique to America. It's in Japan too. When a customer orders the type of sushi they want, the sushi chef makes deft moves while swaying his whole body rhythmically. He scoops sushi rice into his hand, squeezes it, adds



wasabi, places the ordered fish on top, and serves with a cry of "hai, itcho!" That performance is also called "sushi no mai" (the dance of sushi), and it really is an earnest 1-on-1 entertainment across the counter. That's why sushi is known to be "kakko ii" (cool) around the world. That approach isn't limited to sushi. Tempura is fried in the same way.

The highest expression of hospitality in robata-yaki barbecue grills is to serve the grilled items straight to the diners on a big shamoji spatula. Vegetables, seafood, meat, and other ingredients are arrayed around the barbecue, and diners line up in counter seats. When they order what they want, it's prepared and grilled right in front of them. When ready, it's placed on a giant shamoji and served with a cry of "hai, dozo!" That fosters a feeling of unity between the cook and the diners.

### Nagashi somen is a pleasure of the summer, enjoyed with all the senses

Japan has a culture of enjoying food in ways that engage all five senses. One example, nagashi somen, is a mouth-cooling fixture of Japan's summer. The thin somen noodles run in cool water along a gutter made of bamboo, and the diners grab the flowing noodles with their chopsticks, and dip them in mentsuyu dipping sauce to eat. If you miss the noodles with your sticks, they slip past before your eyes in a moment. There are various stories of the origin of nagashi somen, but one goes back to Ryukyu (now Okinawa) in the Edo era. There was a place on Naha Bay where water from a pure spring ran down a cliff, and the greatest pleasure of the summer was to run somen down the stream and pick them out to eat. Nagashi somen has been part of Japan's summer for centuries.



### Wanko Soba's ultimate omotenashi noodles: Aim for 100 bowls!

The waiter stands next to you and slides fresh-boiled soba noodles into your bowl, in bite-sized servings, any time you ask. That method is said to date back to the "soba furumai" (soba feast) that comes from the Nanbu region.



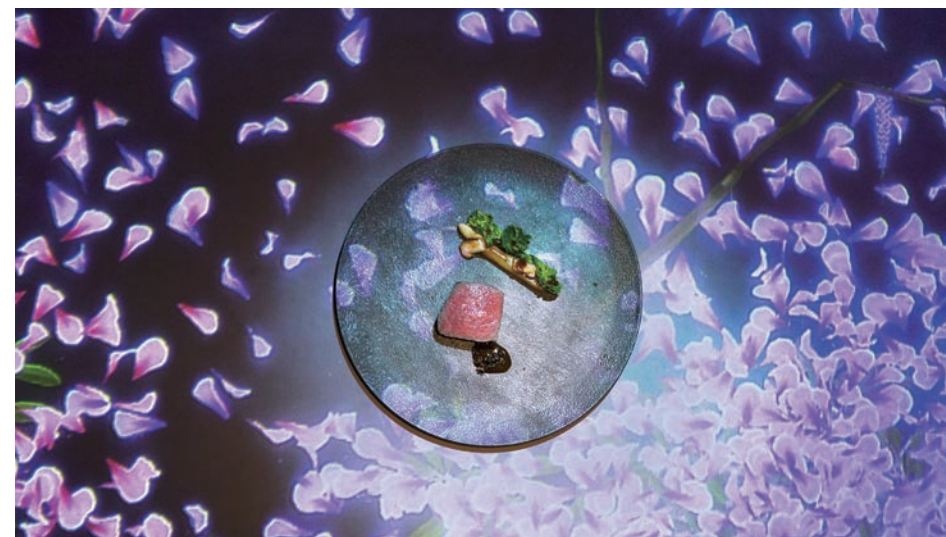
### The Fusion of Food and Art

Moving forward to now, what's the trend in food entertainment today? The leading example now is the use of technologies like AR and projection mapping in performances that expand the space and make the diners a part of it.








For example, "TREE by NAKED yoyogi park", a restaurant which blends food with art, uses VR technology, projection mapping, lighting, music, and art fixtures in a performance which reaches throughout the space, and runs through the "Scenes of Life" story around the motif of a single tree. The space projected onto with projection mapping really feels like a different world.

At Moon Flower Sagaya Ginza, which presents spatial performances that fuse food with art, diners enjoy seasonal ingredients together with an interactive digital art installation featuring trees and flowers that change with the shifting seasons as they extend across the dinnerware. It's run with the art collective teamLab, which is busy around the world these days.

More performances using digital art are expected to emerge as the technology evolves. Japanese restaurants have a culture of providing more than just the flavors, as they give diners the pleasure of seeing the preparation processes, as well as sights to see in their interiors besides the food. That's a uniquely Japanese style. Japan is looking forward to a long-awaited resumption of inbound tourism in with-Covid and post-Covid times. Japan's worth a look during your trip, and be sure to enjoy its "hospitainment" to the full!



## 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!



@deliciousjapan  
www.instagram.com/deliciousjapan/



@deliciousjapan  
www.facebook.com/deliciousJapan/



7-2-2F, Nihonbashi Kobuna-cho, Chuo-ku,  
Tokyo 103-0024

Tel: 03-5623-6550 Fax: 03-5539-3539

www.delicious-japan.com

www.gm-group.net

Publisher: Global Media Corporation  
President & CEO: Masanori Tonegawa  
Editor in Chief: Taiko Niimi  
Editor: Masanori Tonegawa, Yasuna Tonegawa  
Writer: Patricia Yarrow  
Translator: Matthew Kinnerly

delicious Japan へのお問い合わせは、日本語でもお気軽にどうぞ。  
info@delicious-japan.com

## Contents

- 01 **From the Editor**  
What Will be the "Future of Food" and the "Food of the Future" in Japan?

- 02 **Special Contribution:**  
Hospitality, Entertainment, and Art in Food

## Special Features

- 08 **Global Kitchen Series No. 11**  
Paraguay
- 10 **Wine from Israel**
- 12 **Hotels in Tokyo: Series No. 6**  
The Tokyo Station Hotel
- 16 **Japan's Oldest Sake Brand Shirayuki**
- 17 **My Medicinal Cooking**
- 18 **7th UNWTO World Forum on Gastronomy Tourism**  
12 to 15 December 2022 at Nara, Japan
- 19 **SGS Nara Forum, Launch of a Terroir Value-sharing**  
Concept at Region Level between Japan and Europe on GI Practices

## Tokyo Area &amp; Restaurant Information

- 6 Transportation Information
- 20 Shibuya / Harajuku / Omotesando
- 26 Shinjuku
- 30 Ueno / Akihabara
- 34 Asakusa
- 38 Oshiage / Ryogoku
- 40 Yanaka / Nezu / Sendagi
- 42 Ginza
- 46 Marunouchi / Nihonbashi
- 52 Akasaka / Roppongi
- 56 Shinbashi / Shiodome
- 58 Ikebukuro
- 62 Odaiba

## Hotel &amp; Useful Information

- 66 Hotel Information
- 68 Casual Restaurant Chains in Tokyo!
- 70 Useful Phone Numbers



08



12

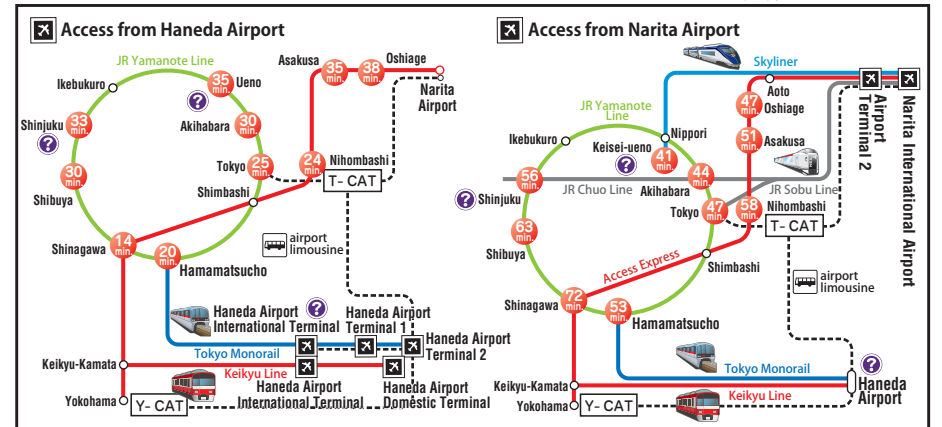
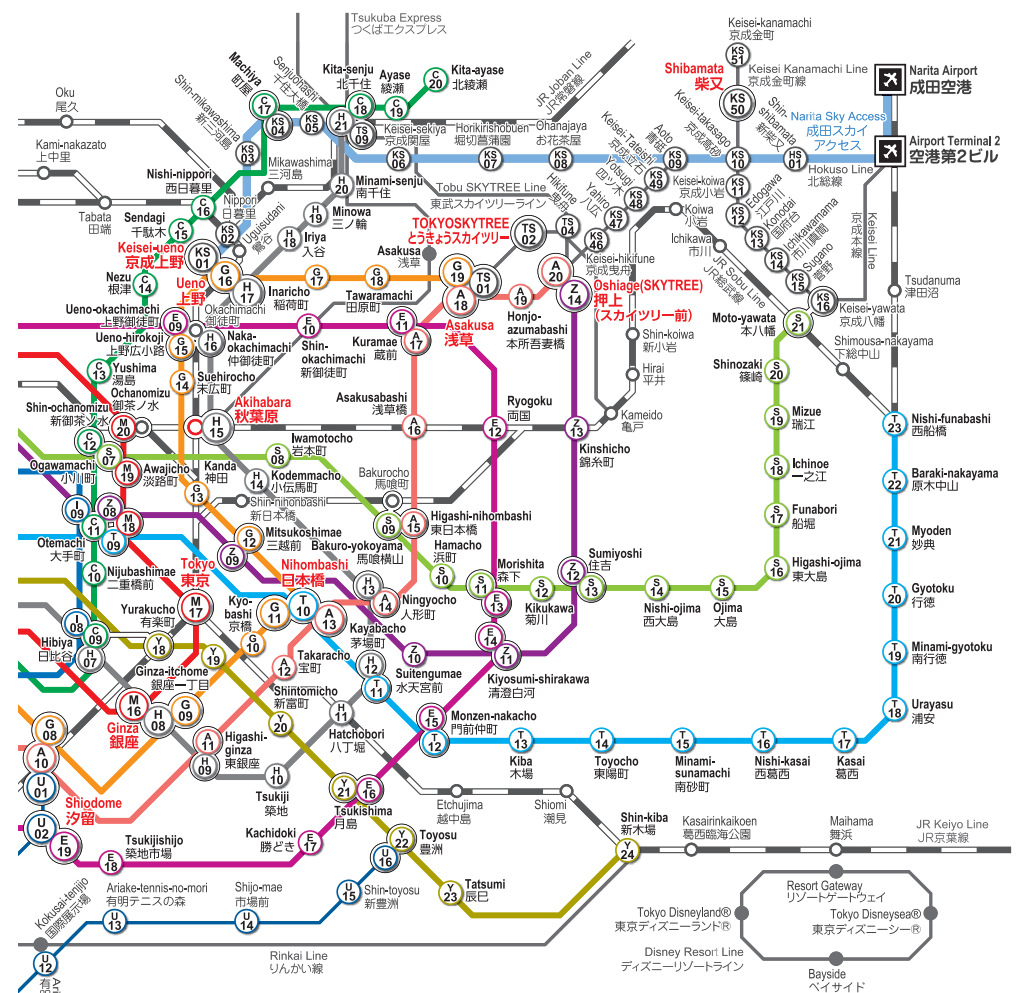
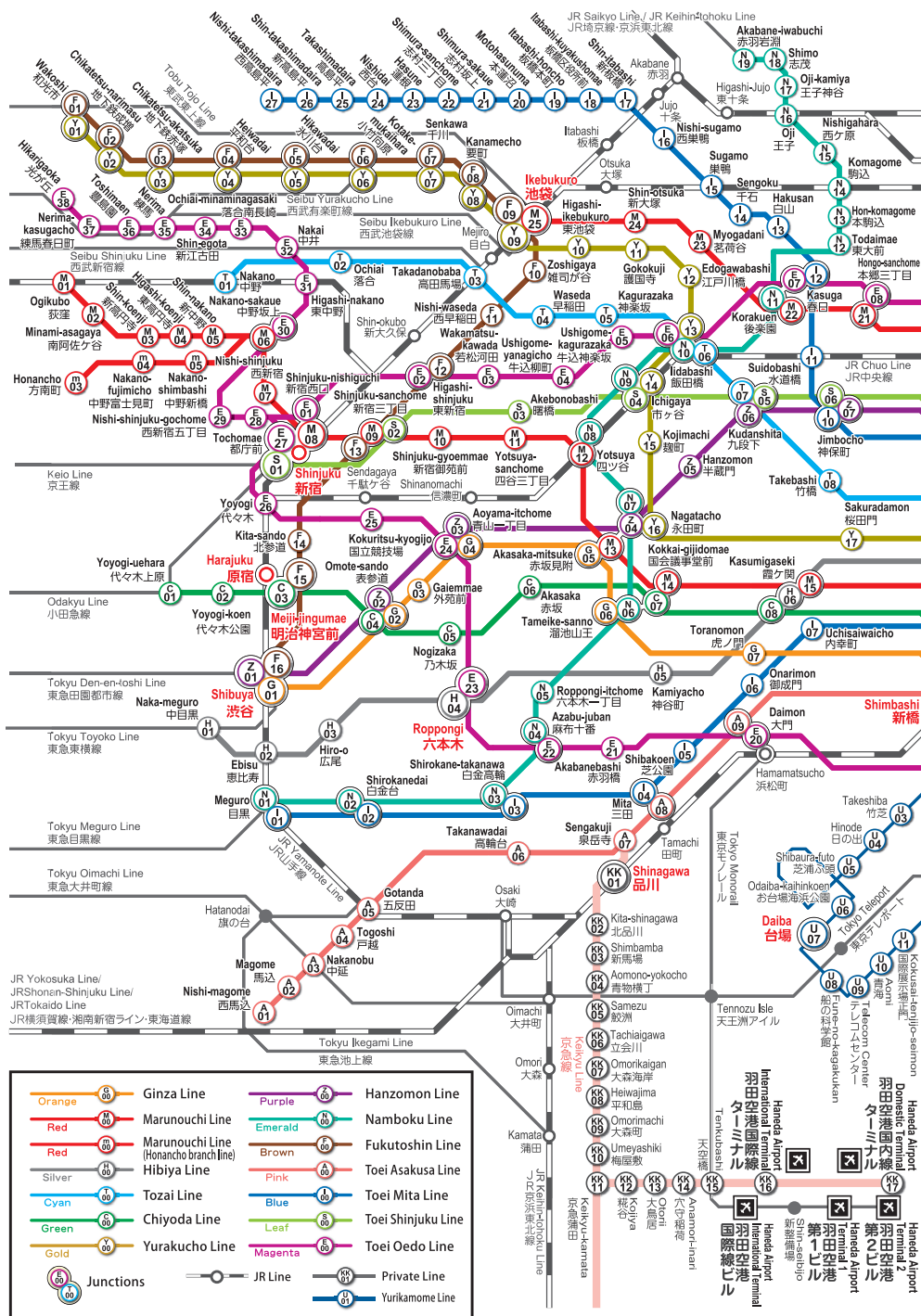


16



17







## Global Kitchen Series No. 11 PARAGUAY



**H.E. Mr. Raúl Florentín Antola**

*Ambassador Extraordinary and Plenipotentiary of the Republic of Paraguay to Japan*

### Can you tell us a little about yourself, Mr. Ambassador?

I have been representing Paraguay as the Ambassador since 2018. Our embassy represents the country in every sector - political, economic, commercial, and cultural. We place an emphasis on the commercial/economical sector, exploring opportunities for Paraguayan products and investment opportunities for Japanese companies. The Japanese market is very interesting but with a very high standard high demanding, which sometimes can be difficult for countries to fulfill. We support many Paraguayan companies to enter the Japanese market.



### What are Paraguay's main agricultural products?

Our main agricultural exports to Japan are sesame, soybean products for animal food, and very few quantities of grains including chia. Paraguay is the 4th largest soybean exporter in the world. Our 2nd largest export product is beef. More than 50 markets are open for Paraguayan beef, but Japan is not included yet. We also produce corn, wheat, and rice. We have 7 million inhabitants but producing produce food for 50 million. Paraguay is a big food producer, but we don't have a lot of food products coming to Japan yet.

### What are the challenges of exporting to the Japanese market?

Japan has very high restrictive controls and standards, especially regarding pesticide residues in agricultural products. In this sense, we are working very hard to fulfill all the standards in Japan. Now, together with JICA and Japanese companies, we are working on enhancing our quality, particularly in Sesame, and our exports to Japan are growing slightly.

One very important aspect related to our work is our effort to open the Japanese market for Paraguayan beef. This is a very long process, and we need some time to conclude the negotiations.

### We must wait until 2029 for Paraguayan beef?

We hope to open the market as soon as possible, but the negotiations take a little bit of time. In the future when Paraguay can export beef to Japan, we know that we are going to face big competitors. But we are not pretending to occupy a big piece of the market because it's hard to compete against well-established countries in the beef market, like the US and Australia. I guess we are going to be similar to Uruguay in terms of export quantity. Our aim is also to open the Japanese market for our beef, due to the fact that exporting to Japan is equivalent to a quality seal for our product. Japan is one of the most demanding markets regarding norms and quality, so if you can export there, you will be able to export to any other country.

### Could you tell us a little about the relations between Paraguay and Japan?

The relationship between Paraguay and Japan couldn't be better. In 2019, we celebrated 100 years of the establishment of the diplomatic relationship between Paraguay and Japan. Not many Japanese people are aware that we have a large Japanese community in Paraguay. Recently, there was a Nihon Matsuri in Asunción (The capital of Paraguay), a very big Japanese festival where the Japanese communities in Paraguay came together and presented food, dance, and omikoshi.

### What are the basics and essence of Paraguayan cuisines?

Paraguayan cuisine is a mix between indigenous food culture and influences of European cuisine, mostly Spanish and Italian. Even if there are different ethnic groups, but the Guaraní culture is very strong in Paraguay. The native food culture is very simple and based on a few products like corn and manioc. One example of a typical Paraguayan dish is what we call "Chipa Guazu" (cornbread). It is like a soufflé made with fresh corn and cheese, which has some influence from European culture.



Another typical dish in Paraguay is a "solid soup" called "sopa paraguaya". It's made of corn flour, cheese, onion, eggs, and milk, and looks like a Bread pancake. This fact is a big surprise for many tourists. We also eat a lot of manioc in different ways: cooked, fried, and as flour. A very typical Paraguayan bread made of manioc flour is called "chipa". Paraguayan food is strongly based on beef as well, just like our neighbors, Argentina, Uruguay, and Brazil.

### What are your plans in order for your products to take further root in the Japanese market?

Japan is not 100% self-sufficient so they need to import food. Paraguay can become a very important and trustworthy partner to make food for Japan. We hope that we can work closely with Japanese companies in food-producing so Japanese companies in Paraguay can produce food for the Japanese market. Paraguay has no expectations of conflict with neighbors or internal conflicts so Japan can trust us as a food supplier. Beef is very important for us. If we can open the market for beef, Paraguay can be more present in the market.

### By the way, what do you like about Japanese food, Mr. Ambassador?

Everything. My wife and I love to eat. Japanese foods use very fresh ingredients and they're also healthy. We appreciate the high standard and quality, whether it is sushi, tonkatsu, or kaiseki. Many Paraguayans are not familiar with raw products because we are a landlocked country, but I like it and appreciate the fresh taste of the fish.

### Are there any restaurants in Tokyo where we can enjoy Paraguayan cuisine?

Just one Paraguayan restaurant in Akasaka called Amigo. It's a nice restaurant where typical Paraguayan dishes are offered.



# Wine from Israel



**Tal Sunderland-Cohen**  
The Wine Ambassador  
Member of CWW - The Circle of Wine Writers

*Japan's wine consumption has increased about 1.5-fold over 10 years. European wines, from France, Italy, Spain, and elsewhere, have a 60% share, while around 30% come from Chile. Israeli wine has been in the spotlight in recent years. We asked Mr. Tal Sunderland-Cohen about Israeli wine.*

## Can you briefly introduce yourself?

My name is Tal Sunderland-Cohen. I am acting as the "Wine Ambassador", and I'm working as a consultant, educator and writer. I'm a proud member of "Circle of Wine Writers". For many years I was a wine journalist for Israel's financial newspaper "Globes" and Wine & Gourmet magazine. I also penned the book "Wine Trails of Israel" and hosted the Hebrew "Wine Passions" video series. Through my gastronomic consultancy Eshkolot, I advise wineries, hotels and food producers on a wide range of issues, including import/export, wine bar design, and wine list curation.

I enjoy giving courses and professional master classes about wine around the world, as well as hosting special corporate events, wine dinners, and charity fundraisers. I lecture in wine branding and marketing at Israel's only winemaking university, and train diplomats in wine and food etiquette. Before my career in wine, I founded Israel's first mixology school, which ultimately had 7 branches and a bespoke catering arm. I am the Honorary Israeli President and an international Magistral Council Member of the Chaine des Rotisseurs; and was voted "Man of the Year 2018" by the leading Eastern European magazine Wino.

I am married with three children and splits his time between London and Tel Aviv.

## Please tell us about the types and characteristics of Israeli wine.

The Israeli wine industry has gone through several transformations over the years and with each development, the wines became higher quality, more special and more interesting. For many years the wines were mainly used for the sacramental purposes of religion and tradition. The Jewish religion gives a place of honour to the vine and wine so much so that of all the foods that man has there is one special blessing for wine dedicated to the "creator of the fruit of the vine". A bottle of wine was always part of the Shabbat table and the holy holidays of Israel. It was Baron Edmond de Rothschild (Chateau Lafitte Rothschild Winery and Chateau Mouton Rothschild Winery) who founded the first two modern wineries in the Land of Israel in 1882 and produced both vineyard farming and local wine production. One hundred years later, an industry of boutique wineries began to flourish whose purpose was to produce fine wines. Fine local wines that can compete with other quality and famous wines from around the world. Participation of the wines in competitions and fairs around the world created a positive echo and growing interest in the wines of Israel. Today, more than ever, quality wines are produced in Israel that

succeed in conveying the identity and belonging to the local terroir. Today, it is easier to identify wines that came from the Upper Galilee than wines that came from the Judean Mountains or the Negev in the south. The talented Israeli winemakers also succeed in conveying the style and fingerprint of each and every one's special winemaking.

## Do you have any suggestions for how we drink and enjoy Israeli wine?

Not surprisingly, the Israeli wines manage to connect and match the local Japanese cuisine perfectly. It is advisable to combine several wines with the meal. With the starters I would recommend starting with chilled dry white wines. Combine rosé with chicken dishes and red wines with meat and rice dishes. The white and rosé wines should be served at a temperature of 6-8 degrees Celsius and the red wines at a temperature of 18-20 degrees Celsius. The red wines should be opened about an hour before the meal so that they can breathe and refine. But Israeli wines are very suitable mainly for Mediterranean cuisine: Spain, southern Italy, Greece and Morocco.

In any case, the Israeli wines should be drunk together with friends and family around the din-

ner table. Before starting to drink Israeli wine, it is customary to raise the glass and say "Le Haim" when the meaning is that we drink to life, good life.

## Do you find any difficulties or challenges in promoting Israeli wine in Japan?

I think that wherever you start marketing and selling a product that you are not that familiar with, there are difficulties of acclimatization. Israeli wine is not so well known in Japan even though Yarden wine has been imported to Japan for over 20 years. Israel is a very small country with a very limited amount of wine production. Israel exports mainly to the USA, France, Great Britain, Canada and the Far East (China, Taiwan and Korea). In recent years, even before Covid-19, Israeli wine began to appear on the shelves of specialized and professional wine shops. Israeli wine is now also found in the Costco chain of warehouses with excellent wineries such as Tulip, Tabor, Carmel, Teperberg and soon also Barkan. During the current visit I held several wine tastings and lectures mainly at the important wine schools in Tokyo and both the teaching staff and the students really liked the wines and were very surprised to discover such high-quality wines. Each winery and wine have its own story which makes the drinking for a greater experience.

## Please tell us about your plans and target figures for exporting Israeli wine to Japan.

I started introducing Israeli wines to the Japanese audience a few years ago, but Covid-19 stopped the process and the natural development of entering the market. In my current visit to Japan, I am trying to restart the process of entering the Japanese market by trying to find quality and curious importers in order to distribute Israeli wine in Japan. Israeli wines are considered exceptionally high quality and belong to the category of Fine Wines, therefore their natural place in the wine menus of luxury restaurants, five-star hotels, wine bars and professional wine shops looking for diversity in the wines they represent because from what I hear people are quite tired of drinking wines from France and from Chile again and again and again. Japan is a very sophisticated country in terms of the variety of cuisines and restaurants that present food from places and years in the world, I believe that many will be happy to try and order Israeli wines and find out how well our wines can go with a variety of foods.







## The Most Important Thing is to Delight our Guests



**Masahiro Ishihara**  
Executive Chef  
The Tokyo Station Hotel

### What prompted you to step into the world of cuisine?

My father was a professional cycle racing rider. When he brought his prize money for race wins home in cash, we often went to eat out. He took us to eat sushi, tempura, and all kinds of other things. Watching sushi chefs squeezing sushi, or cooks frying tempura right in front of me, I got interested in the look of cooks, rather than cycle racers, and I wanted to become a chef.

### What are the most important things for you as an executive chef?

I became a cook when I was around 20 years old. Every time I see a family enjoying a meal together in the restaurant, I think again that making guests happy is the starting point for a chef. Restaurant Blanc Rouge which you lead was chosen for "La Liste 2018", which has been called "the Oscars of the Culinary World".

### What are your restaurant's characteristics?

As I was trained by Katsuhiro Nakamura, the first Japanese master chef to gain a Michelin star, the cuisine is French, but it incorporates an awareness of the scents and land of Japan. We use the ingredients of Japan and France together to prepare dishes that can only be tasted here. We make dishes that give the feeling of Japanese cuisine.

### What are the conditions and elements needed for making delicious food?

The work that precedes the food preparation is important. You need to carefully select good ingredients. To that end, I go all over Japan and also visit trade shows in search of good ingredients.

### What kinds of food experiences do you want overseas customers to have at The Tokyo Station Hotel?

Judging from customer comments about breakfast, people who eat here can experience many Japanese washoku breakfasts. Tokyo was Edo long ago, I'd like diners to try old-fashioned dishes like yukigimeshi (tofu, broth, and cooked rice poured into the dish together), Ryogoku's poultry hot-pot and Fukagawameshi (rice cooked with clams), and Tsukugen Tanakaya's tsukudani (preserved ingredients boiled in soy sauce). I hope people try our delicious soybean dishes as well.

### How do you go about sourcing ingredients and developing menus?

I go out and look around for ingredients I think are good. For example, I use wagyu beef from Kochi for hamburgers. Its red meat and flavor are good. There are good things hidden away all over the country, so I find those and then develop menu items that bring them together. We prepare new menus nine times a year, at intervals of a month and a half. I want to create things that mix East with West, and Japanese with foreign.

### Does The Tokyo Station Hotel have any challenges or themes? Or what are your ambitions?

This hotel is 335m long, so the interior of the building is decorated with pictures and photos, so the guests don't get bored while moving around the place. There are even hour-long tours within the building. That 335m length is a challenge for the hotel, but it's also a selling point. There are people who still don't even know there's a hotel here, so my ambition is to do what little I can in the culinary department until everyone knows. I'll do my best until everyone knows the Restaurant Blanc Rouge tastes extraordinarily good, and people associate us with the image of "French cuisine in Japan".

### From the perspective of food diversity, what can you offer for those with vegetarian, vegan, halal, and other needs?

We cover all needs whenever possible. For halal, we are Muslim-friendly. Using restaurants isn't just for able-bodied people. We prepare baby food for little kids at wedding receptions, and soft, easy-eating menu items for older diners with poor teeth. We'll do everything we can! We see it as vitally important to have an awareness of respecting guests of all kinds.

### What aspect of food hospitality do you strive for every day?

We work together with the service department to keep lists of what kinds of guests visit us, and how many times, and what they like. People are better satisfied by eating the things they like. With detailed attention to devising our menus, we carefully create each item that exists nowhere else. It means getting to know our guests. I think being a restaurant means preparing a table where all members of a family, friends, can dine together and eat things they like.

### What does "true omotenashi" mean to you?

The most important thing is to delight our guests. I think it would be boring for repeater customers to eat from the same menu every time. Of course, we want guests to have the things they like the best, and also to get to like dishes, so we devise and serve things that guests will get to like. The wines we recommend are picked by the sommelier to complement the meal rather than clashing with it. It's fundamental that the food is the first important thing, but I think true omotenashi happens when everyone, not just the chef but also the sommelier and the waiters, comes together as a team to serve food that will delight the diners.







## Proud of Over 100 Years of Classic Luxury

**Please tell us a little about yourself, and why you became a concierge.**

I was born in Manila, The Philippines. As a university student, I got interested in Japanese culture and came to Japan to study International Tourism, then gained experience as a hotelier at global chain hotels in Japan and overseas. In 2012, I joined the team preparing to reopen The Tokyo Station Hotel, a Nippon Hotel Group. Nippon Hotel's first Concierge section was launched the next year in 2013 and I became a member of Les Clefs d'Or, the international network of hotel concierges, in 2018.

**The Tokyo Station Hotel boasts its "Classic Luxury", but what's the key point of that?**

We aspire to become a hotel that people will love through the ages. We give our best efforts every day to create a comfortable, pleasing space that lives up to the dignity and story of the Tokyo Station and The Tokyo Station Hotel. Designated as an Important Cultural Property of Japan, we aim to combine its rich history with a character of a friendly hotel where guests can feel at home.



**Marie Antoinette Mori**  
Chief Concierge  
Member of Les Clefs d'Or  
The Tokyo Station Hotel

**I gather you've entered a partnership with one of the world's leading companies in hygiene management. What Covid-19 countermeasures do you use?**

Following the strict hygiene protocols of Ecolab, we acquired Sharecare Health Security VERIFIED (Forbes Travel Guide) and GBAC Star Facility Accreditation, proving that we are a facility that satisfies international hygiene standards committed to safeguard the health and safety of our guests and employees.

**What are a few fun ways to spend time at The Tokyo Station Hotel?**

I have to say that there is no "one size fits all" answer to this. We like to get to know our guests, gather information through conversation and offer them customized services. Our guests will definitely enjoy our 10 restaurants & bars, the spa, and huge spread of breakfast at The Atrium. We also encourage guests to have a closer look at the reliefs at the cupola domes' Archive and the historic photos at the hallways.

**What are the most important things for you as a concierge?**

To always provide guests with that extra care to make their experience better than they have imagined. To anticipate guests' needs before they even have to ask. To keep researching and expand network of partners. To protect the hotel's reputation with trust and integrity. Be knowledgeable and sensitive to trends and deliver innovative services which suit the times.

**What differences are there in the ways you interact with Japanese and foreign guests?**

As we are all travelers, it is important to ensure service with equality wherein all guests get the same attention and service they deserve. That also requires an understanding of protocols.

Our mission is to provide our guests with a most pleasant stay worth cherishing for a lifetime.

**What kinds of questions, requests, and consultations do you often get from guests?**

We are often asked about gourmet suggestions, art and cultural experiences, train travel recommendations, particularly because we are inside Tokyo Station. We also offer Meet & Greet Service to and from Tokyo Station. Travel suggestions are made with the concept of "travel in style, the Japanese omotenashi way" in mind.

**What has moved you most in your work as a concierge?**

The thing that moved me the most and which I am most grateful for is that Nippon Hotel Group established its first concierge section and assigned me to be the Chief Concierge of The Tokyo Station Hotel.

**What does "concierge" mean to you?**

A concierge should have a balanced combination of technical skills, communication skills and emotional intelligence. As a member of Les Clefs d'Or, we strive to showcase Japan's tradition, culture and beauty, and contribute even small steps to the tourism industry. I wish to inspire younger hoteliers though accumulation of efforts and eventually pass the baton to the next generation.

**And what is true hospitality?**

I am still searching for the true meaning of hospitality and truly believe that it should always come from the heart with sincerity and empathy. When I feel somewhat lost, I go back to the spirit I began with and reread "Our Promise", the credo of The Tokyo Station Hotel and it gets me back to the right track. We aim to begin our omotenashi service from a point of empathy that we share with our guests.







# JAPAN'S OLDEST SAKE BRAND Shirayuki

Itami is the birthplace of sake. The history and culture of sake live and breathe in this town, where Konishi Brewing Company has been brewing sake since 1550.



ONLINE SHOP

## Past and Present of Konishi

The Konishi family started operating in the medicinal drug business in 1550, but shifted in 1612 to make sake brewing their main business. Their sake, brewed with advanced techniques and painstaking care, gradually began to be carried as far as Edo.

In around 1635, Sotaku, the family's second-generation manager of the business, was carrying sake barrels on a horse's back when Mt. Fuji caught his eye.

Sotaku was deeply moved by the noble appearance of the snow-clad mountain, so he transferred that image to his own sake, naming it "Shirayuki" (white snow). Shirayuki is the oldest existing brand of sake.

Company president Konishi says "The corporate philosophy of Konishi Brewing is 'immutability'. The word means 'Amid constant challenge in search of novelty, there is an essential nature that is eternally unchanging'. From 470 years ago until today, while we have been producing the sake that has set the standard for sake, we have been ceaselessly aiming for unknown territory".



### Super Special Shirayuki Itami Morohaku

"Morohaku Brewing" is named after the use of polished rice for both koji rice and kake rice. It is a sake with a mellow flavor representative of Itami, the birthplace of sake. 100% Yamadanishiki produced in Hyogo Prefecture is used.

Awarded International Wine Challenge 2021 Gold Trophy

### Daiginjo Hiyashibori

Fruity aroma and a fresh mouthfeel. It is a medium-bodied Daiginjo sake with a firm, deep flavor.

Received Delicious Sake in Wineglass 2019, 2021, 2022 Grand Gold Award



# MY MEDICINAL COOKING



## Junko Sasanuma

International Chinese Medicinal Cook, Enzyme Medicinal Cooking Teacher, Food Remedist

Junko Sasanuma works on education and outreach about medicinal cooking, through medicinal cooking classes, lunch events at restaurants, and other channels.



ZYUNKONORYOURI

## What was your first encounter or opportunity with medicinal cooking?

When anyone in my family is unwell, we have always chosen oriental medicine and kampo (Chinese medicine) rather than drugs. Medicinal cooking improves our constitutions, and we don't catch colds. I too got into the ideas of the five elements in Chinese medicine.

## What is your basic approach to food?

Our bodies and minds come from what we eat. I think enjoying meals with all our senses, such as sight, scent, and taste, produces entertaining and delicious time that nurtures mind and body. I believe meals are about enriching our hearts, our human relationships, our jobs, and life itself, not just about filling our empty bellies.

## Is that your view of life itself?

It is. No matter how affluent a person is or how many friends they have, if they are unwell in their mind and or their body, they will not be able to travel, or go to eat, or do their work, as they would like to. Our meals today nurture the minds and bodies we will have in five or ten years from now.

## What should we pay attention to about the fall season, from the perspective of medicinal cooking?

When fall begins, it gets cooler and there's less rain, so the air is drier. Skin pores that were open in summer close up, so skin respiration and metabolism slow down, and the organs, nose, and lungs are burdened.

Declining immune function makes it easier to catch colds. The most important things for taking care of one's health in fall are to prevent dryness and supplement lung function. If you leave skin dryness unattended, in particular, you'll be prone to creases and wrinkles, so it's important to care for your skin by moisturizing it from within the body.

## Finally, what is your ambition?

It's important for meals to be not just good for the body, but also abundant in terms of beautiful appearance and coloration, flavors such as tart, spicy, bitter, salty, and sweet, and culinary methods used, such as steaming, drying, grilling, and boiling. Above all, it's important to match your meals to the season and to your condition at that time. I want to keep on spreading the idea that people can improve their own meals by using the key points of medicinal cooking with ingredients that they have close at hand.





## 7th UNWTO World Forum on Gastronomy Tourism 12 to 15 December 2022 at Nara, Japan

*The theme of the Forum is Gastronomy Tourism for People and Planet: Innovate, Empower and Preserve. The Forum will focus on the role of gastronomy tourism in the following session titles.*

### Session I - Women and Youth: A spotlight on talent

In most regions of the world, women and youth make up the majority of the tourism workforce. Tourism has been proven to provide pathways to empowerment, and an opportunity to make a difference should be maximized with the development of policies that are gender and age responsive.

This session seeks to celebrate and empower the next generation of tourism leaders to help build a lasting legacy by providing women and youth with the necessary skills and knowledge they need to engage in productive activities, seize economic opportunities, exert influence in society, therefore transforming tourism not only in their communities but everywhere else, to ensure an inclusive and resilient recovery from the impacts of the pandemic, given the disproportionate effect suffered by these working forces in tourism.

### Session II - Our planet our future: Sustainable Food

Food represents an entry point for circularity and transformation in tourism operations through sustainable procurement, sustainable menus and food waste prevention and reduction. However, many tourism businesses source their food from global markets with consequent leakages and increased carbon footprint. There are also high

volumes of food waste in tourism operations with hotels sometimes wasting up to 60% of the food purchased. This problem represents globally the loss of over USD 100 billion on an annual basis for the industry, but also one of the biggest opportunities for savings through the optimization of food processes and integration of circular approaches.

One third of the food produced globally gets wasted. Action on food waste must be a top priority for all. The Global Roadmap on Food Waste Reduction in Tourism provides a consistent framework for tourism stakeholders to embrace the sustainable management of food so that it never becomes waste. The Roadmap will be launched on the occasion of the Panel Discussion.

### Session III - Scaling up for the SDGs: UNWTO gastronomy tourism pitch challenge

Following a brief presentation by UNWTO providing insight on how the entrepreneurial ecosystem and its key stakeholders can collaborate to achieve the SDGs while ensuring revenue, scale and sustainability in tourism and food industries; selected finalists from the 3rd UNWTO Gastronomy Tourism Startup Competition, in collaboration with BCC will pitch their ideas to the audience, showcasing their gastronomy and tourism-based solutions in policy, in practice, in communities – but moreover, in sustainable action. A jury will deliberate and select the winner of the challenge to be announced at the end of the session.

## SGS Nara Forum, Launch of a Terroir Value-sharing Concept at Region Level between Japan and Europe on GI Practices



**Herve Couraye**  
Administrator  
The Japan-Europe Forum on Sustainable Gastronomy in Society (SGS)

In the midst of the UN WTO General Assembly to be held on 13th to 15th in December in Nara prefecture in parallel SGS organization held its 1st Engagement Platform and Food forum hosted in Nara prefecture on November 15.

Food is a defining issue of the 21st century and there is an ever-growing challenge with sustainability in the world. Food is a function of water, land, culture, labor, technology, economics and policy. From the way we produce, process and consume, food is complex.

SGS's vision is to connect the sustainable food system through an ecosystem to work on the further awareness-raising that needs to be done to convince all relevant actors that lack of citizen-consumer trust or awareness is a tangible outcome is more essential than ever.

Put it simply, SGS aims at co-creating a movement toward sustainability on the food value-chain to achieve its vision for Sustainable Gastronomy in Society.

The common foundation of SGS is a mission-driven, independent NGO like-mindedness in bringing together a diverse range of Japanese high-level figures. All of them already play an active and clear role within their organizations in promoting

global change and solutions for safe, accessible, affordable, and sustainable food production and consumption under the "Sustainable Gastronomy in Society" concept.

We believe promoting dialogue with all stakeholders and partners is essential for action & delivery on the ground level. Those very purpose are underpinned by our launched Forum action towards linking Japan 47 prefectures by the World Expo 2025 milestone. Forum's outcome in Nara is to be "committed to connect the sustainable food system through an ecosystem to work on the further awareness-raising that needs to be done to convince all relevant actors from small to mid-cap companies.

We aspire to change behavior exploring the contours of a shift from production to consumption patterns, in a way that is more climate smart. It means that this 1st Nara forum will lead to mutual collaboration and help build stronger relationship that calls for the promotion of collective action as it combines a moral imperative to act with a tone of sustainability to recognize food not only as a commodity (based on price) but food as a common good (intangible asset value).



Concept map of SGS Ecosystem

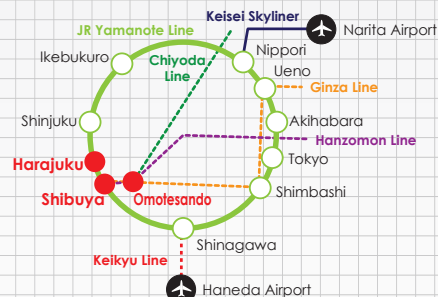


渋谷・原宿・表参道

# 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.



SHIBUYA SCRAMBLE CROSSING

## 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.

Shibuya    



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   



OMOTESANDO



TAKESHITA DORI

竹下通り

## 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   Harajuku 





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    

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/>

Shibuya    



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>

Omotesando    A5, 8 min. walk

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    



明治神宮

## Meiji Shrine

¥ FREE

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).

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   Harajuku 

099

ジェントル

## GENTLE

Mediterranean, Sushi



EN



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    Exit B2, 7 min. walk



Vegetarian\*



Halal & vegetarian\*



Recommended menu

\*Halal & vegetarian menus may require reservation in advance



dining & bar KITSUNE  
**dining & bar KITSUNE**  
Sushi, French & Japanese Fusion Restaurant



Dinner: ¥3,500-  
<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.



2-20-13-B1F Higashi, Shibuya-ku Phone: 03-5766-5911  
Shibuya **JR** South Exit, 10 min. walk Ebisu **JR** East Exit, 10 min. walk

串カツ田中 渋谷百軒店  
**Kushikatsu Tanaka (Shibuya Hyakkendana)**  
Washoku, Udon, Izakaya, Kushiage, Takoyaki



Dinner: ¥2,400-  
<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>

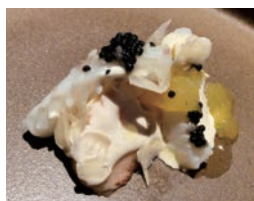
**5 Assorted Skewers**

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 **01** **16** **01** Exit 1, 4 min. walk

フロリレージュ  
**Florilege**  
French



Lunch Course: ¥9,075- / Dinner Course: ¥18,150-  
12:00PM-1:30PM, 6:30PM-8:00PM <Closed> Wednesday, Irregular  
Credit card: VISA, MASTER, DINERS  
<http://www.aoyama-florilege.jp/>

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 Gaizen B1F, 2-5-4 Jingumae, Shibuya-ku  
Gaizenmae **03** Exit 3, 5 min. walk Aoyama-itchome **24** **04** **03** Exit 7, 15 min. walk

太陽と大地の食卓 T's レストラン  
**T's Restaurant**  
Vegan Restaurant



Lunch: ¥1,200 / Dinner: ¥1,200-  
11:30AM-8:00PM (L.O. 7:00PM)  
Credit Card: VISA, Master, AMEX, JCB, Diners  
<http://ts-restaurant.jp/>

**Paella Doria - Paella-style doria made with saffron rice**

T's Restaurant is a vegan restaurant that is highly acclaimed by meat lovers. They offer "Smile Veggie", a dish that everyone can enjoy. Recommend dishes are doria, hamburger steak, curry, ramen and other dishes that are popular in Japan. After meals, you can also enjoy exquisite sweets such as cakes and parfaits. Anniversary and birthday cakes available with reservation. Retort pouch curry and instant noodles that you can easily enjoy at home are also on sale.



Luz Jiyugaoka B1F, 2-9-6 Jiyugaoka Meguro-ku  
Phone: 03-3717-0831  
Jiyugaoka **TY** **07** **06** 3 min. walk

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/>

**Exciting Butcher plate roast with charcoal**

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).



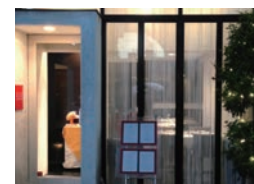
5-50-6-B1F, Jingumae, Shibuya-ku Phone: 03-6418-2871  
Omotesando **04** **02** **02** 1 min. walk

リストランテ ホンダ  
**Ristorante HONDA**  
Italian



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.

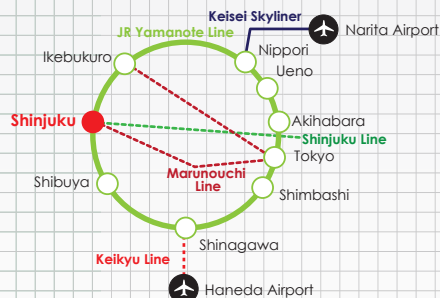


Roppongi Kojima Building 1F, 2-12-35 Kita-Aoyama, Minato-ku  
Gaizenmae **03** Exit 3, 5 min. walk



新宿

# Shinjuku



## City of Complex Culture





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.





### 世界堂 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     Exit C4

Shinjuku     East Exit



SHINJUKU GYOEN NATIONAL GARDEN

### 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    

### 新宿御苑

¥ 200


### 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 garden which features wide and open atmosphere, and Japanese traditional garden with ponds and bridges of traditional Japanese culture. In the first half of November, an impressive chrysanthemum exhibition is held annually.

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     South Exit

Shinjuku Gyoenmae  Exit 1

Shinjuku-Sanchome  Exit E5  Exit C1/C5

## HIGH-RISE BUILDINGS OF SHINJUKU



¥ FREE

### 東京都庁

### Tokyo Metropolitan Government


Tokyo Metropolitan Government ("Tocho") is one of the main symbols of Nishi-Shinjuku. 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    

Tochomae 



がんこ 新宿 山野愛子邸

### Ganko (Shinjuku Yamano Aiko-tei)

Washoku, Kaiseki



Lunch: ¥2,000- / Dinner: ¥3,500- / Course: ¥5,500-  
11:00AM-11:00PM (L.O. Food 10:00PM, Drinks 10:30PM)  
Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others  
<http://www.gankofood.co.jp/shop/detail/ya-shinjuku/>

### Kuroge Wagyu (Japanese Black) Shabu-shabu

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 semi-western style mansion is a perfect venue for different types of events from wedding to family gatherings.

1-1-6 Okubo, Shinjuku-ku Phone: 03-6457-3841  
Higashi Shinjuku 〇5 Exit A1, 5 min. walk

李宮 新宿アイランドタワー

### RIKYU (Shinjuku i-Land Tower)

Yakiniku



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, AMEX, JCB, UnionPay | <http://www.create-restaurants.co.jp>

### Nikuno Kiwami Course, Tokusen Course

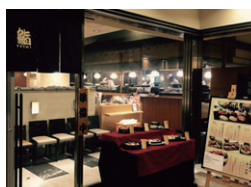
RIKYU provides high-grade meat and refined atmosphere in the sophisticated town of Nishi Shinjuku. Since they purchase a whole Japanese Black, their prices are reasonable and they are able to provide rare parts of the meat. Enjoy their course menus and all you can eat menus in a relaxing atmosphere.

6-5-1-B1F Nishi-Shinjuku, Shinjuku-ku Phone: 03-5323-6177  
Nishi-Shinjuku 〇7 Exit 1 min. walk Shinjuku JR West Exit, 10 min. walk

雛鮨 新宿アイランドタワー

### HINASUSHI (Shinjuku i-Land Tower)

Sushi



Lunch: ¥1,000- / Dinner: ¥4,000 / Course: ¥5,200-  
<Mon-Sat> 11:30AM (Sun & Holiday 12:00PM)-3:00PM (L.O. 2:30PM) <Mon-Fri> 5:00PM-11:00PM (L.O. 10:00PM) <Sat, Sun & Holiday> Closes 30 min-1.5 hour earlier <Closed> New Year Holiday & when the building is closed  
Credit Card: VISA, Master, AMEX, JCB, UnionPay  
<http://www.create-restaurants.co.jp>

### 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  
Nishi-Shinjuku 〇7 Exit 1 min. walk Shinjuku JR West Exit, 10 min. walk

魚や一丁 新宿三光町店

### Uoya Iccho (Shinjuku-Sankocho)

Washoku, Sushi, Nabe, Izakaya, Sashimi, Crab



Lunch: ¥850- / Dinner: ¥3,000- / Course: ¥4,180- (all you can drink)  
11:30AM-10:00PM (L.O. 9:30PM) Weekday  
12:00PM-9:00PM (L.O. 8:30PM) Weekend  
Credit Card: VISA, Master, AMEX, JCB | [movia.jp.com/shops/info/182322](http://movia.jp.com/shops/info/182322)

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

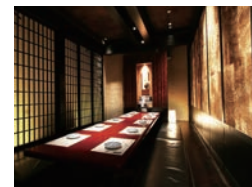
Founded in Hokkaido as a sashimi izakaya, Uoya Iccho offers cuisines from Hokkaido such as sashimi, sushi, and crabs at a reasonable price. Their chefs will serve the freshest seafood from all over Japan and best ingredients of the season from Hokkaido. The restaurant has 240 seats and banquet rooms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

2-19-1-B1, Shinjuku, Shinjuku-ku Phone: 03-3225-2030  
Shinjuku JR East Exit, 10 min. walk Shinjuku-Sanchome 〇9 Exit C6, 1 min. walk

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  
<http://www.banya-group.jp/>

### 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  
Nishi-Shinjuku 〇7 Exit 2, 5 min. walk  
Tochomae 〇28 Exit A6, 1 min. walk

がんこ 西新宿店

### Ganko (Nishi-Shinjuku)

Washoku, Kaiseki



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



## 上野・秋葉原

Ueno  
Akihabara

## "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.

メイドカフェ  
Maid Cafe

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

アメ横商店街  
Ameyoko

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 Central Exit Exit 5B

Ueno-Okachimachi Exit A7

Okachimachi North Exit

Nakaokachimachi Exit A2/A5/A7

## Ueno Park

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's oldest zoo that opened in 1882. In addition, Ueno Park is one of the most popular cherry blossom spots in Tokyo.

**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 Park Exit





### Toriyoshi (Ueno Ekimae)

Washoku, Izakaya, Yakitori

EN/CH/Photo



Lunch: ¥1,000- / Dinner: ¥3,000- / Course: ¥5,000-  
 <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

### 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

### Ueno no mori PARK SIDE CAFE

Café

EN/CH/Photo



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>

### Special Sandwich Platter -You can enjoy vegetables, meat, fruits, and sweets on one plate.

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 Taka

Bistrot, French

EN/CH/Photo



Dinner Course: ¥9,460-  
 <Lunch> Tue-Fri 11:30AM-3:00PM (L.O. 2:00PM) Sat-Sun 12:00PM-3:00PM (L.O. 2:00PM) <Dinner> Tue-Sun 6:00PM-10:30PM (L.O. 9:00PM) <Closed> Monday, 1st & 3rd Tuesday  
 Credit Card: VISA, MASTER, DINERS | <http://bistrot-taka.com/>

Located in a quiet residential area near Yushima shrine, the chef serves authentic flavors of France where he gained his experiences. The chef and manager teamed up together and opened an enjoyable cuisine house in a homey atmosphere. This restaurant is suitable for a meal with a close friend, or even a formal situation like entertaining clients. Achieved the Bib Gourmand award by Michelin in 2016 guide for Tokyo.

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

Ueno-Hirokoji Exit 10 min. walk Ueno-Okachimachi Exit 10 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!

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

Akihabara Electric Town Exit, 1 min. walk

### Kanda Enzo (Akihabara UDX)

Yakiniku

EN

Lunch: ¥1,020- / Dinner: ¥4,000- / Course: ¥5,000-  
 <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. 9:00PM) <Closed> When Akihabara UDX is closed  
 Credit Card: VISA, Master, AMEX, JCB | <http://www.create-restaurants.co.jp>

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

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 Electric Town Exit, 1 min. walk

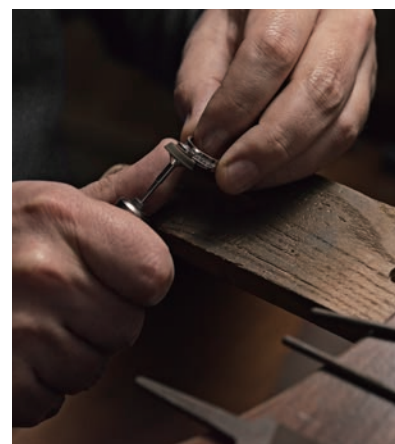


### 2k540 AKI-OKA ARTISAN

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/>

Akihabara Exit 10 min. walk Okachimachi Exit 10 min. walk



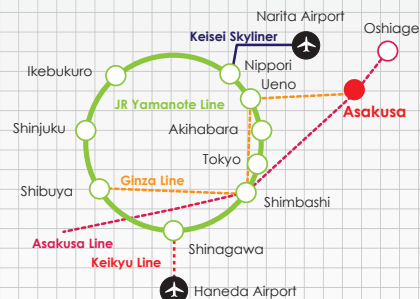


浅草

# Asakusa

## Traditional Entertainment District

Asakusa is a typical tourist spot that inherits the energetic downtown area of the Edo Period (1603-1867). Once you walk under the large lantern of Kaminarimon ("Thunder Gate"), there are gift shops selling various 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 19 18 15 01

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 18 Iriya 18 Asakusa 6 19 18 15 01



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>

Asakusa 6 19 18 15 01



浅草きんぎょ

## Asakusa Kingyo

Asakusa Kingyo provides you opportunity to enjoy "kingyo sukui" (goldfish catch), which is one of the most widely loved summer activities in Japan. For 300 yen, 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-kingyo.crayonsite.net>

Asakusa 6 19 18 15 01 Exit 5

浅草 鉛細工あめしん

## Asakusa Amezaiku Ameshin

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 6 19 18 15 01

7 min. walk



浅草今半 国際通り本店

**AsakusaImahan (Kokusai Street)**

Sukiyaki, Shabu-shabu, Kaiseki



Lunch: ¥4,000- / Dinner: ¥10,000- / Course: ¥10,000-  
 <Lunch> 11:30AM-4:00PM <Dinner> 4:00PM-9:30PM (L.O. 8:30PM)  
 Credit Card: VISA, Master, AMEX, UnionPay  
<http://www.asakusaimahan.co.jp/>

**Kobe Beef Sukiyaki Gozen**

Established in 1895, AsakusaImahan is known as a long-standing Sukiyaki 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.



3-1-12 Nishi Asakusa, Taito-ku Phone: 03-3841-1114  
 Asakusa 19 18 01 Exit, 1 min. walk

ふなわかふえ 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 18 01 Exit 2, 0 min. walk 18 A4 Exit, 1 min. walk

やきとりの扇屋 浅草店

**Yakitori Ohgiya (Asakusa)**

Izakaya, Yakitori, Kushiage, Kamameshi



Dinner: ¥2,300- / Course: ¥3,000- (all you can drink)  
 <Mon-Fri> 4:00PM-11:00PM (L.O. 10:00PM)  
 <Sat, Sun & Holiday> 3:00PM-11:00PM (L.O. 10:00PM)  
 Credit Card: VISA, Master, AMEX, JCB | [movie.jp.com/shops/info/032250](http://movie.jp.com/shops/info/032250)

**Yakitori ¥100 / skewer (Teriyaki & Salt) -Grilled with charcoal fire, outside of the chicken is crispy while inside is juicy.**

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  
 Asakusa 19 18 01 Exit 6, 2 min. walk

浅草天ぷら 葵丸進

**Asakusa Tempura Aoimarushin**

Tempura, Ten-don



Lunch: ¥2,000- / Dinner: ¥2,500- / Course: ¥4,000-  
 11:00AM-9:00PM (L.O. 8:00PM) | Credit Card: VISA, Master, AMEX, JCB,  
 UnionPay | E-money: paypay, Alipay, WeChat Pay  
<http://www.aoi-marushin.co.jp>

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

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 19 18 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)**

Washoku, Sushi, Izakaya, Hamayaki



Lunch: ¥1,200- / Dinner: ¥3,000- / Course: ¥3,000-  
 Open 24 hours | Credit Card: VISA, Master, AMEX, JCB, UnionPay  
<https://www.isomaru.jp>

**Kaisen Isomaru Hamayaki -Enjoy grilling fresh seafood at your table. 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.



1-23-7-1F&2F Asakusa, Taito-ku Phone: 03-5806-5817  
 Asakusa 19 18 01 8 min. walk  
 Tawaramachi 18 4 min. walk



15th

**HOTERES JAPAN & FOODEX JAPAN in Kansai 2023**

**July 12<sup>th</sup>** (Wed.) ▶ **14<sup>th</sup>** (Fri.), 2023  
 10:00 - 17:00 (Until 16:30 on last day)



**Intex Osaka Hall 4**  
 Hall 5



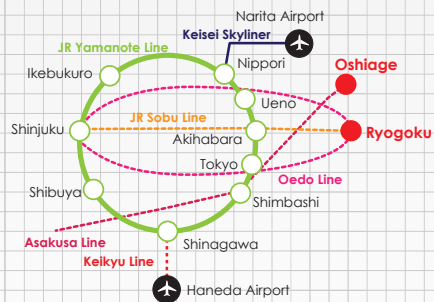


押上・両国

## Oshiage Ryogoku

### TOKYO SKYTREE® and Sumo, Symbols of Japan

Located across the Sumida River from Asakusa, Oshiage has the old downtown atmosphere. TOKYO SKYTREE® became one of the landmarks of Tokyo after opening in May 2012. The commercial facility of TOKYO Solamachi® is a shopping mall with an aquarium and planetarium. Near Oshiage is Ryogoku, the mecca of sumo wrestling. In addition to Ryogoku Kokugikan (Ryogoku Sumo Hall) where the sumo tournaments are held, many sumo training quarters are concentrated in this area.



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

EN/Photo



Lunch: ¥860- / Dinner: ¥4,000- / Course: ¥4,000-  
11:00AM-10:00PM  
Credit Card: VISA, JCB  
<http://sakanaya-group.com>



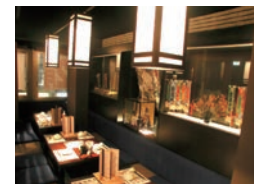
### ISEGAHABEYA-chanko (¥2,200 + tax)

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 shabu-shabu 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



ピバ ナポリ

### VIVA NAPOLI

Italian

EN/CH/Photo



Lunch: ¥2,000- / Dinner: ¥3,000- / Course: ¥5,000-  
<Lunch> 11:00AM-4:00PM (L.O. 3:30PM) <Tea Time> 4:00PM-5:00PM  
<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/>



### Stone oven baked pizza -Fresh from the oven!

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.



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

Oshiage JR B3 Exit, 1 min. walk Tokyo Skytree JR 0 min. walk



スカイツリー®ビューレストラン 簾(れん)

### SKYTREE® VIEW RESTAURANT REN

Washoku (Japanese style cuisine), Charcoal grill steak (French style cuisine)

EN



Washoku Lunch: ¥5,300- / Dinner: ¥8,500-  
Charcoal Grill Steak Lunch: ¥8,400- / Dinner: ¥8,500-  
<Lunch> 11:30AM-3:00PM (L.O. 2:00PM) <Dinner> 5:30PM-10:00PM (L.O. 8:30PM)  
Credit Card: VISA, Master, AMEX, UC, DC, UFJ, Diners, JCB, Nicos, MUFG  
<https://www.tobuhotel.co.jp/levant/restaurant/ren/>



### Traditional Japanese Course Dinner (Kaiseki)

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 recommend 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 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

Kinshicho JR North Exit JR Exit 3, 3 min. walk



Vegetarian\*



Halal & vegetarian\*



Recommended menu

\*Halal & vegetarian menus may require reservation in advance



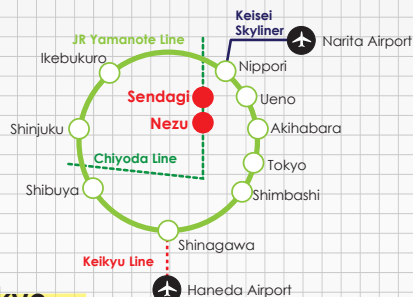


谷中・根津・千駄木

# Yanaka Nezu Sendagi

## Alleys of Retrospective Tokyo

This area known as "Yanesen," named after the first letters of Yanaka, Nezu, and Sendagi, is a refined and relaxing area that concentrates the nostalgic landscape of downtown Tokyo. During the 17th century, many Buddhist temples were moved to this area and more than 70 Buddhist temples stand around this area today. Once you step into the small side roads, alleys, and curving hills, you can experience a trip to the past with peaceful sceneries of traditional cafes, public baths, houses, temples, and vegetable shops.



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 garden 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 flowers 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 12 8 min. walk

## おにぎり café 利さく Onigiri Café Risaku Rice ball



¥800-  
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!



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

Sendagi 15 Dangosaka Exit, 30 sec. walk



## HAGI CAFE HAGI CAFE Café



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

Nippori 12 West Exit, 5 min. walk Sendagi 15 Exit 2, 5 min. walk



Vegetarian\*



Halal &amp; vegetarian\*



Recommended menu

\*Halal &amp; vegetarian menus may require reservation in advance



## 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 09 08 16  
Higashi Ginza 11 09



yo where you can enjoy  
ps of Japan. Shop around in  
all-known brands of the world.  
leries introducing the world of  
raditional Japanese performing  
e of the landmarks in Ginza.  
m noon to sunset, Ginza dori is  
reet to check out the shops and  
the finest dishes at high-end

## 日比谷公園 Hibiya Park

Hibiya Park is the first western styled park opened in 1903. Before it opened to public, it was the grounds of military parade during the Meiji Period. The symbol is the large 30 meters diameter fountain in the center of the park that remains since its construction in 1961. Colorful flowers bloom throughout the entire year. Hibiya Kokaido Hall locates inside the park where you can enjoy concerts and orchestra under blue sky and green trees.

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

Hibiya 09 07 08  
Kasumigaseki 08 06 15



## 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 09 08 16 Exit A2  
Higashi Ginza 11 09 Exit A1  
Ginza-Itchome 19 Exit 9

## 東京ミッドタウン日比谷 Tokyo Midtown Hibiya

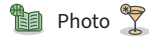
Tokyo Midtown Hibiya is a shopping facility with nearly 50 shops and restaurants. Located in Hibiya, which is an area that holds a great history of innovative international business, art, and culture, their concept is "Future-oriented new values and experiences."

Shops 11:00AM-9:00PM  
Restaurants 11:00AM-11:00PM  
<https://www.hibiya.tokyo-midtown.com/jp/>

Ginza 09 08 16  
Hibiya 09 07 08  
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



Dinner: ¥5,000- / Course: ¥5,000-  
<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/>



**Premium loin**

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!

1-5-10-8F Ginza, Chuo-ku Phone: 03-3562-2941  
Ginza-Itchome 19 Exit 5-6, 2 min. walk Ginza 09 08 16 A13 Exit, 5 min. walk

鮨処 銀座 福助 本店  
**Sushi Ginza Fukusuke (The Main)**  
Sushi



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 19 Exit 8, 1 min. walk Ginza 09 08 16 A9 Exit, 4 min. walk

トルコ料理サライ銀座  
**Turkish Restaurant Saray Ginza**  
Turkish Food



Lunch: ¥900-3,000 / Dinner: ¥4,000-10,000 / Course: ¥3,000-10,000  
Lunch: 11:30AM-3:00PM, Dinner: 5:00PM-11:30PM  
Credit Card: VISA, Master, AMEX, JCB, Diners  
[www.saray.jp](http://www.saray.jp)



**Izgara Kofte ¥1,600**

Good food  
Good service  
Good drink  
Good staff  
Good time  
Good atmosphere

Daiichi Ginza Bld. B1, 5-10-6 Ginza, Chuo-ku Phone: 03-5537-6097  
Ginza 09 08 16 A5 Exit, 1 min. walk

アインソフ銀座  
**AIN SOPH. ginza**  
International, Japanese-fusion, Vegan



Lunch: ¥3,000- / Dinner: ¥4,000- / Course: ¥4,500-  
11:30AM-3:00PM (L.O. 2:30PM), 2:30PM-5:00PM (L.O. 4:00PM, tea and sweets only), 6:00PM-10:00PM (L.O. 9:00PM) <Closed> Irregular holidays  
Credit Card: VISA, MASTER, AMEX, JCB, UnionPay, DINERS | <http://ain-soph.jp>

**Kissho Bento Box - 9 seasonal dishes of the day**

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, Japanese-inspired international cuisine. Enjoy a menu of seasonal vegetable dishes, their famous 'Heavenly Vegan Pancakes', wines and cocktails, and others.

4-12-1 Ginza, Chuo-ku Phone: 03-6228-4241  
Higashi Ginza 11 05 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/>

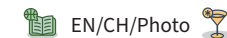
**Roast Beef Rose Plate-Rose cut 180g with 3-Garnish Plate**

The Rose & Crown is a fashionable English-style pub that stands 2 minutes away from Yurakucho station with a gorgeous interior and exterior. Roast 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  
Yurakucho JR 2 min. walk



土風炉 銀座コリドー街店  
**Tofuro (Ginza Corridor Street)**  
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 bitter 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  
Shimbashi JR Ginza Exit, 7 min. walk Yurakucho JR 8 min. walk





Tokyo Station



東京駅

## Tokyo Station

Tokyo Station, which opened in 1914, marked its 100th anniversary in 2014. As the starting point of Japan's railway, Tokyo Station has become the symbol of modern Tokyo. Built in front of the Imperial Palace, Tokyo Station has been a symbolic architecture of Japan. Tokyo Station, or the Marunouchi station building, was designed by Kingo Tatsuno, the most famous architect at the time. He is also known for designing the Bank of Japan. The European style building has been inspiring people over years with its beauty and refinement. Inside Tokyo Station is the "ekinaka," a commercial facility where you can enjoy shopping for goods and delicious foods.

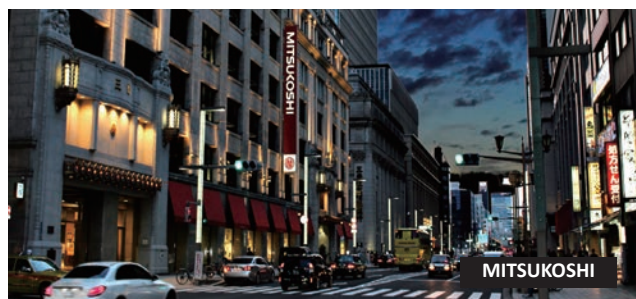
Tokyo  

皇居

## Imperial Palace

Tokyo Imperial Palace, known as "Kokyo," is 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. Nijū-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.

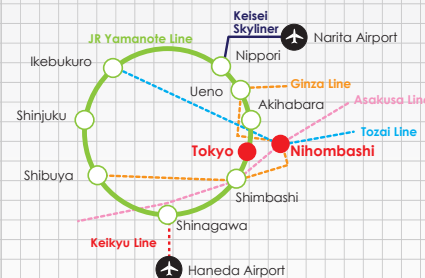
<http://www.kunaicho.go.jp/e-about/shisetsu/kokyo.html>

Tokyo   Otemachi     

MITSUKOSHI



IMPERIAL PALACE

hi  
ni  
okyo

located between Tokyo station and the Imperial Palace, the center of Japanese finance and economy. Many companies and banks are headquartered here. Next to it is Nishi-Shinjuku, the center of Edo. The Edo Shogunate established Nihombashi as the center of Tokyo and five other regions of Japan were made to cross at Nihombashi. Goods gathered in this area and a lot of stores have become long-standing stores that still has the taste

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 Nihombashi 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 in-store interpretation and attendant service is available.

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

Mitsukoshimae   1 min. walkNihombashi    Exit C1, 5 min. walk



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>

Nihombashi 13 11 10  
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 12 09 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 12 09 Exit B6 Nihombashi 13 11 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>

Ningyocho 14 13

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: VISA, Master, AMEX  
<http://nihonbashi-yukari.com/>

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

Tokyo JR Yaesu Exit, 3 min. walk

Nihombashi 13 11 10 Exit B3, 1 min. walk



Talking to Kimio Nonaga, the third-generation 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, three.



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.



### 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)



Lunch: ¥880- / Dinner: ¥3,500- Course: ¥4,000-  
<Lunch> 11:00AM-4:00PM (L.O. 3:00PM)  
<Dinner> 4:00PM-11:00PM (L.O. 10:15PM)  
Credit Card: VISA, Master, AMEX, JCB, UnionPay | <http://acorn-bar.jp/>

#### 👍 Dry-cured ham platter -3 types of ham

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 all over the world.

📍 GRANROOF FRONT B1 Tokyo Station Phone: 03-5220-2527  
Tokyo Yaesu South Exit, 1 min. walk Yaesu North Exit, 5 min. walk

### リトルコリンズ Lt Collins Cafe



Lunch: ¥900- / Dinner: ¥2,000- / Course: ¥2,500-  
<Mon-Fri> 11:30AM-10:00PM <Sat> 11:00AM-9:00PM  
Credit Card: VISA, MASTER, AMEX, JCB, Union Pay, DINERS  
<https://www.instagram.com/lcollinsespresso/>

#### 👍 Tuna Melt - sandwich packed with herb-scented tuna and two types of cheese.

Lt Collins, modeled on a Melbourne café and pub, is a comfortable place to just drop in on. The menu is an array of delicious and healthful items that emphasize the quality of their ingredients. It's backed up by Oceanian wines and craft beers. Popular menu items include panini, Aussie fish and chips, and a salad with at least 10 types of seasonal vegetable. You'll be greeted with heartfelt service.

📍 7-13 Nihonbashi Kobunacho, Chuo-ku Phone: 03-6206-2547  
Mitsukoshimae Exit A4, 8 min. walk Ningyocho Exit A5, 6 min. walk

### 玄治店 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: VISA, 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 nail.

📍 3-13-5 Nihonbashi Ningyo-cho, Chuo-ku  
Ningyocho 1 min. walk Suitengumae 8 min. walk Hamacho 8 min. walk

### common cafe 丸の内センタービル店 common cafe (Marunouchi Center Bldg.) Cafe, Yoshoku (Western Food)



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 Marunouchi North Exit, 3 min. walk Otemachi 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)



Lunch: ¥3,800- / Dinner: ¥20,000- Course: ¥20,000- \*Smoking space available  
<Lunch> 11:30AM-3:00PM (L.O. 3:00PM)  
<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 -you 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).

📍 Tekko Building B1F, 1-8-2 Marunouchi, Chiyoda-ku Phone: 03-6256-0805  
Tokyo Yaesu North Exit, 2 min. walk Otemachi B10 Exit, 2 min. walk

The 48th International Food and Beverage Exhibition

# FOODEX JAPAN 2023



**DATE** March 7<sup>th</sup> (Tue.) ▶ 10<sup>th</sup> (Fri.), 2023  
10:00 - 17:00 (Until 16:30 on last day)

**VENUE** Tokyo Big Sight






## 東京ミッドタウン Tokyo Midtown

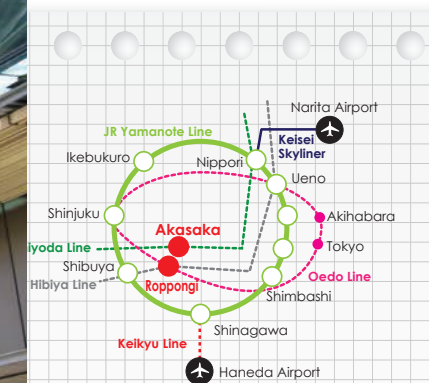
Tokyo Midtown is known as a “city within a city” developed in Roppongi. It is a complex of high quality shops, restaurants, and galleries with the concept of “high-quality daily life.” The top floor occupies the Ritz-Carlton Hotel, offering a sophisticated atmosphere that also welcomes non-staying guests.

Shops 11:00AM-9:00PM,  
Restaurants 11:00AM-12:00AM  
<https://www.tokyo-midtown.com/en/>

Roppongi   Exit 8

Nogizaka  Exit 3

Roppongi-itchome  Exit 1



to Ginza, often used for business established restaurants stand. a with concentrated nightspots that ntly, new types of facilities such as at comprise a package of offices relaxing gardens and 3 art museums gi” are also worth a visit.

## 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>

Roppongi   Exit 1C

Azabu Juban  Exit 7  Exit 4

## 恵比寿ガーデンプレイス Yebisu Garden Place

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   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 Iesaya, 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>

Hibiya   

Kasumigaseki   



## Hotel New Otani Tokyo

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

Hotel New Otani Tokyo, 4-1 Kioi-cho, Chiyoda-ku

Akasakamitsuke 08 12 D Kioicho Exit, 3 min. walk Yotsuya JR 12 08 Kojimachi Exit, 8 min. walk

久兵衛 ザ・メイン店

## Kyubey (The Main)

Washoku, Sushi

EN/Photo



Lunch: ¥4,000- / Dinner: ¥10,000- / Course: ¥15,000-  
11:30AM-2:00PM, 5:00PM-9:30PM  
Credit Card: VISA, Master, AMEX, JCB, Others  
Phone: 03-3221-4144

## 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

Teppanyaki

EN



Course Lunch : ¥7,000- / Course Dinner: ¥18,000-  
<Mon-Fri> 11:30AM-2:00PM, 5:30PM-9:30PM  
<Sat, Sun & Holiday> 11:30AM-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

EN/Photo



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

## Tsuki Course ¥7,500 + service charge + tax

Try the traditional tastes of Japan, made with carefully selected ingredients 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

## ÉdiTioN Koji Shimomura

French

EN



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

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 sugar contained in butter and cream.



Roppongi T-CUBE 1F, 3-1-1 Roppongi, Minato-ku  
Roppongi-itchome 05 3 min. walk



リオグランデグリル 六本木

## Rio Grande Grill Roppongi

Churrasco Brazilian Barbecue

EN



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, AMEX, JCB, UnionPay | http://riogrande.creatorestaurants.com/en/



## Lunch time (weekdays) Grilled chicken, Today's beef steak / Dinner time Churrasco (all you 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 03 04 Exit 3, 2 min. walk



熟成焼肉 肉源

## JYUKUSEI YAKINIKU NIKUGEN

Yakiniku

EN



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  
Akasaka 06 Exit 2, 1 min. walk







浜離宮恩賜公園 ¥ 300

## 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 tide.

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 A10 G08 U01  
Shiodome F19 U02

新橋・汐留

# Shinbashi Shiodome

## Gate of Tokyo Bay

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.

美寿思  
**MISUJI**  
Sushi



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)  
<Closed> When Caretta Shiodome Bldg. is closed  
Credit Card: VISA, Master, AMEX, JCB, UnionPay



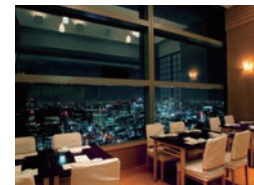
### Edomae-Kaiseki-course

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

Shimbashi JR Shiodome Exit, 5 min. walk Shiodome F19 U02 Exit 10, 1 min. walk



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-osaka.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 07 Exit 1, 5 min. walk

過門香新橋店 ~ GoldFin ~  
**Kamonka Shimbashi GoldFin**  
Chinese



Lunch: ¥1,200- / Dinner: ¥5,000- Course: ¥6,000-  
11:00AM-2:30PM (L.O. 2:00PM), 5:00PM-11:00PM (L.O. 10:00PM) <Closed>  
Irregular Holiday | Credit Card: VISA, Master, AMEX, JCB, UnionPay, DINERS | <http://kamonka-tokyo.jp>



### Shark's Fin Sashimi - ¥12,000, Chongqing Style Braised Tofu & Minced Pork with Hot Sauce -¥1,800 (Excl. tax & service fee)

Try all the flavors of China at Kamonka. Their concept is "to go beyond centuries and borders by serving Chinese cuisines that takes pride in their 5000-year history." Their luxurious interior and beautiful dishes and cutlery 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

Shimbashi JR Hibiya Exit, 1 min. walk F10 G08 U01 Exit 7, 1 min. walk



Vegetarian\*



HALAL Halal & vegetarian\*



Recommended menu

\*Halal & vegetarian menus may require reservation in advance



Sunshine 60 Street

## 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 Aquarium 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/>

Ikebukuro JR 09 25 09



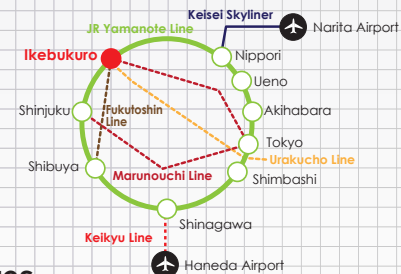
## 巣鴨地藏通り商店街

### 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



## All Ages

Ikebukuro is a major hub for Tokyo following Shinjuku and Shibuya, and many lines cross. Two major department stores, Sunshine City 60, a large shopping facility and planetarium is now one main symbol. Many restaurants gather around this area, and it is a highly competitive area for ramen. Additionally, theaters and cultural facilities, there are many places where anime fans gather.



## いけふくろう Ikefukuro

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.

Ikebukuro JR 09 25 09



### 池袋寅箱 Ikebukuro Torahako

Washoku, Izakaya, Nihonshu Bar, Gibier cuisine



<Mon-Sat> 5:30PM-12:30AM (L.O. 11:00PM)  
<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 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.

2-69-3-101, Ikebukuro, Toshima-ku Phone: 050-5303-8544  
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)



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 (L.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  
Ikebukuro JR Exit 35, 8 min. walk Higashi Ikebukuro Exit 6-7, 3min. walk

### アインソフア AIN SOPH. soar



Lunch: ¥1,500- / Dinner: ¥3,000-  
11:30AM-4:00PM (L.O. 3:00PM), 5:00PM-10:00PM (L.O. 9:00PM)  
<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 lettuce, tomato, guacamole, and aurora sauce between handmade buns

AIN SOPH.'s 3rd location, opened in February 2014. Glamping, short for glamorous camping, is the concept of AIN SOPH. soar. Enjoy a casual menu of burgers, curries, pancakes, parfaits and more, in an interior set in the style of a luxurious camping ground, complete with a fire place. Great for families and children, offering a spacious sofa seating, kids menu, stroller (and wheelchair) access, and baby room. Also good for large parties and receptions.

Union Bldg. 1F, 3-5-7 Higashi Ikebukuro, Toshima-ku Phone: 03-5944-9699  
Ikebukuro JR Exit 10 min. walk

### 九州じゃんがら西武池袋店 KYUSHUJANGARA SEIBUIKEBUKUROTEN



Lunch: ¥700-1,200 / Dinner: ¥1,000-1,500 <Mon-Fri> 11:00AM-11:00PM (L.O. 10:30) <Sat, Sun, Holiday> 10:30AM-11:00PM (L.O. 10:30)  
Credit Card: VISA, Master, AMEX, JCB, Union Pay, Diners, Others  
<https://kyushujangara.co.jp/>

#### Kyushu Janagara Zenbu-iri (All In) - We top a mild and refreshing soup of simmered pork bones, chicken bones, and vegetables with our vaunted toppings to create this dish, which is always our most popular item.

The only Kyushu Jangara branch inside a department store. The abundant menu, which could only be served in a department store, has a rich lineup of set menus, including children's meals, and items only available in Seibu Ikebukuro branch, like "Tokyo Shoyu Ramen" and "Japanese-style citron vegan ramen".

Seibu Ikebukuro 8F, 1-28-1 Minami Ikebukuro, Toshima-ku Phone: 03-3981-5188  
Ikebukuro JR East Exit, 2 min. walk

### 鮓処 池袋 HINASUSHI Ikebukuro



Lunch: ¥1,000- / Dinner: ¥4,000- / Course: ¥4,000-  
11:00AM-4:30PM, 4:30PM-11:00PM (L.O. 9:30PM) <Closed> January 1st  
Credit Card: VISA, Master, AMEX, JCB  
<http://www.create-restaurants.co.jp/>

#### 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.

Yamada Denki LABI 1-7F, 1-5-7 Higashi Ikebukuro, Toshima-ku  
Phone: 03-5953-2881  
Ikebukuro JR East Exit, 2 min. walk



**DATE** February 7<sup>th</sup> (Tue.) ▶ 10<sup>th</sup> (Fri.), 2023 **VENUE** Tokyo Big Sight  
10:00 - 17:00 (Until 16:30 on last day) East Hall 1-8



## Bay View of Odaiba



### 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 kilometers promenade walk connecting Shibaura Wharf and Odaiba waterfront area can be walked on. It takes about half an hour to cross the whole bridge. The two routes, north route and south route, provide different sceneries, but the south route is recommended if you only plan to walk one way. The vision from the bridge is too beautiful to miss especially during the night illumination as the illumination color changes depending on events and even on days and hours for viewers to enjoy the outstanding time of the day.

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

Shibaura Futou 05 5 min. walk  
Odaiba Kaihinkoen 06 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.

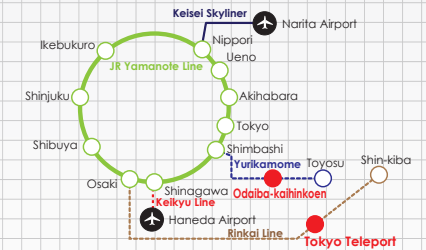
<https://www.palette-town.com>

Tokyo Teleport 04 3 min. walk  
Aomi 10 Connected to building

## Odaiba

### Amusement Area of the Tokyo Bay

Odaiba is a large amusement area. Riding the "New Transit Yamome," an automated guide way transit that connects Shinbashi and Aomori, 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 entertainment at amusement parks and movie theaters. The view of the Tokyo Bay from the Rainbow Bridge and areas around Odaiba is certainly worth seeing.







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  15 min. walk

Fune-no-kagakukan  5 min. walk

Telecom Center  4 min. walk

## 森ビル デジタルアート ミュージアム： エプソン チームラボボーダレス teamLab Borderless: MORI Building DIGITAL ART MUSEUM

teamLab Borderless is a world of artworks without boundaries, a museum without a map created by art collective teamLab. teamLab Borderless is a group of artworks that form one borderless world. Artworks move out of rooms, communicate with other works, influence, and sometimes intermingle with each other with no boundaries. Immerse your body in borderless art in this vast, complex, three-dimensional 10,000 square meter world. Wander, explore with intention, discover, and create a new world with others. (Information from the official website)

Mon-Fri 10:00AM-6:00PM / Sat, Sun, Holidays  
 9:00AM-8:00PM  
<https://borderless.teamlab.art>

Tokyo Teleport  5 min. walk

Aomi  3 min. walk

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

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 Motor 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  7 min. walk

Kokusai-tenjijo-seimon  3 min. walk



## The Grill on 30th The Grill on 30th Grill dining



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  Hotel building linked to station Tokyo Teleport  10 min. walk



## GUNDAM Café ダイバーシティ東京 プラザ店 GUNDAM Café (DiverCity Tokyo Plaza) Entertainment Café



¥600-  
 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  3 min. walk Daiba  5 min. walk



©SOTSU・SUNRISE



Vegetarian\*



Halal & vegetarian\*



Recommended menu

\*Halal & vegetarian menus may require reservation in advance



Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Shibuya Harajuku Omotesando	Cerulean Tower Tokyu Hotel	26-1 Sakuragaoka-cho   Shibuya-ku   Tokyo 150-8512 Tel: +81-3-3476-3000 <a href="https://www.tokyuhotelsjapan.com/global/cerulean-h">https://www.tokyuhotelsjapan.com/global/cerulean-h</a>	408	¥¥¥¥	✓	11	English	✓	✓	✓	✓	✓	Partly available	✓	✓
	Shibuya Excel Hotel Tokyu	1-12-2 Dogenzaka   Shibuya-ku   Tokyo 150-0043 Tel: +81-3-5457-0109 <a href="https://www.tokyuhotelsjapan.com/global/shibuya-e/">https://www.tokyuhotelsjapan.com/global/shibuya-e/</a>	408	¥¥	✓	3	English	✓	✓			✓			✓
Shinjuku	Park Hyatt Tokyo	3-7-1-2 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 163-1055 Tel: +81-3-5322-1234 Email: <a href="mailto:tokyo.park@hyatt.com">tokyo.park@hyatt.com</a> <a href="https://tokyo.park.hyatt.com">https://tokyo.park.hyatt.com</a>	177	¥¥¥¥	✓	7	English	✓	✓	✓	✓	✓		✓	✓
	Hilton Tokyo	6-6-2 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 160-0023 Tel: +81-3-3344-5111 <a href="http://tokyo.hilton.com">http://tokyo.hilton.com</a>	830	¥¥¥	✓	6	English, Chinese, French, Spanish, Korean, Portuguese	✓	✓	✓		✓	Partly available	✓	✓
	Hotel Century Southern Tower	2-2-1 Yoyogi   Shibuya-ku   Tokyo 151-8583 Tel: +81-3-5354-0111 <a href="https://global.southerntower.co.jp/">https://global.southerntower.co.jp/</a>	375	¥¥¥	✓	3	English		✓			Partly available			✓
	Hyatt Regency Tokyo	2-7-2 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 160-0023 Tel: +81-3-3348-1234 Email: <a href="mailto:tokyo.regency@hyattregencytokyo.com">tokyo.regency@hyattregencytokyo.com</a> <a href="http://tokyo.regency.hyatt.com">http://tokyo.regency.hyatt.com</a>	746	¥¥¥	✓	6	English, Chinese, Korean	✓			✓	Partly available			✓
	Keio Plaza Hotel Tokyo	2-2-1 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 160-8330 Tel: +81-3-3344-0111 <a href="https://www.keioplaza.com/">https://www.keioplaza.com/</a>	1453	¥¥¥	✓	15	English, Chinese	✓	✓	✓		✓		✓	✓
	RIHGA Royal Hotel Tokyo	1-104-19 Totsuka-machi   Shinjuku-ku   Tokyo 169-8613 Tel: +81-3-5285-1121 <a href="https://www.rihga.com/tokyo">https://www.rihga.com/tokyo</a>	131	¥¥¥	✓	6	English	✓	✓	✓	✓	Partly available			✓
	Shinjuku Prince Hotel	1-30-1 Kabuki-cho   Shinjuku-ku   Tokyo 160-8487 Tel: +81-3-3205-1111 <a href="http://www.princehotels.com/shinjuku/">http://www.princehotels.com/shinjuku/</a>	571	¥¥¥	✓	3	English, Chinese, Korean					✓			✓
	Hotel Gracery Shinjuku	1-19-1 Kabukicho   Shinjuku-ku   Tokyo 160-8466 Tel: +81-3-6833-1111 <a href="https://gracery.com/shinjuku/">https://gracery.com/shinjuku/</a>	970	¥¥	✓	1	English, Chinese, Korean					✓			✓
	Shinjuku Granbell Hotel	2-14-5 Kabuki-cho   Shinjuku-ku   Tokyo 160-0021 Tel: +81-3-5155-2666 <a href="http://www.granbellhotel.jp/en/shinjuku/">http://www.granbellhotel.jp/en/shinjuku/</a>	485	¥¥	✓	3	English	Partly available				Partly available			✓
	Shinjuku Washington Hotel	3-2-9 Nishi-Shinjuku   Shinjuku-ku   Tokyo 160-8336 Tel: +81-3-3343-3111 <a href="https://www.shinjyuku-wh.com/">https://www.shinjyuku-wh.com/</a>	1617	¥¥	✓	3	English, Chinese, Korean							✓	✓
Ueno Akihabara	Mitsui Garden Hotel Ueno	3-19-7 Higashi-ueno   Taito-ku   Tokyo 110-0015 Tel: +81-3-3839-1131 <a href="http://www.gardenhotels.co.jp/eng/ueno/">http://www.gardenhotels.co.jp/eng/ueno/</a>	245	¥¥	✓	1	English					✓			✓
	Super Hotel Akihabara Suehirocho	3-2-5 Ueno   Taito-ku   Tokyo 110-0005 Tel: +81-3-6848-9000 <a href="http://www.superhotel.co.jp/s_hotels/akihabara/">http://www.superhotel.co.jp/s_hotels/akihabara/</a>	106	¥¥	✓	0	Japanese						✓		✓
Asakusa	The Gate Hotel Asakusa Kaminarimon	2-16-11 Kaminarimon   Taito-ku   Tokyo 111-0034 Tel: +81-3-5826-3877 Email: <a href="mailto:info-kaminarimon@gate-hotel.jp">info-kaminarimon@gate-hotel.jp</a> <a href="https://www.gate-hotel.jp/en/asakusa-kaminarimon/">https://www.gate-hotel.jp/en/asakusa-kaminarimon/</a>	134	¥¥	✓	2	English					✓			✓
	Dormy Inn • global cabin Asakusa	1-3-4 Hanakawado   Taito-ku   Tokyo 111-0033 Tel: +81-3-3845-1122 <a href="https://www.hotespa.net/hotels/asakusa/">https://www.hotespa.net/hotels/asakusa/</a>	75	¥¥	✓	0	English, Chinese, Korean				✓				



Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & 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	¥	✓	1	English	✓							✓
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	¥¥	✓	2	English					✓			✓
	Lotte City Hotel	4-6-1 Kinshicho   Sumida-ku   Tokyo 130-0013 Tel: +81-3-5619-1066 https://lottecityhotel.jp/en/	213	¥¥	✓	3	English					✓		✓	✓
	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	¥¥	✓	4	English		✓			Partly available			✓
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								✓
Marunouchi Nihonbashi	Four Seasons Hotel Tokyo at Marunouchi	1-11-1 Marunouchi   Chiyoda-ku   Tokyo 100-6277 Tel: +81-3-5222-7222 https://www.fourseasons.com/tokyo/	57	¥¥¥¥	✓	2	English, Chinese, Korean, Hindi, French, Italian, Spanish, Thai, Sri Lankan, Tagalog, Nepalese	✓			✓	✓			✓
	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	¥¥¥	✓	3	English					✓			✓
	Imperial Hotel Tokyo	1-1-1 Uchisaiwai-Cho   Chiyoda-Ku   Tokyo 100-8558 Tel: +81-3-3504-1111 https://www.imperialhotel.co.jp/	570	¥¥¥¥	✓	17	English, Chinese, Korean, Spanish, French	✓	✓	✓		✓	Partly available	✓	✓
	Palace Hotel Tokyo	1-1-1 Marunouchi   Chiyoda-ku   Tokyo 100-0005 Tel: +81-3-3211-5211 https://en.palacehoteltokyo.com/	284	¥¥¥¥	✓	10	English, Chinese, Korean, Spanish, Portuguese, Italian, French, German, Lithuanian, Hindi, Thai, Sri Lankan, Arabic, Nepalese, Russian, Indonesian, Czech, Vietnamese	✓	✓	✓	✓	✓	Partly available	✓	✓
	The Peninsula Tokyo	1-8-1 Yurakucho   Chiyoda-ku   Tokyo 100-0006 Tel: +81-3-6270-2888 http://www.peninsula.com/en/tokyo	314	¥¥¥¥	✓	8	English, Chinese (Cantonese, Mandarin), Korean, Spanish, Italian, French, German, Hindi, Nepalese, Arabic, Bengali	✓		✓	✓	✓			✓
	Shangri-La 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	¥¥¥¥	✓	3	English, Korean, Chinese (Cantonese, Mandarin), German, French, Hindi, Tagalog, Malay, Nepalese, Vietnamese, Mongolian, Russian	✓		✓	✓	✓	Partly available		✓
	The Tokyo Station Hotel	1-9-1 Marunouchi   Chiyoda-ku   Tokyo 100-0005 Tel: +81-3-5220-1111 Email: info@the.tokyostationhotel.jp http://www.thetokyostationhotel.jp/	150	¥¥¥¥	✓	10	English, Chinese, Korean	✓				✓			✓
	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	¥¥¥	✓	1	English	✓				✓			✓
Akasaka Roppongi	The Capitol Hotel Tokyu	2-10-3 Nagatacho   Chiyoda-ku   Tokyo 100-0014 Tel: +81-3-3503-0109 https://www.capitolhoteltokyu.com/en/	251	¥¥¥¥	✓	4	English, French, Chinese, Korean	✓	✓	✓	✓	✓	Partly available		✓
	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	¥¥¥¥	✓	10	English, German, Spanish, French, Japanese, Korean, Portuguese, Russian, Simplified and Traditional Chinese	✓	✓	✓	✓	✓			✓



Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Akasaka Roppongi	The Ritz-Carlton, Tokyo	9-7-1 Akasaka   Minato-ku   Tokyo 107-6245 Tel: +81-3-3423-8000 <a href="http://www.ritzcarlton.com/en/hotels/japan/tokyo">http://www.ritzcarlton.com/en/hotels/japan/tokyo</a>	247	¥¥¥¥	✓	7	English, Chinese, Italian, Spanish, German, French, Korean	✓	✓	✓	✓	✓		✓	✓
	ANA InterContinental Tokyo	1-12-33 Akasaka   Minato-ku   Tokyo 107-0052 Tel: +81-3-3505-1111 <a href="https://anaintercontinental-tokyo.jp/en/">https://anaintercontinental-tokyo.jp/en/</a>	844	¥¥¥	✓	11	English	✓	✓	✓	✓	✓		✓	✓
	Hotel New Otani Tokyo	4-1 Kioi-Cho   Chiyoda-ku   Tokyo 102-8578 Tel : +81-3-3265-1111 <a href="https://www.newotani.co.jp/en/tokyo/">https://www.newotani.co.jp/en/tokyo/</a>	1479	¥¥¥	✓	37	English, Chinese, Spanish, Korean	✓	✓	✓	✓	✓	Partly available	✓	✓
Shinbashi Shiodome	Andaz Tokyo Toranomon Hills	1-23-4 Toranomon   Minato-ku   Tokyo 105-0001 Tel: +81-3-6830-1234 Email: <a href="mailto:tokyo.host@andaz.com">tokyo.host@andaz.com</a> <a href="http://www.andaztokyo.com">http://www.andaztokyo.com</a>	164	¥¥¥¥	✓	5	English, Chinese (Mandarin, Taiwanese), Korean	✓	✓	✓	✓	✓			✓
	Conrad Tokyo	1-9-1 Higashi-Shinbashi   Minato-ku   Tokyo 105-7337 Tel: +81-3-6388-8000 <a href="http://www.conradtokyo.com">http://www.conradtokyo.com</a>	291	¥¥¥	✓	5	English, Chinese, Korean, Italian	✓	✓	✓	✓	✓			✓
	Dai-ichi Hotel Tokyo	1-2-6 Shimbashi   Minato-ku   Tokyo 105-8621 Tel: +81-3-3501-4411 <a href="https://www.hankyu-hotel.com/en/hotel/dh/dhtokyo">https://www.hankyu-hotel.com/en/hotel/dh/dhtokyo</a>	278	¥¥¥	✓	9	English	✓	✓	✓	✓	✓			✓
	InterContinental Tokyo Bay	1-16-2 Kaigan   Minato-Ku   Tokyo 105-8576 Tel: +81-3-5404-2222 <a href="https://www.interconti-tokyo.com/en/">https://www.interconti-tokyo.com/en/</a>	330	¥¥¥	✓	7	English	✓	✓			✓	Partly available		✓
	The Okura Tokyo	2-10-4 Toranomon   Minato-ku   Tokyo 105-0001 Tel: +81-3-3582-0111 <a href="https://theokuratokyo.jp/en/">https://theokuratokyo.jp/en/</a>	508	¥¥¥¥	✓	7	English	✓	✓	✓	✓	✓	Partly available	✓	✓
	Park Hotel Tokyo	1-7-1 Higashi Shimbashi   Minato-ku   Tokyo 105-7227 Tel: +81-3-6252-1111 <a href="https://parkhoteltokyo.com/">https://parkhoteltokyo.com/</a>	270	¥¥¥	✓	4	English, Italian, French, Russian, Spanish, Nepalese, Lithuanian	✓	✓		✓	✓			✓
	The Prince Park Tower Tokyo	4-8-1 Shibakoen   Minato-ku   Tokyo 105-8563 Tel: +81-3-5400-1111 <a href="https://www.princehotels.com/parktower/">https://www.princehotels.com/parktower/</a>	603	¥¥¥	✓	11	English	✓	✓	✓	✓	✓	Partly available	✓	✓
	Tokyo Prince Hotel	3-3-1 Shibakoen   Minato-ku   Tokyo 105-8560 Tel: +81-3-3432-1111 <a href="https://www.princehotels.com/tokyo/">https://www.princehotels.com/tokyo/</a>	462	¥¥	✓	9	English		✓	Partly available	✓	✓	Partly available	✓	✓
	The Royal Park Hotel Iconic Tokyo Shiodome	1-6-3 Higashi-shimbashi   Minato-ku   Tokyo 105-8333 Tel: +81-3-6253-1111 <a href="https://www.the-royalpark.jp/the/tokyoshiodome/en/">https://www.the-royalpark.jp/the/tokyoshiodome/en/</a>	490	¥¥¥	✓	4	English, Korean		✓		✓	✓	Partly available		✓
Ikebukuro	Hotel Metropolitan Tokyo Ikebukuro	1-6-1 Nishiikebukuro   Toshima-ku   Tokyo 171-8505 Tel: +81-3-3980-1111 <a href="https://tokyo-ikebukuro.hotel-metropolitan.com/">https://tokyo-ikebukuro.hotel-metropolitan.com/</a>	800	¥¥¥	✓	8	English	✓	✓	✓		✓			✓
Odaiba Bay Area	Grand Nikko Tokyo Daiba	2-6-1 Daiba   Minato-ku   Tokyo 135-8701 Tel: +81-3-5500-6711 <a href="https://www.tokyo.grandnikko.com/">https://www.tokyo.grandnikko.com/</a>	882	¥¥¥	✓	9	English	✓	✓	✓		✓		✓	✓
	Tokyo Bay Ariake Washington Hotel	3-7-11 Ariake   Koto-ku   Tokyo 135-0063 Tel: +81-3-5564-0111 <a href="https://tokyobay.washington-hotels.jp/">https://tokyobay.washington-hotels.jp/</a>	830	¥¥	✓	11	English		✓			✓		✓	✓
Others	Hotel Chinzanso Tokyo	2-10-8 Sekiguchi   Bunkyo-ku   Tokyo 112-8680 Tel: +81 3 3943-1111 Email: <a href="mailto:info@hotel-chinzanso.com">info@hotel-chinzanso.com</a> <a href="https://www.hotel-chinzanso-tokyo.com/">https://www.hotel-chinzanso-tokyo.com/</a>	267	¥¥¥¥	✓	9	English, Chinese	✓	✓	✓	✓	✓			✓
	Hilltop Hotel	1-1 Surugadai Kanda   Chiyoda-ku   Tokyo 101-0062 Tel: +81-3-3293-2311 <a href="https://www.yamanoue-hotel.co.jp/eng/index.html">https://www.yamanoue-hotel.co.jp/eng/index.html</a>	35	¥¥¥	✓	7	English	✓							✓
	The Royal Park Hotel Tokyo Haneda	2-6-5 Haneda Airport   Ota-ku   Tokyo 144-0041 Tel: +81-3-6830-1111 <a href="https://www.the-royalpark.jp/the/tokyohaneda/en/">https://www.the-royalpark.jp/the/tokyohaneda/en/</a>	313	¥¥¥	✓	1	English					✓	Partly available		✓



# Casual Restaurant Chains in Tokyo!

## SOBA

Buck wheat noodle served in cold or hot soup.



### FUJISOBA

Soba, udon, curry, and "don" menus  
[fujisoba.co.jp](http://fujisoba.co.jp)



## 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/](http://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.yayoiken.com/en/](http://www.yayoiken.com/en/)



## DON

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



### SUKIYA

Gyu-don (beef bowl), pork bowl, curry, and set menus  
[www.sukiya.jp/en/](http://www.sukiya.jp/en/)



### TENYA

Ten-don (tempura bowl), other "don" menus  
[www.tenya.co.jp/english/](http://www.tenya.co.jp/english/)



### HANAYA YOHEI

Sushi, sashimi, tempura, soba, udon, ten-don, sukiyaki, shabu-shabu, and more  
[www.hanayayohei.co.jp/en/](http://www.hanayayohei.co.jp/en/)



### HAMAZUSHI

Sushi, and more  
[www.hamazushi.com/en/](http://www.hamazushi.com/en/)



### COCO'S RESTAURANT

Hamburger steak and other set menus  
[www.cocos-jpn.co.jp/](http://www.cocos-jpn.co.jp/)



### FRESHNESS BURGER

Hamburger, cafe  
[www.freshnessburger.co.jp](http://www.freshnessburger.co.jp)



## Japanese Food Terms

### 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.

### 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 egg.

### 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 barbecue.

### Monjayaki (もんじゃ焼き)

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

### Okonomiyaki (お好み焼き)

Round pancake made with ingredients such as flour, cabbage, eggs, seafood, meat, yam, 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**

## TRANSPORTATION

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**

日本の酒情報館

## 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.

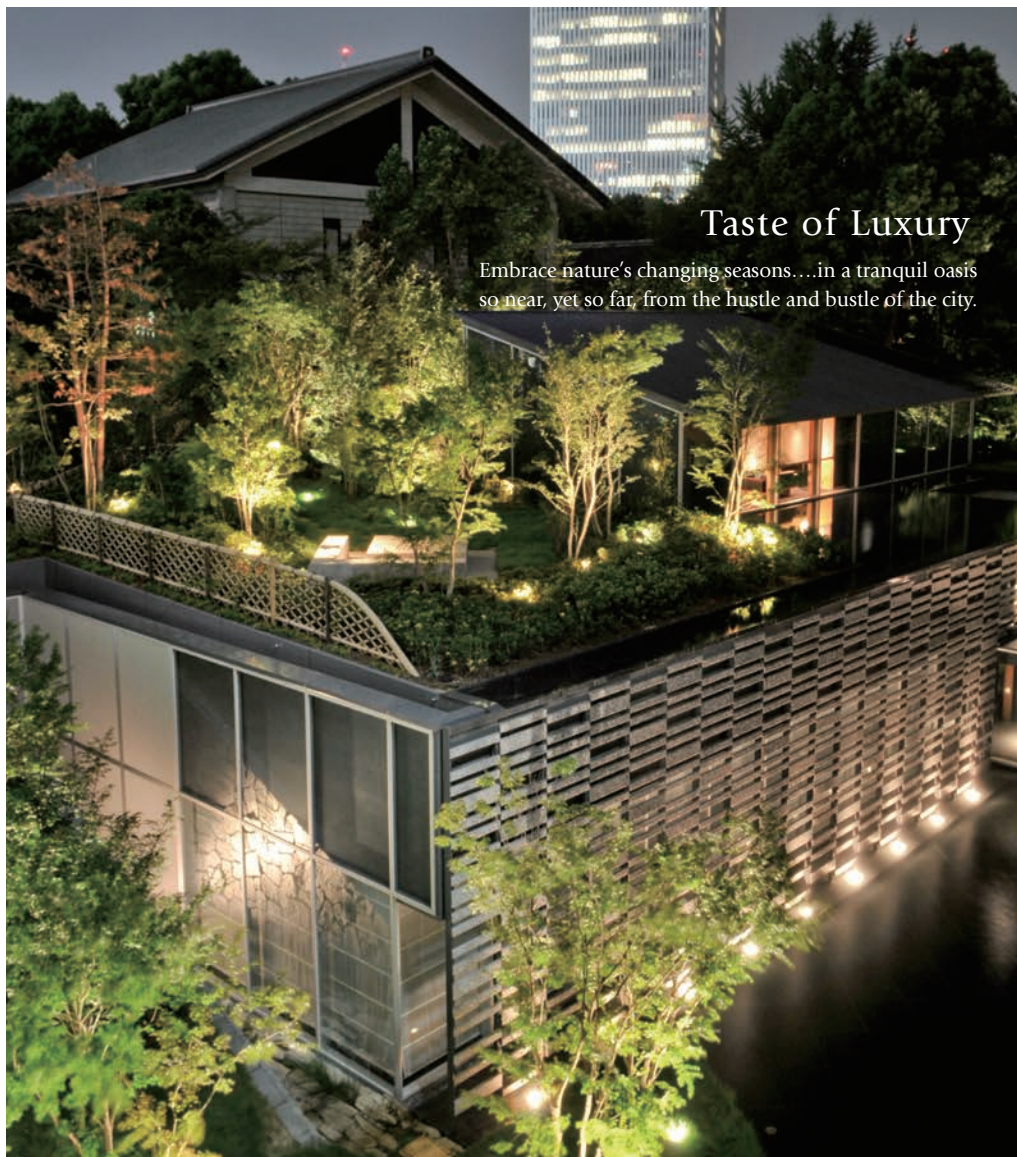


Address: Nihon Shuzo Toranomon Building 1st Floor, 1-6-15 Nishi Shimbashi, Minato-ku, Tokyo  
Phone: 03-3519-2091  
Nearest Station: Tokyo Metro, Ginza Line, Toranomon Station  
Hours: 10:00AM-6:00PM  
Days closed: Saturday, Sunday, public holidays, year-end and New Years holidays

[www.japansake.or.jp/sake/english](http://www.japansake.or.jp/sake/english)

[www.honkakushochu-awamori.jp/english](http://www.honkakushochu-awamori.jp/english)





## Taste of Luxury

Embrace nature's changing seasons...in a tranquil oasis so near, yet so far, from the hustle and bustle of the city.



THE CAPITOL HOTEL TOKYU TOKYO

### The Capitol Hotel Tokyu

2-10-3 Nagatacho, Chiyoda-ku, Tokyo 100-0014, Japan

Tel +81-3-3503-0109 [www.capitolhoteltokyu.com/en/](http://www.capitolhoteltokyu.com/en/)



LEGEND

*Preferred*  
HOTELS & RESORTS