



TOKYO

Vegan & Vegetarian

Restaurant Guide 2020-2021



🌸 Welcome to TOKYO!

Welcome to Tokyo!

Whatever your dietary concerns may be, rest assured that Tokyo abounds with restaurants that will satisfy your needs. The “Tokyo Vegan & Vegetarian Restaurant Guide” points you toward those options. We know that the dishes will be every bit as tasty and healthy as they are photo-worthy, and we hope your stay in Tokyo will be that much more enjoyable.



Icon Guide

The orange icons indicate the ingredients that are not on the menu, nor have been incorporated into
*Please note that these icons are for general reference only and have no official bearing.

Category 1

No animal ingredients in **ALL** menus



No meat



No fish



No crustacean



No shellfish



No egg

Category 2

No animal ingredients in **SOME** menus



No meat



No fish



No crustacean



No shellfish



No egg

Category 3

No meat, no fish, no crustacean and no shellfish in **SOME** menus



No meat



No fish



No crustacean



No shellfish



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the broth or seasonings.



No dairy



No honey



Excludes use of the
five pungent vegetables
(green onion, scallion,
leek, garlic, and chives)



English assistance
available



English menu
available



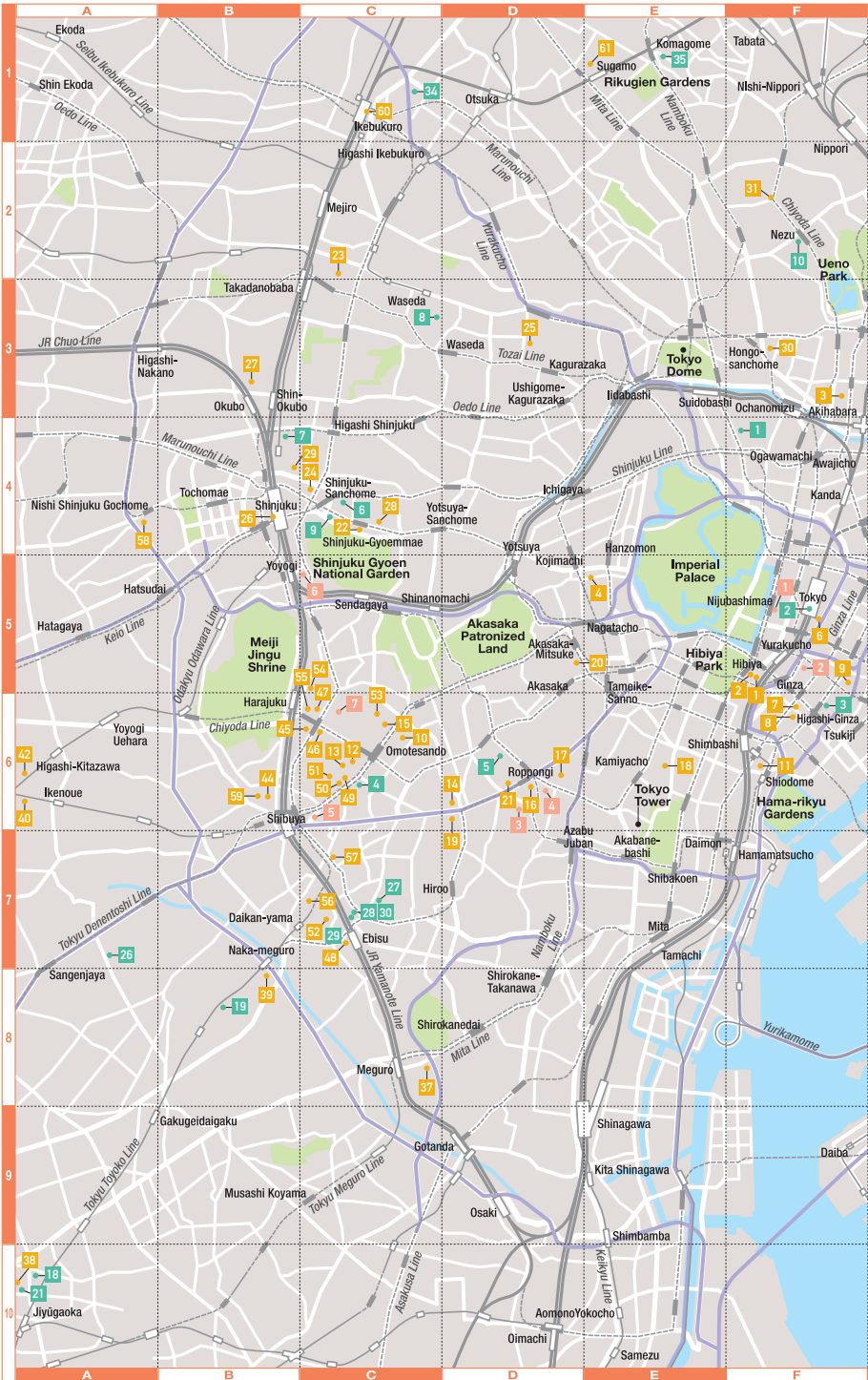
Free Wi-Fi

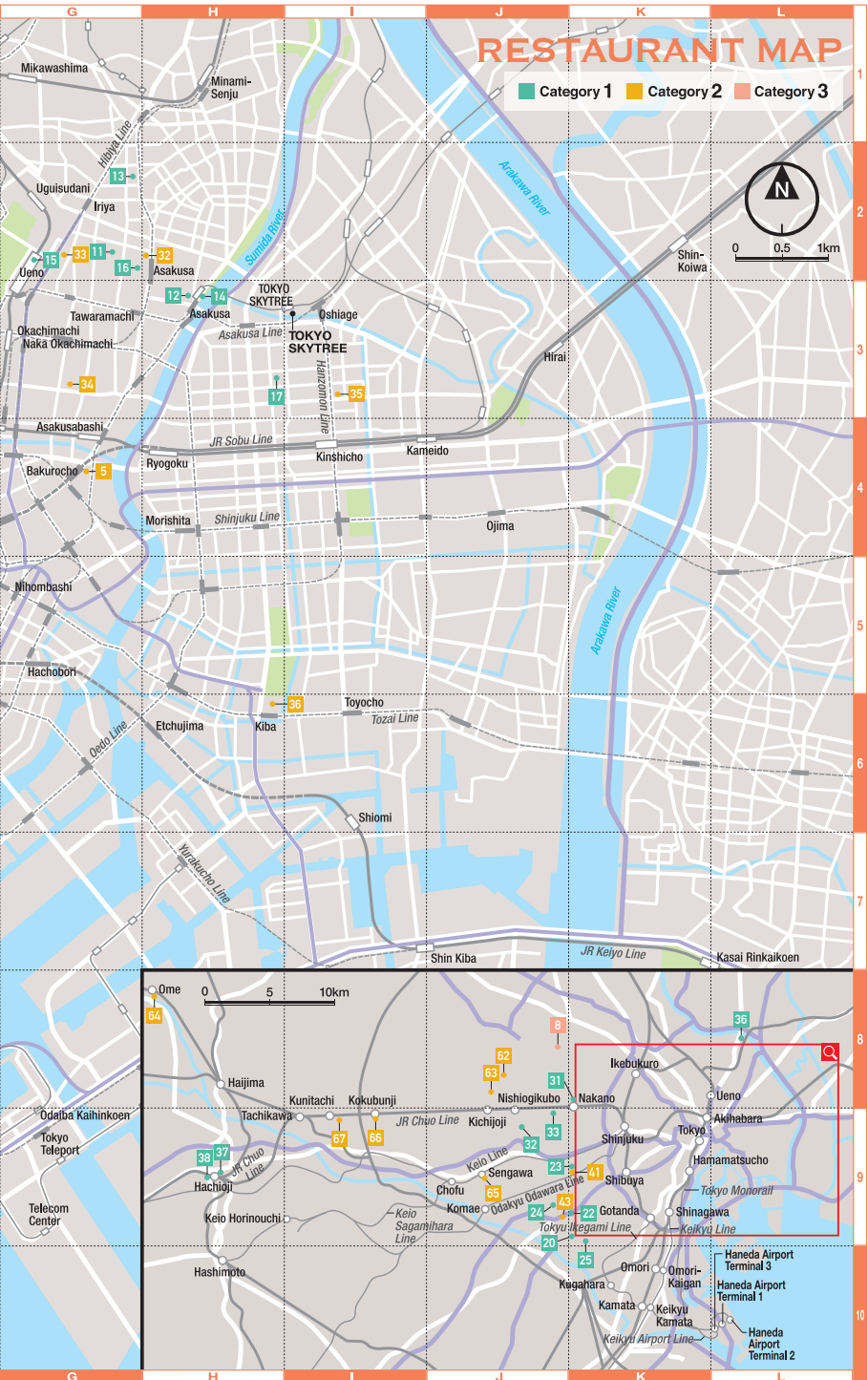


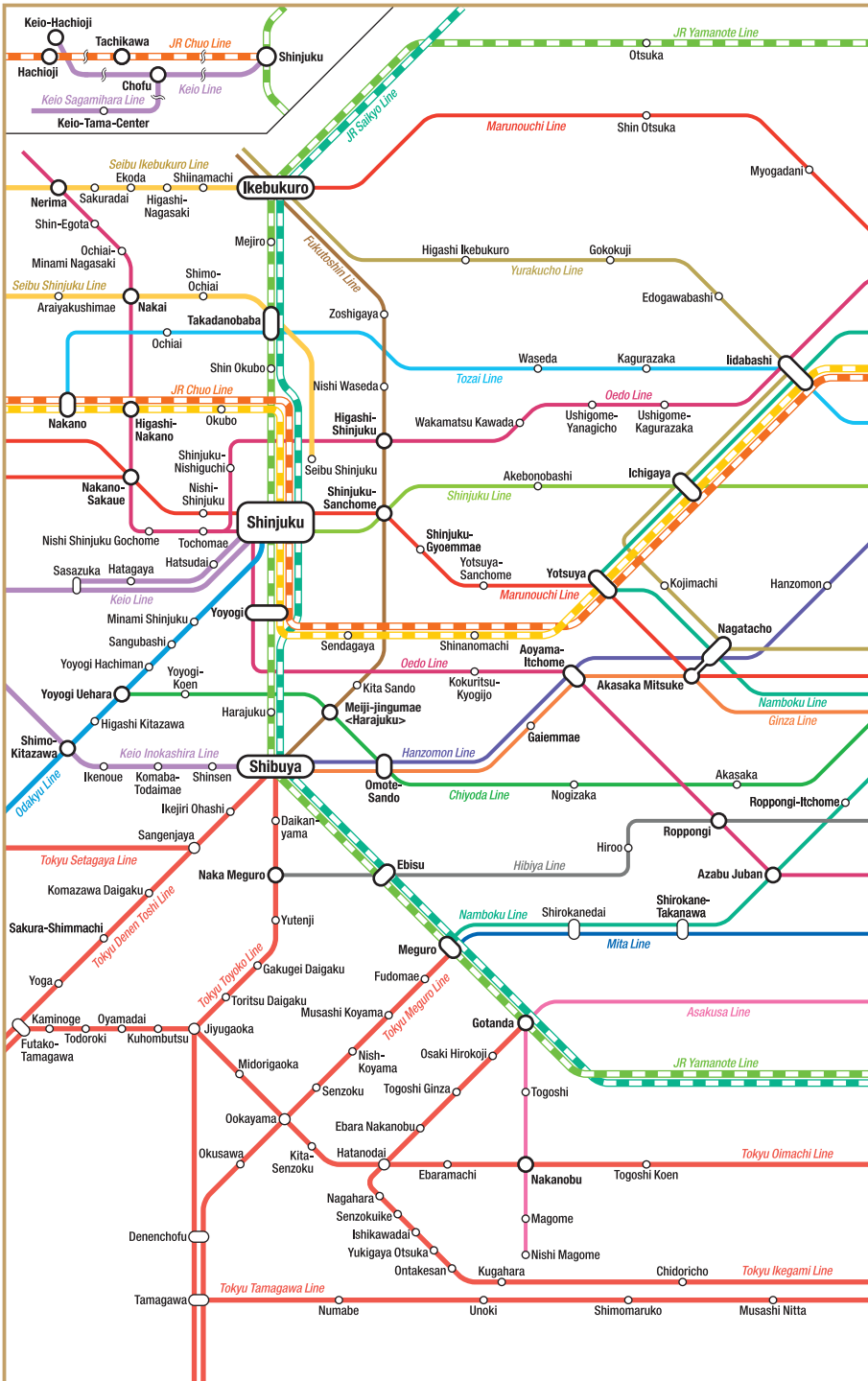
No dairy



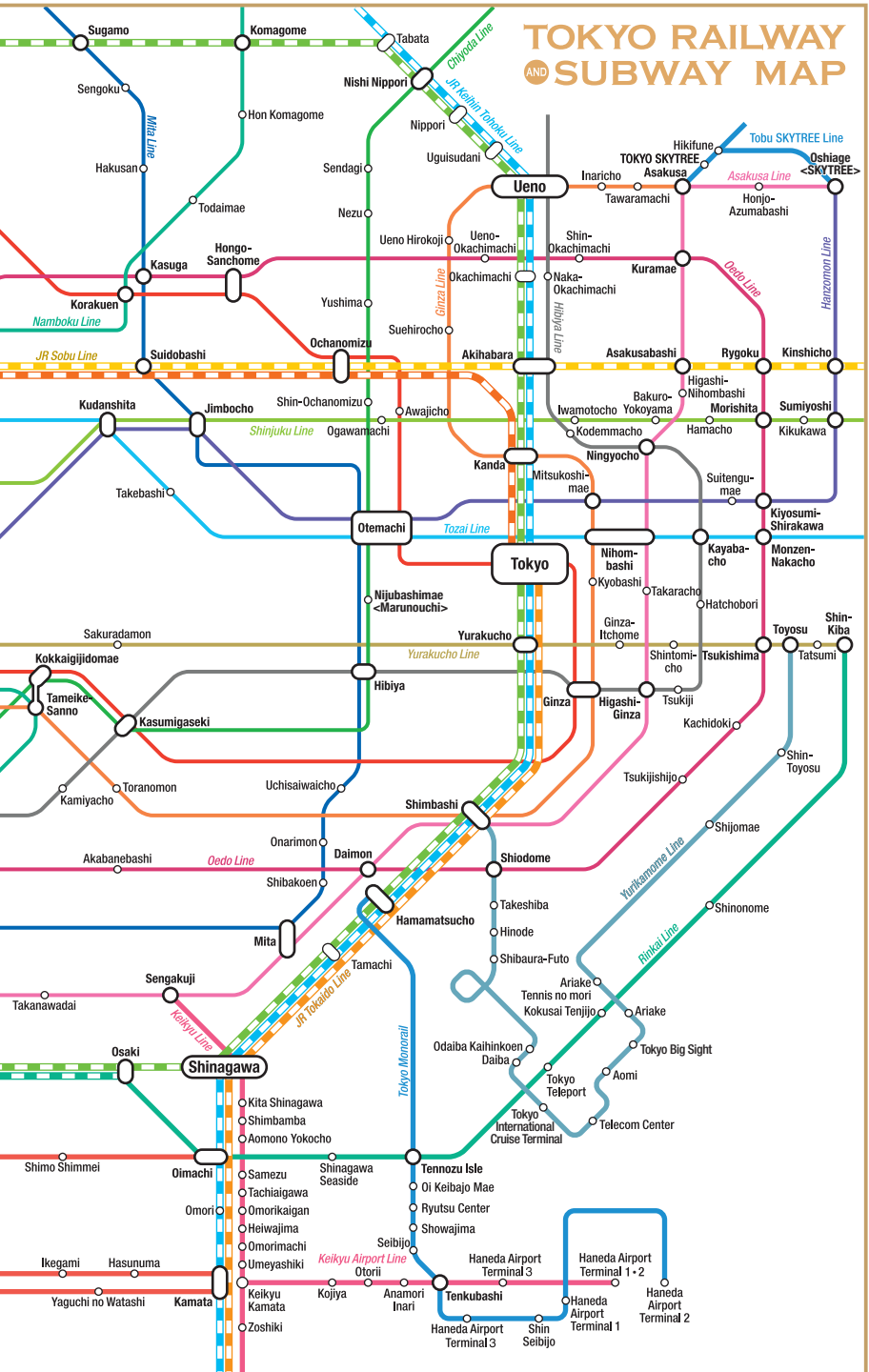
No honey







TOKYO RAILWAY AND SUBWAY MAP



Category 1

Restaurants in this category are entirely vegetarian- or vegan*-friendly.
NONE of their menus incorporate the items below.

* A vegan, as referred to in this guidebook, is a person whose diet is solely plant-based.



No meat



No fish



No crustacean



No shellfish



No egg



No dairy



No honey

For reservations, menus and in-store details, please contact the restaurant directly.

1 Loving Hut

ラビングハット

☎03-5577-6880

Lunch ¥2,000- Dinner ¥3,500-
www.facebook.com/LovingHutJapan/

Hours: Please check the website

Closed days: No fixed holiday

Address: Okada Bldg. 2F, 1-54 Kanda-Jimbocho, Chiyoda City

Access: Jimbocho (Subway), Suidobashi (JR, Subway)



Asian foods

MAP F-4



WEBSITE



ACCESS MAP



2 T'S TANTAN ecute KEIYO STREET

T'sたんたん エキュート京葉ストリート店

☎03-3218-8040

Lunch ¥1,000- Dinner ¥1,500-
www.nre.co.jp/shop/tabid/220/brnid/12/Default.aspx

Hours: 7:00-23:00 (L.O. 22:30) Closed days: Open 365 days

Address: ecute Keiyo Street (1F), 1-9-1 Marunouchi, Chiyoda City

Access: Tokyo (JR, Subway)



Noodles/Ramen

MAP F-5



WEBSITE



ACCESS MAP



3 AIN SOPH. ginza

アインソフ ギンザ

☎03-6228-4241

Lunch ¥3,000- Dinner ¥4,000-
<http://ain-soph.jp/ginza/>

Hours: 11:30-15:00 (L.O. 14:30), Tea Time 14:30-17:00 (L.O. 16:00), 18:00-22:00 (L.O. 21:00)

Closed days: No fixed holiday Address: 4-12-1 Ginza, Chuo City

Access: Higashi-ginza (Subway)



Other foods

MAP F-6



WEBSITE



ACCESS MAP



4 Sablish AOYAMA

エイタブリッシュ アオヤマ

☎03-6805-0597

Lunch ¥2,000- Dinner ¥5,000-
www.agallery.co.jp

Hours: 11:30-14:30, Tea Time 15:00-17:00, 18:00-21:00

Closed days: No fixed holiday

Address: 2F, 5-10-17 Minami-aoyama, Minato City

Access: Omote-sando (Subway)



Reservation required

Western foods

MAP C-6



WEBSITE



ACCESS MAP



5 VEGANIC TO GO

ヴィーガニックトゥーゴ

☎03-6434-0211

Lunch ¥1,800- Dinner ¥2,500-
<https://25.veganic.jp/>

Hours: 11:30-17:00 (L.O. 16:30) (Sun-Thu, holidays),
11:30-21:30 (L.O. 21:00) (Fri,Sat) Closed days: Open 365 days

Address: Nogizaka Studio 1F, 7-4-14 Roppongi, Minato City

Access: Roppongi (Subway), Nogizaka (Subway)



Café/Bar

MAP D-6



WEBSITE



ACCESS MAP



6 AIN SOPH. journey Shinjuku

アインソフ ジャーニーシンジュク

☎050-5869-4158

Lunch ¥2,000- Dinner ¥3,500-
<http://ain-soph.jp/Journey/>

Hours: 11:30-16:00 (L.O. 15:00), 18:00-22:00 (L.O. 21:00)

Closed days: No fixed holiday

Address: Shinjuku Q Bldg. B1F/B1F/2F, 3-8-9 Shinjuku, Shinjuku City

Access: Shinjuku-sanchoime (Subway)



Other foods

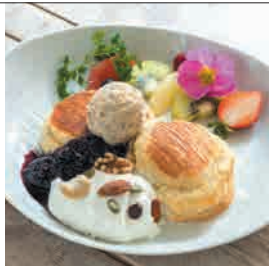
MAP C-4



WEBSITE



ACCESS MAP



7 AIN SOPH. ripple

アインソフ リブル

☎03-6380-3205

Lunch ¥1,500- Dinner ¥2,000-
<http://ain-soph.jp/ripple/>

Hours: 11:00-21:30 (Mon-Sat) (L.O. Eat in 21:00, Take Out 21:15),
11:00-20:30 (Sun, holidays) (L.O. Eat in 20:00, Take Out 20:15)

Closed days: No fixed holiday

Address: Nissho Bldg. 1F, 2-46-8 Kabuki-cho, Shinjuku City

Access: Seibu-shinjuku (Seibu), Okubo (JR), Shin-Okubo (JR)



Other foods

MAP B-4



WEBSITE



ACCESS MAP



8 SOJO Esperanto-Vegana Kafejo

ソーよ エスペラント ビーガン カフェ

☎03-6302-1639

Dinner ¥1,000-
<https://m.facebook.com/kafejosoj/>

Hours: 17:00-21:00 (Wed-Fri), 15:00-21:00 (Sat, Sun)

Closed days: Mon, Tue

Address: Koyama Bldg. 1F, 111 Wasedatsurumaki-cho, Shinjuku City

Access: Waseda (Subway)



Reservation required

Japanese foods

MAP C-3



WEBSITE



ACCESS MAP



9 Vegan wine bar KiboKo

お野菜小皿料理のワインバルKiboKo

☎03-6380-1709

Dinner ¥3,500-
www.vegan-kiboko.com/

Hours: 17:00-23:00 (L.O. 22:00) Closed days: Sun, Mon, Tue
Address: Shimura Bldg. 4F, 2-5-8 Shinjuku, Shinjuku City
Access: Shinjuku-sanchoe (Subway)



Japanese foods

MAP C-4



WEBSITE



ACCESS MAP



10 Vegan Restaurant & cafe Nezunoya

ヴィーガンレストラン & cafe 根津の谷

☎03-3823-0030

Lunch ¥900-
<http://nezunoya.com/>

Hours: 11:30-17:00 (L.O. Food 15:30, Drink 16:00)
Closed days: Wed, Sun
Address: Raain Nezu 1F, 1-1-14 Nezu, Bunkyo City
Access: Nezu (Subway)



Japanese foods

MAP F-2



WEBSITE



ACCESS MAP



11 DAUGHTER BOUTIQUE

ドーター・ブティック

☎03-6231-7074

¥450-
<https://daughter-boutique.com/>

Hours: 9:00-18:00 Closed days: Wed, Sun
Address: Namiki Bldg. 1F, 3-16-8 Matsugaya, Taito City
Access: Tawaramachi (Subway), Iriya (Subway), Asakusa (TX)



Café/Bar

MAP G-2



WEBSITE



ACCESS MAP



12 ETSUNO

悦納

☎03-5830-2333

Lunch ¥2,500- Dinner ¥2,500-
www.facebook.com/ETSUNOU2019/

Hours: 11:30-14:30, 17:30-21:00,
Tea Time 10:30-12:30, 14:30-17:30 Closed days: Tue
Address: AUSPICE Asakusa Hanakawado 3F, 1-9-1 Hanakawado,
Taito City Access: Asakusa (Subway, Tobu)



Japanese foods

MAP H-3



WEBSITE



ACCESS MAP



13 Fucha Vegetarian Cuisine BON

普茶料理 梵

☎03-3872-0375

Lunch ¥3,450- Dinner ¥6,000-
www.fuchabon.co.jp/

Hours: 12:00-15:00 (L.O. 13:00) (Mon-Sat), 17:00-21:00 (L.O. 19:00)
(Mon-Sat), 12:00-15:00 (L.O. 13:00), 17:00-20:00 (L.O. 18:00)
(Sun, holidays) Closed days: Wed
Address: 1-2-11 Ryusen, Taito City Access: Iriya (Subway)



Reservation required

Japanese foods

MAP G-2



WEBSITE



ACCESS MAP



14 THE FARM CAFE

ザ・ファームカフェ

☎03-5830-8134

Lunch ¥1,600-

<https://thefarmcafetokyo.business.site/>

Hours: 11:30-22:00 (Tue-Fri), 10:00-22:00 (Sat, Sun, holidays)

Closed days: Mon (or the following Tue when it falls on a national holiday)

Address: Yabuki Bldg. 1F, 1-3-3 Hanakawado, Taito City

Access: Asakusa (Subway, Tobu)



WEBSITE

Café/Bar

MAP

H-3



ACCESS MAP



15 T'S TANTAN ecute UENO

T's たんたん エキュート上野店

☎03-5826-5618

Lunch ¥1,000- Dinner ¥1,500-

www.nre.co.jp/shop/tabid/220/brnid/12/Default.aspx

Hours: 7:00-23:00 (L.O. 22:30) (Mon-Sat), 7:00-22:30

(L.O. 22:00) (Sun, holidays) Closed days: Open 365 days

Address: ecute Ueno 3F, 7-1-1 Ueno, Taito City

Access: Ueno (JR, Subway)



WEBSITE

Noodles/Ramen

MAP

G-2



ACCESS MAP



16 VEGAN STORE

ヴィーガンストア

☎03-6231-6252

Lunch ¥1,000- Dinner ¥3,000-

www.veganstore.jp/

Hours: 6:00-23:00 Closed days: Mon (or the following Tue when it falls on a national holiday)

Address: 2-25-9 Nishiasakusa, Taito City

Access: Asakusa (TX), Tawaramachi (Subway)



WEBSITE

Café/Bar

MAP

G-2



ACCESS MAP



17 SASAYA CAFE

ささやかフェ

☎03-3623-6341

Lunch ¥1,200-

<https://sasayacafe.com/>

Hours: 8:30-18:00 (L.O. Food 17:00, Drink 17:30)

Closed days: No fixed holiday

Address: 1-1-10 Yokokawa, Sumida City

Access: Kinshicho (JR, Subway), TOKYO SKYTREE (Tobu)



WEBSITE

Café/Bar

MAP

H-3



ACCESS MAP



18 Plus Veganique JIYUGAOKA

プラスヴィーガニック自由が丘

☎090-9823-8310

Lunch ¥2,500- Dinner ¥5,000-

www.plus-veganique.com/

Hours: 12:00-15:00, 17:00-23:00 (L.O. 21:00) Closed days: Wed

Address: 1-19-23 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Order in advance for the five pungent vegetables



WEBSITE

Other foods

MAP

A-10



ACCESS MAP



19 Rainbow Bird Rendezvous

レインボーバードランデヴー

☎03-3791-5470

Lunch ¥1,300- Dinner ¥1,800-
www.ls-adventure.com/

Hours: 11:30-16:00, 17:30-20:00 (Mon-Fri), 11:30-20:00 (Sat),

11:30-19:00 (Sun, holidays) Closed days: Wed

Address: 1-1-1 Yutenji, Meguro City

Access: Naka-meguro (Subway, Tokyu)



Western foods

MAP B-8



WEBSITE



ACCESS MAP



20 SHIRO Jiyugaoka

シロ自由が丘店

☎03-5701-9146

Lunch ¥1,500- Dinner ¥2,000-
<http://shiro-shiro.jp/ext/shoplist/shop/jiyugaoka/index.html>

Hours: 10:00-20:00 Closed days: Open 365 days

Address: Assolti B1F/1F, 2-9-14 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Café/Bar

MAP K-9



WEBSITE



ACCESS MAP



21 T's Restaurant

Tsレストラン

☎03-3717-0831

Lunch ¥1,300- Dinner ¥1,500-
<http://ts-restaurant.jp/>

Hours: 11:00-15:00, Tea Time 15:00-17:30, 17:30-22:00 (L.021:00)

Closed days: New Year holidays

Address: Luz Jiyugaoka B1F, 2-9-6 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Western foods

MAP A-10



WEBSITE



ACCESS MAP



22 CORI. Vegan Food & Craft Beer

コリヴィーガンフード&クラフトビール

☎03-6450-7556

Lunch ¥1,500- Dinner ¥1,500-
www.cori-vege.com/

Hours: 12:00-16:00 (L.O. 15:00) (Sat-Mon), 18:00-23:00

(L.O. 22:00) (Thu-Mon) Closed days: Tue, Wed

Address: Tainan Tami Bldg, 1F, 4-2-20 Kamiyama, Setagaya City

Access: Komazawa-daigaku (Tokyu)



Other foods

MAP K-9



WEBSITE



ACCESS MAP



23 Food Therapy Diner Chabuzen

薬膳食堂ちゃぶ膳

☎080-6603-8587

Lunch ¥950- Dinner ¥1,500-
<https://food-therapy-diner-chabuzen.business.site/>

Hours: 12:00-15:00, 17:00-23:00 Closed days: Tue

Address: Chikanoso, 6-16-20 Daita, Setagaya City

Access: Shimo-kitazawa (Odakyu, Keio)



Noodles/Ramen

MAP K-9



WEBSITE



ACCESS MAP



24 Gavy Setagaya

ギャビーセタガヤ

☎03-5799-6870

Lunch ¥1,000- Dinner ¥1,000-
<http://yakuzen-ramen.favy.jp/>

Hours: 11:30-14:00, 18:00-20:00

Closed days: No fixed holiday

Address: Green Annex Ⅱ 102, 2-6-5 Setagaya, Setagaya City

Access: Kamimachi (Tokyu)



Western foods

MAP J-9



WEBSITE



ACCESS MAP



25 hallelu peacefood

ハレルピースフード

☎03-6883-6640

Lunch ¥1,300-
<https://hallelupeacefood.jimdofree.com/>

Hours: 11:00-18:00 (Tue-Fri), 11:00-16:00 (Sat)

Closed days: Sun, Mon, Irregularly Sat

Address: Jeunesse Okusawa 1F, 4-15-13 Okusawa, Setagaya City

Access: Okusawa (Tokyu), Jiyugaoka (Tokyu)



Japanese foods

MAP K-9



WEBSITE



ACCESS MAP



26 Olu 'Olu Cafe

オルオルカフェ

☎03-3795-6060

Lunch ¥1,080-
<https://aloha-olu-olu-cafe.webnode.jp/>

Hours: 11:30-15:30 (L.O. 15:00), 18:00-22:00 (L.O. 21:00)
(Mon, Thu, Fri), 11:30-22:00 (L.O. 21:00) (Sat, Sun, holidays)

Closed days: Tue, Wed

Address: 1-11-1 Ikejiri, Setagaya City

Access: Sangen-jaya (Tokyu), Ikejiri-ohashi (Tokyu)



Order in advance for the five pungent vegetables

Café/Bar

MAP A-7



WEBSITE



ACCESS MAP



27 FALAFEL BROTHERS Ebisu

FALAFEL BROTHERS 恵比寿店

☎03-6427-3398

Lunch ¥1,100- Dinner ¥1,500-
www.falafelbrothers.jp/

Hours: 10:00-22:00 (L.O. 21:30) (Mon-Sat), 11:30-16:00 (Sun)

Closed days: No fixed holiday

Address: 1F, 1-1-36 Hiroo, Shibuya City

Access: Ebisu (JR, Subway)



Other foods

MAP C-7



WEBSITE



ACCESS MAP



28 HEMP CAFE TOKYO

ヘンプカフェトウキョウ

☎03-6427-1984

Dinner ¥3,000-
<http://hempcafetokyo.com/>

Hours: 17:00-23:00 (L.O. 22:00) Closed days: Sun

Address: Christie Ebisu 8F, 3-17-14 Higashi, Shibuya City

Access: Ebisu (JR, Subway)



Other foods

MAP C-7



WEBSITE



ACCESS MAP



29 KO-SO CAFE BIORISE

KO-SO CAFE BIORISE

☎03-3409-3405

Lunch ¥1,500- Dinner ¥2,000-
www.ko-so-cafe.jp/

Hours: 11:00-15:00 (L.O. 14:30), 17:00-21:30 (L.O. 21:00) (Mon-Fri),
11:30-20:00 (L.O. 19:00) (Sat, Sun, holidays)

Closed days: Open 365 days Address: Lions Plaza Ebisu 1F,
3-25-3 Higashi, Shibuya City Access: Ebisu (JR, Subway)



Café/Bar

MAP C-7



WEBSITE



ACCESS MAP



30 RAINBOW RAWFOOD

酵素食道 レインボー・ローフード

☎03-6427-1984

Lunch ¥1,600-
<http://rainbowrawfood.com/>

Hours: 11:00-15:00 (L.O. 14:30) Closed days: Thu-Mon

Address: Christie Ebisu 8F, 3-17-14 Higashi, Shibuya City
Access: Ebisu (JR, Subway)



Other foods

MAP C-7



WEBSITE



ACCESS MAP



31 hallogallo

hallogallo

☎03-3389-1833

Dinner ¥2,000-
<https://hallogallotokyo.com/>

Hours: 19:00-26:00 (Tue-Sat), 17:00-23:00 (Sun)

Closed days: Mon

Address: 2F, 5-56-15 Nakano, Nakano City

Access: Nakano (JR, Subway)



Café/Bar

MAP K-8



WEBSITE



ACCESS MAP



32 Pain de BRUN

バンドブラン

☎03-5941-3613

Lunch ¥1,000-
www.paindebrun.com/

Hours: 11:00-19:00 Closed days: Mon

Address: Shinei Mansion 1F, 3-45-16 Kugayama, Suginami City

Access: Kugayama (Keio)



Café/Bar

MAP J-9



WEBSITE



ACCESS MAP



33 vege & grain cafe meu nota

ベジアンドグレインカフェ メウノータ

☎03-5929-9422

Lunch ¥1,250- Dinner ¥1,750-
www.meunota.com/

Hours: 12:00-15:30 (L.O. 14:30), 17:30-22:30 (L.O. 21:30)

Closed days: Mon, Tue

Address: RIC Koenji 2F, 3-45-11 Koenji-minami, Suginami City

Access: Koenji (JR)



Café/Bar

MAP J-9



WEBSITE



ACCESS MAP



34 AIN SOPH. soar

アインソフ ソア

☎03-5944-9699

Lunch ¥2,000- Dinner ¥2,000-
<http://ain-soph.jp/soar/>

Hours: 11:30-16:00 (L.O. 15:00), 18:00-22:00 (L.O. 21:00) (Mon-Fri),
11:30-17:00 (L.O. 16:00), 18:00-22:00 (L.O. 21:00) (Sat, Sun, holidays)

Closed days: No fixed holiday Address: Union Bldg. 1F, 3-5-7 Higashi-
ikebukuro, Toshima City Access: Ikebukuro (JR, Subway, Tobu, Seibu)



WEBSITE

Other foods

MAP

C-1



ACCESS MAP



35 Nourish

自然野菜レストラン駒込ナーリッシュ

☎03-3944-8300

Lunch ¥1,500- Dinner ¥2,500-
<http://k-nourish.tokyo/>

Hours: 11:30-14:30 (Mon-Fri, Sun), 18:00-22:00 (Fri, Sat)

Closed days: New Year holidays

Address: Corpo Ichikawa 2F, 1-37-8 Komagome, Toshima City
Access: Komagome (JR, Subway)



WEBSITE

Other foods

MAP

E-1



ACCESS MAP



36 cotoca

こそだて喫茶cotoca

☎03-6320-2736

Lunch ¥1,320-
<http://cotoca-senju.jp/>

Hours: 9:00-17:00 Closed days: Sun, Mon, holidays

Address: 2-18 Senju, Adachi City

Access: Kita-senju (JR, Subway, Tobu, TX)



WEBSITE

Café/Bar

MAP

L-S



ACCESS MAP



37 natural cafe sachinoki

natural cafe 幸の木

☎042-649-1987

Lunch ¥1,500-
<http://sachinoki.com/>

Hours: 8:00-17:00 (L.O. 16:30)

Closed days: Mon, 1st and 3rd Sun of the month

Address: 1F, 2-25-8 Myojin-cho, Hachioji City

Access: Keio-hachioji (Keio)



WEBSITE

Café/Bar

MAP

H-9



ACCESS MAP



38 Natural Cafe Sakuratei

ナチュラルカフェさくら亭

☎042-625-8622

Lunch ¥1,600-
<http://hachioji-sakuratei.cafe.coocan.jp/index.htm>

Hours: 11:00-18:00 Closed days: Mon, Tue, Wed

Address: 21-1 Ueno-machi, Hachioji City

Access: Hachioji (JR)



WEBSITE

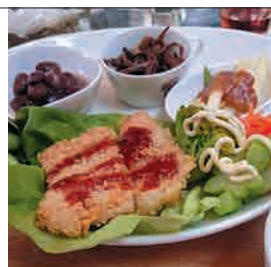
Café/Bar

MAP

H-9



ACCESS MAP



Category 2

Restaurants in this category offer vegetarian- or vegan*-friendly options. SOME of their menus incorporate the items below.

* A vegan, as referred to in this guidebook, is a person whose diet is solely plant-based.



No meat



No fish



No crustacean



No shellfish



No egg



No dairy



No honey

For reservations, menus and in-store details, please contact the restaurant directly.

1 Chaya Natural & Wild Table Hibiya Chanter

チャヤナチュラル & ワイルドテーブル日比谷シャンテ店

☎03-3500-5514

Lunch ¥1,500- Dinner ¥3,000-
www.chayam.co.jp/restaurant/hibiya.html

Hours: 11:00-23:00 (L.O. 22:30) (Tue-Sat), 11:00-22:00 (L.O. 21:30)

(Sun, Mon) Closed days: Varies depending on the facility

Address: B2F, 1-2-2 Yuraku-cho, Chiyoda City

Access: Yurakucho (JR, Subway), Hibiya (Subway)



Other foods

MAP F-5



WEBSITE



ACCESS MAP



2 Mr. FARMER Hibiya

ミスターファーマー 東京ミッドタウン日比谷店

☎03-3519-3066

Lunch ¥1,700- Dinner ¥3,000-
<http://mr-farmer.jp/locations/>

Hours: 11:00-23:00

Closed days: Varies depending on the facility

Address: TOKYO MIDTOWN Hibiya B1F, 1-1-2 Yuraku-cho, Chiyoda City

Access: Hibiya (Subway), Yurakucho (JR, Subway)



Café/Bar

MAP F-5



WEBSITE



ACCESS MAP



3 Kyushu Jangara Akihabara-honten

『九州じゃんがら』秋葉原本店

☎03-3251-4059

Lunch ¥1,050- Dinner ¥1,050-
<http://kyushujangara.co.jp/>

Hours: 10:30-23:30 (Mon-Fri), 9:30-23:30 (Sat, Sun, holidays)

Closed days: Open 365 days

Address: 3-11-6 Soto-kanda, Chiyoda City

Access: Akihabara (JR, Subway, TX)



Noodles/Ramen

MAP F-3



WEBSITE



ACCESS MAP



4 soranoiro

ソラノイロ

☎03-3263-5460

Lunch ¥1,000- Dinner ¥1,000-
<https://soranoiro-vege.com/>

Hours: 11:00-15:00, 18:00-22:00

Closed days: Sat, Sun, holidays

Address: Blue Bldg. Main Bldg. 1B, 1-3-10 Hirakawa-cho, Chiyoda City

Access: Kojimachi (Subway)



Noodles/Ramen

MAP E-5



WEBSITE



ACCESS MAP



5 DAKSHIN Higashi-Nihonbashi

南インド料理ダクシン 東日本橋店

☎03-3249-9155

Lunch ¥1,000- Dinner ¥3,000-

www.dakshin.jp/

Hours: 11:00-23:00 (L.O. 22:00) (Mon-Fri), 11:30-15:00 (L.O. 14:30)

(Sat, Sun, holidays), 17:30-22:00 (L.O. 21:00) (Sat, Sun, holidays)

Closed days: New Year holidays

Address: 1-12-1 Nihonbashi-bakurocho, Chuo City

Access: Bakurocho (JR), Higashi-nihonbashi (Subway)



Asian foods

MAP G-4



WEBSITE



ACCESS MAP



6 DAKSHIN Yaesu

南インド料理ダクシン 八重洲店

☎03-6225-2640

Lunch ¥1,000- Dinner ¥3,000-

www.dakshin.jp/

Hours: 11:00-15:00 (L.O. 14:30), 17:30-23:00 (L.O. 22:00)

(Mon-Fri), 11:00-15:00 (L.O. 14:30), 17:30-22:00 (L.O. 21:00)

(Sat, Sun, holidays) Closed days: New Year holidays

Address: Prairie Bldg. B1F, 2-5-12 Yaesu, Chuo City

Access: Kyobashi (Subway), Tokyo (JR, Subway)



Asian foods

MAP F-5



WEBSITE



ACCESS MAP



7 GINZA KUKI

GINZA 鼓 KUKI

☎03-3572-5433

Dinner ¥15,000-

<https://ginzakuki.com/>

Hours: 18:00-23:30

Closed days: Sun, holidays, summer holidays, New Year holidays

Address: GINZA-A5 4F, 5-9-16 Ginza, Chuo City

Access: Ginza (Subway)



Reservation required
(up to 1 day before)

Japanese foods

MAP F-6



WEB SITE



ACCESS MAP



8 Kyushu Jangara Ginza

『九州じゃんがら』銀座店

☎03-3572-3025

Lunch ¥1,050- Dinner ¥1,050-

<http://kyushujangara.co.jp/>

Hours: 10:00-23:00 (Mon-Thu, Sat, Sun), 10:00-27:00 (Fri)

Closed days: Open 365 days

Address: Ginza Katagiri Bldg. 1F, 6-12-17 Ginza, Chuo City

Access: Ginza (Subway)



Nihonbashi branch
is also nearby.
Please check the website.

Noodles/Ramen

MAP F-6



WEBSITE



ACCESS MAP



9 Restaurant himizutsuchi

レストラン日水土

☎03-3562-7720

Lunch ¥3,000-
<https://naturalharmony.co.jp/himizutuchi/>

Hours: 11:30-15:30 (L.O. 14:30) Closed days: Sun, Mon
Address: Natural Harmony Ginza 3F, 1-23-16 Ginza, Chuo City
Access: Shintomicho (Subway), Ginza-Itchome (Subway), Higashi-ginza (Subway)



Order in advance for the
vegetarian/vegan menu

Japanese foods

MAP F-5



WEBSITE



ACCESS MAP



10 BICHOUKATSU CAFE & GROCERY L for You

美腸活 CAFE & GROCERY L for You

☎03-6459-2504

Lunch ¥1,300- Dinner ¥2,500-
www.lforyou.tokyo/

Hours: 10:00-20:00 (L.O. 19:00) Closed days: Sun
Address: Ikegami Bldg. 1F, 3-9-3 Minami-aoyama, Minato City
Access: Omote-sando (Subway)



Café/Bar

MAP C-6



WEBSITE



ACCESS MAP



11 CHAYA macrobiotics Shiodome

チャヤマクロビ汐留店

☎03-3573-3616

Lunch ¥1,500- Dinner ¥2,000-
www.chayam.co.jp/

Hours: 7:00-10:00, 11:00-21:00 Closed days: Open
365 days Address: The Royal Park Hotel Iconic Tokyo
Shiodome 1F, 1-6-3 Higashi-shinbashi, Minato City
Access: Shimbashi (JR, Subway, Yurikamome)



Western foods

MAP F-6



WEBSITE



ACCESS MAP



12 ki to mizu to tsuchi to Omotesando

木と水と土と表参道店

☎03-5962-7586

Lunch ¥1,200- Dinner ¥1,750-
www.ki-mizu-tsuchi.com/omotesando/

Hours: 10:00-22:00 (L.O. 21:30) Closed days: Open
365 days Address: FPGlinksOMOTESANDO Bldg. B-1F,
3-10-13 Kita-aoyama, Minato City Access: Omote-sando
(Subway), Shibuya (JR, Subway, Tokyu, Keio)



Café/Bar

MAP C-6



WEBSITE



ACCESS MAP



13 LONGING HOUSE Kita Aoyama

LONGING HOUSE 北青山

☎03-6433-5808

Lunch ¥1,500- Dinner ¥4,500-
www.longinghouse.com/no.2/aoyama/

Hours: 11:30-15:00 (L.O. 14:30), 17:00-23:00 (L.O. 22:30) (Mon-Fri),
11:30-23:00 (L.O. 22:30) (Sat), 11:30-22:00 (L.O. 21:30) (Sun)
Closed days: No fixed holiday
Address: Segawa Bldg. 1F, 3-9-10 Kita-aoyama, Mitato City
Access: Omote-sando (Subway)



Western foods

MAP C-6



WEBSITE



ACCESS MAP



14 OIZUMI KOJO NISHIAZABU

大泉工場 NISHIAZABU

☎03-6427-4749

Lunch ¥1,870- Dinner ¥2,000-
<http://oks-nishiazabu.com/>

Hours: 10:00-19:00 Closed days: No fixed holiday
Address: 2-13-13 Nishi-azabu, Minato City
Access: Hiro-o (Subway), Roppongi (Subway)



Café/Bar

MAP D-6



WEBSITE



ACCESS MAP



15 SINCERE GARDEN CAFE

シンシア・ガーデンカフェ

☎03-5775-7375

Lunch ¥1,500- Dinner ¥2,000-
www.sincere-garden.com/

Hours: 11:30-20:00 (L.O.19:00) Closed days: New Year holidays
Address: Aoyama Takano Bldg. 2F, 6-5-4 Kita-aoyama, Minato City
Access: Omote-sando (Subway), Gaemmae (Subway)



Café/Bar

MAP C-6



WEBSITE



ACCESS MAP



16 shojin SOUGO

shojin 宗胡

☎03-5414-1133

Lunch ¥2,000- Dinner ¥10,000-
www.sougo.tokyo/

Hours: 11:00-17:00, 18:00-23:30 Closed days: Sun, holidays
Address: Roppongi Green Bldg. 3F, 6-1-8 Roppongi, Minato City
Access: Roppongi (Subway)



Japanese foods

MAP D-6



WEBSITE



ACCESS MAP



17 Two Dogs Taproom

トゥードッグス タップルーム

☎03-5413-0333

Lunch ¥900- Dinner ¥4,000-
www.twodogs-tokyo.com/

Hours: 12:00-14:30 (Mon-Fri), 17:00-23:00
Closed days: Open 365 days
Address: Aries Bldg. 2F, 3-15-24, Roppongi, Minato City
Access: Roppongi (Subway)



Western foods

MAP D-6



WEBSITE



ACCESS MAP



18 Vegetarian meal DAIGO

精進料理 醍醐

☎03-3431-0811

Lunch ¥15,000- Dinner ¥20,000-
www.atago-daigo.jp/

Hours: 11:30-14:00 (L.O.), 17:00-20:00 (L.O.)
Closed days: New Year holidays
Address: Atago Forest Tower, 2-3-1 Atago, Minato City
Access: Kamiyacho (Subway), Onarimon (Subway)



Order in advance for the
vegetarian/vegan menu

Japanese foods

MAP E-6



WEBSITE



ACCESS MAP



19 WA NISHIAZABU

倭西麻布

☎03-6427-6689

Dinner ¥8,000-
https://mil-inc.com/restaurants/wa/en_index.php

Hours: 18:00-23:00 Closed days: Sun, holidays

Address: Laporte Nishiazabu B1F, 4-10-1 Nishi-azabu, Minato City
Access: Hiro-o (Subway)



Reservation required
(up to 1 day before)

Japanese foods

MAP D-6



WEBSITE



ACCESS MAP



20 YASAIYA Teppanyaki yasai Akasaka

やさいや鉄板焼野菜 赤坂店

☎050-3188-8284

Lunch ¥1,100- Dinner ¥7,700-
<http://yasaiya.tokyo/>

Hours: 11:30-15:00 (L.O. 14:30), 18:00-28:00 (L.O. 27:00) (Mon-Fri),
17:00-23:30 (L.O. 23:00) (Sat, Sun, Holidays) Closed days: Sun, holidays

Address: Akasaka Beigo 1F, 3-11-14 Akasaka, Minato City
Access: Akasaka-mitsuke (Subway), Akasaka (Subway)



Japanese foods

MAP D-5



WEBSITE



ACCESS MAP



21 YASAIYA Teppanyaki yasai Roppongi

やさいや鉄板焼野菜 六本木店

☎050-3085-2418

Lunch ¥1,380- Dinner ¥7,700-
<http://yasaiya.tokyo/>

Hours: 18:00-23:00 (L.O. 22:00) (Wed-Fri), 11:00-22:30 (Lunch L.O.
16:00, Dinner L.O. 22:00) (Sat, Sun, Holidays) Closed days: Mon, Tue
(opens when it falls on a national holiday) Address: Kishida Bldg. 1F,
7-18-8 Roppongi, Minato City Access: Roppongi (Subway)



Japanese foods

MAP D-6



WEBSITE



ACCESS MAP



22 & sandwich.

アンドサンドイッチ

☎03-6709-9455

Lunch ¥1,200-
www.andsandwich.tokyo/

Hours: 9:00-18:00 (L.O. 17:00) Closed days: Mon (or the
following Tue when it falls on a national holiday)

Address: Sukilagyoen 1F, 1-5-7 Shinjuku, Shinjuku City
Access: Shinjuku-gyoemmae (Subway)



Café/Bar

MAP C-4



WEBSITE



ACCESS MAP



23 CAFE-Today is my life!

地球を旅するCAFÉ

☎03-6265-9482

Lunch ¥1,100- Dinner ¥3,000-
<http://chikyu-tabl-caffe.com/>

Hours: 17:30-23:00 (Tue-Fri), 12:00-23:00 (Sat, Sun)
Closed days: Mon

Address: Pre Bldg., 2-12-5 Takadanobaba, Shinjuku City
Access: Takadanobaba (JR, Subway, Seibu)



Other foods

MAP C-2



WEBSITE



ACCESS MAP



24 CHAYA macrobotics Isetan Shinjuku

チャヤマクロビ伊勢丹新宿店

☎03-3357-0014

Lunch ¥2,500- Dinner ¥4,000-
www.chayam.co.jp/

Hours: 11:00-22:00 (L.O. 21:15)

Closed days: Varies depending on the facility

Address: Shinjuku Isetan Main Bldg. 7F, 3-14-1 Shinjuku, Shinjuku City

Access: Shinjuku-sanchome (Subway)



Western foods

MAP C-4



WEBSITE



ACCESS MAP



25 MARTINIBURGER

マティニーバーガー

☎03-6280-8920

Lunch ¥900- Dinner ¥2,500-
http://martini-burger.com/

Hours: 11:00-23:00 (L.O. 22:00) (Tue-Sat), 11:00-22:00

(L.O. 21:00) (Sun, holidays) Closed days: Mon

Address: 31 Nakazato-cho, Shinjuku City

Access: Kagurazaka (Subway), Edogawabashi (Subway)



Other foods

MAP D-3



WEBSITE



ACCESS MAP



26 Mr. FARMER Shinjuku

ミスターファーマー新宿ミロード店

☎03-3349-5731

Lunch ¥1,700- Dinner ¥3,000-
http://mr-farmer.jp/locations/

Hours: 9:00-23:00 Closed days: Varies depending on the facility

Address: Mosaic Street, Shinjuku Mylord Bldg., 1-1-3

Nishi-shinjuku, Shinjuku City

Access: Shinjuku (JR, Subway, Keio, Odakyu)



Café/Bar

MAP B-4



WEBSITE



ACCESS MAP



27 Saishoku Kenbi

菜食健美

☎03-5332-3627

Lunch ¥1000-
http://daisho-kikaku.com/

Hours: 11:00-15:00 (L.O. 14:30)

Closed days: Tue, No fixed holiday

Address: 2-21-26 Hyakunin-cho, Shinjuku City

Access: Okubo (JR), Shin-Okubo (JR)



Japanese foods

MAP B-3



WEBSITE



ACCESS MAP



28 Halal & Vegan Shinjukugyoen Ramen Ouka

新宿御苑らーめん桜花

☎03-5925-8426

Lunch ¥1,500- Dinner ¥3,000-
https://ramenouka.com/

Hours: 15:00-22:00 (Mon-Thu), 18:00-22:00 (Fri), 13:00-22:00 (Sat,

Sun, holidays) Closed days: No fixed holiday

Address: Sansara no.5 goyen Bldg. 1F, 1-11-7 Shinjuku,

Shinjuku City Access: Shinjuku-gyoemmae (Subway)



Order in advance for the
five pungent vegetables

Noodles/Ramen

MAP C-4



WEBSITE



ACCESS MAP



29 YASAIYA Teppanyaki yasai Kabukicho

やさいや鉄板焼野菜 歌舞伎町店

☎050-3188-6237

Dinner ¥7,700-
<http://yasaiya.tokyo/>

Hours: 18:00-28:00 (L.O. 27:00) Closed days: Open 365 days
Address: Kensei Sango Bldg. B1F, 1-15-13 Kabuki-cho, Shinjuku City
Access: Shinjuku (JR, Subway, Keio, Odakyu)



Japanese foods

MAP B-4



WEBSITE



ACCESS MAP



30 Shiboriya 935

搾り屋935

☎03-3816-1071

Lunch ¥1,000-
<https://shiboriya935.business.site/>

Hours: 8:00-14:30, 16:00-19:00 (Mon-Fri),
9:30-18:30 (Sat, holidays) Closed days: Sun
Address: 3-28-4 Hongo, Bunkyo City
Access: Hongo-sanchoime (Subway)



Other foods

MAP F-3



WEBSITE



ACCESS MAP



31 tofuroom Dy's

豆腐room Dy's

Lunch ¥1,680-
<https://tofuroomdys.jimdofree.com/>

Hours: 11:30-16:00 Closed days: Thu
Address: Katerina Sendagi 101, 2-48-18 Sendagi, Bunkyo City
Access: Nezu (Subway), Sendagi (Subway)



Japanese foods

MAP F-2



WEBSITE



ACCESS MAP



32 Cafe Byron Bay

カフェバイロンベイ

☎03-5830-7984

Dinner ¥680-
www.cafebyronbay.com/

Hours: 18:00-24:00 (L.O. 23:00) (Tue-Sat), 18:00-23:00
(L.O. 22:00) (Sun) Closed days: Mon
Address: 3-2-12 Nishi-asakusa, Taito City
Access: Tawaramachi (Subway), Asakusa (Subway, Toju, TX)



Café/Bar

MAP H-2



WEBSITE



ACCESS MAP



33 Guruatsu

ぐるあつ

☎03-5830-3700

Lunch ¥1,250-
www.instagram.com/guruatsu/

Hours: 11:00-16:00 Closed days: Sun, holidays,
temporary closing Address: Miyazawa Bldg. 1F, 4-21-6,
Higashi-ueno, Taito City
Access: Inaricho (Subway), Iriya (Subway)



Café/Bar

MAP G-2



WEBSITE



ACCESS MAP



34 Minoya

味農家

☎03-3866-3795

Dinner ¥8,000-

www.minoyavege.com/english.html

Hours: 17:30-22:30 (L.O. 21:00)

Closed days: Sun, holidays, two days of the end of the month

Address: 1-5-5 Torigo, Taito City

Access: Shin-okachimachi (Subway)



Order in advance for the five pungent vegetables

Japanese foods

MAP G-3



WEBSITE



ACCESS MAP



35 Veggie House

ベジハウス

☎03-3625-1245

Lunch ¥1,000- Dinner ¥1,500-

<https://veggiehousetokyo.wixsite.com/veggiehouse>

Hours: 11:30-14:00, 17:00-21:00

Closed days: Mon, Tue of the last week of the month

Address: Yuichi Bldg., 4-7-10 Taihei, Sumida City

Access: Kinshicho (JR, Subway)



Asian foods

MAP I-3



WEBSITE



ACCESS MAP



36 Organic Cafe LuLu

オーガニックカフェルル

☎03-5809-9922

Lunch ¥2,550- Dinner ¥2,550-

www.growing-trees.com/organiccafelulu/

Hours: 11:00-18:30 (L.O. 17:30) (Mon-Fri), 9:30-19:00 (L.O. 18:00)

Closed days: Sun, holidays, No fixed holiday

Address: 5-6-30 Kiba, Koto City

Access: Kiba (Subway)



Café/Bar

MAP H-6



WEBSITE



ACCESS MAP



37 CABE MEGURO Indonesian Restaurant

インドネシア料理 チャベ目黒店

☎03-6432-5748

Lunch ¥1,000- Dinner ¥3,000-

www.facebook.com/IndonesianRestaurantCabeMeguro/

Hours: 11:30-14:30, 17:30-22:00

Closed days: Sun, holidays

Address: No.1 Tanaka Bldg. 2F, 3-5-4 Kamiosaki, Shinagawa City

Access: Meguro (JR, Subway)



Asian foods

MAP C-8



WEBSITE



ACCESS MAP



38 News Cafe

ニュースカフェ

☎03-3725-6450

Lunch ¥1,130- Dinner ¥2,000-

www.newscafe.jp/

Hours: 12:00-21:00 (L.O. 20:00) (Mon, Thu-Sat), 12:00-19:00

(L.O. 18:00) (Sun, holidays) Closed days: Tue, Wed

Address: Hachikoh Bldg. 401, 2-9-11 Jiyugaoka,

Meguro City Access: Jiyugaoka (Tokyu)



Western foods

MAP A-10



WEBSITE



ACCESS MAP



39 Premarché Gelateria Tokyo

プレマルシェ・ジェラテリア中目黒駅前店

☎03-6303-0141

¥600-

<https://gelato.organic/>

Hours: 12:00-21:00 Closed days: Thu

Address: Meguro Ginza Bldg. 1F, 2-9-36 Kamimeguro, Meguro City

Access: Naka-meguro (Subway, Tokyo)



Café/Bar

MAP

B-8



WEBSITE



ACCESS MAP



40 cafe Stay Happy

カフェステイハッピー

☎03-3410-5959

Lunch ¥1,500- Dinner ¥2,000-

<http://cafestayhappy.com/>

Hours: 13:00-22:00 (Mon, Wed-Sat), 13:00-21:00 (Sun)

Closed days: Tue, 2nd Wed of the month

Address: Miyagawa Bldg. 2F, 2-29-14 Daizawa, Setagaya City

Access: Shimo-kitazawa (Odakyu, Keio)



Café/Bar

MAP

A-6



WEBSITE



ACCESS MAP



41 inning+

イニングプラス

☎03-5712-3588

Lunch ¥1,500- Dinner ¥2,000-

<https://inningplus.com/>

Hours: 11:30-16:00 (L.O. 15:30) (Mon, Wed-Sat), 18:00-22:00 (L.O. 21:30)

(Thu-Sat), 11:30-17:00 (L.O. 16:30) (Sun) Closed days: Tue, 3rd Mon

of the month Address: Highland 2F, 5-34-21 Daida, Setagaya City

Access: Shimo-kitazawa (Odakyu, Keio)



Other foods

MAP

K-9



WEBSITE



ACCESS MAP



42 Kamay Kitchen

かまいキッチン

☎03-6318-5323

Lunch ¥1,100- Dinner ¥1,500-

<https://kamaykitchen.therestaurant.jp/>

Hours: 11:00-20:00 Closed days: Tue

Address: No. 2 Michiru Bldg., 2-33-6 Kitazawa, Setagaya City

Access: Shimo-kitazawa (Odakyu, Keio)



Asian foods

MAP

A-6



WEBSITE



ACCESS MAP



43 Mr. FARMER Komazawa

ミスターファーマー 駒沢オリンピック公園店

☎03-5432-7062

Lunch ¥1,700- Dinner ¥3,000-

<http://mr-farmer.jp/locations/>

Hours: 9:00-21:00 Closed days: Open 365 days

Address: 1-1-2 Komazawakoen, Setagaya City

Access: Komazawa-daigaku (Tokyu)



Café/Bar

MAP

J-9



WEBSITE



ACCESS MAP



44 BiOcafe

BiOcafe

☎03-5428-3322

Lunch ¥1,250- Dinner ¥2,500-
<https://biocafe.jp/>

Hours: 11:00-16:00 (L.O. 15:30), 18:00-22:00 (L.O. 21:00),
Cafe 11:00-22:00 (L.O. 21:00) Closed days: Open 365 days
Address: Patio I Bldg. 1F, 16-14 Udagawa-cho, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)



Café/Bar

MAP

B-6



WEBSITE



ACCESS MAP



45 BOTANIST cafe

ボタニストカフェ

☎03-5766-3778

Lunch ¥1,300- Dinner ¥1,300-
<https://en.botanistofficial.com/shop/>

Hours: 11:00-20:00 (L.O. Food: 19:00, Drink: 19:30)
Closed days: No fixed holiday
Address: Sukekawa Bldg. 2F, 6-29-2 Jingumae, Shibuya City
Access: Meiji-jingumae <Harajuku> (Subway)



Café/Bar

MAP

C-6



WEBSITE



ACCESS MAP



46 BROOK'S ME-BYO café

ブルックスミビョウカフェ

☎03-5778-3077

Lunch ¥890- Dinner ¥890-
www.brookscafe.com/harajuku/en/

Hours: 9:00-20:30 (L.O. 20:00) Closed days: Open 365 days
Address: Harajuku Hakkakukan Bldg. 1F/B1F, 6-4-1
Jingumae, Shibuya City Access: Harajuku (JR), Meiji-
jingumae <Harajuku> (Subway)



Café/Bar

MAP

C-6



WEBSITE



ACCESS MAP



47 Chipoon

チプーン

☎03-6804-2123

Lunch ¥1,000- Dinner ¥1,000-
<http://chipoon.tokyo/>

Hours: 11:00-21:00 Closed days: Open 365 days
Address: GOOD MEAL MARKET, Laforet HARAJUKU 2F, 1-11-6
Jingumae, Shibuya City Access: Harajuku (JR), Meiji-jingumae
<Harajuku> (Subway), Omote-sando (Subway)



Noodles/Ramen

MAP

C-6



WEBSITE



ACCESS MAP



48 Cosme Kitchen Adaptation

コスメキッチン アダプテーション

☎03-5475-8576

Lunch ¥2,500- Dinner ¥4,500-
<http://ck-adaptation.com/>

Hours: 10:00-23:00 (L.O. 22:30) Closed days: No fixed holiday
Address: Atré Ebisu West Bldg. 2F, 1-6-1 Ebisu-minami, Shibuya City
Access: Ebisu (JR, Subway)



Café/Bar

MAP

C-7



WEBSITE



ACCESS MAP



49 ELLE café Aoyama

エルカフェ 青山

☎03-6451-1996

Lunch ¥1,500- Dinner ¥2,500-
<https://ellecafe.jp/restaurant/>

Hours: 11:00-22:00 (Mon-Fri), 8:00-22:00 (Sat, Sun, holidays)
(L.O.21:00) Closed days: New Year holidays
Address: La Porte, 1F/2F, 5-51-8 Jingumae, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio), Omote-sando (Subway)



WEBSITE



ACCESS MAP

Café/Bar

MAP C-6



50 FICO & POMUM JUICE AOYAMA

フィコ&ポムムジュース 青山店

☎03-6805-0480

Lunch ¥990-
<http://ficoandpomum.com/>

Hours: 8:00-21:00 (L.O. 20:45) Closed days: New Year holidays, Varies depending on the facility
Address: Aoyama Oval Bldg. 1F, 5-52-2 Jingumae, Shibuya City
Access: Omote-sando (Subway)



WEBSITE



ACCESS MAP

Café/Bar

MAP C-6



51 GENTLE Italian & Sushi Bar

ジェントル イタリアン&スシバー

☎050-3503-7871

Lunch ¥2,500- Dinner ¥10,000-
www.gentle-base.com/

Hours: 11:30-15:00, 17:00-23:00 Closed days: Sun
Address: 5-47-6 Jingumae, Shibuya City
Access: Omote-sando (Subway)



WEBSITE



ACCESS MAP

Western foods

MAP C-6



52 marugo deli ebisu

マルゴデリエビス

☎03-6427-8580

Lunch ¥1,500- Dinner ¥1,500-
www.maru5ebisu.jp/

Hours: 9:00-20:00 (Mon-Sat), 10:00-20:00 (Sun, holidays)
Closed days: New Year holidays
Address: Premiere Ebisu 1F, 1-17-1 Ebisu-nishi, Shibuya City
Access: Ebisu (JR, Subway), Daikan-yama (Tokyu)



WEBSITE



ACCESS MAP

Café/Bar

MAP C-7



53 Mr. FARMER Omotesando

ミスターファーマー 表参道

☎03-5413-4215

Lunch ¥1,700- Dinner ¥3,000-
<http://mr-farmer.jp/locations/>

Hours: 9:00-20:00 Closed days: Open 365 days
Address: Sepia Harajuku 1F, 4-5-12 Jingumae, Shibuya City
Access: Omote-sando (Subway)



WEBSITE



ACCESS MAP

Café/Bar

MAP C-6



54 NoodleStandTokyo

ヌードルスタンドトーキョー

☎03-6804-1477

Lunch ¥1,000- Dinner ¥1,000-
www.noodlestandtokyo.com/

Hours: 11:00-16:00, 18:00-21:00 (Mon-Fri), 11:00-21:00 (Sat, Sun, holidays) Closed days: No fixed holiday

Address: Napole Harajuku B1F, 1-21-15 Jingumae, Shibuya City
Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)



Noodles/Ramen

MAP C-5



WEBSITE



ACCESS MAP



55 Omotesandou Jangara 2F

表参道じゃんがら2F

☎03-3404-5572

Lunch ¥1,050- Dinner ¥1,050-
http://kyushujangara.co.jp/

Hours: 12:00-21:00 (Mon-Fri), 11:30-21:00 (Sat, Sun, holidays) Closed days: Open 365 days

Address: Shanzeru Harajuku, 1-13-21 Jingumae, Shibuya City
Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)



Harajuku and Akasaka branches are also nearby. Please check the website.

Noodles/Ramen

MAP C-6



WEBSITE



ACCESS MAP



56 PARA TACO

パラタコ

☎03-6452-5156

Lunch ¥1,300- Dinner ¥3,150-
www.instagram.com/paratacodaikanyama/

Hours: 11:00-20:30 (Sun-Thu), 11:00-22:00 (Fri, Sat)
Closed days: New Year holidays

Address: 88Daikanyama Bldg. 1F, 13-6 Daikanyama-cho, Shibuya City
Access: Daikanyama (Tokyu)



Other foods

MAP C-7



WEBSITE



ACCESS MAP



57 Reimen Dining TSURUSHIKO

冷麺ダイニングつるしこ

☎090-7321-7527

Lunch ¥1,000- Dinner ¥1,000-
www.tsurushiko.jp/

Hours: 11:00-16:00, 17:30-22:00 (weekday), 11:30-15:00 (Sun, holidays) Closed days: 1st Mon of the month

Address: Y.Mbill 1F, 1-27-6 Higashi, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)



Noodles/Ramen

MAP C-7



WEBSITE



ACCESS MAP



58 Salad Deli MARGO

サラダデリマルゴ

☎03-5302-1808

Lunch ¥1,000- Dinner ¥1,000-
www.margo.co.jp/

Hours: 10:00-22:30 (Mon-Fri), 10:00-21:00 (Sat, Sun, holidays)
Closed days: Open 365 days

Address: 3-9-3 Honmachi, Shibuya City
Access: Nishi-shinjuku-gocho (Subway)



Other foods

MAP A-4



WEBSITE



ACCESS MAP



59 SHIBUYA HIDEOUT

渋谷ハイドアウト

☎03-6416-5367

Lunch ¥1,280- Dinner ¥1,580-
<https://www.hideout-burrito.com/>

Hours: 11:00-29:00 Closed days: Open 365 days
Address: Oak Village B1F, 35-4 Udagawa-cho, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)



Other foods

MAP B-6



WEBSITE



ACCESS MAP



60 Kyushu Jangara Seibu-Ikebukuro

『九州じゃんがら』西武池袋店

☎03-3981-5188

Lunch ¥1,050- Dinner ¥1,050-
<http://kyushujangara.co.jp/>

Hours: 11:00-23:00 (Mon-Fri), 10:30-23:00 (Sat, Sun, holidays)
Closed days: Open 365 days Address: Seibu Department Store
Ikebukuro Main Shop 8F, 1-28-1 Minami-Ikebukuro, Toshima City
Access: Ikebukuro (JR, Subway, Tobu, Seibu)



Noodles/Ramen

MAP C-1



WEBSITE



ACCESS MAP



61 TAKAGIYA

TAKAGIYA

☎03-5980-8733

Lunch ¥1,000- Dinner ¥1,000-
www.takagi-ya.co.jp/

Hours: 10:00-18:30 (L.O. 18:00), 10:00-19:00 (Take Out)
Closed days: Mon (or the following Tue when it falls on a national
holiday or an event is held) Address: Mitsuwa Bldg. 102, 2-9-26
Sugamo, Toshima City Access: Sugamo (JR, Subway)



Café/Bar

MAP E-1



WEBSITE



ACCESS MAP



62 Yume Mirai Cafe

ユメミライカフェ

☎03-6279-7545

Lunch ¥1,200-
<https://yumemiraicafe.jimdofree.com/>

Hours: 11:30-17:00 Closed days: Mon, Tue
Address: Refuge Haruru Tower, 1-11-13 Kamisakyujii, Nerima City
Access: Kami-shakujii (Seibu)



Café/Bar

MAP J-8



WEBSITE



ACCESS MAP



63 ORIDO.

ORIDO.

☎070-3392-0101

Lunch ¥1,125-
www.orido.life/

Hours: 11:00-18:00 Closed days: Mon, No fixed holiday
Address: Little Mansion 1F, 2-40-22 Kichijoji Higashimachi,
Musashino City Access: Kichijoji (JR, Keio), Nishi-ogikubo (JR)



Café/Bar

MAP J-S



WEBSITE



ACCESS MAP



64 Mayugura

蒔蔵

☎0428-21-7291

Lunch ¥1,500-
<http://mayugura.com/>

Hours: 11:00-17:00 Closed days: No fixed holiday
Address: 3-127 Nishiwake-cho, Orme City
Access: Higashino (JR), Orme (JR)



Other foods

MAP H-S



WEBSITE



ACCESS MAP



65 KICK BACK CAFE

キックバックカフェ

☎03-5384-1577

Lunch ¥900- Dinner ¥1,000-
www.kickbackcafe.jp/wp/

Hours: 11:00-22:00 (Tue, Thu-Sat), 11:00-16:00 (Wed), 13:00-21:30 (Sun) Closed days: Mon (or the following Tue when it falls on a national holiday) Address: Park Square Musashino 1F, 2-11-1 Wakaba-cho, Chofu City Access: Sengawa (Keio)



Café/Bar

MAP I-9



WEBSITE



ACCESS MAP



66 cafeSlow

カフェスロー

☎042-401-8505

Lunch ¥1,500-
<http://cafeslow.com/>

Hours: 11:00-17:00 (Tue-Fri), 11:00-15:00 (Sat), 11:00-18:00 (Sun, holidays) Closed days: Mon (or the following Tue when it falls on a national holiday) Address: 2-20-10 Higashimotomachi, Kokubunji City Access: Kokubunji (JR, Seibu)



Café/Bar

MAP I-9



WEBSITE



ACCESS MAP



67 nakaichi chienfu

中一素食店

☎042-577-3446

Lunch ¥980- Dinner ¥980-
<http://www.nakaichifoods.co.jp/>

Hours: 11:00-14:30, 17:00-21:30 Closed days: Tue
Address: Nakaichi Bldg., 1-19-8 Naka, Kunitachi City
Access: Kunitachi (JR)



Asian foods

MAP I-9



WEBSITE



ACCESS MAP



GO TOKYO

The Official Tokyo Travel Guide



Find out what to do and eat, where to go and stay and more at GO TOKYO.
Explore hidden gems even many locals don't know. Dig deeper the charm of Tokyo.

Category 3

Restaurants in this category are vegetarian*-friendly.
SOME of their menus incorporate the items below.

* A vegetarian, as referred to in this guidebook, is a person who avoids all animal products (meat, fish, crustacean, shellfish, etc.), in addition to animal-derived broth and seasonings, with the exception of eggs, dairy, and honey.



No meat



No fish



No crustacean



No shellfish

For reservations, menus and in-store details, please contact the restaurant directly.

1 Maharaja Marunouchi

マハラジャ丸の内

☎03-5221-8271

Lunch ¥950- Dinner ¥2,500-
<https://maharajamaru.mobi/>

Hours: 11:00-23:00 (L.O. 22:00) (Mon-Fri), 11:00-21:00 (L.O. 20:00) (Sat, Sun, holidays) Closed days: Open 365 days

Address: 2-1-1 Marunouchi, Chiyoda City

Access: Tokyo (JR, Subway), Nijubashimae <Marunouchi> (Subway)



Asian foods

MAP F-5



WEBSITE



ACCESS MAP



2 LUCIANO Bio GINZA

ルチアーノバイオ銀座店

☎03-6228-6647

¥1,000-
www.luciano-gelato.com/

Hours: 11:00-21:00 Closed days: Open 365 days

Address: Marronnier Gate Ginza 2, 3-2-1 Ginza, Chuo City

Access: Yurakucho (JR, Subway)



Other foods

MAP F-5



WEBSITE



ACCESS MAP



3 CRISP SALAD WORKS ROPPONGI HILLS

クリस्प・サラダワークス 六本木ヒルズ店

☎03-6721-1162

Lunch ¥997- Dinner ¥997-
www.crisp.co.jp/

Hours: 11:00-22:00 Closed days: Open 365 days

Address: B2F Hillside, Roppongi Hills, 6-10-1 Roppongi, Minato City

Access: Roppongi (Subway)



Western foods

MAP D-6



WEBSITE



ACCESS MAP



4 HARD ROCK CAFE

ハードロックカフェ

☎03-3408-7018

Lunch ¥1,000- Dinner ¥3,000-
<http://hardrockjapan.com/>

Hours: 11:30-26:00 (L.O. 25:00) (Sun-Thu, holidays), 11:30-28:00 (L.O. 27:00) (Fri, Sat) Closed days: Open 365 days

Address: 5-4-20 Roppongi, Minato City

Access: Roppongi (Subway)



Western foods

MAP D-6



WEBSITE



ACCESS MAP



5 FRUTA FRUTA Açai Cafe

フルッタフルッタアサイーカフェ 渋谷ヒカリエ ShinQs 店

☎03-6434-1875

¥800-
www.frutafruta.com/store/

Hours: 10:00-21:00 Closed days: Open 365 days

Address: ShinQs, Shibuya Hikarie B3F, 2-21-1 Shibuya, Shibuya City

Access: Shibuya (JR, Subway, Tokyu, Keio)



Other foods

MAP C-6



WEBSITE



ACCESS MAP



6 irish Pub An SÓLÁS

アイリッシュパブ アンソラス

☎03-5919-6686

Lunch ¥1,000- Dinner ¥900-
www.facebook.com/AnSolaisIrishPub/

Hours: 11:00-24:00 (Lunch 11:00-14:00), 15:00-24:00 (Sat)

Closed days: Sun, holidays

Address: 5-22-3, Sendagaya, Shibuya City

Access: Yoyogi (JR, Subway)



Western foods

MAP C-5



WEBSITE



ACCESS MAP



7 Sakura Tei

さくら亭

☎03-3479-0039

Lunch ¥1,500- Dinner ¥2,500-
www.sakuratei.co.jp/en/

Hours: 11:00-23:00 (Lunch -15:00, Dinner 15:00-)

Closed days: Open 365 days

Address: 3-20-1, Jingumae, Shibuya City

Access: Meiji-jingumae <Harajuku> (Subway)



Japanese foods

MAP C-6



WEBSITE



ACCESS MAP



8 Vegetable Bar

八百屋バール

☎03-5912-0266

Dinner ¥3,500-
<https://r.gnavi.co.jp/a97vhagg0000/>

Hours: 17:00-24:00 Closed days: Open 365 days

Address: 5-1-1, Toyotamakita, Nerima City

Access: Nerima (Subway, Seibu)



Other foods

MAP J-8



WEBSITE



ACCESS MAP



Tips for Getting by Smoothly in Japan

Exploring a new culture can sometimes be both surprising and frustrating. To help navigate any potential difficulties, here are some tips for getting around in Japan.



No bring-your-own Free water and tea

In general, most restaurants in Japan don't allow you to bring your own food or drinks in the shops. Please order something from the menu.



In most restaurants, as soon as you sit at your table you will get a glass of water without asking for it. Also, in many washoku (Japanese-style food) or sushi restaurants, you will be offered hot tea again after your meal without asking for it. Both are free of charge.



No tipping

As a rule, in Japanese restaurants, you don't need to leave a tip. Restaurants and hotels include their service charge in their bills, so the idea of tipping never caught on in Japan.



Oshibori

The first thing guests are offered when they sit at many restaurants in Japan is a wet towel. Called "oshibori" or "otefuki," this towel is free of charge and often (but not always) warm and you can use it to wipe your hands or face.



Otoshi appetizers

Izakaya taverns will invariably bring you a small dish of appetizer called "otoshi," generally in the neighborhood of 300 yen. This is not something you order, but something to nibble on until your order comes and sometimes, it is explained as the izakaya's service fee.
*Some dishes may contain animal ingredients.



What is "dashi"? ⚠️ Be Careful!

"Dashi" is essential in Japanese traditional cuisine. It is an extract of umami components, equivalent to broth in Western cuisine, which is prepared by simmering ingredients or immersing them in water. Among different kinds of "dashi" based on different ingredients, some use animal ingredients, including katsuo (bonito), iriko/niboshi (dried sardine), dried shrimp, and dried clams; therefore, you may want to be careful if you want to avoid them. Some other kinds of dashi use plant ingredients, such as dried kombu kelp and shiitake mushrooms. If you cannot tell for sure about the ingredients used in dashi for your dish, please use the "POINT AND ASK GUIDE" on page 34 to check with the restaurant staff and enjoy your meal.

Emergency Information in Foreign Languages

This information will help you in the event of disasters such as earthquakes, storms, floods, or fires, theft, lost items, and other emergencies.

Online Information

Safety tips

Multilingual

A disaster information app for foreign travelers in Japan provided by the Japan Tourism Agency. You can get push notifications for earthquake early warnings and tsunami warnings, as well as emergency weather warnings for heavy rain, etc. and volcanic eruption information issued for Japan. The app also provides a flowchart for what to do during evacuation, helpful links such as a list of embassies, and communication cards to use if you cannot communicate in Japanese. The app can be downloaded from the URLs on the right.

Android



<https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android>

iOS



<https://apps.apple.com/app/safety-tips/id858357174>

Tokyo Metropolitan Medical Institution Information

Multilingual

You can search for medical institutions in the Tokyo Metropolis that offer services in multiple languages other than Japanese, or where you can receive outpatient care from a female physician.



<https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks230.php>

[Tokyo Metropolitan Medical Institution Information Service]

 **03-5272-0303** (Japanese)

 **03-5285-8181** (Other languages)

Tokyo Metropolitan Government Disaster Prevention Website

Multilingual

<https://www.bousai.metro.tokyo.lg.jp>



Embassy (Ministry of Foreign Affairs of Japan)

Multilingual

https://www.mofa.go.jp/about/emb_cons/protocol/



Emergency Numbers

Police

 **110**

In the event of a crime or an accident

Fire Department

 **119**

To report a fire or to call for help or an ambulance

POINT-AND-ASK GUIDE

Q&A

<p>Q <small>英語のメニューはありますか</small></p> <p>Do you have an English menu?</p>	<p><small>はい</small> Yes</p> <hr/> <p><small>すみません。ありません。</small> I'm sorry, we do not.</p>
---	---

<p>Q <small>おすすめ料理は何ですか</small></p> <p>Which dish do you recommend?</p>	<p><small>〇</small> _____</p> <p>I recommend the _____</p>
---	--

<p>Q <small>洗面所はどこですか</small></p> <p>Where is the restroom?</p>	<p><small>〇ちあそこ</small> It's over there.</p> <hr/> <p><small>〇案内します</small> Please, follow me.</p>
---	--

<p>Q <small>タクシーを呼んでください</small></p> <p>Will you call a taxi for me?</p>	<p><small>はい、どこまで行かれますか</small></p> <p>Certainly. Where would you like to go?</p>
--	---

<p>Q <small>これはいくらですか</small></p> <p>How much does this cost?</p>	<p><small>〇〇円</small> _____ <small>日本円税込</small></p> <p>It costs _____ yen, including tax.</p>
---	--

<p>Q <small>個室はありますか</small></p> <p>Do you have any private dining rooms?</p>	<p><small>申し訳ありません。ごさいません</small> I'm sorry, we do not.</p> <hr/> <p><small>はい、ご案内します</small> Please, follow me.</p>
---	--

<p>Q <small>禁煙席はありますか</small></p> <p>Do you have a non-smoking area?</p>	<p><small>申し訳ありません。ごさいません</small> I'm sorry, we do not.</p> <hr/> <p><small>はい、ご案内します</small> Please, follow me.</p>
--	--

<p>Q <small>クレジットカードは使えますか</small></p> <p>Can I use a credit card here?</p>	<p><small>はい、使えます</small> Yes, you can.</p> <hr/> <p><small>日本円の現金のみです</small> No, we only accept Japanese yen in cash.</p>
---	---

- | | | | | | |
|------|-----|------------|-------------|------------------|----------------------|
| Visa | JCB | MasterCard | Diners Club | American Express | クレジットカード
UnionPay |
|------|-----|------------|-------------|------------------|----------------------|

I do not eat...

私はチェックしているものが
食べられません。

Please check the items that you are unable to eat.

<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
豚肉 Pork		牛肉 Beef		鶏肉 Chicken		魚類 Fish	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
豚出汁 Pork Stock		牛出汁 Beef Stock		鶏出汁 Chicken Stock		魚出汁 Fish Stock	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
貝 Shellfish		甲殻類 Crustacean		卵 Egg		はちみつ Honey	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
乳製品 Dairy		砂糖 Sugar		アルコール Alcohol		そば Soba (Buckwheat)	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		五葷 (タマネギ・ラッキョウ・ネギ・ニンニク・ニラ) Five Pungent Vegetables (green onion, scallion, leek, garlic, and chives)	
グルテン(小麦) Gluten		大豆 Soy					
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/> For other items, write the name and draw the symbol here.			
ナッツ Nuts		油 Oil					

TOKYO Vegan & Vegetarian

Restaurant Guide 2020-2021

 Welcome to TOKYO!

TokyoTokyo
the name for

GO-TOKYO

The Official Tokyo Travel Guide
www.gotokyo.org

Tokyo Convention & Visitors Bureau

Nisshin Bldg. 6F, 346-6 Yamabuki-cho, Shinjuku-ku, Tokyo 162-0801, Japan

2020.03

