

The Growing Beef with Beef

Beef is an almost indispensable presence in European and US culinary cultures. But now, “artificial meat”, made from plant-based protein, has started to spread in the US as a substitute for beef. The two main objectives behind the effort to reduce the production and consumption of beef are to protect the environment and to improve human health.

According to an acquaintance who lives in New York, there is a growing perception that “eating meat isn’t cool”. In school meal catering, Monday is “meatless Monday”. My acquaintance says “New Yorkers are sensitive to environmental concerns and health conscious, so ‘I like meat’ is not something you say out loud to those around you”.



The share price of Beyond Meat, the US meat substitute manufacturer, has risen about sixfold from the IPO price between May and October this year. Since its foundation, the company has received investment from American trend leaders, like Microsoft founder Bill Gates, and actor Leonardo DiCaprio. In the last few months, Beyond Meat has signed product supply agreements with McDonalds and a number of other major fast food chains, as its steady advance continues. In an interview with CNN, the company’s CEO, Ethan Brown, said “We have to solve this protein issue if we’re going to have a sustainable planet, if we’re going to have a healthy population”.

Impossible Foods is another US company at the forefront of the plant-based-meat revolution. Pat Brown, CEO of Impossible Foods said in an interview of CNN “Our mission is very simple. It’s to completely replace animals as a food technology by 2035 globally. People are not wedded to the idea that meat has to come from animals. They’re very wedded to the idea that they got to have meat.”

Flashes of the phenomenon of “The Growing Beef with Beef” have started to appear in Japan too. The Japanese Cabinet Secretariat canteen started “Meat Free Monday” two years ago. By now, it has meatless Mondays and Fridays, and a vegan menu, offered twice a week, is a popular option. The canteen at Tokyo Metropolitan Government Office started offering a vegan menu in October last year.

In this edition, we pick up on the Japanese companies and players who are tackling food trends centered on key words such as “plant-based diet” and “whole food”. We have also heard of the establishment of a caucus of the Diet to promote systems related to vegetarianism and veganism. This trend has been getting increasingly noteworthy.

FUKUSUKE HORIKAWA

The Restaurant Chain That Carries On the Spirit of the ORIGINATOR OF CALIFORNIA ROLL

The California Roll is now the best known “Japanese food” around the world. To get Americans to accept Sushi, California Rolls have the raw ingredients and nori, which might be visually off-putting, folded into the interior. The result is sushi that retains the flavor and sensation of makizushi (sushi rolls) while being readily acceptable to foreigners. But very few



people know that Fukusuke was the birthplace of the California Roll. There are various theories about the origins of the California Roll, but there is documentation attesting that the marriage of sushi and avocado was first devised by the founder of Fukusuke in California, where he had a branch in 1971.

Now, as a group company, Fukusuke Horikawa Chain continues to disseminate representative elements of Japan’s food culture, such as tempura, Japanese cuisine, and teppanyaki, as well as sushi. Evolving between tradition and the changing demands of the times, it will go on creating new value, just like the California Roll triggered innovation in the sushi industry.



Sushi Ginza Fukusuke *The Main*

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The first branch of Ginza Fukusuke opened in 1960. Ginza Fukusuke-The Main, now the main branch, opened in 2010 in the Ginza Trecious Building on Ginza Chuo-dori. As a sushi restaurant it offers a rich array of fresh neta (sushi topping), chosen by season and source in a way that only a place directly managed by a Tsukiji fish market wholesaler can achieve. For a high-end sushi restaurant in Ginza, however, its pricing is reassuringly casual. The interior space, with a strong flavor of natural materials, has a counter, table seats, and private rooms, suitable for hospitality, group dining, and many other situations.



Sushi Ginza Fukusuke *Sunshine 60*

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Sushi Ginza Fukusuke-Sunshine 60 is located on the 59th floor of Sunshine 60, the super-high-rise building that represents the Ikebukuro district. The interior is a natural Japanese-style space, in white wood and stone. Its finest point is that diners can take in the view from 220m up, while enjoying authentic Edo-mae-style sushi in a refined space. Another attraction is the combination of a night view over Tokyo with fresh neta shipped directly from Tsukiji fish market.



Tempura Horikawa *Hotel New Otani Tokyo*

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Tempura Horikawa is a specialist tempura restaurant that has been the pride of the Fukusuke Horikawa chain since the Hotel New Otani was first founded. The crisp and thinly-battered tempura, plucked from the oil at just the right moment by skilled cooks, is both delicious and healthful. Diners at the counter seats can enjoy seeing and hearing the process as carefully-selected seasonal ingredients are fried to crispness in the finest clear oil. The combination with the New Otani’s spacious Japanese garden is certain to delight all your senses.



Japanese Restaurant Horikawa *Odakyu Hotel Century Southern Tower*

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“Japanese Restaurant Horikawa” on the 19th floor of a high-rise building in front of Shinjuku station, offers many ways to taste Japan’s four seasons amid the refined atmosphere of a hotel, away from hubbub of the world 100m below. This restaurant brings together the quintessential elements of washoku, delicately prepared from strictly selected ingredients: Japanese cuisine, selected Japanese black beef and fresh fish cooked as teppanyaki (on a hotplate) at a counter, and Edomae sushi directly managed by a Tsukiji fish market wholesaler. We recommend it to ambitious diners, who are keen to sample three genres of washoku at their best in one sitting.



TEPPANYAKI



JAPANESE CUISINE



SUSHI

MARKINGS

 Free Wi-Fi	 Non-smoking
 Serves alcoholic drinks	 Types of menus available EN = English CH = Chinese KR = Korean
 Vegetarian menus available*	 Recommended menu
 Halal & vegetarian menus available*	

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

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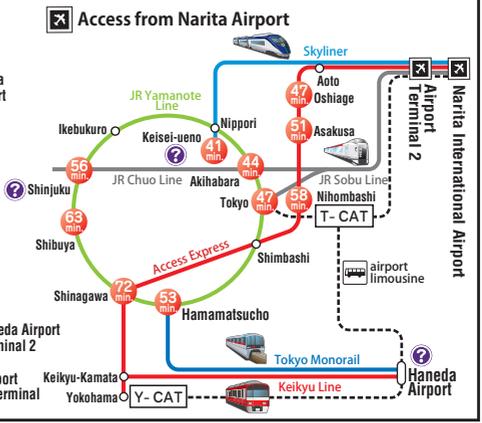
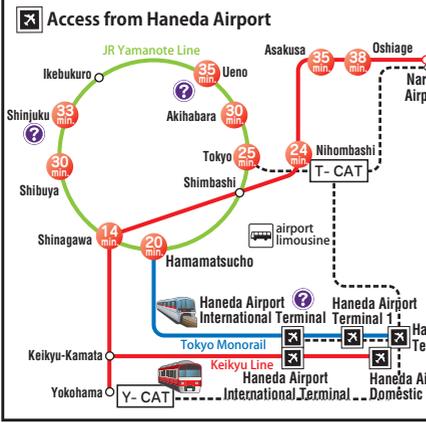
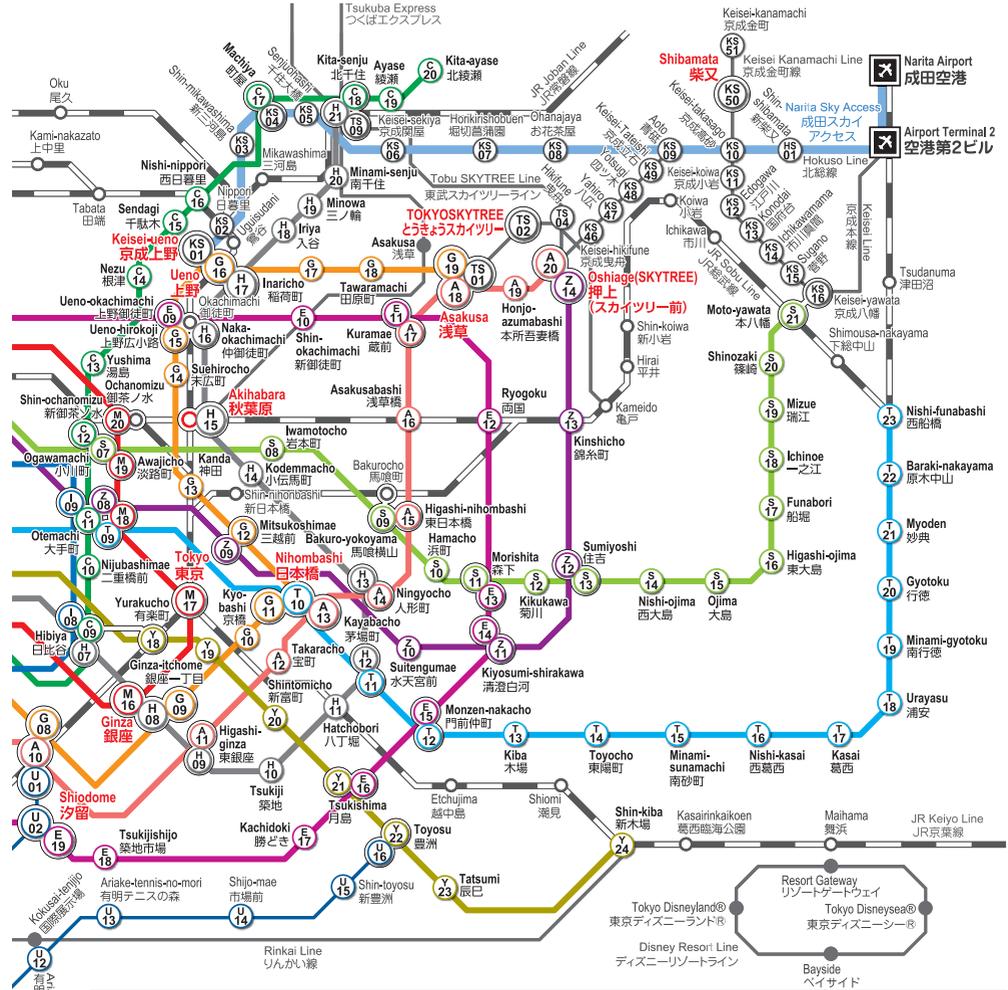


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GENTLE

Italian & Sushi Bar with an evolved stance

by Patricia Yarrow

The premise of Italian vegan dishes co-existing equally with omnivorous cuisine is an intriguing model. The premises are enhanced by relegating smokers to an outdoor terrace. Not to be overlooked would be a martini from the bar just alongside the entrance. I recommended the basement sushi bar for a quiet exploration of culinary artistry. GENTLE indeed.

Ambience

After a short stroll from exit B2 of Omotesando station down a curved side street, the screen of untrimmed trees and shrubs falling over the modern concrete structure of GENTLE Italian & Sushi Bar already promised an unusual approach. Pass through the foliage and the cozy bar just inside, the Italian restaurant unwrapped an updated Old World charm in subdued colors with overstuffed chairs calling for long conversations over elegantly kitted tables.

We soon snuggled into the small alcove of a private sushi bar. The décor was austere, with white walls and honey-blond shelving. We beheld our very pleased looking sushi chef awaiting us behind a single sturdy slab of glazed yakimono platter. A native of Aizu-wakamatsu-cho, he recently held sushi sway in a Japanese restaurant in Dubai. Soft overhead lighting was subdued over the chef and preparation area but highlighted our side of the counter. The hand thrown Japanese pottery (yakimono) will unite the entire culinary experience.

Cuisine

Saké #1-Kariho-kawasemi from Akita. The label sported the colorful kingfisher (kawasemi). This light saké will be succeeded by five others each meticulously matching the cuisine Chef Sato will assemble.

Our adventure commenced with an elegant cut glass covered bowl holding a wedge of chilled eggplant christened with a sprinkle of seaweed (nori) and a red crown of pickled heavier seaweed (konbu) in a delicate transparent sea urchin (uni) glaze.

Next, a single thread-sail filefish (kawahagi) and fish liver (kimo) sushi glistened on our sturdy platter. After some trepidation, we found the filefish's liver delicate in flavor and texture, melding into the limp, succulent kawahagi. The liver was smaller in summer and grows larger through winter, although the fish does not.

A round dish of gray and blue framed two slices of yellowtail (buri) sashimi from Hokkaido. From glistening shades of marbled garnet to ballet-slipper pink, it was only slightly oily, reflecting its summer fighting-weight. A mist of grated wasabi and daikon quietly sat guard to the side.

Saké #2-Aizu-musume in Fukushima. A somewhat daunting trio of bottles with similar labels were brought out. The saké brewers had elected to use the same brewing process and sourced the rice from different fields (tanbo) in the area.

Paired wings of iridescent crème colored Spanish mackerel (sawara) from Hokkaido, lightly grilled and salted with a smidgeon of grated daikon formed a beautiful composition.

The intermediary platter next displayed gleaming white rice supporting a slab of bright red marinated tuna (akami) from Aomori.

A refreshingly rich flavor developed between the next presentation of herring (nishin) with ginger and a spring onion sliver inside.

A hand-thrown bowl of the same green and crème glaze work embraced two tender selections of Hokkaido salmon (sake) of an unusual marbled, light marmalade hue. Bright green Japanese pepper leaf



(sansho) powder sprinkled the glistening surface. A little butter had been hidden inside the salmon. To the side, a bamboo pick held two greenish-yellow ginkgo nuts (ginnan). This was an astonishing treat, and with good reason. The rare and coveted Hidaka salmon (ginsei) is caught in the wild seas off Hokkaido. This celestial combination symphonically melded in a swirl of mild and wild flavors bringing images of the Hokkaido seas.

A small black glazed bowl followed with a helping of bright orange voluptuous beads of, appropriately, salmon eggs (ikura) topped with a tiny smidgeon of grated wasabi.

Saké #3-Shichida (seven rice fields) junmai saké from Shiga prefecture- made with 100% Omachi rice embraced the lightly fried crunchy roll with tendrils of crab (kani croquette) inside. An alluring interplay of flavor and aroma transpired between the garnish of seasonal mustard greens (karashina) and sudachi lime.

A quiet intermission arrived with the arrival of unusually light mackerel (saba) sushi.

Chef Sato's slender sushi knife moved into play delivering several long, silvery slices from the hefty side of bonito, or skipjack tuna (katsuo), to laying across as sushi, combined with a tinge of smoked soy sauce (shoyu).

Saké #4-Masamune 2011 from Yamagata is a subtle aged light saké. A shallow basin held a delicate soup with slivers of the legendary matsutake winter mushroom, flavored with golden threadfin-bream (ityoridai) with chopped parsley greens.

Perched on a wave of rich grayish ceramic, two cut rectangles of egg roll (tamago-yaki) incorporating green shreds of aosa seaweed

accompanied an innocuous looking yet quite spicy mound of karami daikon winter radish.

The next sushi featured the lean Japanese whiting (kisu) from Kyushu marinated with kobo seaweed.

A small sushi of sea eel (anago) was a light pause before the final round.

Saké #5-Izumo "The Ouroku" nigori from Izumo. Chef Sato expertly rolled bright red tuna (toro) with yellow pickled radish (takuan) in three colorful tekkamaki vinegared rice rolls.

After admiring the toasty texture of the black throat seaperch (nodoguro), we were encouraged to "smoosh" its buttery richness into the white rice.

Lastly, a charming mushroom soup (nameko akadashi) little round 'shroom caps jostling rather adorably in a red miso soup held in a thin-walled red bowl.

Dessert proved a pièce de résistance as Chef Sato produced a showy display of chestnut (kuri) paste into a spaghetti-like Mont Blanc heaped over persimmon and fig with a sprinkle of Japanese pepper leaf (sansho) powder.

After a small cup of strong peppermint tea, we reluctantly bade farewell. Chef Sato came out from behind his counter to bid us farewell, feeling like an old friend as we bid arrivederci and gochisosama deshita to his tender care.

GENTLE Italian & Sushi Bar

5-47-6 Jingumae, Shibuya-ku, Tokyo
<https://www.gentle-base.com>



Patricia Yarrow hailed from San Francisco and Boulder, Colorado before settling into permanent residence in Tokyo. She teaches English academic writing and research, travel literature, reading at Meiji, Meiji Gakuin, and Tsuda Universities. Along with exploring photography, website creation, and bodybuilding workouts, she is researching nihonshu and sake tourism.

GOOD HEALTH AND HAPPINESS FOR ALL

Kagawa Nutrition University was born from one woman with a dream that "all people may be healthy and happy". Her name was Aya Kagawa. In addition to being the founder of Kagawa Nutrition University, she was also the mother of nutrition science, who laid the foundations of modern nutrition in Japan.

We asked Atsuko Isoda, Dean of School of Nutritional Sciences in Kanagawa Nutrition University, about studies and practical skills in the Department of Food Culture and Nutrition, which boldly addresses the advance of food culture and the food industry.

Please give us a brief introduction about Kagawa Nutrition University.

As a university, we aim to research, teach, and disseminate to society "what people should eat and how", and to allow everyone to follow a healthy and satisfying diet. The university was founded by two doctors in 1933. In an age when beriberi was a national disease, we started by researching the digestion and uptake of vitamin B1 at Tokyo University, then strove to improve rice polishing methods by creating and spreading "whole-grain rice". We became a junior college in 1950, a specialist culinary college in 1956, a four-year university in 1965, and opened a graduate school in 1969. We have produced many diverse specialists in food and health over the years.

ATSUKO ISODA

Kagawa Nutrition University
Dean, School of Nutritional Sciences
Professor, M.S.



Building No. 3 "Food Culture Kitchen Lab"

While we are an educational institution, we also emphasize contribution to society and social activism. We are a practical university, which expects our students to take action after graduation. In addition to pure research, we also research practical applications and work on continuing education for our graduates. We also organize distance education classes and publish books and magazines.

What are the characteristics and aims of the Department of Food Culture and Nutrition?

Based on a systematic understanding of "food culture" and "nutrition", we aim to produce graduates who will be active in a wide range of leadership roles in the food industry. First of all, they gain a thorough understanding of nutrition science, food science, gastrology, and practical cooking, and fully incorporate health into their perspective, and then we foster their ability to move food businesses forward in pursuit of food that is also delicious. Secondly, we go beyond the study of food culture by nurturing students' basic understanding and skills in food-related information and messaging, with subjects such as design theory, practical Web design, and practical media editing theory. Thirdly, we foster a global perspective on food, through international understanding, international nutrition science, social theory of international food trade, overseas training, and the like.

From their third year, students divide into five courses, and we offer them elective subjects, such as food service, further research into food culture, and product development. These courses match the directions they want to pursue, and make sure they graduate with practical skills. Nutritionists who have graduated from the School of Nutritional Sciences are specialists, but we also want to develop them into adult members of society who can function as generalists, with an overall perspective on the food industry, and the abilities to plan and execute.

What fields are your graduates working on now?

Around 120 students graduate per year from this department, and their three main post-graduation directions are food manufacturers, food service industry, and distribution wholesaling and retail. Each of those accounts for around 25% or more, totaling around 80% of graduates. Our graduates' employment rate is close to 100%, and as a department we are proud that our graduates apply their specialist learning to work in various food-related fields.

As a university and as a department, are you active overseas, from the perspectives of food diversity and food internationalization?

We have comprehensive partnership agreements with departments and universities which specialize in food and nutrition. They include Curtin University in Australia, Seoul National University in South Korea, Mahidol University in Thailand, and Hanoi Medical University in Vietnam. Partnership activities include organizing joint symposia, lecturing at teaching staff mixers, and running student exchanges and internships.

My department has been organizing student study trips of over a week to Vietnam for the last few years, and to Thailand before that, as "field work training in international food activities". Around 20 students participate every year. As a department, we are currently considering the possibility of opening a program of overseas internships.

What will your university's approach be in future, from the perspective of food diversity, on research and classes etc. about vegetarianism, veganism, and halal?

We have classes on inter- (multi-) cultural understanding and the theory of culinary culture as a required course. Within that course, we provide several opportunities to learn about religion and food, diverse dietary forms, and food-related values. Every year, a number of students perform research and suggest menus on the themes of halal and vegetarianism in their course graduation theses. So some of the students appear to be interested in those subjects. We are not yet considering the idea of establishing them as an independent program. One concern is that it is not possible to separate that content from courses which are already on offer, such as the theory of culinary culture, so there could be duplication of content. I think there is also potential in the form of cooking practice rather than lectures.

Are there any food-related events or programs you would personally like to produce?

Over the last two or three years, there has been an increase in universities which develop graduates able to work in the food business on the basis of study of food culture. I would like to try challenges and tests of ability for students, as well as things like recipe competitions between students of similar universities, aiming at the appeal of courses like that. I haven't got to the stage of specific plans yet.

What are your personal cooking specialties?

I sometimes make "kawari gyoza" (modified potsticker dumplings), which are popular with my family. They are gyoza with fillings that I tried in a specialist gyoza restaurant that I like in the Chinatown of Johannesburg. I also add a lot of celery, chicken meat, cabbage, and ginger. Another delicious variety has cabbage, Chinese cabbage, mushrooms, perilla leaves, and ginger instead of meat.

Another thing I cook is khamomchin. It can also be called Thai-style curried noodles, and the noodles are made of rice flour, as they are across Southeast Asia. It's the representative dish of Northern Thailand. There are many varieties of soup, but the most popular types has fish that are steamed and pulled apart, and then the soup and meat are used, together with condiments like coconut milk, chilli, nam pla, and ginger. I also add the sour leaves called Kaffir lime. I can make it just like the original, even if I swap ingredients for somen noodles and canned mackerel. Sprinkle it with mint and coriander leaves as the finishing touch.



Brown Rice Café®

Organic Roasted Brown Rice Powder

With matcha lattes, smoothies with matcha, matcha-style cakes, and more, "matcha" is becoming a worldwide boom. What will be the next flavor to follow on from matcha?

Organic Roasted Brown Rice Powder by Brown Rice Café was the center of attention when it was exhibited at Natural Products Expo West 2019, the USA's largest trade show for natural foods. Japanese people are very familiar with roasted brown rice as the ingredient in genmaicha (brown rice tea) that gives the drink its rich scent and flavor. Some people outside Japan eat brown rice, but surely Japan is the only place with a culture of adding roasted brown rice to tea for drinking.

The greatest feature of this product is its unique manufacturing method: It is roasted in the heat of a charcoal fired kiln, without using any gas or electricity at all. The roasting work is done with painstaking care in the small hamlet of Nobushina, among the mountains of Nagano Prefecture, which is located in the center of Japan. The effect of infrared waves inside a charcoal-fired kiln carries the kiln's heat evenly throughout every grain, bringing out a deep richness and strong roasted scent that are unparalleled. After roasting, a special mill is used to slowly grind the rice into a fine powder. Part of the finely-ground rice powder has porosity similar to activated charcoal, which has attracted attention for its detox effect in recent years.

In May this year, Matcha Cha, a popular soft serve ice cream shop in Los Angeles, launched "roasted brown rice soft serve ice cream" and "roasted brown

rice latte" as new products using that organic roasted brown rice powder.

Don't miss roasted brown rice, the new flavor to follow matcha!

For more information visit www.brownricecafe.com



RECOMMENDED RECIPE

STEP 1

Prepare some Roasted Brown Rice Syrup™

- Organic Roasted Brown Rice Powder, 40g
- Brown sugar, 70g
- Water, 200mL

Mix with a blender until completely smooth!

STEP 2

Pour over ice in a glass

- 100mL of the Roasted Brown Rice Syrup™ you prepared in Step 1
- Milk, 250mL (or sugarless almond milk)

Thoroughly mix the poured ingredients to finish!



AIN SOPH RETURN TO YOUR TRUE SELF

Why did you choose a vegan restaurant?

My father's family line follows Shingon Esoteric Buddhism, and my mother's family is Catholic, so I grew up between two different religious creeds. It was an environment that accepted and respected nature, and the positions of both religions. That's why I didn't see anything strange about a vegetarian diet. Also, the Canadian family that were my homestay hosts were vegans. I think the influence of people I encountered at turning points in my life led to my current line of work.

Tell us about the name "Ain Soph".

Ain Soph comes from Hebrew. That's a phrase I heard when I had a spiritual experience, so I felt a connection with it. The company name is the single character "Shin", meaning "truth". Influenced by learning tea ceremony, I have seen the character "Shin" in many situations, and I used that as the company name from the idea of "not lying to myself and living in truth".

What is your view of the last 10 years?

Sometimes I have been able to express the absolute best I can do through my utmost efforts in cooking, and I have been striving to fully express myself in harmony with nature. I think that fact has connected to respect from my customers. I believe there's value in having people feel the excellence and simplicity of local ingredients through the vegan food that we, as Japanese people, have spent 10 years creating. We have been nurturing that carefully as our brand.

Over the last two or three years, many people have learned the word "vegan". We do not mean to recommend veganism as a way of life. Now there are options like Italian, French, and washoku, and I think it's important that vegan should be added to those options, and that people should recognize that there is such a culture. I think the last 10 years have been about having people come into contact with vegan food when they think "let's try vegan today".

YUKI SHIRAI Owner of Ain Soph

Ain Soph was founded in July 2009. By now, it has vegan restaurants in Ginza, Shinjuku 3-chome, Ikebukuro, Kabukicho, and Kyoto.

<http://ain-soph.jp>

What about the next 10 years?

At first I thought I wanted to make an embodiment of respect for nature, and I was managing the restaurant for myself. Now, young people are coming from around the world, saying they want to work here. Those young people look at vegan food with a new sensibility, and when their time comes, I think veganism will become much more of a boom. I think it would be good if vegan cuisine was a system and had textbooks and educational institutions to study from. The ideal thing, I think, would be for universities to have class units teaching that kind of thing. I want that day to come quickly.

"I want to provide customers with a dining experience that can inspire them to live according to nature and return to their true selves."

Nurturing Spirit in Dew Rose

The secret behind the delicious flavor of Dew Rose, which is cultivated, manufactured, and marketed by Agarato, is the natural water of the Koza River basin in Wakayama Prefecture, a river famed for the purity of its water.

The process starts from the cultivation of edible roses, by a unique method that uses no agricultural chemicals, and no chemical or animal-derived fertilizers. The roses nurtured by this farming method are dubbed “Dew Roses”. Aragato aims for eternal progress towards a future which will be more abundant for all life, including people, plants and animals, insects, and microorganisms. The basin of the Koza River, at the south end of Wakayama Prefecture, offered us the environment we needed to achieve that goal. Our new “Rose Butter” product was born.

What are the characteristics of your new “Rose Butter” product?

Rose Butter has a subtle rose scent, and it is also outstandingly beautiful in appearance. People can go on eating it with peace of mind because of the care we take over roses free of agricultural chemicals, and over other organic ingredients. It can also be stored at room temperature, because it uses no dairy products.

What are the raw materials?

Organic cashew nuts, organic coconut oil, sugar beet, organic coconut butter, edible rose, beet, and organic lemon juice.

What are some good ways to eat and enjoy it?

There are lots of ways.

Eat it just as it is. Mix it thoroughly after opening, then cool it in the refrigerator to solidify it, then eat it just like that for a satisfying snack.

Spread it on toast or on baked sweet potatoes. Spread on something warm, it melts deliciously, as a butter substitute.

Use it as an ingredient in cookies and cakes. Blend it into the mix to add depth to the flavor, as well as a subtle aroma of roses.

As a topping. Put this charming pink butter on top of ice cream or cookies.

Why did you choose butter as your new product?

We settled on butter because we wanted to use carefully-picked ingredients to create a product closely related to people’s everyday lives, so that they can eat it every day with peace of mind. We chose to make a butter product without using dairy products and eggs, so that everyone can eat it. After a succession of experiments, we arrived, at last, at safe, trustworthy, and delicious Rose Butter.

What are the four ideas behind Dew Rose?

The first is “delicious flavor”. Flowers bloom in order to carry life on to the next generation. That inner life force is the source of the flower’s beauty. We aim to make it into that kind of presence in people’s lives, to bring the inner source of their beauty into bloom. The second is “purity”. We want to beautifully polish the innate purity that everyone was born with and carries inside. The third is “sparkle”. Dew Rose has a sparkle which comes from the care we lavish on it, and we want to bring that sparkle to our customers too. And finally, there is “heart”. That’s the beautiful hearts of the giver and the recipient. We want our roses, which are well fitted to that idea, to be there in the beautiful hearts of those who give and receive flowers.



<https://www.organic-planet.jp>

VEGAN NOODLES are getting noticed as a way to accommodate food diversity

These cup noodles, for vegetarians and vegans, are supervised by T’s Restaurant. Since its launch in 2015, this product has been improved and updated three times, eventually being reborn as “VEGAN NOODLES” on September 9th, 2019. It is earning the support of foreign visitors to Japan, who enjoy it as a midnight meal in hotels, or as a gift. We asked president Shimokawa of T’s Restaurant about it.



What is the secret behind the popularity of VEGAN NOODLES?

For a start, it’s the first instant noodle product in the industry that doesn’t use animal-derived ingredients, chemical flavorings, or alcohol. We use non-fried noodles, which are not fried in oil, to reduce calories. Another secret behind its success is the fact that people can eat it as a quick and healthy meal even when they’re busy. It also has a great reputation as an emergency food reserve for offices.



How did you improve it to reach the finish product?

It was a tough challenge at first. Yet, imagining the smiles of people taking our noodles in their hands to create a new future kept us going. Our persistence led to two different kinds of flavor. One is Tan Tan Noodle Soup, which has a rich, deep soup. It is based on ground sesame seeds, accented with the spiciness of Chinese chili bean sauce, sweet soy sauce, and Szechuan pepper. The other is Hot and Sour Noodle Soup. It has a refreshing taste which stimulates the appetite with aroma of sesame oil and fresh tang of vinegar.

I hear it’s popular among foreigners traveling to Japan. Is it true?

We feel like these instant noodles have taken on a life of their own before we knew it. They have triggered encounters with people around the world. Customers visiting Japan immediately buy them by the box. They put the boxes in their suitcases to carry with them as they set out on journeys to everywhere from Hokkaido in the north to Fukuoka in the south. There are even customers who come to our stores carrying large backpacks, in which they pack our instant noodles and head straight out to climb Mt. Fuji. We get feedback from people who send us pictures with our VEGAN NOODLES. For example, eating on an ascent of Mt. Kitadake, before boarding a flight at Narita Airport, or at ryokans.

What do you aim to achieve with VEGAN NOODLES?

We care for not only human health and the global environment, but also for a society in which everyone can easily choose to eat food they trust, wherever they are.

While we’ve been talking, I started to feel like eating some VEGAN NOODLES. Where can I get some?

They are available at T’s Restaurant (Jiyugaoka, 03-3717-0831), and at T’s Tantan (JR Tokyo Station, 03-3218-8040; JR Ueno Station, 03-5826-5618; JR Sendai Station, 022-721-6527; and Narita Airport Terminal 2, 0476-32-0031). They’re also on sale on the T’s Restaurant website (<http://ts-restaurant.shop-pro.jp>). They are also available at some convenience stores and supermarkets.



Masako Shimokawa
President of
T’s Restaurant

For more information visit <http://ts-restaurant.jp>



ONE WITH NATURE

Blind Donkey, Jérôme Waag & Shinichiro Harakawa

How did you two happen to start working together?

I met Jerome through a food project in 2011 along with other chefs and artists. Compared to the classic French restaurant environment I worked at, they were working in a more relaxed style, expressing their opinions and ideas freely. I didn't know about Chez Panisse and Alice Waters at the time, but I was just curious about their working environment. I asked him if there were any chance for an internship, and he accepted me. I went to Chez Panisse every summer for several years and everyone was very nice and welcoming. Even though the restaurant was very busy, they all listened to each other and helped each other which was very surprising because I was working in a stressful kitchen where people were yelling and throwing things. I also started to learn about the organic products that were used. He took me to their contracted farmers, and I learned about organic, ways of working with nature, and the importance of soils and seas. Jerome kept coming back to Japan, so we started traveling, visiting farmers, exchanging ideas like cooking methods, and relationship through food, people, and nature. I thought that if he come to Japan, there could be a new positive influence on the Japanese agriculture and food culture. He was also thinking of leaving San Francisco to open his new restaurant. I thought that if he would be interested, why don't we do something together in Japan.

What is your future goal?

To make Japan 100% organic. I would like to see a completely natural Japan with beautiful gardens. It's an impossible vision, but that is the great horizon. In the short term, I would just do whatever I can to develop ways for farmers to sell their products, advertise and promote the importance of our attitude towards the soil and the environment that produces the food. Now we need to regenerate the soil and make strong ecosystems that can change with the climate. Keeping a healthy relationship with our planet is important, but it's a difficult thing to do. We need to stay connected to the soil.



What gave you the biggest impact or influence working 25 years in Chez Panisse?

I became more aware of the political aspect of food. It's not just aesthetic, lifestyle or quality of the food, but a political message of where food is positioned in our lives and how important it is for our health, environment, and culture at different levels. For example, fast food chains would have a very different attitude toward food compared to our restaurant in terms of how the ingredients are grown and transported, and how they are presented to the customers.

Why did you choose to open your restaurant in Japan?

There were many factors, but definitely an attraction to Japanese culture. I first came with a group of artists and chefs, and that's when I met Shin-san. Opening a restaurant like this was possible here in Japan, it would be easier and cheaper and could have a greater impact than in San Francisco where I lived. I also thought it would be a poetic adventure to discover a new culture through food by traveling throughout Japan to meet farmers, fishermen, and craftsmen. It was not necessarily a business decision but an artistic decision.

What is your cooking philosophy?

We try to do a lot of things by hand. I try to stay connected with the farm by visiting and meeting the producers. We use simple cooking techniques because we respect the produce. We don't process ingredients very much. We really want to people to connect with nature through the produce. We try to present the work of farmers as clearly and directly as possible. We try not to put too much of our ego into the food. It's important that people can taste the plant and directly experience the food.

CHOICE, NOT CHANCE, DETERMINES DESTINY

The Fukushima nuclear reactor disaster, triggered by the Great East Japan Earthquake on March 11, 2011, prompted me to turn my attention to food safety, and made me notice how unhealthy I had been eating so far.

There are no opportunities to study nutritional science in Japan's medical schools. Aren't Japanese doctors eating the most unhealthy diets as they do their exhausting work? I resolved to spread foods that would be better for the body and taste better, and immediately after the earthquake, I broke ground on a building that would incorporate a cafe.

I learned whatever I encountered about food and nutritional science, including molecular nutritional science, enzyme nutrition, macrobiotics, natural hygiene, and raw food, and that led me to encounter the China Study by T. Colin Campbell, which is a seminal work in nutritional science. I reached the conclusion that the most healthy foods are plant-based whole foods (PBWF). The PBWF diet goes beyond preventing diseases, to actually reverse them.

I settled on CHOICE as the name for the cafe, which I opened in September 2013, and I made more healthful choices in all ingredients, condiments, preparation methods, and cooking utensils. One common problem that troubles vegetarians around the world, and the last barrier to making the transition to PBWF, is that cheese just tastes too good.

In November 2011, I joined a live-in program by Dr. John McDougall, a doctor who practices the PBWF diet presented in The China Study. There I met Miyoko Schinner, the mother of vegan cheese, who would later become my best friend. In March 2013, the six starting members of CHOICE went to train at Miyoko's kitchen. Starting from that training, we developed CHOICE Fromage, and succeeded in making cheese that produces the most delicious dishes, in addition to being good for health.

Our instructor in Japan is Atsushi Hirata, the owner-chef of Akai Haze, a farmhouse restaurant in Kurume. He is a great master of French cuisine, and since switching to macrobiotics, his reliable skills, knowledge, and sensibility have made him a leader in Japan's macrobiotic cuisine. In addition to the abundant science-backed knowledge and spirit of inquiry that Miyoko, Atsushi, and CHOICE director Masako Horie have in common, I think they also share the depth



of their love for nature, as it encompasses humans and all living things. Their cooking is more delicious because it is built on a foundation of kindness.

The healthfulness of PBWF food is now backed by countless scientific studies. In contrast, there is no scientific backing for the low-carb diet, which recommends the consumption of animal protein. "Whole" examines why PBWF is not spreading in the USA despite the publication of the China Study in 2005 and the revelation that PBWF is the best dietary method, and the book "Low-carb Fraud", which was written as part of it, was published as a separate book. I translated it into Japanese. I also revised a book, published in 2017, about research into athletes, and into cases of people who overcame cancer, allergies, and other maladies for which the causes are unknown to Western Medicine. I also translated Whole into Japanese, and it is due to be published soon.

There are still no courses of nutritional science in Japanese medical schools, but I am trying to let some light into the world of medicine. I have been invited to speak to the Japanese Circulation Society, Japan's largest medical society with 26,000 doctor members, about PBWF in March next year.



Harue Suzuki

President of Suzuki Plastic Surgery Clinic
Owner of gluten-free & vegan cafe CHOICE

6000 years of Italian wine

Italian cuisine and washoku have many points in common. First of all, Italy has four seasons, and its land is elongated from north to south and surrounded by sea. Those conditions have blessed it with abundant fish, seafood, vegetables, meats, and other ingredients. Secondly, Italians enjoy food prepared with culinary methods that make the most of the flavors of the ingredients and are rooted in the land. Those techniques also preserve umami flavors. Italy has cultural roots that have pursued delicious foods since the era of the Roman Empire, and it has a word for exquisite food. Perhaps the favorable natural conditions and spirit of inquiry into food are points that Italy and Japan have in common.

The tomato, an indispensable element of Italian cuisine, is rich in glutamic acid and aspartic acid, which are umami ingredients. So Italian food, which uses tomato sauces that are rich in glutamic acid in the same way as miso and soy sauce, matches the tastes of Japanese people, who make dashi stock from kombu (kelp) and katsuobushi (dried bonito) in pursuit of umami.

This year, the Trade Promotion Section of the Embassy of Italy in Tokyo again organized tasting events for Italian food and Italian wine in Tokyo. Around 50 wineries and 20 food manufacturers came to Japan for lively sessions of tasting and meetings in the venue, which was buzzing with excitement.

Italian wine has 6,000 years of history. Ms. Toshiko Omichi, Senior Trade Analyst of the Trade Promotion Section of the Embassy of Italy in Tokyo, explained the characteristics of Italian wine. "Italian wine has the world's largest production volume, surpassing even France and Spain. If you want one word for the character of Italian wine, I'd say "diversity". In contrast to France and Spain, grapes are grown throughout the land of Italy. There are no regions where grapes cannot be grown. There are endless indigenous varieties of grapes which are unique to where they grow, and they are still nurtured with care. That is why so many grape varieties are cultivated in Italy. Those grapes have been used to create diverse wines of deep individuality, which match the traditional cuisine of each region".

That diversity can be found in cheese as well as in wine. There are actually over 500 varieties of cheese in Italy. Japan's annual per-capita consumption of cheese is about 2.5kg. Italians consume about nine times as much.

Parmesano Reggiano and several other varieties of hard cheese were presented at the venue. Among them, the one that attracted the most attention was Bella Lodi Raspadura (image on bottom right), a hard cheese which is matured for six months. Hard cheese is normally matured for around one year, but this cheese has a relatively short maturation period of six months, and the way it is eaten is also unusual.

The surface of a large hard cheese is thinly shaved to produce a soft and fluffy mouth feel that we have never experienced from cheese before. It's just like the texture of dried bonito after it has been shaved. That is a way of eating cheese that is unique to the Lodi province of Lombardy, and is unusual even in Italy.

Foods and Wines from Italy



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.

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.



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 Jungumae 03 15 Harajuku JR

Shibuya JR 01 16 01



<http://omotesando.or.jp/en>

Omotesando 04 02 02



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) - kyū (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



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 Kyūjō (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 Jungumae Harajuku

099 ジェントル
GENTLE
Italian, Sushi



Lunch: ¥3,000- / Dinner: ¥10,000- | Lunch 11:30AM-3:00PM (L.O. 2:30PM)
 *lunch served in the 1F Italian restaurant only, Dinner 5:00PM-11:00PM (L.O. 10:00PM) <Closed> Sunday | Credit card: VISA, MASTER, AMEX, JCB, UnionPay, DINERS | <https://www.gentle-base.com>

Quinoa Risotto with Naturally grown Beans

GENTLE is spread across two floors, with Italian restaurant and bar located on the 1st floor, and the sushi bar on the basement floor. In addition to meat, fish, and other traditional dishes, around half of the items on the Italian restaurant's menu are vegan, so that diners with all types of dietary preferences can enjoy meals around the same table. At the sushi bar, the menu offers a single "chef's recommendation" course, with items and price clearly displayed, so that visitors can relax and enjoy their meals.

5-47-6 Jingumae, Shibuya-ku Phone: 03-6897-3777
 Omotesando Exit B2, 7 min. walk



072 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 Gaien B1F, 2-5-4 Jingumae, Shibuya-ku
 Gaenmae Exit 3, 5 min. walk Aoyama-itchoe Exit 7, 15 min. walk



073 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
 Gaenmae Exit 3, 5 min. walk



001 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

003 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** **F6** **01** Exit 1, 4 min. walk

004 キャラクレ! 渋谷マルイ店
Characre! (Shibuya Marui)
Crepes

Crepe: ¥300- / Drink: ¥300-
 11:00AM-9:00PM (L.O. 8:50PM) *Closes at 8:30PM (L.O. 8:20PM) on Sun & Holiday <Closed> Irregular Holiday (Corresponds to Shibuya Marui)
<https://www.chara-cre.com>



Character crepes of each season
 "CHARACRE!" serves a unique collaboration of the latest anime series and crepe. "Marion Crepe," the oldest crepe chain in Japan is developing their character crepe recipes. At the newly established C.A.P (Culture Amusement Park) Harajuku, you can purchase and trade character items, enjoy live performances, and stages. Experience the Japanese pop culture at C.A.P Harajuku!



Shibuya Marui 1F, 1-22-6 Jinnan, Shibuya-ku
 Shibuya **JR** **01** **F6** **01**

091 魚魯魚魯 渋谷宮益坂店
Gyoryogyoro (Shibuya Miyamasuzaka)
Washoku, Izakaya

Lunch: ¥900 / Dinner: ¥4,000- / Course: ¥4,000-
 <Mon-Thu> 11:30AM-2:30PM, 4:30PM-11:30PM <Fri & Before Holiday>
 11:30AM-2:30PM, 4:30PM-5:00AM <Sat> 2:30PM-11:30PM <Sun & Holiday>
 2:30PM-11:00PM | Credit Card: VISA, Master, AMEX, JCB, UnionPay
<http://www.gyoryogyoro.jp/>



Bluefin tuna head and green onion hot pot - uses a very rare part of the tuna
 Gyoryogyoro serves simple and delicious cuisines that brings out the natural flavors of the ingredients. Their menus using seasonal ingredients and blow fish are a perfect match with alcoholic beverages. The restaurant is very calm and relaxing with a basic tone of black. Private rooms are also available.



Kaleido Shibuya Miyamasuzaka 5F, 1-12-1, Shibuya, Shibuya-ku
 Phone: 03-5774-8811
 Shibuya **JR** 3 min. walk

006 肉炭バル MATOI-YA 表参道店
Matoiya (Omotesando)
Charcoal Grill, Bar

Lunch: ¥850- / Dinner: ¥3,500- / Course: ¥3,500-
 <Mon-Thu> 11:30AM-3:00PM, 5:00PM-11:30PM <Sat> 11:30AM-5:00PM,
 5:00PM-3:00AM <Fri & Before Holiday> 11:30AM-3:00PM, 5:00PM-3:00AM
 <Sun & Holiday> 11:30AM-5:00PM, 5:00PM-11:30PM <Closed> 12/31, 1/1
 Credit Card: VISA, Master, AMEX, JCB | <http://matoiya.jp/>



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

HÖTERES JAPAN 2020
 CATEREX JAPAN 2020
 HCJ2020 JAPAN FOOD SERVICE EQUIPMENT SHOW 2020

NATURAL FOOD PRODUCTS

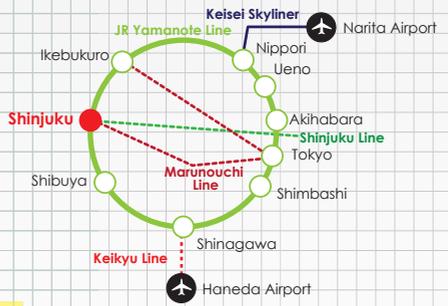
To Serve Diversifying Dietary Habits

HCJ2020 will expand the space allocated to the exhibition zone for natural foods. In addition to the changing lifestyles of Japanese people and a growing orientation towards health, the growth in numbers of foreigners visiting Japan is promoting greater diversification in dietary habits. Natural foods, which include a diverse range of items, is a category that will be much more in demand from now on in hotels, ryokan inns, and the food service industry.

February 18 - 21, 2020 | 10am-5pm (last day till 4:30pm) | Makuhari Messe
<http://www.jma.org/hcj/en>



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.

東京都庁
Tokyo Metropolitan Government

¥ FREE

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 JR M08 F27 S01
Tochomae F28

新宿御苑
Shinjuku Gyoen National Garden



¥ 200

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 JR M08 F27 S01 South Exit
Shinjuku Gyoenmae M10 Exit 1
Shinjuku-Sanchome F13 Exit E5 S02 Exit C1/C5

ニューマン
NEWoMan

NEWoMan is a shopping facility that opened in 20 that targets "mature women who are looking for truly fine items". They have over 100 shops ranging from fashion and cosmetics to restaurants and Japanese souvenirs. They even have specialized clinics and facilities to hold events.

Shops 11:00AM-9:30PM | Restaurants (Food Hall) 7:00AM-1:00AM | <https://www.newoman.jp/en/>

Shinjuku JR M08 F27 S01
Shinjuku-Sanchome M09 S02 Exit 10 F13

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 M09 F13 S02 Exit C4
Shinjuku JR M08 F27 S01 East Exit

京王プラザホテル

Keio Plaza Hotel Tokyo

Keio Plaza Hotel Tokyo is located in Shinjuku Skyscraper district, just 5-min walk from the Shinjuku station. It is a star hotel that provides seasonal events where people can learn and experience Japanese culture such as Japanese flower arrangement, Kimono, and Japanese tea ceremony. You can also enjoy the breath-taking views over Tokyo, comfortable rooms with free Wi-Fi, fitness room, sky pool, business center, as well as premium dining options.

Shinjuku West Exit Exit B1



JAPANESE FLOWER ARRANGEMENT



JAPANESE TEA CEREMONY



GOLDEN GAI

ゴールデン街

Golden Gai

Golden Gai is located in the east side of Shinjuku where tiny bars are squeezed into narrow streets. Golden Gai dates back to World War II when journalists and novelists gathered every night for discussions. Most ramshackle bars only have counter seats, usually only serving regulars. Some bars have just enough room for 5 or 6 people, if you don't mind rubbing shoulders with each other. Tininess, the main appeal of this town, creates warmth and a friendly atmosphere.

Shinjuku

Shinjuku-Sanchome Exit B3/E1

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



新宿東宝ビル

SHINJUKU TOHO BLDG.

Located amid Kabukicho, the 12-meter "Godzilla Head" built on the 8th floor of the TOHO Building is becoming the new symbol of Shinjuku. The building is 30 stories high, consisted of restaurants and amusement shops on 1-2 floors, Tokyo's largest TOHO Cinema on 3-6 floors, and Hotel Gracery on 8-30 floors with 970 guest rooms. Hotel Gracery welcomes you with a "Godzilla View Room" where you can fully enjoy the world of Godzilla!

Shinjuku

074 新宿割烹 中嶋

Shinjuku Kappo NAKAJIMA

Washoku Kappo



Dinner Course: ¥13,300-
<Mon-Sat> 11:30AM-2:00PM (L.O. 1:30PM), 5:30PM-9:30PM (L.O. 8:00PM)
<Closed> Sunday, holiday | Credit Card: VISA, MASTER, DINERS
<http://www.shinjuku-nakajima.com/>

A first-rate Japanese restaurant, dedicated to progress while preserving its long standing tradition. While offering cuisine rooted in Japanese culinary tradition, made with seasonal ingredients, they also serve innovative new dishes. The current owner's grandfather was the talented ex-head chef of Hoshigaoka Saryo, the restaurant run by Rosanjin Kitaoji. The restaurant has a calm atmosphere, very different from the bustle of the Shinjuku 3-Chome area.



Nichihara Building B1F, 3-32-5 Shinjuku, Shinjuku-ku

Shinjuku East / South Exit, 3 min. walk Exit A1, 2 min. walk



075 四谷 うえ村

Yotsuya Uemura

Washoku Kappo



Dinner Course: ¥18,700-
<Mon-Sat> 6:00PM-11:00PM (L.O. 9:00PM) <Closed> Sunday, holiday
Credit Card: VISA, MASTER, DINERS

A washoku restaurant established by owner chef who trained in famous restaurants in Kyoto and Tokyo. Offering nothing but omakase (chef's choice) course, the restaurant features cuisine that brings out the umami flavor of seasonal ingredients across the board. Dishes prepared with eggplant are its specialty, and many customers come yearning for their eggplant topped with sea urchin and their herring and eggplant.



Nemoto Building 1F, 8-1 Arakicho, Shinjuku-ku

Yotsuya-Sanchome Exit 4, 5 min. walk



087 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 West Exit, 2 min. walk



Vegetarian*



HALAL Halal & vegetarian*



Recommended menu

*Halal & vegetarian menus may require reservation in advance

007 **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 Exit A1, 5 min. walk

008 **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 Exit 1 min. walk Shinjuku West Exit, 10 min. walk

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



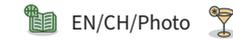
Lunch: ¥1,000- / Dinner: ¥4,000 / Course: ¥5,200-
 <Mon-Sat> 11:30AM (Sun & Holiday 12:00PM)-3:00PM (L.O. 2:30PM) <Mon-Fri> 5:00PM-11:00PM (L.O. 10:00PM) <Sat, Sun & Holiday> Closes 30 min-1.5 hour earlier <Closed> New Year Holiday & when the building is closed
 Credit Card: VISA, Master, AMEX, JCB,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

077 **魚や一丁 新宿三光町店**
Uoya Iccho (Shinjuku-Sankocho)
 Washoku, Sushi, Nabe, Izakaya, Sashimi, Crab



Lunch: ¥800- / Dinner: ¥3,000- / Course: ¥3,500- (all you can drink)
 11:30AM-2:00PM (L.O. 1:30PM) Weekday only
 4:00PM-11P:00M (L.O. 10:30PM)
 Credit Card: VISA, Master, AMEX, JCB | movia.jpn.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 East Exit, 10 min. walk Shinjuku-Sanchome Exit C6, 1 min. walk

011 **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 Exit 2, 5 min. walk
 Tochomae Exit A6, 1 min. walk

012 **四季の味ほり川小田急ホテルセンチュリーサザンタワー店**
Japanese Restaurant Horikawa
 Washoku, Sushi, Shabu-shabu, Nabe, Teppanyaki



Lunch: ¥3,200-, Course: ¥4,500- / Dinner: ¥8,000-, Course: ¥6,480-
 <Mon-Fri> 11:30AM-2:30PM (L.O. 2:30PM), 5:00PM-10:30PM (L.O. 9:30PM)
 <Sat, Sun & Holiday> 11:00AM-3:30PM (L.O. 3:30PM), 3:30PM-10:30PM (L.O. 9:30PM) | Credit Card: VISA, Master, AMEX, JCB, Others

Sankai Okonomi Course ¥6,000 + service charge + tax

Located only 3 minutes away from Shinjuku Station on foot, Japanese Restaurant Horikawa provides you a luxurious atmosphere that will make you forget the hustle and bustle of Shinjuku. You can enjoy 3 types of Washoku: Japanese cuisines such as delightful course menus and shabu-shabu, Teppanyaki of Japanese Black and fresh seafood at the counter seats, and fresh Sushi using ingredients from the Tsukiji Fish Market.

Odakyu Hotel Century Southern tower 19F 2-2-1-Yoyogi, Shibuya-ku Phone: 03-3320-6552
 Shinjuku Southern Terrace Exit, 2 min. walk Exit A1, 1 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.



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



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

013 鳥良 上野駅前店
Toriyoshi (Ueno Ekimae)
Washoku, Izakaya, Yakitori



Lunch: ¥1,300- / Dinner: ¥3,800- / Course: ¥5,000-
 <Lunch> 11:00AM-3:00PM <Dinner> 3:00PM-12:00AM (L.O. 11:00PM)
 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

014 上野の森 PARK SIDE CAFE
Ueno no mori PARK SIDE CAFE
Café



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

078 Bistrot Taka
Bistrot Taka
Bistrot, French



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 13 Exit 5, 5 min. walk

Ueno-Hirokoji 15 10 min. walk Ueno-Okachimachi 69 10 min. walk



016 秋葉原 LIVE RESTAURANT Heaven's Gate
Akihabara LIVE RESTAURANT Heaven's Gate
Maid Cafe



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 JR 15 Electric Town Exit, 1 min. walk



017 神田炎蔵 秋葉原UDX
Kanda Enzo (Akihabara UDX)
Yakiniku



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 JR 15 Electric Town Exit, 1 min. walk



018 GUNDAM Café 秋葉原店
GUNDAM Café (Akihabara)
Entertainment Cafe



Lunch: ¥1,000- / Dinner: ¥1,500-
 10:00AM-10:30PM (Food L.O. 9:30PM, Drink L.O. 10:00PM)
 Credit Card: VISA, Master | <http://g-cafe.jp/>

“Char’s ZAKU rice ~Chicken omelet rice~”

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. Experience the legend of the Japanese animation in the city of otaku, Akihabara.

1-1 Kanda Hanaokacho, Chiyoda-ku Phone: 03-3251-0078

Akihabara JR 15 Electric Town Exit, 1 min. walk



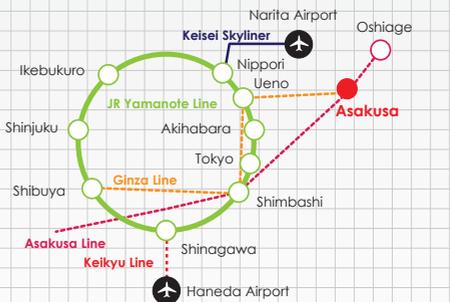
©SOTSU・SUNRISE

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 19 18 01

かつば橋道具街

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 18 Iriya 18 Asakusa 19 18 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 19 18 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 19 18 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 19 18 01

7 min. walk

- 019** 浅草今半 国際通り本店
Asakusa Imahan (Kokusai Street)
Sukiyaki, Shabu-shabu, Kaiseki



Lunch: ¥4,000- / Dinner: ¥10,000- / Course: ¥10,000-
 <Lunch> 11:30AM-3:00PM <Dinner> 3:00PM-9:30PM (L.O. 8:30PM)
 Credit Card: VISA, Master, AMEX, UnionPay
<http://www.asakusaimahan.co.jp/>

Kobe Beef Sukiyaki Gozen

Established in 1895, Asakusa Imahan 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 Asakusa Imahan 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 A2 Exit, 1 min. walk

- 020** 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 Exit 2, 0 min. walk A4 Exit, 1 min. walk

- 021** 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-12:00AM (L.O. 11:00PM)
 <Sat, Sun & Holiday> 1:00PM-12:00AM (L.O. 11:00PM)
 Credit Card: VISA, Master, AMEX, JCB | movia.jpn.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 Exit 6, 2 min. walk

- 022** 土風炉 浅草店
Tofuro (Asakusa)
Washoku, Sukiyaki, Shabu-shabu, Nabe, Soba, Udon, Izakaya, Robata



Lunch: ¥1,500- / Dinner: ¥3,500- / Course: ¥3,800-
 <Lunch> Sat, Sun & Holiday 11:30AM-5:00PM
 <Dinner> 5:00PM-11:30PM (L.O. 10:45PM)
 Credit Card: VISA, Master, AMEX, JCB, UnionPay | <http://www.tofuro.jp>

Kushiyaki -skewered meat and vegetables

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 traditional Japanese designs and Kabuki.

1-24-1 ROX2G 4F Asakusa, Taito-ku Phone: 03-5806-4455
 Asakusa Exit 4, 5 min. walk Exit 3, 7 min. walk

- 023** 天丼 葵丸進
Ten-don Aoi-marushin
Tempura, Ten-don



Lunch: ¥2,000- / Dinner: ¥2,500- / Course: ¥4,000-
 11:00AM-9:00PM (L.O. 8:00PM) <Closed> 2nd & 4th Monday
 Credit Card: VISA, Master, AMEX, JCB, UnionPay
<http://www.aoi-marushin.co.jp>

Tempura Course "Ume" ¥4,000 + tax -Appetizer, assorted tempura, small mixed tempura with shrimp, rice & soup, dessert

Aoi-marushin 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 Exit 1, 3 min. walk

- 024** 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: ¥5,000-
 <Mon-Fri> 11:00AM-5:00PM (L.O. 5:00PM), 5:00PM-11:00PM
 <Sat, Sun & Holiday> 12:00PM-12:00AM
 Credit Card: VISA, Master, AMEX, JCB, UnionPay | <https://www.isomaru.jp>

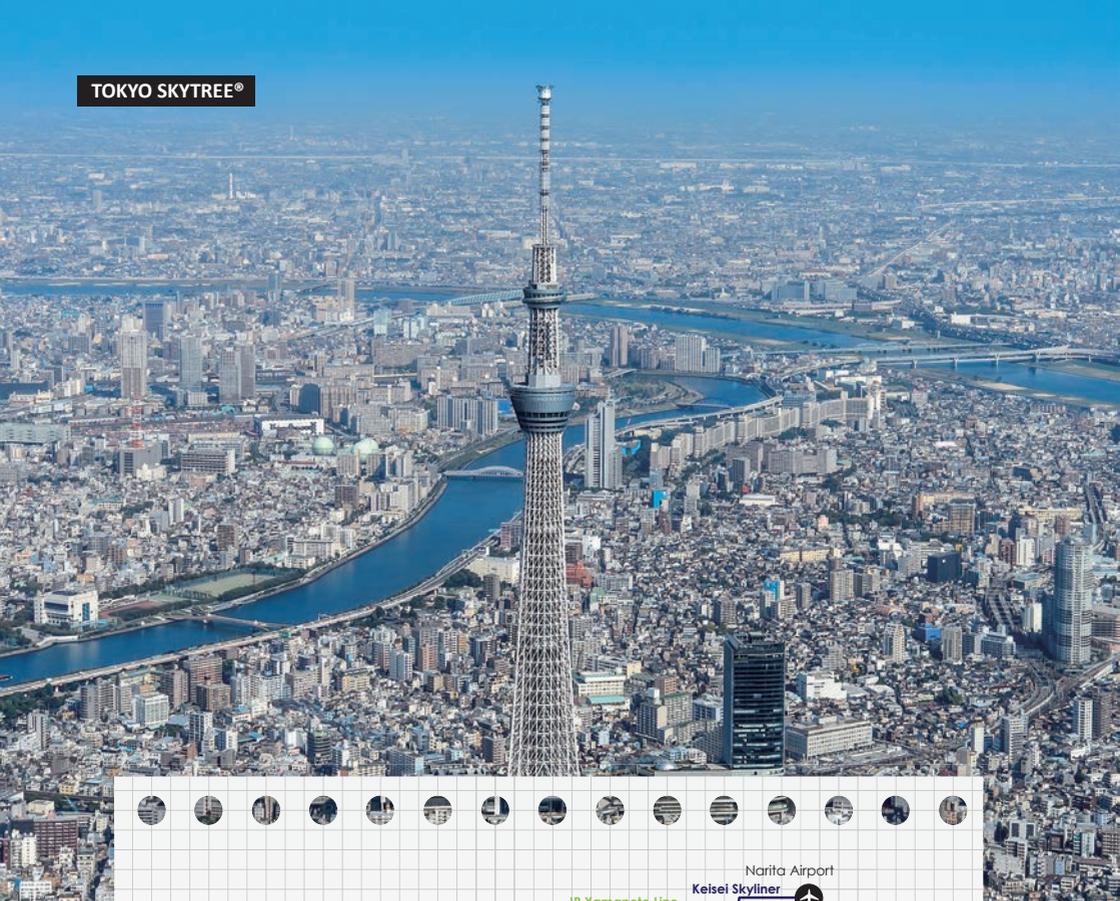
Kaisen Isomaru Hamayaki -Enjoy grilling fresh seafood at your table. Taste the natural flavors of the seafood.

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 8 min. walk
 Tawaramachi 4 min. walk



TOKYO SKYTREE®



025 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-
 <Mon-Sat & Before Holiday> 11:00AM-2:00AM
 <Sun & Holiday> 11:00AM-12:00AM
 Credit Card: VISA, JCB | <http://sakanaya-group.com/05ami/index.html>



ISEGAHAMABEYA-chanko (¥2,200 + tax)
 Chanko is a special kind of nabe that is particularly served to Sumo wrestlers. Try Chanko Dining Ami's delicious, filling, and healthy chanko using recipes transmitted from Isegahama-beya (Isegahama sumo wrestling house)! They also serve dishes using fresh ingredients from Tsukiji 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&4F Ryogoku, Sumida-ku Phone: 03-5669-1570
Ryogoku **East Exit, 1 min. walk**



030 ビバ 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 **B3 Exit, 1 min. walk** **Tokyo Skytree** **0 min. walk**



027 スカイツリー®ビューレストラン 簾 (れん)
REN
Washoku (Japanese style cuisine), Charcoal grill steak EN

Washoku Lunch: ¥2,000- / Dinner: ¥6,500- / Charcoal Grill Steak Dinner: ¥10,000-
 <Lunch> 11:30AM-3:00PM (L.O. 2:00PM) <Dinner> 5:30PM-10:00PM (L.O. 9:00PM)
 Credit Card: VISA, Master, AMEX, UC, DC, UFJ, Diners, JCB, Nicos, MUFG
<https://www.tobuhotel.co.jp/levant-restaurant-bar/ren/>



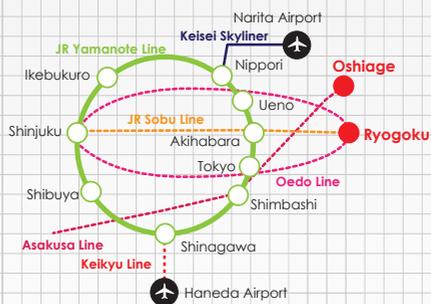
Flambe dessert
 Located in the highest floor of the hotel building, providing an excellent view of TOKYO SKYTREE® on the north side and Tokyo Tower on the south. Using superb techniques they serve traditional Japanese cuisines with seasonal ingredients filled with love, pride and creativity. A wonderful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

Tobu Hotel Levant Tokyo 1-2-2 Kinshi, Sumida-ku Phone: 03-5611-5591
Kinshicho **North Exit** **Exit 3, 3 min. walk**



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.

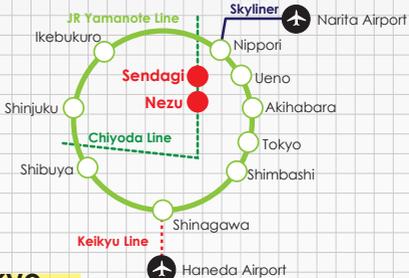


谷中・根津・千駄木

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.



031 千駄木露地イタリアン Sendagi Roji Italian Italian



Lunch: ¥1,300- / Dinner: ¥4,000- / Course: ¥3,800-
11:30AM-3:00PM (L.O. 2:30PM), 6:00PM-11:00PM (L.O. 10:00PM)
<Closed> 1st & 3rd Tuesday, Wednesday
Credit Card: VISA, Master | <http://sendagiroji.com/>



Acquapazza of fresh fish

Sendagi Roji Italian is an Italian restaurant that renovated an old Japanese-style housing built 80 years ago. “Roji” means “small passage between houses.” Lattice doors, stairs, and big stains give the taste of the old days in Japan. Do not hesitate walking into a “Roji” and you will find some delicious homemade Italian dishes in the warm Japanese atmosphere.



2-42-2 Sendagi, Bunkyo-ku Phone: 03-5814-8087

Sendagi 15 Exit 1, 5 min. walk



032 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>



Shiokubu 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



033 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 02 West Exit, 5 min. walk Sendagi 15 Exit 2, 5 min. walk



Vegetarian*



HALAL Halal & vegetarian*



Recommended menu

*Halal & 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
Higashi Ginza



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
Kasumigaseki



HIBIYA PARK



GINZA SIX

銀座
Ginza

Refined Shopping Area

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



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 Exit A2
Higashi Ginza Exit A1
Ginza-Itchome 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
Hibiya
Yurakucho

035 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 Exit 5-6, 2 min. walk
 Ginza Exit A13, 5 min. walk

036 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 Exit 8, 1 min. walk
 Ginza Exit A9, 4 min. walk

037 がんこ 銀座1丁目店
Ganko (Ginza-itcho)
 Washoku, Kaiseki



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

Jo-nigiri

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

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

Ginza-Itchome Exit 7, 1 min. walk
 Kyobashi Exit 3, 4 min. walk

097 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 Exit 3, 1 min. walk

039 ザ・ローズ&クラウン 有楽町店
The Rose & Crown (Yurakucho)
 Beer Pub



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

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

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

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

Yurakucho Exit 2 min. walk

040 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 Exit 7 min. walk
 Yurakucho Exit 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. Nijubashi (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     

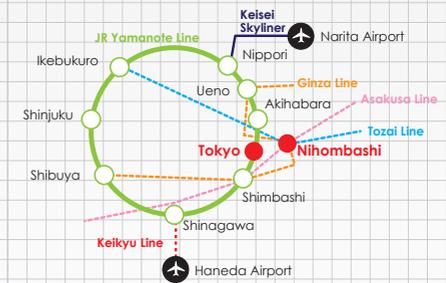


丸ノ内・日本橋

Marunouchi Nihonbashi

Center of Modern Tokyo

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



日本橋三越本店

Nihombashi Mitsukoshi Main Store

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

Nihombashi    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   
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   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   Exit B6 Nihombashi    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  

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.



041 日本橋ゆかり
Nihonbashi Yukari
Washoku

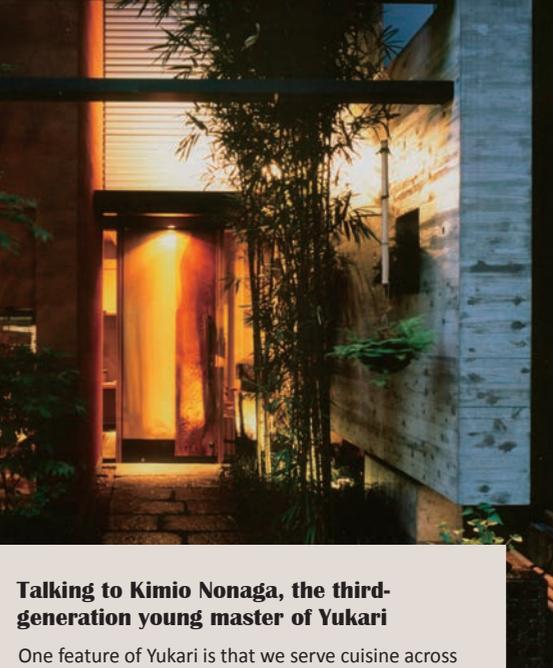
 Lunch: ¥3,500- / Dinner: ¥10,000-
11:30AM-2:00PM (L.O. 1:30PM)
5:00PM-10:00PM (L.O. 9:30PM)
<Closed> Sunday & Holiday
Credit Card: VISA, Master, AMEX
<http://nihonbashi-yukari.com/>



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

Tokyo  Yaesu Exit, 3 min. walk

Nihombashi    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.

042 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: 03-5220-2572
 Tokyo **JR** Yaesu South Exit, 1 min. walk **丸の内線** Yaesu North Exit, 5 min. walk

100 アメリカンビストロ ニア
American Bistro nia
 American, Wine Bar



Lunch: ¥900- / Dinner: ¥2,000- / Course: ¥3,800-
 <Mon-Fri> Lunch 11:30AM-2:00PM, Dinner 5:30PM-10:00PM <Sat> 5:00PM-9:00PM <Closed> Sun & Holidays | Credit Card: VISA, MASTER, AMEX, JCB, DINERS | <http://bistronia.tokyo/en/>

Hokkaido Spare Ribs - gently simmered with mashed potato (¥2,180)

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

7-13 Nihonbashi Kobunacho, Chuo-ku Phone: 03-6264-9279
 Mitsukoshimae **丸の内線** Exit B5, 6 min. walk **有明線** Ningyocho **丸の内線** Exit A5, 6 min. walk

081 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 **丸の内線** Exit 13, 1 min. walk **丸の内線** Suitengumae **丸の内線** Exit 10, 8 min. walk **丸の内線** Hamacho **丸の内線** Exit 10, 8 min. walk

088 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 **JR** **丸の内線** Marunouchi North Exit, 3 min. walk **丸の内線** Otemachi **丸の内線** Exit 11, 09, 18, 09, 08 B1 Exit, 1 min. walk



089 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 **JR** **丸の内線** Yaesu North Exit, 2 min. walk **丸の内線** Otemachi **丸の内線** Exit 11, 09, 18, 09, 08 B10 Exit, 2 min. walk



096 フィンマケールズ丸の内パレスビル店
Finn McCool's (Marunouchi Palace Bldg.)
 Irish Pub



Lunch: ¥1,000- / Dinner: ¥2,000- Course: ¥4,000-
 <Mon-Fri> 11:00AM-11:30PM <Sat> 11:00AM-9:30PM
 <Sun & Holiday> 11:00AM-10:30PM <Closed> Irregular
 Credit Card: VISA, MASTER, AMEX, JCB, Diners

Vegan plate - fried soy meat with rice, pickled vegetables and salad

The pub offers Irish whiskey, cocktails, and Guinness beer in an exotic atmosphere. Stop by after work or on your way to explore Tokyo. Whether you are alone or in a group, come at ease because they have multiple English speaking staff. They also have a wide selection of whiskey from around the world. Vegan menus are also available for lunch.

Palace Bld. B1F, 1-1-1 Marunouchi, Chiyoda-ku Phone: 03-6273-3997
 Tokyo **JR** **丸の内線** Marunouchi Central Exit, 10 min. walk
 Otemachi **丸の内線** Exit 11, 09, 18, 09, 08 C13 Exit, 3 min. walk



アートトライアングル六本木

The Art Triangle Roppongi

For the purpose of promoting art in Roppongi, "The National Art Center, Tokyo," the "Suntory Museum of Art," and the "Mori Art Museum" formed what is called "The Art Triangle". The triangle comes from the shape on the map where each museum is located across Roppongi crossing street. "Roppongi Art Triangle map" was first published in 2006 that became popular with ATRo saving; visitors with an entrance ticket of either museum can have discount on the other two museums. You can download the map from their website or get it at Mori Art Museum. "The National Art Center, Tokyo" is the largest museum in Japan designed by Kisho Kurokawa, the designer of Exhibition Wing of the Van Gogh Museum. Not having its own collection, it has been a venue for many exhibitions of modern art. The "Suntory Museum of Art" links ancient art and modern art, desires for "art in life". Beautiful tea ceremony room is located inside the museum where you can experience "the way of the tea". The museum guide is available in Japanese, English, French, Chinese, and Korean. "Mori Art Museum" is located on the 53rd floor of Mori Tower, Roppongi Hills building.

Suntory Museum of Art
<https://www.suntory.com/sma/>

The National Art Center Tokyo
<https://www.nact.jp/english/>

Mori Art Museum
<https://www.mori.art.museum/en/>



赤坂サカス

akasaka Sacas

akasaka Sacas, the headquarters of TBS (Tokyo Broadcasting System), was named with the hope to bloom ("sakasu" in Japanese) a new cultural trend in Akasaka and because this place is full of "saka" (=slope). When "akasaka Sacas" read from the right, it's "saca saka saka." The atmosphere is rather casual than Tokyo Midtown or Roppongi Hills, and more entertainment fairs and events are held especially in summer.

<http://sacas.net>

Akasaka 06

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 JR 02 East Exit

048 個室会席 北大路 虎ノ門茶寮

Japanese Kaiseki cuisine KITAHOJI TORANOMON SARYO



EN/Photo

Washoku, Tempura



Lunch: ¥2,000- / Dinner: ¥7,000- / Course: ¥7,000-
 <Mon-Fri> 11:30AM-2:00PM (L.O. 1:00PM), 5:00PM-10:30PM (L.O. 9:00PM)
 <Sat> 11:30AM-3:00PM (L.O. 1:00PM), 5:00PM-9:00PM (L.O. 7:00PM)
 <Closed> Sunday, Holiday | Credit Card: VISA, Master, AMEX, JCB, others
<http://www.kitahoji.co.jp/toranomonsaryo/>



Vegetarian-kaiseki

Experience the seasonal Japanese cuisines at KITAHOJI TORANOMON SARYO's private dining rooms. It opened in 2015 reflecting the needs of many foreign visitors coming to the Toranomom area. The special vegetarian kaiseki and other vegetarian menus are available to meet the foreign customers' expectations.



3-17-1 Toranomom, Minato-ku Phone: 03-3434-1115

Kamiyacho 05 Exit 3, 1 min. walk Toranomom 07 Exit 4, 8 min. walk



049 リオグランデグリル 六本木

Rio Grande Grill Roppongi



EN

Churrasco Brazilian Barbecue



Lunch: ¥1,300- (Weekdays), ¥3,564- (Weekend) / Dinner: ¥4,860-
 <Mon-Fri> 11:30AM-3:00PM (L.O. 2:00PM), 6:00PM-11:00PM (L.O. 10:00PM)
 <Weekend & Holiday> 11:30AM-3:30PM, Sat & Before Holiday 5:30PM-11:00PM (L.O. 10:00PM), Sun & Holiday 5:00PM-10:30PM (L.O. 9:30PM)
 Credit Card: VISA, Master, 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 23 04 Exit 3, 2 min. walk



The 45th International Food and Beverage Exhibition

FOODEX JAPAN 2020



Japan, the Gateway to Asian Markets

March 10 (Tue) - 13 (Fri), 2020
 10:00-17:00 (16:30 on last day)
 Makuhari Messe, Japan

3,316 Exhibitors from
 94 countries & regions!



Vegetarian*



HALAL Halal & vegetarian*



Recommended menu

*Halal & vegetarian menus may require reservation in advance

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

051 久兵衛 ザ・メイン店
Kyubey (The Main)

Washoku, Sushi

Lunch: ¥3,000- / 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).

052 石心亭
Sekishin-tei

Teppanyaki

Course Lunch : ¥6,000- / Course Dinner: ¥18,000-
<Mon-Fri> 11:30AM-2:00PM, 6:00PM-9:00PM
<Sat, Sun & Holiday> 11:30AM-3:00PM, 6:00PM-9:00PM
Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others | Phone: 03-3238-0024

👍 Ryokuin Course with Kobe Beef ¥24,000 + 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 Kobe Beef, seasonal seafood, and vegetables, carefully selected and grilled to perfection by the chefs.

053 天婦羅ほり川 ホテルニューオータニ店
Tempura Horikawa

Tempura

Lunch: ¥2,000- / Course Lunch: ¥3,800-
Dinner: ¥5,000- / Course Dinner ¥5,000-
<Mon-Sat> 11:30AM-2:30PM, 5:00PM- 9:30PM
<Sun & Holiday> 11:30AM-2:00PM, 2:00PM-9:30PM
Credit Card: VISA, Master, AMEX, JCB, Others | Phone: 03-3221-4166

👍 Tsuki Course ¥6,500 + 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.

083 ÉdiTioN Koji Shimomura
ÉdiTioN Koji Shimomura

French

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. walk093 ウニ
#uni

Seafood

Lunch: ¥1,000- / Dinner: ¥6,000 - ¥8,000
11:30AM-2:00PM (L.O. 1:30PM) 6:00PM-11:30PM (L.O. 10:30PM)
Credit Card: VISA, MASTER, AMEX, JCB, DINERS | http://uni-seafood.com

👍 SEAFOOD PLATTER (includes oyster, clam, mussel, squid, crab, shrimp, lobster, etc. -subject to change depending on the season)

Experience the joy of selecting from a wide choice of seafoods. Their fresh ingredients are directly shipped from all over Japan ranging from Hokkaido, the northern end of Japan, to Okinawa, the southern end. You can see and choose from the carefully selected seafoods displayed on the ice bed and have it cooked to your taste. Enjoy the fish market style dining in a more casual way.

📍 Roppongi Fortuna Bldg. 1F, 7-12-23 Roppongi, Minato-ku Phone: 03-6447-4832
Roppongi 23 Exit 7, 3 min. walk 04 Exit 4a, 3 min. walk056 熟成焼肉 肉源
JYUKUSEI YAKINIKU NIKUGEN

Yakiniku

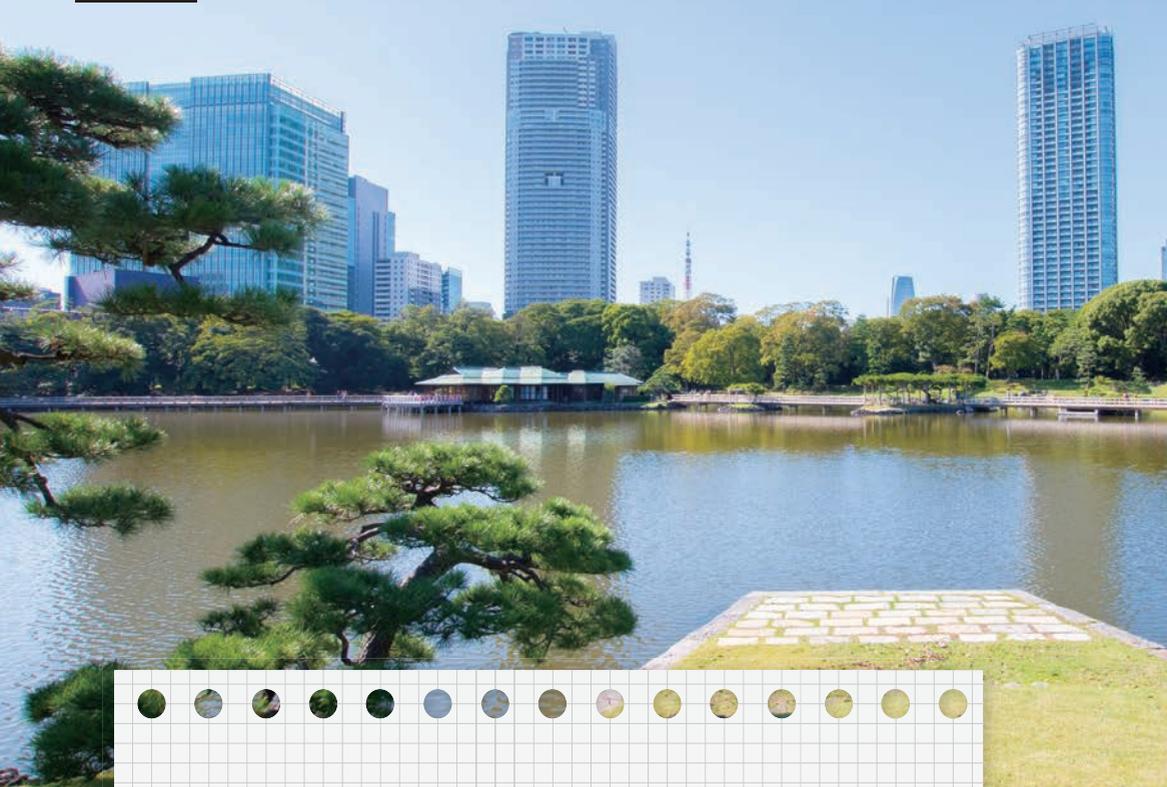
Lunch: ¥1,000- / Dinner: ¥5,500- Course: ¥5,000-
11:00AM-3:00PM (L.O.2:30PM) Closed for lunch on Sundays
5:00PM-12:00AM (L.O.11:30PM) <Closed> Dec.31, Jan.1
Credit Card: VISA, Master, AMEX, JCB, DINERS | http://www.nikugen.jp

👍 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

Hama-rikyu



汐留シオサイト イタリア街
Italian Town

Italian Town is located in a quiet part of Shiodome imitating the Italian neighborhood. Pretty colored buildings designed by Italian designers are lined up along with restaurants, leather goods, and antique shops featuring Italy. During the pizza festival, pizza is baked in stone ovens from the area. Have a small trip to Italy!

<http://www.sio-site.or.jp>

Shimbashi JR 10 08 01
Shiodome 19 02
Hamamatsu-cho JR

浜離宮恩賜公園 ¥ 300 (Elementary school children and over 65: free)
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. Walking through the charming bridge over the tidal pond will provide you a relaxing time with the harmonious view of water and trees. You can feel the Japanese seasons through various flowers like cherry blossoms, rape blossoms, peonies, cosmoses, and so on. The view that gives a contrast between typical Japanese garden and high-rise buildings is also impressive. Hamarikyuu can be visited from Asakusa by sea bus.

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

Shimbashi JR 10 08 01
Shiodome 19 02



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 Hamarikyuu Garden, a famous Japanese garden near the ocean.



日テレタワー
Nippon Television (NTV)

Shiodome is the headquarters of The Nippon Television (NTV). Many of the broadcasted programs can be observed outside of the see-through window glasses. The fancy NTV clock might be attractive for fans of Hayao Miyazaki, a famous animator and designer of the clock. The shop "Nittere Ya" sells items of characters promoted by NTV. Fun events are held during the summer.

<http://www.ntv.co.jp/shiodome/>

Shimbashi JR 10 08 01
Shiodome 19 02



057 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 like tuna. White vinegar is used for shellfish or fish with white flesh that has a lighter taste.



Caretta Shiodome 46F, 1-8-1 Higashi Shinbashi, Minato-ku Phone: 03-6218-4100
Shimbashi JR Shiodome Exit, 5 min. walk Shiodome 19 02 Exit 10, 1 min. walk

058 築地 すし一番 築地場外市場中央店
Tsukiji Sushi Ichiban (Tsukiji Jogai Shijo)
Sushi



Lunch: ¥1,500- / Dinner: ¥2,800-
7:00AM-11:00PM
Credit Card: VISA, JCB
<http://sakanaya-group.com/04sushiichiban/00top/main.html>

Changes daily, please ask staff

There are so many restaurants in the outer market (Jogai Shijo) to choose from. Tsukiji Sushi Ichiban is one of the recommended Sushi restaurants there. They regularly hold tuna filleting shows and have more than 300 shows in a year. Enjoy and experience the freshest fish by your eyes and tongue!



4-13-5 Tsukiji, Chuo-ku Phone: 03-3524-7188
Tsukiji Shijo 18 Exit A1, 2 min. walk

094 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 cutleries will welcome all guests. Excluding vegetables that are only grown in China, they use ingredients from Japan.



Perusa 115 4F, 1-15-5 Shinbashi, Minato-ku Phone: 03-6206-1151
Shimbashi JR Hibiya Exit, 1 min. walk 10 08 01 Exit 7, 1 min. walk

060 さくら麴 新橋店
Sakurakouji Shinbashi
Washoku, Sukiyaki, Shabu-shabu, Nabe, Izakaya



Lunch: ¥800- / Dinner: ¥3,500- / Course: ¥4,000-
<Mon-Fri, Before Holiday> 11:30AM-3:00PM, 4:30PM-11:30PM (L.O. 10:50PM, Drink 11:00PM) <Sat> 2:30PM-10:30PM <Closed> Sun & Holiday, The 1st Saturday of every month, Yearend & New Year Holiday | Credit Card: VISA, Master, AMEX, JCB, UnionPay | <http://www.koujigura.jp/>

Okinawa-pork Shabu-shabu

Try local Kyushu dishes at Sakurakouji! There are over 150 types of shochu and local sake from all over Japan that you can enjoy with chicken dishes that use local ingredients such as Satsuma Native Fowl and Kagoshima Berkshire Pig. Carefully selected shochu lined up inside the restaurant are a perfect match with the seasonal Kyushu cuisines. Experience the taste of southern Japan!



1-18-12-B1F, Shinbashi, Minato-ku Phone: 03-5501-2424
Shimbashi JR Hibiya Exit, 3 min. walk Uchisaiwaicho 07 Exit A1, 3 min. walk

061 オールデイダイニング「ハーモニー」
All-Day Dining "HARMONY"
Yoshoku based on French style



Lunch: ¥3,270- / Dinner: ¥6,000-
Part1: 11:30AM-1:00PM Part2: 1:30PM-3:00PM / 6:00PM-10:00PM (L.O. 9:00PM)
Credit Card: VISA, Master, AMEX, JCB, UnionPay, DINERS
<https://www.the-royalpark.jp/the/tokyoshiodome/en/>

**Lunch buffet - Foie gras omelette with truffle sauce
Party plan - 6-7 plates with free drink for 2 hours
Prix-fixe course menu - Can be customized to your taste**

Harmony commands a beautiful view of nearby Hama-Rikyu Gardens and the dazzling, skyscraping Tokyo Tower. Watch the chefs in action as they create their masterpieces in an open kitchen. A private dining room is also available for more formal gatherings and business diners.



The Royal Park Hotel Tokyo Shiodome 1-6-3 Higashi-shimbashi, Minato-ku
Phone: 03-6253-1130 (10AM-7PM)
Shiodome 19 02 Exit 2, 1 min. walk Shimbashi JR Shiodome Exit, 3 min. walk

084 てんぷら 逢坂
Tempura Osaka
Tempura



Course (Dinner): ¥14,520-
<Mon-Fri> 11:15AM-2:00PM, 5:30PM-11:00PM
<Sat> 5:00PM-11:00PM <Closed> Sunday, holiday, 3rd Saturday
Credit Card: VISA, MASTER, DINERS | <http://www.tempura-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



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



池袋

Ikebukuro

Town for Shoppers of All Ages

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



巢鴨地藏通り商店街
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



いけふくろう
Ikebukuro

Ikebukuro 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 Ikebukuro for its name of the statue. Japanese people love homonyms. The Ikebukuro has been the guardian of Ikebukuro for 30 years.

Ikebukuro

063 和 GALICO 寅
WAGALICO TORA
Washoku, Izakaya, Nihonshu Bar, Gibier cuisine



Dinner: ¥3,000- / Course: ¥4,000-
<Mon-Thu> 5:00PM-2:00AM (L.O. 1:00AM) <Fri&Sat> 5:00PM-5:00AM (L.O. 4:00AM) <Sun> 5:00PM-12:00AM (L.O. 11:00PM)
<https://wagaricotora.owst.jp>

Pheasant breast meat with green onions

Wagalico 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.

2-58-9-1F, Ikebukuro, Toshima-ku Phone: 070-1319-7406
Ikebukuro West Exit, 10 min. walk

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



Lunch: ¥2,000- / Dinner: ¥6,500- Course: ¥5,400-
<Mon-Fri> 11:00AM-3:00PM (L.O. 2:30PM), 5:00PM-11:00PM (L.O. 10:00PM)
<Weekend & Holiday> 11:00AM-4:00PM (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 Exit 35, 8 min. walk Higashi Ikebukuro Exit 6-7, 3min. walk

098 アインソフソア
AIN SOPH. soar
International, Vegan



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 10 min. walk

065 リビエラカフェ グリーンスタイル
RIVIERA CAFE green style
Café



Lunch: ¥1,300-
11:00AM-6:00PM (L.O. 5:00PM) | Credit Card: VISA, Master, AMEX, JCB
<https://www.riviera.co.jp/restaurant/tokyo-cafe/>

Lunch plate with grilled vegetables

Located very close to Ikebukuro Station, the stylish terrace seats of the Riviera Cafe will pop into your eyes. They are within the grounds of the famous wedding hall "Riviera Tokyo," and popular for meals prepared by the chef of the wedding hall. The seasonal vegetables served with their homemade roast beef are specially chosen for its high potential, taste, and freshness.

5-9-1 Nishi Ikebukuro, Toshima-ku Phone: 03-3981-3264
Ikebukuro West Exit or C3, 1 min. walk

066 日本橋紅とん 池袋ビックリガード店
Nihonbashi Beniton Ikebukuro Bikkuri-Gard
Izakaya, Yakitori, Kushiage, Tonkatsu, Yakiton



Dinner: ¥2,300- / Course: ¥3,480- (all you can drink)
<Mon-Fri> 3:00PM-12:00AM (L.O. 11:00PM) <Sat, Sun & Holiday> 1:00PM-12:00AM (L.O. 11:00PM) | Credit Card: VISA, Master, AMEX, JCB
<http://moviea.jp.com/shops/info/193023>

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

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

Ikebukuro ROYAL HOTEL Higashiguchi 1F, 1-17-2 Minami Ikebukuro, Toshima-ku Phone: 03-5950-0033
Ikebukuro East Exit, 2 min. walk

067 雛鮨 池袋
HINASUSHI Ikebukuro
Sushi



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.

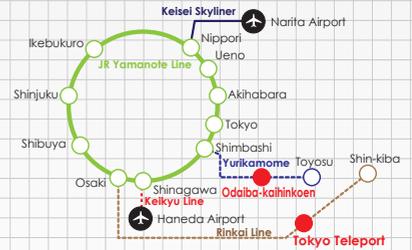
Yamada Denki LABI 1-7F, 1-5-7 Higashi Ikebukuro, Toshima-ku Phone: 03-5953-2881
Ikebukuro East Exit, 2 min. walk

Bay View of Odaiba



お台場

Odaiba



Amusement Area of the Tokyo Bay

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

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  5 min. walk
Odaiba Kaihinkoen  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  3 min. walk
Aomi  Connected to building

大江戸温泉物語

Oedo Onsen Monogatari

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

11:00AM-9:00AM of next day (Final entry 7:00AM)

<https://daiba.ooedoonsen.jp/en/>

Tokyo Teleport  **Free shuttle bus 7 min. ride**

Telecom Center  **2 min. walk**



日本科学未来館

¥ 620 (adults) / 210 (under 19)

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/>

Tokyo Teleport  **15 min. walk**

Fune-no-kagakukan  **5 min. walk**

Telecom Center  **4 min. walk**



東京ビッグサイト

Tokyo Big Sight

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

<http://www.bigsight.jp>

Kokusai-tenjijo  **7 min. walk**

Kokusai-tenjijo-seimon  **3 min. walk**

092 ガーデン ダイニング
GARDEN DINING
Yoshoku (Western Food)

 EN/Photo   

 Lunch: ¥3,000- / Dinner: ¥5,000-
<Lunch> 11:30AM-3:00PM (L.O. 2:30PM) <Dinner> Mon-Fri 5:30PM-9:30PM
Sat, Sun & Holiday 5:00PM-9:30PM (L.O. 9:00PM)
Credit Card: VISA, Master, AMEX, JCB
https://www.tokyo.grandnikko.com/restaurant/garden_dining/

Just as the sea breeze is linked to the gentle breeze that blows over Odaiba, the natural light that pours in toward the sunroof seats from the terrace seats overlooking natural greenery gives the restaurant a sense of unity between its exterior and interior. The interior of the restaurant uses natural yellows and greens, and the connections running from the terrace seats to the interior seats, and from the interior to the foyer, give it a breezy feel.

 Grand Nikko Tokyo Daiba 2F, 2-6-1 Daiba, Minato-ku Phone: 03-5500-6600
Daiba  **Hotel building linked to station** **Tokyo Teleport**  **10 min. walk**



069 ダイナミックキッチン&バー 響 お台場店
Hibiki (Odaiba)
Washoku

 EN/CH/KR
Photo  

 Lunch: ¥1,200- / Dinner: ¥4,800- / Course: ¥4,800-
11:00AM-3:00PM (L.O. 2:30PM) 5:00PM-11:00PM (L.O. 10:00PM)
Credit Card: VISA, Master, AMEX, JCB, UnionPay
<http://www.dynac-japan.com/hibiki>

 **"Koshihikari" stone oven cooking**

Enjoy the gorgeous night lights of all the representative buildings of Tokyo such as the Tokyo Tower, TOKYO SKYTREE®, and Rainbow Bridge together with the ocean view! There are no high buildings around to block the impressive 180-degree scenery of Odaiba. Have an unforgettable elegant time with your partners, friends, and families.

 AQUA CITY ODAIBA 6F, 1-7-1 Daiba, Minato-ku Phone: 03-3599-5500
Daiba  **2 min. walk**



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

 EN/CH
Photo 

 ¥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

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 https://www.tokyuhotelsjapan.com/global/cerulean-h	408	¥¥¥¥	○	11	English	○	○	○	○	○	△	○	○
	Shibuya Excel Hotel Tokyu	1-12-2 Dogenzaka Shibuya-ku Tokyo 150-0043 Tel: +81-3-5457-0109 https://www.tokyuhotelsjapan.com/global/shibuya-e/	408	¥¥	○	3	English	○	○	×	×	○	×	○	○
Shinjuku	Park Hyatt Tokyo	3-7-1-2 Nishi-Shinjuku Shinjuku-Ku Tokyo 163-1055 Tel: +81-3-5322-1234 Email: tokyo.park@hyatt.com http://tokyo.park.hyatt.com	177	¥¥¥¥	○	7	English	○	○	○	○	○	×	○	○
	Hilton Tokyo	6-6-2 Nishi-Shinjuku Shinjuku-Ku Tokyo 160-0023 Tel: +81-3-3344-5111 http://tokyo.hilton.com	825	¥¥¥	○	6	English, Chinese, French, Spanish, Korean, Portuguese	○	○	○	×	○	×	○	○
	Hotel Century Southern Tower	2-2-1 Yoyogi Shibuya-ku Tokyo 151-8583 Tel: +81-3-5354-0111 https://en.southerntower.co.jp/	375	¥¥¥	○	4	English	×	○	×	×	△	×	×	○
	Hyatt Regency Tokyo	2-7-2 Nishi-Shinjuku Shinjuku-Ku Tokyo 160-0023 Tel: +81-3-3348-1234 Email: tokyo.regency@hyattregencytokyo.com http://tokyo.regency.hyatt.com	746	¥¥¥	○	8	English	○	○	○	○	△	×	○	○
	Keio Plaza Hotel Tokyo	2-2-1 Nishi-Shinjuku Shinjuku-Ku Tokyo 160-8330 Tel: +81-3-3344-0111 https://www.keioplaza.com/	1435	¥¥¥	○	17	English, Chinese, Korean, French, Spanish	○	○	○	○	○	×	○	○
	RIHGA Royal Hotel Tokyo	1-104-19 Totsuka-machi Shinjuku-ku Tokyo 169-8613 Tel: +81-3-5285-1121 https://www.rihga.com/tokyo	131	¥¥¥	○	6	English	○	○	○	○	△	×	×	○
	Shinjuku Prince Hotel	1-30-1 Kabuki-cho Shinjuku-ku Tokyo 160-8487 Tel: +81-3-3205-1111 http://www.princehotels.com/shinjuku/	571	¥¥¥	○	3	English, Chinese, Korean	×	×	×	×	○	×	×	○
	Citadines Central Shinjuku Tokyo	1-2-9 Kabukicho Shinjuku Tokyo 160-0021 Tel: +81-3-3200-0220 E-mail: enquiry.central-shinjuku@the-ascott.com https://www.citadines.com/en/japan/tokyo/citadines-central-shinjuku-tokyo	206	¥¥	○	3	English, Chinese, Korean	×	×	×	×	△	×	○	○
	E-Hotel Higashi Shinjuku	2-3-15 Kabuki-cho Shinjuku-ku Tokyo 160-0021 Tel: +81-3-5287-3588 Email: info@shinjukuhotel.co.jp http://www.shinjukuhotel.co.jp/eng/	253	¥¥	○	1	English, Chinese, Korean	×	×	×	×	○	×	×	○
	Hotel Gracery Shinjuku	1-19-1 Kabukicho Shinjuku-ku Tokyo 160-8466 Tel: +81-3-6833-1111 https://gracery.com/shinjuku/	970	¥¥	○	2	English, Chinese, Korean, Thai	×	×	×	×	○	×	×	○
	Shinjuku Granbell Hotel	2-14-5 Kabuki-cho Shinjuku-ku Tokyo 160-0021 Tel: +81-3-5155-2666 http://www.granbellhotel.jp/en/shinjuku/	485	¥¥	○	3	English	○	×	×	×	△	×	×	○
Shinjuku Washington Hotel	3-2-9 Nishi-Shinjuku Shinjuku-ku Tokyo 160-8336 Tel: +81-3-3343-3111 https://www.shinjyuku-wh.com/	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 http://www.gardenhotels.co.jp/eng/ueno/	245	¥¥	○	1	English	×	×	×	×	○	×	×	○
	Super Hotel Akihabara Suehirocho	3-2-5 Ueno Taito-ku Tokyo 110-0005 Tel: +81-3-6848-9000 http://www.superhotel.co.jp/s_hotels/akihabara/	106	¥¥	○	×	Japanese	×	×	×	×	×	○	×	○

¥ = less than 10,000 yen / ¥¥ = 10,000 - 30,000 yen / ¥¥¥ = 30,000 - 50,000 yen / ¥¥¥¥ = more than 50,000 yen
*Price range may fluctuate depending on the season. Please contact the hotel for details.

Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Asakusa	The Gate Hotel Asakusa Kaminarimon	2-16-11 Kaminarimon Taito-ku Tokyo 111-0034 Tel: +81-3-5826-3877 https://www.gate-hotel.jp/en/asakusa-kaminarimon/	134	¥¥	○	2	English	×	×	×	×	○	×	×	○
	Dormy Inn • global cabin Asakusa	1-3-4 Hanakawado Taito-ku Tokyo 111-0033 Tel: +81-3-3845-1122 https://www.hotespa.net/hotels/asakusa/	76	¥¥	○	×	English, Chinese, Korean	×	×	×	○	×	×	×	○
	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/	24	¥	○	×	English	×	×	×	×	×	×	×	○
Kinshicho	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	¥¥	○	3	English	×	○	×	×	×	×	×	○
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	¥	○	×	English	×	×	×	×	×	×	×	○
Marunouchi Nihonbashi	Four Seasons Hotel Tokyo at Marunouchi	1-11-1 Marunouchi Chiyoda-ku Tokyo 100-6277 Tel: +81-3-5222-7222 http://www.fourseasons.com/tokyo/	57	¥¥¥¥	○	1	English, Chinese, Hindi	○	○	×	○	○	×	○	○
	The Gate Hotel Tokyo	2-2-3 Yurakucho Chiyoda-ku Tokyo 100-0006 Tel: +81-3-6263-8233 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/	931	¥¥¥¥	○	17	English, Chinese, Korean, Spanish, French	○	○	○	×	○	△	○	○
	Palace Hotel Tokyo	1-1-1 Marunouchi Chiyoda-ku Tokyo 100-0005 Tel: +81-3-3211-5211 https://en.palacehoteltokyo.com/	290	¥¥¥¥	○	10	English, Chinese, Korean, Spanish, Portuguese, Italian, French, Tagalog, German, Romanian, Lithuanian, Hindi, Thai, Sri Lankan, Arabic	○	○	○	○	○	△	○	○
	The Peninsula Tokyo	1-8-1 Yurakucho Chiyoda-ku Tokyo 100-0006 Tel: +81-3-6270-2888 http://www.peninsula.com/tokyo	314	¥¥¥¥	○	6	English, Chinese (Cantonese, Mandarin), Korean, Spanish, Italian, French, Tagalog, German, Hindi, Indonesian, Nepalese, Arabic, Bengali, Tibetan, Ghana, Myanmar, Thai	○	○	○	○	○	×	×	○
	Shangri-La Hotel, Tokyo	Marunouchi Trust Tower Main, 1-8-3 Marunouchi Chiyoda-ku Tokyo 100-8283 Tel: +81-3-6739-7888 http://www.shangri-la.com/tokyo/shangrila	200	¥¥¥¥	○	3	English, Chinese, Korean, Italian, German, French, Indonesian, Hindi, Tagalog, Russian	○	○	○	○	○	△	×	○
	The Tokyo Station Hotel	1-9-1 Marunouchi Chiyoda-ku Tokyo 100-0005 Tel: +81-3-5220-1111 Email: info@tokyostationhotel.jp http://www.thetokyostationhotel.jp/	150	¥¥¥¥	○	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	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 http://www.ritzcarlton.com/en/hotels/japan/tokyo	247	¥¥¥¥	○	7	English, Chinese, Italian, Spanish, German, French, Korean, Russian, Tagalog, Portuguese	○	○	○	○	○	×	○	○
	Tokyo Prince Hotel	3-3-1 Shibakoen Minato-ku Tokyo 105-8560 Tel: +81-3-3432-1111 http://www.princehotels.com/tokyo/	462	¥¥	○	12	English	×	○	○	×	○	△	○	○
	ANA InterContinental Tokyo	1-12-33 Akasaka Minato-ku Tokyo 107-0052 Tel: +81-3-3505-1111 https://anaintercontinental-tokyo.jp/en/	844	¥¥¥	○	11	English	○	○	○	○	○	×	○	○
	Hotel New Otani Tokyo	4-1 Kioi-Cho Chiyoda-ku Tokyo 102-8578 Tel: +81-3-3265-1111 https://www.newotani.co.jp/en/tokyo/	1479	¥¥¥	○	37	English, Chinese, Spanish, Korean	○	○	○	○	○	×	○	○
Shinbashi Shiodome	Andaz Tokyo Toranomon Hills	1-23-4 Toranomon Minato-ku Tokyo 105-0001 Tel: +81-3-6830-1234 Email: tokyo.host@andaz.com http://www.andaztokyo.com	164	¥¥¥¥	○	5	English, Chinese, Korean	○	○	○	○	○	×	×	○
	Conrad Tokyo	1-9-1 Higashi-Shinbashi Minato-ku 105-7337 Tokyo Tel: +81-3-6388-8000 http://www.conradtokyo.com	291	¥¥¥¥	○	5	English, Chinese, Korean	○	○	○	○	○	×	×	○
	Dai-ichi Hotel Tokyo	1-2-6 Shimbashi Minato-ku Tokyo 105-8621 Tel: +81-3-3501-4411 https://global.hankyu-hotel.com/daiichi-hotel-tokyo/	278	¥¥¥	○	11	English	○	○	○	○	○	×	×	○
	InterContinental Tokyo Bay	1-16-2 Kaigan Minato-Ku Tokyo 105-8576 Tel: +81-3-5404-2222 https://www.interconti-tokyo.com/en/	330	¥¥¥	○	8	English	○	○	×	×	○	△	×	○
	Park Hotel Tokyo	1-7-1 Higashi Shimbashi Minato-ku Tokyo 105-7227 Tel: +81-3-6252-1111 http://en.parkhoteltokyo.com/	270	¥¥¥	○	5	English, Korean, Italian, Russian, Spanish	○	○	×	○	○	×	×	○
	The Prince Park Tower Tokyo	4-8-1 Shibakoen Minato-ku Tokyo 105-8563 Tel: +81-3-5400-1111 https://www.princehotels.co.jp/parktower/	603	¥¥¥	○	11	English	○	○	○	○	○	△	○	○
	The Royal Park Hotel Tokyo Shiodome	1-6-3 Higashi-shimbashi Minato-ku Tokyo 105-8333 Tel: +81-3-6253-1111 https://www.the-royalpark.jp/the/tokyoshiodome/en/	490	¥¥¥	○	5	English, Korean	×	○	×	○	○	△	×	○
Ikebukuro	Hotel Metropolitan Tokyo Ikebukuro	1-6-1 Nishiikebukuro Toshima-ku Tokyo 171-8505 Tel: +81-3-3980-1111 https://hotelmetropolitan.jp/en	807	¥¥¥	○	10	English	○	○	×	×	○	×	×	○
Odaiba Bay Area	Grand Nikko Tokyo Daiba	2-6-1 Daiba Minato-ku Tokyo 135-8701 Tel: +81-3-5500-6711 https://www.tokyo.grandnikko.com/	882	¥¥¥	○	9	English, French	○	○	○	×	○	×	○	○
	Tokyo Bay Ariake Washington Hotel	3-7-11 Ariake Koto-ku Tokyo 135-0063 Tel: +81-3-5564-0111 https://tokyobay.washington-hotels.jp/	830	¥¥	○	12	English, Chinese, Korean	○	○	×	×	○	×	○	○
Others	Hotel Chinzanso Tokyo	2-10-8 Sekiguchi Bunkyo-ku Tokyo 112-8680 Tel: +81 3 3943-1111 Email: info@hotel-chinzanso.com http://www.hotel-chinzanso-tokyo.com/	267	¥¥¥¥	○	9	English, Chinese, Korean, French, Tagalog	○	○	○	○	○	△	×	○
	Hilltop Hotel	1-1 Surugadai Kanda Chiyoda-ku Tokyo 101-0062 Tel: +81-3-3293-2311 https://www.yamanoue-hotel.co.jp/eng/index.html	35	¥¥¥	○	7	English	○	×	×	×	×	×	×	○
	The Royal Park Hotel Tokyo Haneda	2-6-5 Haneda Airport Ota-ku Tokyo 144-0041 Tel: +81-3-6830-1111 https://www.the-royalpark.jp/the/tokyohaneda/en/	313	¥¥¥	○	1	English	○	×	×	×	○	△	×	○
	Ochanomizu Hotel Juraku	2-9 Kanda-Awajicho Chiyoda-ku Tokyo 101-0063 Tel: +81-3-3251-7222 http://www.hotel-juraku.co.jp/ocha/	243	¥¥	○	2	English	×	×	×	×	×	×	×	○

¥ = less than 10,000 yen / ¥¥ = 10,000 - 30,000 yen / ¥¥¥ = 30,000 - 50,000 yen / ¥¥¥¥ = more than 50,000 yen
*Price range may fluctuate depending on the season. Please contact the hotel for details.

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



UDON

Flour noodle served in hot or cold soup.



NAKAU

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



TEISHOKU

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



YAYOI

Teishoku menus
www.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/



TENYA

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



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.



HANAYA YOHEI

Sushi, sashimi, tempura, soba, udon, ten-don, sukiyaki, shabu-shabu, and more
www.hanayayohei.co.jp/en/



HAMAZUSHI

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



COCO'S RESTAURANT

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



FRESHNESS BURGER

Hamburger, cafe
www.freshnessburger.co.jp



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

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/en/restaurants](http://www.tokyo.grand.hyatt.co.jp/en/restaurants)
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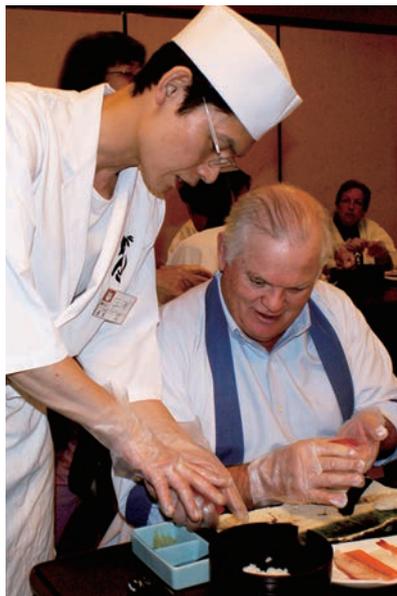
Experience the *TRUE JAPAN* at

GANKO



Hands-on Sushi-making Experience

This “sushi-nigiri” (sushi-making) program is open to groups of two or more people. They start by getting ready, dressing in matching jackets. Staff explains the history of sushi, then a highly-trained itamae (chef) gives a demonstration of “tai no sanmae oroshi” (filleting bream into three cuts) and sushi assembly for the guests to watch. Then, the guests get to try it for themselves. They are provided with cuts of maguro (tuna), salmon, yellowtail, ebi (shrimp) and other sushi toppings, sushi rice, wasabi, horseradish, and nori (seaweed sheet), and try their hands at assembling their own sushi, with the itamae’s guidance. The next stage, after the sushi is ready, is a tasting and mealtime. Check the taste and appearance of your own sushi alongside the work of the pros. The participants receive graduation certificates from the itamae who taught them. This could be your chance to try sushi-making and become an on-the-spot sushi chef!



Cost: JPY7,000/person (sushi-making and hachimaki-headband) and JPY10,000/person (sushi making, hachimaki-headband, and happi-coat to take home). Booking required.



Kyoto Nijoen in Ginza 8-chome

Enjoy to your heart's content a new kind of kaiseki cuisine and ala carte dishes featuring fresh kyo-yasai vegetables, black abalone, and Matsusaka beef served on the finest serving ware prepared by a master chef. You will be able to feel the change of seasons in Japan through cuisine.

Both tables and private rooms available for your guests to unwind (serving parties of 2 to 32 people).

Ganko Kyoto Nijoen Ginza 8-chome

Jewel Box Ginza 8F, 8-9-15, Ginza, Chuo-ku, Tokyo | TEL 03-5537-5670

Open hours: Lunch 11:30 AM – 3:00 PM, Dinner (weekdays) 5 PM - 11 PM / (weekends) 5 PM - 10 PM