



# TOKYO

## Vegan & Vegetarian

Restaurant Guide 2021-2022



# 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



# INDEX

Restaurant Map  
**03**

Train Route Map  
**05**

Category 1  
**07**

Category 2  
**17**

Category 3  
**31**

TOKYO  
Vegetables & Fruits  
**33**

Delivery and Takeout  
Transportation Guide  
**35**

Point and Ask Guide  
Emergency Information  
**37**

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



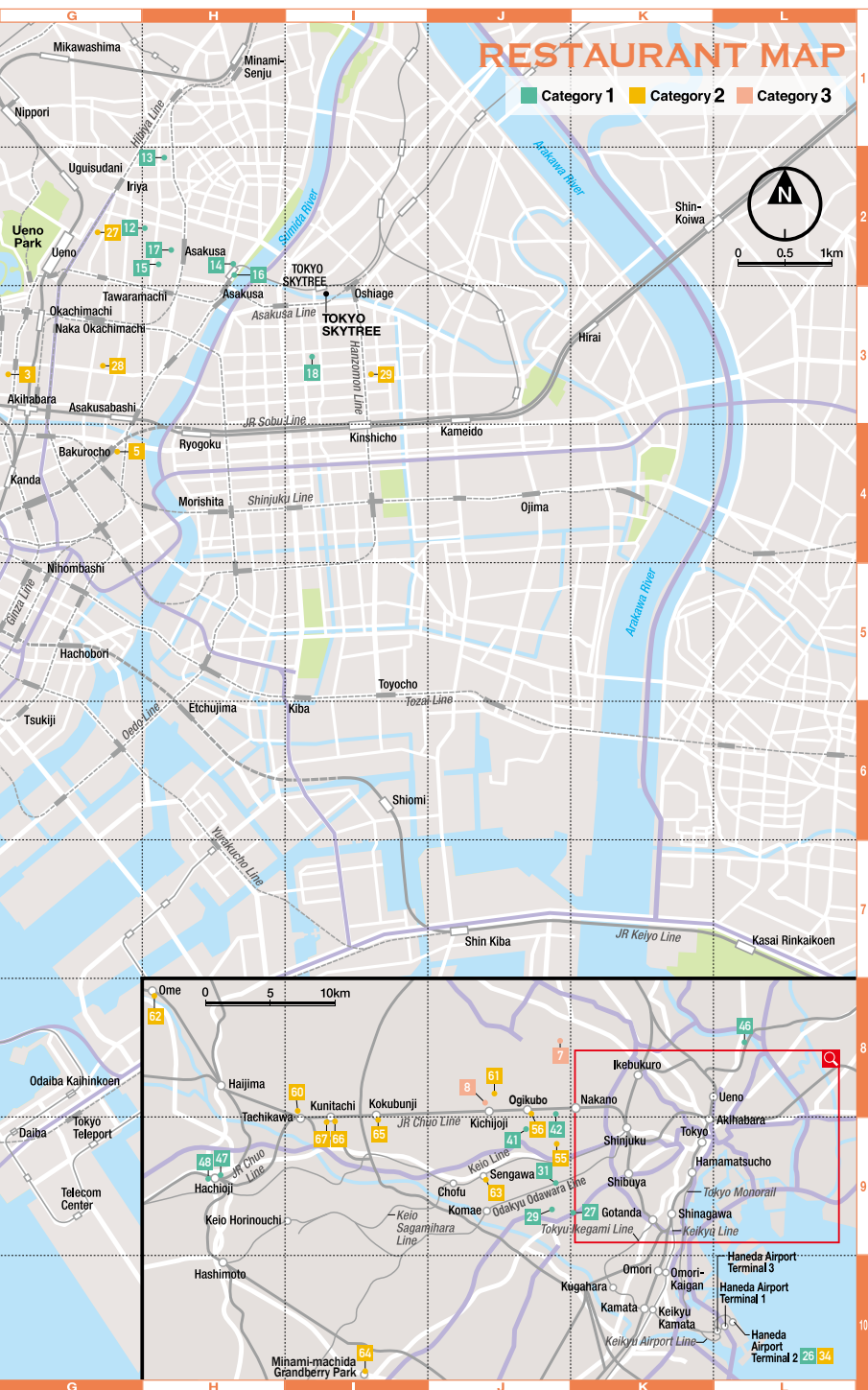
No dairy



No honey

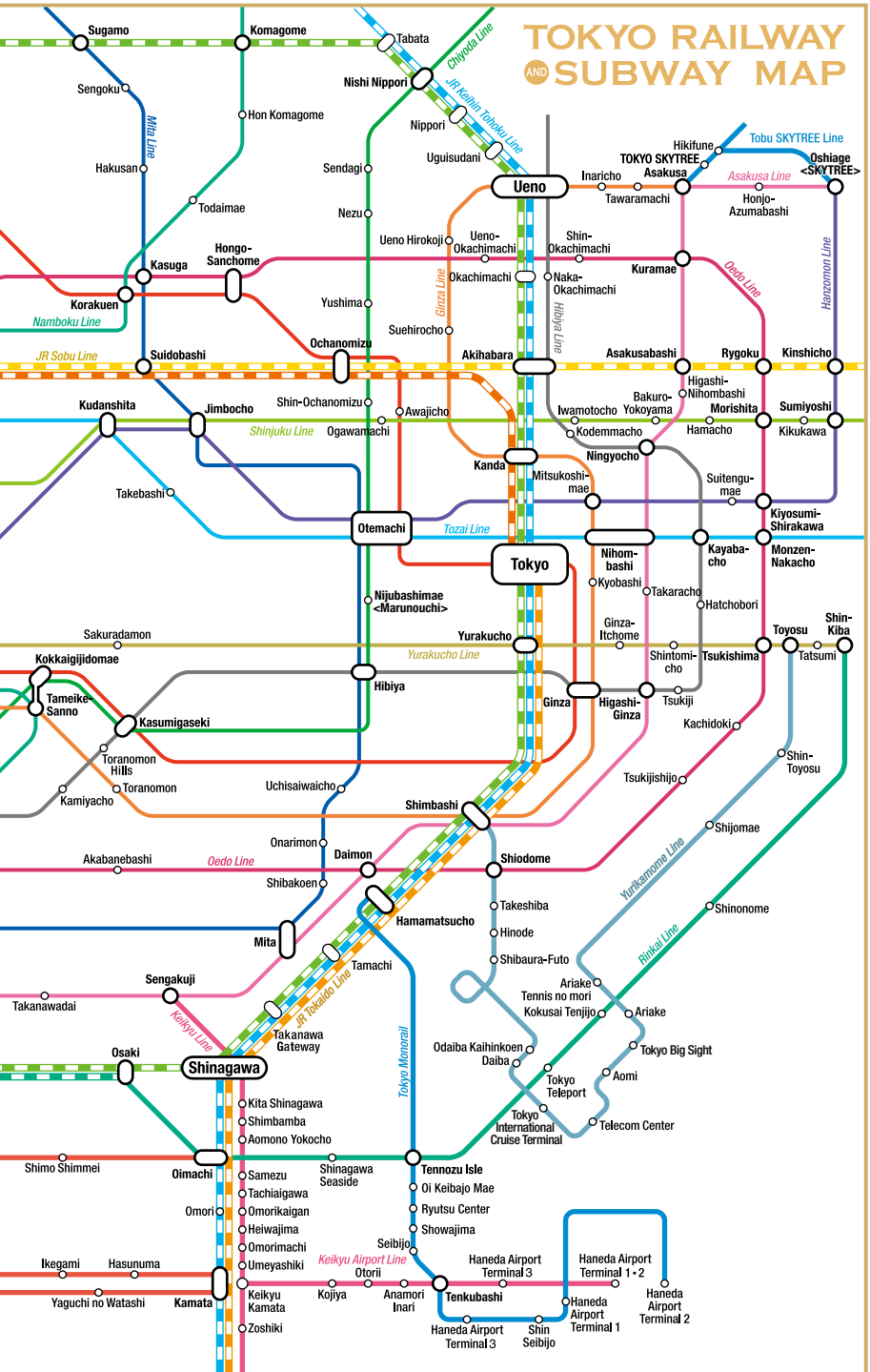








# TOKYO RAILWAY AND SUBWAY MAP



# 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.  
Prices listed in this brochure are average prices for each restaurant and may vary.

## 1 Loving Hut Tokyo

ラビングハット

☎03-5577-6880

¥800

<http://lovinghut.jp/>

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/Ethnic foods

MAP F-3



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.jr-foods.co.jp/ts-tantan/shop/detail/2/](http://www.jr-foods.co.jp/ts-tantan/shop/detail/2/)

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

☎050-3134-4241

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-5



WEBSITE



ACCESS MAP





## 4 FALAFEL BROTHERS Roppongi

FALAFEL BROTHERS 六本本店

☎03-6459-2844 Lunch ¥1,100 Dinner ¥1,500

[www.falafelbrothers.jp/](http://www.falafelbrothers.jp/)

Hours: 11:00-21:00

Closed days: Sun

Address: 5-1-10 Roppongi, Minato City

Access: Roppongi (Subway)



Other foods

MAP

D-6



WEBSITE



ACCESS MAP



## 5 PARLOR 8abliish

パーラー エイタブリッシュ

☎03-6805-0597 Lunch ¥2,000 Dinner ¥5,000

[www.8abliish.com/](http://www.8abliish.com/)

Hours: 11:00-20:00 (L.O. Lunch 14:30, Food 19:00, Drink 19:30)

Closed days: Tue

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

Access: Omote-sando (Subway)



Reservation required

Café/Sweets

MAP

C-6



WEBSITE



ACCESS MAP



## 6 TENZO

TENZO

☎03-6811-1183 Lunch ¥800 Dinner ¥800

[www.instagram.com/tenzo.jp/](http://www.instagram.com/tenzo.jp/)

Hours: 11:00-20:00 (L.O. 19:00)

Closed days: Sat, Sun, holidays

Address: 1-22-4 Nishi-Shimbashi, Minato City

Access: Toranomon (Subway)



Japanese foods

MAP

E-6



WEBSITE



ACCESS MAP



## 7 AIN SOPH. journey Shinjuku

アインソフジャーニーシンジュク

☎05-035-038-688 Lunch ¥2,000 Dinner ¥3,500

<https://www.ain-soph.jp/journeyshinjuku/>

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/1F/2F, 3-8-9 Shinjuku, Shinjuku City

Access: Shinjuku-sanchome (Subway)



Other foods

MAP

C-4



WEBSITE



ACCESS MAP



## 8 GREAT LAKES

グレートレイクス

☎03-6278-9286 Lunch ¥1,000 Dinner ¥1,000

[www.greatlakestokyo.com/](http://www.greatlakestokyo.com/)

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

Closed days: Mon

Address: 3-27-4 Nishi-Waseda, Shinjuku City

Access: Nishi-waseda (Subway), Takadanobaba (JR, Seibu)



Other foods

MAP

C-2



WEBSITE



ACCESS MAP



## 9 SOJO Esperanto-Vegana Kafejo

そーよ 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 Waseda-Tsurumakicho, Shinjuku City

Access: Waseda (Subway)



Reservation required

Café/Sweets

MAP D-3



WEBSITE



ACCESS MAP



## 10 Vegan Restaurant Nezunoya

ヴィーガンレストラン 根津の谷

☎03-3823-0030 Lunch ¥900

<http://nezunoya.com/>

Hours: 11:30-16:30 (L.O. 15:30)

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 VESPERA

ヴェスペラ

☎070-1471-0315 Lunch ¥2,000 Dinner ¥3,500

<https://ameblo.jp/vegan-vegan/>

Hours: Lunch 11:30-14:30\* (Sat, Sun, holidays), Dinner 18:00-23:00\*

\*Will close once the last guest leaves after 13:00 for lunch / 20:00 for dinner

Closed days: No fixed holiday

Address: 3-44-1 Sendagi, Bunkyo City

Access: Nippori (JR, kelsei)



Other foods

MAP F-1



WEBSITE



ACCESS MAP



## 12 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, Subway, Tobu)



Café/Sweets

MAP H-2



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/](http://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: No fixed holiday

Address: 1-2-11 Ryusen, Taito City Access: Iriya (Subway)



Reservation required

Japanese foods

MAP H-2



WEBSITE



ACCESS MAP



## 14 injoy

悦納

☎03-5830-2333 ¥5,000

[www.facebook.com/ETSUNOU2019/](https://www.facebook.com/ETSUNOU2019/)

Hours: 11:00-14:00, 16:00-20:30

Closed days: Tue

Address: AUSPICE Asakusa Hanakawado 3F, 1-9-1 Hanakawado, Taito City

Access: Asakusa (Subway, Tobu, TX)



Japanese foods

MAP

H-2



WEBSITE



ACCESS MAP



## 15 Shochiku-en Café

松竹園カフェ

☎03-6802-8355 Lunch ¥1,200 Dinner ¥1,500

[www.facebook.com/enenvegan/](https://www.facebook.com/enenvegan/)

Hours: 10:00-20:00 (L.O. 19:30)

Closed days: Wed, Thu

Address: 2-7-6 Nishi-Asakusa, Taito City

Access: Asakusa (TX, Subway, Tobu)



Reservation recommended

Café/Sweets

MAP

H-2



WEBSITE



ACCESS MAP



## 16 THE FARM CAFE

ザ・ファームカフェ

☎03-5830-8134 Lunch ¥1,600

<https://thefarmcafe.tokyo.business.site/>

Hours: 11:30-22:00

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, TX)



Café/Sweets

MAP

H-2



WEBSITE



ACCESS MAP



## 17 VEGAN STORE

ヴィーガンストア

☎03-6231-6252 Lunch ¥1,000 Dinner ¥3,000

[www.veganstore.jp/](http://www.veganstore.jp/)

Hours: Please check the website

Closed days: Please check the website

Address: 2-25-9 Nishi-Asakusa, Taito City

Access: Asakusa (TX, Subway, Tobu), Tawaramachi (Subway)



Other foods

MAP

H-2



WEBSITE



ACCESS MAP



## 18 SASAYA CAFE

ささやカフェ

☎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)



Café/Sweets

MAP

I-3



WEBSITE



ACCESS MAP



## 19 Alaska zwei

アラスカ ツヴァイ

☎03-6425-7399 Lunch ¥1,500 Dinner ¥2,500

[www.instagram.com/alaska\\_zwei/](http://www.instagram.com/alaska_zwei/)

Hours: Please check the website

Closed days: Please check the website

Address: 2-5-7 Higashiyama, Meguro City

Access: Ikejiri-ohashi (Tokyu), Naka-meguro (Subway, Tokyu)



Café/Sweets

MAP B-7



WEBSITE



ACCESS MAP



## 20 Ming-Teng HAO HAO

明天好好

☎03-6452-3102 Lunch ¥1,100

<https://mingtenghaohao.com/>

Hours: Please check the website

Closed days: No fixed holiday

Address: KM Naka-Meguro Bldg. B1F/1F, 2-20-7 Aobadai,

Meguro City

Access: Naka-meguro (Subway, Tokyu)



Café/Sweets

MAP B-7



WEBSITE



ACCESS MAP



## 21 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/](http://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

Other foods

MAP A-10



WEBSITE



ACCESS MAP



## 22 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/](http://www.ls-adventure.com/)

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

11:30-20:00 (Sat), 11:30-19:00 (Sun, holidays)

Closed days: Tue, Wed

Address: 1-1-1 Yutenji, Meguro City

Access: Naka-meguro (Subway, Tokyu)



Western foods

MAP B-8



WEBSITE



ACCESS MAP



## 23 SAIDO

菜道

☎03-5726-9500 Lunch ¥2,200 Dinner ¥3,500

<https://saido.tokyo/>

Hours: 12:00-15:00, 18:00-22:00

Closed days: Wed

Address: A&D House, 2-15-10 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Reservation recommended

Japanese foods

MAP A-10



WEBSITE



ACCESS MAP





## 24 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: 11:00-20:00

Closed days: Open 365 days

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

Access: Jiyugaoka (Tokyu)



Café/Sweets

MAP

A-10



WEBSITE



ACCESS MAP



## 25 T's Restaurant

T's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.O. 21:00)

Closed days: New Year holidays

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

Access: Jiyugaoka (Tokyu)



French/Italian foods

MAP

A-10



WEBSITE



ACCESS MAP



## 26 HealthyTOKYO Cafe & Shop Haneda Airport

HealthyTOKYO Cafe & Shop 羽田空港店

☎03-4405-6202 Lunch ¥1,300 Dinner ¥1,300

<https://healthytokyo.com/ja/locations/>

Hours: 6:30-20:00

Closed days: Open 365 days

Address: Haneda Airport Terminal 2 3F, 3-4-2 Haneda Airport, Ota City

Access: Haneda Airport Terminal 2 (Tokyo Monorail)



Café/Sweets

MAP

L-10



WEBSITE



ACCESS MAP



## 27 CORI. Natural Vegan Food & Craft Beer

コリ ナチュラルヴィーガンフード&クラフトビール

☎03-6450-7556 Lunch ¥1,500 Dinner ¥1,500

[www.cori-vege.com/](http://www.cori-vege.com/)

Hours: 12:00-15:00 (L.O. 14:00), 17:00-20:00 (L.O. 19:00)

Closed days: Mon, Tue, Wed

Address: 4-2-20 Kamiyama, Setagaya City

Access: Komazawa-daigaku (Tokyu)



Other foods

MAP

K-9



WEBSITE



ACCESS MAP



## 28 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: Mon

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

Access: Shimo-Kitazawa (Odakyu, Keio)



Noodles/Ramen

MAP

A-6



WEBSITE



ACCESS MAP



## 29 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, 18:00-22:00

Closed days: No fixed holiday

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

Access: Kamimachi (Tokyu)



Reservation required (Dinner)

Noodles/Ramen

MAP J-9



WEBSITE



ACCESS MAP



## 30 Olu 'Olu Cafe

オルオルカフェ

☎03-3795-6060 Lunch ¥1,080

<https://aloha-olu-olu-cafe-english.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

Other foods

MAP A-7



WEBSITE



ACCESS MAP



## 31 Universal bakes and café

ユニバーサルベイクスアンドカフェ

☎03-6335-4972 Lunch ¥1,300

Hours: 8:30-18:00

Closed days: Mon, Tue (If Monday is a national/substitute holiday, the restaurant will close Tuesday and Wednesday)

Address: 5-9-15 Daita, Setagaya City

Access: Setagaya-Daita (Odakyu)



Other foods

MAP J-9



ACCESS MAP



## 32 Coconut Glen's

ココナッツグレン

☎03-6452-6275 ¥600

<https://coconutglens.jp/>

Hours: 11:00-19:00

Closed days: New Year holidays

Address: 5-11-7 Jingumae, Shibuya City

Access: Omote-sando (Subway)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 33 FALAFEL BROTHERS Ebisu

FALAFEL BROTHERS 恵比寿店

☎03-6427-3398 Lunch ¥1,100 Dinner ¥1,500

[www.falafelbrothers.jp/](http://www.falafelbrothers.jp/)

Hours: 11:00-21:00

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



## 34 SUPERIORITY BURGER

スベリオリティーバーガー

☎03-6432-9360 Lunch ¥1,500 Dinner ¥1,500

[www.instagram.com/superiorityburgerjapan/](https://www.instagram.com/superiorityburgerjapan/)

Hours: 11:00-18:00

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

Address: VILLA GLORIA B1F, 2-31-7 Jingumae, Shibuya City

Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)



Other foods

MAP C-5



WEBSITE



ACCESS MAP



## 35 HealthyTOKYO CBD SHOP & CAFE Harajuku

HealthyTOKYO CBD SHOP & CAFE 原宿店

☎03-4405-6203 Lunch ¥1,300 Dinner ¥1,300

<https://healthytokyo.com/ja/locations/>

Hours: 11:00-20:00

Closed days: Open 365 days

Address: 3-27-14 Jingumae, Shibuya City

Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway), Omote-sando (Subway)



Daikanyama branch is also nearby. Please check the website.

Café/Sweets

MAP C-5



WEBSITE



ACCESS MAP



## 36 HEMP CAFE TOKYO

ヘンプカフェトウキョウ

☎03-6427-1984 Lunch ¥1,400 Dinner ¥3,000

<http://hempcafetokyo.com/>

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

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



## 37 KO-SO CAFE BIORISE

KO-SO CAFE BIORISE

☎03-3409-3405 Lunch ¥1,500 Dinner ¥2,000

[www.ko-so-cafe.jp/](http://www.ko-so-cafe.jp/)

Hours: 11:00-21:00 (L.O. 20:30)

Closed days: Wed

Address: Lions Plaza Ebisu 1F, 3-25-3 Higashi, Shibuya City

Access: Ebisu (JR, Subway)



Café/Sweets

MAP C-7



WEBSITE



ACCESS MAP



## 38 PEACE TABLE Shibuya Dogenzaka

PEACE TABLE 渋谷道玄坂店

☎03-6455-0861 Lunch ¥2,000 Dinner ¥5,000

<https://peacetable-vegan.com/>

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

Closed days: 2nd and 4th Sat/Sun

Address: Dogenzaka NK Bldg. 1F, 1-16-15 Dogenzaka, Shibuya City

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



Western foods

MAP B-6



WEBSITE



ACCESS MAP



## 39 Vegan Restaurant Masaka

ヴィーガン居酒屋真さか

☎03-5422-3020 Lunch ¥900 Dinner ¥2,000

<https://shibuya.parco.jp/shop/detail/?cd=025897>

Hours: 11:30-22:00 (L.O. 21:00)

Closed days: Open 365 days

Address: SHIBUYA PARCO B1F, 15-1 Udagawacho, Shibuya City

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



Izakaya/Bar

MAP B-6



WEBSITE



ACCESS MAP



## 40 Wa no Kashi Meguri

和のかし 巡

☎03-5738-8050 ¥1,800

[www.wa-meguri.com/](http://www.wa-meguri.com/)

Hours: 11:30-18:00

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

Address: 3-2-1 Uehara, Shibuya City

Access: Yoyogi-uehara (Subway, Odakyu)



Café/Sweets

MAP A-6



WEBSITE



ACCESS MAP



## 41 Pain de BRUN

バンドブラン

☎03-5941-3613 Lunch ¥1,000

[www.paindebrun.com/](http://www.paindebrun.com/)

Hours: 11:00-19:00 (Tue-Fri), 11:00-18:00 (Sat, Sun, holidays)

Closed days: Mon

Address: Shinei Mansion 1F, 5-6-16 Kugayama, Suginami City

Access: Kugayama (Keio)



Other foods

MAP J-9



WEBSITE



ACCESS MAP



## 42 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/](http://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/Sweets

MAP J-9



WEBSITE



ACCESS MAP



## 43 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)



Other foods

MAP D-1



WEBSITE



ACCESS MAP





44

**Nourish**

自然野菜レストラン 駒込ナリーッシュ

☎03-3944-8300

Lunch ¥1,500 Dinner ¥2,500

<http://k-nourish.tokyo/>

Hours: 11:30-14:30 (Mon-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)



Other foods

MAP

E-1



WEBSITE



ACCESS MAP



45

**T's TANTAN Ikebukuro**

T'sたんたん 池袋店

☎03-5958-0375

Lunch ¥1,000 Dinner ¥1,500

[www.jr-foods.co.jp/ts-tantan/shop/detail/5/](http://www.jr-foods.co.jp/ts-tantan/shop/detail/5/)

Hours: 11:00-23:00 (Mon-Fri), 11:00-22:00 (Sat, Sun, holidays)

Closed days: Open 365 days

Address: Inside the JR Ikebukuro Sta., 1-28-2 Minami-Ikebukuro, Toshima City

Access: Ikebukuro (JR, Subway, Tobu, Seibu)



Noodles/Ramen

MAP

C-1



WEBSITE



ACCESS MAP



46

**cotoca**

こそだて喫茶 cotoca

☎03-6320-2736

Lunch ¥1,320

<https://cotoca-senju.jp/>

Hours: 10:00-17:00

Closed days: Sat, Sun, holidays

Address: 2-18 Senju, Adachi City

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



Japanese foods

MAP

L-S



WEBSITE



ACCESS MAP



47

**natural cafe sachinoki**

natural cafe 幸の木

☎042-649-1987

Lunch ¥1,500

<https://sachinoki.com/>

Hours: 11:00-17:00 (L.O. 16:30)

Closed days: Mon, 1st and 3rd Sun

Address: 1F, 2-25-8 Myojincho, Hachioji City

Access: Keio-hachioji (Keio)



Other foods

MAP

H-9



WEBSITE



ACCESS MAP



48

**Natural Cafe Sakuratei**

ナチュラルカフェ さくら亭

☎042-625-8622

Lunch ¥1,480

<http://hachioji-sakuratei.cafe.coocan.jp/>

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

Closed days: Mon, Tue, Wed

Address: 21-1 Uenomachi, Hachioji City

Access: Hachioji (JR)



Reservation required

Other foods

MAP

H-9



WEBSITE



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.  
Prices listed in this brochure are average prices for each restaurant and may vary.

## 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](http://www.chayam.co.jp/restaurant/hibiya.html)

Hours: Please check the website

Closed days: Varies depending on the facility

Address: B2F, 1-2-2 Yurakucho, Chiyoda City

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



Café/Sweets

MAP

F-5



WEBSITE



ACCESS MAP



## 2 FICO & POMUM JUICE MARUNOUCHI

フィコ&ポムムジュース 丸ビル店

☎03-6273-4740

¥990

<http://ficoandpomum.com/>

Hours: 11:00-21:00, 11:00-20:00 (Sun, holidays)

Closed days: Varies depending on the facility

Address: Marunouchi Bldg. B1F, 2-4-1 Marunouchi,

Chiyoda City Access: Tokyo (JR, Subway), Nijubashimae

<Marunouchi> (Subway)



Café/Sweets

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 ¥1,020 Dinner ¥1,020

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

Hours: 11:00-22:00 (L.O. 21:30)

Closed days: Open 365 days

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

Access: Akihabara (JR, Subway, TX)



Noodles/Ramen

MAP

G-3



WEBSITE



ACCESS MAP



## 4 SOLEIL HIBIYA OKUROI

SOLEIL 日比谷 OKUROI 店

☎03-6205-8873

Lunch ¥1,100 Dinner ¥5,000

<https://soleil.kitchen/>

Hours: 11:00-14:00, Cafe 14:00-17:00, 17:00-22:00 (L.O. 21:30) Closed days: New Year holidays

Address: HIBIYA OKUROI (H-B), 1-7-1 Uchisaiwaicho, Chiyoda City Access: Yurakucho (JR, Subway), Shimbashi (JR, Subway, Yurikamome)



Other foods

MAP

F-5



WEBSITE



ACCESS MAP



## 5 DAKSHIN Higashi Nihombashi

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/](http://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 Nihombashi-Bakurocho, Chuo City

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



Asian/Ethnic 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/](http://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/Ethnic foods

MAP

F-5



WEBSITE



ACCESS MAP



## 7 GINZA KUKI

GINZA 鼓 KUKI

☎03-3572-5433

Dinner ¥15,000

<https://ginzakuki.com/>

Hours: 18:00-22:00

Closed days: 2nd and 4th Mon, Sun, 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-5



WEBSITE



ACCESS MAP



## 8 Kyushu Jangara Ginza

『九州じゃんがら』銀座店

☎03-3572-3025

Lunch ¥1,020 Dinner ¥1,020

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

Hours: 11:00-22:00 (L.O. 21:30)

Closed days: Open 365 days

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

Access: Ginza (Subway)



Noodles/Ramen

MAP

F-5



WEBSITE



ACCESS MAP



9

**Nataraj Ginza**

ナタラジ 銀座店

☎03-5537-1515

Lunch ¥1,200 Dinner ¥2,800

www.nataraj.co.jp/

Hours: 11:30-23:00 (L.O. 22:30)

Closed days: New Year holidays

Address: Ginza Kosaka Bldg. 7F/8F/9F, 6-9-4 Ginza, Chuo City

Access: Ginza (Subway)



Asian/Ethnic foods

MAP F-5



WEBSITE



ACCESS MAP



10

**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: Please check the website

Closed days: Open 365 days

Address: The Royal Park Hotel Iconic Tokyo Shiodome

1F, 1-6-3 Higashi-Shimbashi, Minato City

Access: Shimbashi (JR, Subway, Yurikamome)



Café/Sweets

MAP F-6



WEBSITE



ACCESS MAP



11

**L for You**

L for You

☎03-6459-2504

Lunch ¥1,300 Dinner ¥2,000

www.lforyou.tokyo/

Hours: 10:00-20:00 (L.O. 19:00)

Closed days: New Year holidays

Address: Ikegami Bldg. 1F, 3-9-3 Minami-Aoyama, Minato City

Access: Omote-sando (Subway)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



12

**LONGING HOUSE Kita Aoyama**

野菜がおいしいダイニング LONGING HOUSE 北青山

☎03-6433-5808

Lunch ¥1,500 Dinner ¥4,500

www.longinghouse.com/no.2/

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)



French/Italian foods

MAP C-6



WEBSITE



ACCESS MAP



13

**OIZUMI KOJO NISHIAZABU**

大泉工場 NISHIAZABU

☎03-6427-4749

Lunch ¥1,210 Dinner ¥2,090

https://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/Sweets

MAP D-6



WEBSITE



ACCESS MAP





## 14 Shojin Cuisine DAIGO

精進料理 醍醐

☎03-3431-0811

Lunch ¥15,000 Dinner ¥20,000

[www.atago-daigo.jp/](http://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



## 15 shojin SOUGO

shojin 宗胡

☎03-5414-1133

Lunch ¥2,000 Dinner ¥10,000

[www.sougo.tokyo/](http://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



## 16 SINCERE GARDEN

シンシア・ガーデン

☎03-5775-7375

Lunch ¥1,500 Dinner ¥2,000

[www.sincere-garden.com/](http://www.sincere-garden.com/)

Hours: 11:30-20:00 (L.O. 19:00) Closed days: The 1st of every month (If the 1st is a Saturday, Sunday, or national/substitute holiday, the restaurant will close the following weekday)

Address: Aoyama Takano Bldg. 2F, 3-5-4 Kita-Aoyama, Minato City

Access: Omote-sando (Subway), Gaienmae (Subway)



Café/Sweets

MAP

C-6



WEBSITE



ACCESS MAP



## 17 Two Dogs Taproom

トウドッグス タップルーム

☎03-5413-0333

Lunch ¥900 Dinner ¥4,000

[www.twodogs-tokyo.com/](http://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)



Other foods

MAP

E-6



WEBSITE



ACCESS MAP



## 18 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

<https://yasaiya.tokyo/>

Hours: Please check the website

Closed days: Please check the website

Address: Akasaka Belg 1F, 3-11-14 Akasaka, Minato City

Access: Akasaka-mitsuke (Subway), Akasaka (Subway)



Japanese foods

MAP

E-5



WEBSITE



ACCESS MAP



## 19 YASAIYA Teppanyaki yasai Roppongi

やさいや鉄板焼野菜 六本木店

☎050-3085-2418 Lunch ¥4,400 Dinner ¥7,700

<https://yasaiya.tokyo/>

Hours: Please check the website

Closed days: Please check the website

Address: Kishida Bldg. 1F, 7-18-8 Roppongi, Minato City

Access: Roppongi (Subway)



Japanese foods

MAP D-6



WEBSITE



ACCESS MAP



## 20 & sandwich.

アンドサンドイッチ

☎03-6709-9455 Lunch ¥1,200

[www.andsandwich.tokyo/](http://www.andsandwich.tokyo/)

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

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-gyommae (Subway)



Café/Sweets

MAP C-4



WEBSITE



ACCESS MAP



## 21 CHAYA macrobiotics 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/](http://www.chayam.co.jp/)

Hours: Please check the website

Closed days: Varies depending on the facility

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

Shinjuku, Shinjuku City

Access: Shinjuku-sanchome (Subway)



French/Italian foods

MAP C-4



WEBSITE



ACCESS MAP



## 22 Saishoku Kenbi

菜食健康

☎03-5332-3627 Lunch ¥1,000

<http://daisho-kikaku.com/>

Hours: 11:00-16:00 (L.O. 15:30), 18:00-21:00 (L.O. 20:30)

Closed days: Tue

Address: 2-21-26 Hyakunincho, Shinjuku City

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



Other foods

MAP B-3



WEBSITE



ACCESS MAP



## 23 wired bonbon LUMINE Shinjuku

wired bonbon ルミネ新宿店

☎03-6304-5755 Lunch ¥1,000

[www.cafecompany.co.jp/brands/bonbon\\_shinjuku/](http://www.cafecompany.co.jp/brands/bonbon_shinjuku/)

Hours: 11:00-20:00 (L.O. 19:00)

Closed days: Varies depending on the facility

Address: LUMINE Shinjuku 1 6F, 1-1-5 Nishi-Shinjuku,

Shinjuku City

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



Café/Sweets

MAP B-4



WEBSITE



ACCESS MAP



## 24 YASAIYA Teppanyaki yasai Kabukicho

やさいや鉄板焼野菜 歌舞伎町店

☎050-3188-6237

Dinner ¥7,700

<https://yasaiya.tokyo/>

Hours: Please check the website

Closed days: Please check the website

Address: Kensei Sangyo Bldg. B1F, 1-15-13 Kabukicho,

Shinjuku City

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



Japanese foods

MAP

C-4



WEBSITE



ACCESS MAP



## 25 Shiboriya 935

搾り屋 935

☎03-3816-1071

Lunch ¥1,000

<https://shiboriya935.business.site/>

Hours: 8:00-14:30, 16:00-18:00 (Mon-Fri), 9:30-18:00

(Sat, holidays)

Closed days: Sun

Address: 3-28-4 Hongo, Bunkyo City

Access: Hongo-sanchome (Subway)



Other foods

MAP

F-3



WEBSITE



ACCESS MAP



## 26 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)



Other foods

MAP

F-2



WEBSITE



ACCESS MAP



## 27 Guruatsu

ぐるあつ

☎03-5830-3700

Lunch ¥1,250

[www.instagram.com/guruatsu/](http://www.instagram.com/guruatsu/)

Hours: 11:00-16:00

Closed days: Sun, holidays, other non fixed holidays

Address: Miyazawa Bldg. 1F, 4-21-6,

Higashi-Ueno, Taito City

Access: Inaricho (Subway), Iriya (Subway)



Café/Sweets

MAP

G-2



WEBSITE



ACCESS MAP



## 28 Minoya

味農家

☎03-3866-3795

Dinner ¥8,000

[www.minoyavege.com/english.html](http://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 Torigoe, Taito City

Access: Shin-okachimachi (Subway)



Reservation required  
(via the website)

Japanese foods

MAP

G-3



WEBSITE



ACCESS MAP



## 29 Veggie House

ベジハウス

☎03-3625-1245 Lunch ¥1,000 Dinner ¥1,500

<https://veggiehouse.tokyo.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/Ethnic foods

MAP I-3



WEBSITE



ACCESS MAP



## 30 CAFE MEGURO Indonesian Restaurant

インドネシア料理 チャペ目黒店

☎03-6432-5748 Lunch ¥1,000 Dinner ¥3,000

<https://cabe-eco.com>

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

Closed days: Sun, holidays

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

Access: Meguro (JR, Subway, Tokyu)



Asian/Ethnic foods

MAP D-8



WEBSITE



ACCESS MAP



## 31 News Cafe

ニュースカフェ

☎03-3725-6450 Lunch ¥1,130 Dinner ¥2,000

[www.newscafe.jp/](http://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



## 32 Premarché Gelateria & Alternative Junk®

プレマルシェ・ジェラテリア&オルタナティブ・ジャンク® 中目黒駅前店

☎03-6303-0141 ¥600-

<https://gelato.organic/>

Hours: 12:00-21:00 (Apr.-Oct.), 12:00-19:00 (Nov.-Mar.)

Closed days: Thu

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

Access: Naka-meguro (Subway, Tokyu)



Café/Sweets

MAP B-7



WEBSITE



ACCESS MAP



## 33 Reimen Dining TSURUSHIKO Jiyugaoka

冷麺ダイニングつるしこ 自由が丘店

☎03-6421-4412 Lunch ¥1,000 Dinner ¥1,000

<http://tsurushiko.jp/>

Hours: 11:30-16:00 (L.O. 15:30), 17:30-21:00 (L.O. 20:30)

Closed days: Mon

Address: Higuchi Bldg. 1F, 1-23-4 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Noodles/Ramen

MAP A-10



WEBSITE



ACCESS MAP





## 34 Mrs Istanbul

ミセスイスタンブール

☎03-5756-6183 Lunch ¥1,200 Dinner ¥1,200

[https://tokyo-haneda.com/shop\\_and\\_dine/detail/tenant\\_00202.html](https://tokyo-haneda.com/shop_and_dine/detail/tenant_00202.html)

Hours: 7:00-21:00 (L.O 20:30)

Closed days: Open 365 days

Address: Haneda Airport Terminal 2 3F, 3-4-2 Haneda Airport, Ota City Access: Haneda Airport Terminal 1・2 (Keikyu), Haneda Airport Terminal 2 (Tokyo Monorail)



WEBSITE

Other foods

MAP

L-10



ACCESS MAP



## 35 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: 12:00-21:00 (Mon, Wed-Sat), 12:00-20:00 (Sun)

Closed days: Tue, 2nd Wed

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

Access: Shimo-Kitazawa (Odakyu, Keio)



WEBSITE

Café/Sweets

MAP

A-6



ACCESS MAP



## 36 Kamay Kitchen

かまいキッチン

☎03-6318-5323 Lunch ¥1,100 Dinner ¥1,500

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

Hours: 12:00-20:00

Closed days: Tue

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

Access: Shimo-Kitazawa (Odakyu, Keio)



WEBSITE

Asian/Ethnic foods

MAP

A-6



ACCESS MAP



## 37 Nomin cafe Shimo-Kitazawa

農民カフェ 下北沢店

☎03-6416-8176 Lunch ¥1,500 Dinner ¥4,000

<http://hyakushow.com>

Hours: 11:00-17:00, 17:00-23:00 (L.O. 22:00) (Closes Tuesday)

Closed days: New Year holidays

Address: 2-27-8 Kitazawa, Setagaya City

Access: Shimo-Kitazawa (Odakyu, Keio)



Reservation recommended



WEBSITE

Japanese foods

MAP

A-6



ACCESS MAP



## 38 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: New Year holidays

Address: Patio I Bldg. 1F, 16-14 Udagawacho, Shibuya City

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



WEBSITE

Café/Sweets

MAP

B-6



ACCESS MAP





## 39 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: 11:00-19:30

Closed days: No fixed holiday

Address: Sukekawa Bldg. 2F, 6-29-2 Jingumae, Shibuya City

Access: Meiji-jingumae <Harajuku> (Subway)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 40 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-5



WEBSITE



ACCESS MAP



## 41 Cosme Kitchen Adaptation atre Ebisu

コスメキッチンアダプテーションアトレ恵比寿店

☎03-5475-8576 Lunch ¥2,500 Dinner ¥4,500

<http://ck-adaptation.com/>

Hours: 10:00-21:00 (L.O. 20:00)

Closed days: Varies depending on the facility

Address: atre Ebisu West Bldg. 2F, 1-6-1 Ebisu-Minami,

Shibuya City

Access: Ebisu (JR, Subway)



Café/Sweets

MAP C-7



WEBSITE



ACCESS MAP



## 42 FICO & POMUM JUICE AOYAMA

フィコ&ポムジュース 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)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 43 FRUTA FRUTA Açai energy bar

フルッタフルッタアサイーエナジーバー

☎03-6434-1875 ¥800

[www.frutafruta.com/store/](http://www.frutafruta.com/store/)

Hours: 11:00-20:00

Closed days: No fixed holiday

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

Shibuya City

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



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 44 Jangara Harajuku 1F

『九州じゃんがら』原宿1階店

☎03-3404-5405 Lunch ¥1,020 Dinner ¥1,020  
http://kyushujangara.co.jp/

Hours: 11:00-22:00 (L.O. 21:30)

Closed days: Open 365 days

Address: 1-13-21 Jingumae, Shibuya City

Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)



Noodles/Ramen

MAP

C-5



WEBSITE



ACCESS MAP



Akasaka branch is also nearby. Please check the website.

## 45 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)



Café/Sweets

MAP

C-7



WEBSITE



ACCESS MAP



## 46 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: 11:30-16:00, 18:00-22:30 (Mon-Fri), 11:30-22:30 (Sat), 11:30-21:00 (Sun, holidays)

Closed days: No fixed holiday

Address: JINGUMAE COMICHI 2F, 1-23-26 Jingumae, Shibuya City

Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)



Noodles/Ramen

MAP

C-5



WEBSITE



ACCESS MAP



## 47 Reimen Dining TSURUSHIKO Shibuya

冷麺ダイニングつるしこ 渋谷店

☎090-7321-7527 Lunch ¥1,000 Dinner ¥1,000  
http://tsurushiko.jp/

Hours: 11:30-16:00 (L.O. 15:30), 17:30-21:00 (L.O. 20:30)

Closed days: Mon

Address: Y.Mill 1F, 1-27-6 Higashi, Shibuya City

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



Noodles/Ramen

MAP

C-7



WEBSITE



ACCESS MAP



## 48 Salad Deli MARGO

サラダデリマルゴ 西新宿五丁目本店

☎03-5302-1808 Lunch ¥1,000 Dinner ¥1,000  
http://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-gochome (Subway)



Other foods

MAP

B-4



WEBSITE



ACCESS MAP



## 49 SHIBUYA HIDEOUT

渋谷/ハイドアウト

☎03-6416-5367 Dinner ¥1,580

www.hideout-burrito.com/

Hours: 17:00-29:00

Closed days: Open 365 days

Address: Oak Village B1F, 35-4 Udagawacho, Shibuya City

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



Other foods

MAP B-6



WEBSITE



ACCESS MAP



## 50 Cosme Kitchen Adaptation OMOTESANDO HILLS

コスメキッチンアダプテーション 表参道ヒルズ店

☎03-6804-5214 Lunch ¥1,500 Dinner ¥3,500

http://ck-adaptation.com/

Hours: 11:00-20:00 (L.O. 19:00)

Closed days: Varies depending on the facility

Address: OMOTESANDO HILLS Main Bldg. B2F, 4-12-10

Jingumae, Shibuya City

Access: Omote-sando (Subway)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 51 FIL#

FIL#

☎050-5361-8428 Lunch ¥1,000

www.instagram.com/fil\_gyoza.and.coffee/

Hours: 9:30-15:00 (Breakfast 9:30-11:00, Lunch 11:30-14:00)

(Tue-Fri), 11:30-18:00 (Lunch 11:30-14:00) (Sat, holidays)

Closed days: Mon, Sun

Address: Twin Palace K.I 103, 1-7-8 Nishihara, Shibuya City

Access: Hatagaya (Keio), Yoyogi-uehara (Subway, Odakyu)



Reservation recommended

Café/Sweets

MAP A-5



WEBSITE



ACCESS MAP



## 52 FOOD CONCEPT SHOP MOMINOKI HOUSE

モミの木ハウス

☎03-3405-9144 Lunch ¥1,300 Dinner ¥5,000

www.mominoki-house.net/

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

Closed days: Open 365 days

Address: 2-18-5 Jingumae, Shibuya City

Access: Meiji-jingumae <Harajuku> (Subway)



Reservation required (Dinner)

Other foods

MAP C-5



WEBSITE



ACCESS MAP



## 53 Milan Nataraj Shibuya

ミラン・ナタラジ 渋谷店

☎03-6416-9022 Lunch ¥1,100 Dinner ¥2,500

www.nataraj.co.jp/

Hours: 11:30-23:00 (L.O. 22:30)

Closed days: New Year holidays

Address: Iwamoto Bldg. 3F, 1-22-7 Jinnan, Shibuya City

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



Asian/Ethnic foods

MAP C-6



WEBSITE



ACCESS MAP

Harajuku Omotesanto branch is also nearby. Please check the website.



54

## Trueberry Shibuya Scramble Square

トゥルベリー 渋谷スクランブルスクエア店

☎03-4221-0244 ¥800

[www.cafecompany.co.jp/brands/trueberry/](http://www.cafecompany.co.jp/brands/trueberry/)

Hours: 10:00-21:00

Closed days: Varies depending on the facility

Address: SHIBUYA SCRAMBLE SQUARE 7F, 2-24-12

Shibuya, Shibuya City

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



Café/Sweets

MAP

C-6



WEBSITE



ACCESS MAP



55

## cru mar

ごはんカフェくるまる

☎03-6379-5388 Lunch ¥800 Dinner ¥900

<https://cruymar.jimdofree.com/>

Hours: 11:30-14:30 (L.O. 14:00), 18:00-22:00 (L.O. 21:00) (Sat)

Closed days: Please check the website

Address: 3-15-9 Izumi, Suginami City

Access: Eifukucho (Keio)



Other foods

MAP

J-9



WEBSITE



ACCESS MAP



56

## Nataraj Ogikubo

ナタラジ 荻窪店

☎03-3398-5108 Lunch ¥1,000 Dinner ¥2,300

[www.nataraj.co.jp/](http://www.nataraj.co.jp/)

Hours: 11:30-23:00 (L.O. 22:30)

Closed days: New Year holidays

Address: Fukumura Sangyo Bldg. B1F, 5-30-6 Ogikubo, Suginami City

Access: Ogikubo (JR, Subway)



Asian/Ethnic foods

MAP

J-8



WEBSITE



ACCESS MAP



57

## Kyushu Jangara Seibu-Ikebukuro

『九州じゃんがら』西武池袋店

☎03-3981-5188 Lunch ¥1,020 Dinner ¥1,020

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

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

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



58

## Saffron Ikebukuro

サフラン 池袋

☎03-5952-5676 Lunch ¥780 Dinner ¥1500

<https://saffron-dining.com/>

Hours: 11:30-15:00, 17:30-22:00

Closed days: Open 365 days

Address: Takuto T.O. Bldg. 201, 1-28-1 Higashi-Ikebukuro, Toshima City Access: Ikebukuro (JR, Subway, Tobu, Seibu), Higashi-Ikebukuro (Subway)



Indian Cuisine

MAP

C-1



WEBSITE



ACCESS MAP





## 59 TAKAGIYA

TAKAGIYA

☎03-5980-8733 Lunch ¥1,000 Dinner ¥1,000

[www.takagi-ya.co.jp](http://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/Sweets

MAP E-1



WEBSITE



ACCESS MAP



## 60 AFURI Tachikawa GREEN SPRINGS

AFURI 立川グリーンズプリングス店

☎042-595-7713 Lunch ¥1,200 Dinner ¥1,400

<https://afuri.com/findus/>

Hours: 11:00-23:00

Closed days: Varies depending on the facility

Address: GREEN SPRINGS 1F-E3 117, 3-1 Midoricho, Tachikawa City

Access: Tachikawa (JR)



Noodles/Ramen

MAP I-9



WEBSITE



ACCESS MAP



## 61 ORIDO.

ORIDO.

☎070-3392-0101 Lunch ¥1,125

[www.orido.life/](http://www.orido.life/)

Hours: 11:00-18:00

Closed days: No fixed holiday

Address: Little Mansion 1F, 2-40-22 Kichijoji-Higashicho, Musashino City

Access: Kichijoji (JR, Keio)



Café/Sweets

MAP J-8



WEBSITE



ACCESS MAP



## 62 Mayugura

萌蔵

☎0428-21-7291 Lunch ¥1,500

<http://mayugura.com/>

Hours: 11:00-17:00

Closed days: No fixed holiday

Address: 3-127 Nishiwakecho, Ome City

Access: Higashi-Ome (JR), Ome (JR)



Other foods

MAP H-8



WEBSITE



ACCESS MAP



## 63 KICK BACK CAFE

キックバックカフェ

☎03-5384-1577 Lunch ¥900 Dinner ¥1,000

<https://kickbackcafe.jp/>

Hours: 11:00-21:00 (Tue, Thu-Sat), 11:00-16:00 (Wed), 13:00-15:00 (Sun) Closed days: Mon (or the following Tue when it falls on a national holiday)

Address: Park Square Musashino 1F, 2-11-1 Wakabacho, Chofu City Access: Sengawa (Keio)



Café/Sweets

MAP J-9



WEBSITE



ACCESS MAP





## 64 AFURI Minamimachida Grandberry Park

AFURI 南町田グランベリーパーク店

☎042-850-5992 Lunch ¥1,200 Dinner ¥1,400

<https://afuri.com/findus/>

Hours: 11:00–22:00

Closed days: Varies depending on the facility

Address: Grandberry Park Central Court 1F 1G103, 3-4-1

Tsuruma, Machida City

Access: Minami-machida Grandberry Park (Tokyu)



Noodles/Ramen

MAP

I-10



WEBSITE



ACCESS MAP



## 65 cafeSlow

カフェスロー

☎042-401-8505 Lunch ¥1,500

<http://cafeslow.com/>

Hours: 11:30–17:00 (Lunch L.O. 14:30)

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

Address: 2-20-10 Higashi-Motomachi, Kokubunji City

Access: Kokubunji (JR, Seibu)



Other foods

MAP

I-9



WEBSITE



ACCESS MAP



## 66 Kunitachi Pasta Factory

Kunitachi Pasta Factory

☎042-505-8369 Lunch ¥1,500 Dinner ¥2,000

<https://pastafactory.jp/>

Hours: 11:00–15:00 (L.O. 14:00), 18:00–22:00 (L.O. 21:00)

Closed days: Thu

Address: 1-15-34 Higashi, Kunitachi City

Access: Kunitachi (JR)



Reservation recommended

French/Italian foods

MAP

I-9



WEBSITE



ACCESS MAP



## 67 nakaichi chienfu

中一素食店

☎042-577-3446 Lunch ¥980 Dinner ¥980

[www.nakaichifoods.co.jp/](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/Ethnic foods

MAP

I-9



WEBSITE



ACCESS MAP



⚠ Be Careful!

### What is “dashi”?



“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 37 to check with the restaurant staff and enjoy your meal.

# 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.  
Prices listed in this brochure are average prices for each restaurant and may vary.

## 1 Maharaja Marunouchi

マハラジャ 丸の内店

☎03-5221-8271 Lunch ¥900 Dinner ¥1,500

[www.maharaja-group.com/](http://www.maharaja-group.com/)

Hours: 11:00-20:00

Closed days: Sun

Address: 2-1-1 Marunouchi, Chiyoda City

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



Asian/Ethnic foods

MAP F-5



WEBSITE



ACCESS MAP



## 2 LUCIANO Bio GINZA

ルチアーノ・ビオ銀座

☎03-6228-6647 ¥1,000

[www.luciano-gelato.com/](http://www.luciano-gelato.com/)

Hours: 11:00-21:00

Closed days: Varies depending on the facility

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

Access: Yurakucho (JR, Subway)



Café/Sweets

MAP F-5



WEBSITE



ACCESS MAP



## 3 CRISP SALAD WORKS ROPPONGI HILLS

クリスプ・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/](http://www.crisp.co.jp/)

Hours: 11:00-22:00

Closed days: Open 365 days

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

Access: Roppongi (Subway)



Other foods

MAP D-6



WEBSITE



ACCESS MAP



## 4 IKEA Shibuya

IKEA 渋谷

☎0570-01-3900 ¥330

www.ikea.com/jp/en/

Hours: 11:00-21:00

Closed days: New Year holidays

Address: Takagi Bldg., 24-1 Udagawacho, Shibuya City

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



WEBSITE

Other foods

MAP

B-6



ACCESS MAP



## 5 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, Sun)

Closed days: Open 365 days

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

Access: Yoyogi (JR, Subway)



The vegetarian menu is available everyday from 17:00.



WEBSITE

Izakaya/Bar

MAP

C-4



ACCESS MAP



## 6 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)



WEBSITE

Japanese foods

MAP

C-5



ACCESS MAP



## 7 vegetable bar Nerima

練馬 八百屋バル

☎03-5912-0266 Dinner ¥3,500

www.hotpepper.jp/strJ001134838/

Hours: 17:00-24:00 (Food L.O. 23:00, Drink L.O. 23:30)

Closed days: Tue

Address: 5-1-1, Toyotama-Kita, Nerima City

Access: Nerima (Subway, Seibu)



WEBSITE

Izakaya/Bar

MAP

J-8



ACCESS MAP



## 8 vegetable bar Kichijoji

吉祥寺 八百屋バル

☎0422-27-5667 Dinner ¥3,500

www.hotpepper.jp/strJ001258523/

Hours: 17:00-22:00 (L.O. 21:45)

Closed days: Mon

Address: 2F, 1-10-14 Kichijoji-Honcho, Musashino City

Access: Kichijoji (JR, Keio)



WEBSITE

Izakaya/Bar

MAP

J-8



ACCESS MAP



# Enjoy! TOKYO

## Enjoy! Vegetables & Fruits

You may think a huge city like Tokyo lacks green spaces, but the nature-rich Tama region and farms in the heart of the city prove otherwise. There are even heirloom vegetables grown here that have been around since the Edo period!

### Tokyo's Wide Variety of Agricultural Produce

From the cool mountainous area of Okutama to the warmer climes of its southern islands, Tokyo offers a broad selection of delicious agricultural produce.



**Komatsuna (Japanese Mustard Spinach)**

Komatsuna cultivation is said to have started around Komatsugawa (in current Edogawa City) during the Edo period and is still widely produced in Tokyo. It has a simple and light taste, and is a nutritious food with calcium and other nutrients. Ohitashi, a dish of boiled komatsuna seasoned with soy sauce, is a popular Japanese dish. Komatsuna is also an ingredient of nabe (hot pot cooking) and miso soup.



**Wasabi (Japanese Horseradish)**

Wasabi is mainly grown in the cool Okutama area. Some of you may be surprised by its pungent flavor at first. Usually the thick root part is grated and used as a condiment and wasabizuke (finely cut and pickled in sake lees) is also popular.



**Nihon Nashi (Nashi Pear)**

A variety of fruits are produced in Tokyo, and, among them, Nihon Nashi pear is by far the largest in production. Mainly around Inagi City, there are orchards where you can enjoy pear-picking. With a unique crunchy texture, being juicy and sweet, it is good for desserts.



**Ashitaba (Angelica keiskei)**

A plant mainly harvested in warm islands of Tokyo. It has a peculiar scent and bitter taste. Tempura of ashitaba is a local specialty and popular among tourists in Izu Oshima. Being very nutritious, it attracts much attention as a healthy vegetable.





# What are Edo-Tokyo vegetables?

## The History of Tokyo's Vegetables



Quite simply, they are vegetables that have been produced in and around Edo (current Tokyo) since the Edo period. Each variety has its own unique history and story, and has supported the diet of Tokyoites for generations. Although some varieties began to disappear as farmland decreased, there have been efforts by locals in recent years to revitalize the Edo-Tokyo vegetables. It is a challenging task as many of the heirloom varieties are difficult to grow in large numbers and require a lot of work to cultivate. However, many people have come together to research, support and grow these vegetables for the benefit of present and future generations. Cooperative efforts like this are one of the many things that make Tokyo great.



**Nerima Daikon** 練馬ダイコン

This daikon radish was selected and improved in Nerima (current Nerima City) during the Edo period. Compared to ones that are usually available on the market, it is longer, sometimes about one-meter long, and it is hard work to pull out from the soil. It was pickled to "takuan-zuke" and shipped around the country in the past.



**Terajima Nasu** 寺島ナス

Terajima Nasu eggplant was harvested around Terajima (current Sumida City) along the Sumida River. It is egg-shaped and smaller than usually available eggplants in Japan. It is firm but gets soft and delicious when heated.



**Naito Kabocha** 内藤かぼちゃ

A squash that was produced around post town Naito Shinjuku (current area around Shinjuku Gyoen National Garden in Shinjuku City). With a high water content, it is sticky in texture and good for simmered dishes because it doesn't break up. It is green when harvested, and will change to pale orange as it matures.



# Food on the Go: Delivery and Takeout

## Delivery

Looking to dine in your room or elsewhere? With several delivery websites and apps to choose from, ordering food online is a quick and convenient option.



### Uber Eats



Vegan



Vegetarian

Vegan

[www.ubereats.com/jp-en/category/tokyo-tokyo/vegan](http://www.ubereats.com/jp-en/category/tokyo-tokyo/vegan)

Vegetarian

[www.ubereats.com/jp-en/category/tokyo-tokyo/vegetarian](http://www.ubereats.com/jp-en/category/tokyo-tokyo/vegetarian)

### maishoku



Vegetarian

[www.maishoku.com/en/cuisines/vegetarian/](http://www.maishoku.com/en/cuisines/vegetarian/)

Order dish(es) of your choice from one of the restaurants covered by this service after user registration, and you will receive them from a delivery person. You can order dish(es) from a vegetarian or a vegan category.

## Takeout

Many restaurants offer dishes to go, often at slightly discounted rates compared to dining in-store. This means you can get a bigger selection of food for a lower price and you can enjoy your meal either in your hotel room, or why not in one of Tokyo's beautiful parks?



## Shopping Bags

Since July 2020, most shops in Japan charge a fee (about 2 to 5 yen) for plastic and paper bags. At the cash register, you may be asked “Fukuro wa hitsuyo desu ka?” or “Fukuro wa irimasu ka?”, which means “Do you need a bag?”



Instead of buying a plastic or paper bag every time, bringing “my bag,” which can be used repeatedly, is recommended. As luckily many shops in Tokyo sell fashionable and functional “eco bags,” choose your favorite bag and enjoy shopping in an eco-friendly manner!

# Transportation Guide

Useful tips on how to get around the city during your stay.

## Trains & Buses

### Convenient IC cards

After buying a new card with an advance payment, you can pass the ticket barrier by touching the automatic ticket gate or bus ticket reading machine with the IC card (Suica, PASMO, etc.) and the fare will be deducted automatically. In addition, fares are usually lower than when purchasing tickets at ticket machines in Tokyo (fares are the same in some cases). The card can also be used as electronic money for shopping at registered shops.



PASMO® Registered in JPO



[www.gotokyo.org/en/plan/getting-around/ic-card/](http://www.gotokyo.org/en/plan/getting-around/ic-card/)

### Tokyo 1-Day Ticket

Unlimited travel on JR trains\*, subways, the Nippori-Toneri Liner, Tokyo Sakura Tram (Toden Arakawa Line) and Toei buses.

\*JR East trains within Tokyo's 23 cities.

**1,600 yen (adults), 800 yen (children)**

## Taxis

The taxi fare in Japan depends on the running distance and time, and paying tips is not necessary. It is recommended to use a time-based sightseeing taxi that a certified taxi driver tours around Tokyo with sightseeing guiding. Even though you may buy a lot of souvenirs and thus increase your baggage, you will feel comfortable by using a taxi.

[www.taxi-tokyo.or.jp/english/kanko\\_taxi/](http://www.taxi-tokyo.or.jp/english/kanko_taxi/)



## Rental Bicycles

Using a rental cycle service is a good way to avoid public transportation congestion. Pedaling along the road with the feel of a breeze, you can see local shopping streets and the life of local Tokyoites up-close. It will show you another aspect of Tokyo.

In addition to a conventional service in which you rent a bike at one rental shop and return to the same shop, new and convenient services have been increasing in Tokyo in recent years, such as a share cycle service with many cycle ports in which you can return a rental bike to a port different from the one where you rented, and a delivering service by which you can receive a bike at a place convenient for you.

### Tokyo Bike Sharing

[https://docomo-cycle.jp/tokyo-project/en\\_index.html](https://docomo-cycle.jp/tokyo-project/en_index.html)

There are other services, too, so choose according to your purpose and area.




# POINT-AND-ASK GUIDE

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.

☐  
  
 豚肉  
Pork

☐  
  
 牛肉  
Beef

☐  
  
 鶏肉  
Chicken

☐  
  
 魚類  
Fish

☐  
  
 豚だし  
Pork Stock

☐  
  
 牛だし  
Beef Stock

☐  
  
 鶏だし  
Chicken Stock

☐  
  
 魚だし  
Fish Stock

☐  
  
 貝  
Shellfish

☐  
  
 甲殻類  
Crustacean


☐  
  
 卵  
Egg

☐  
  
 はちみつ  
Honey

☐  
  
 乳製品  
Dairy

☐  
  
 砂糖  
Sugar

☐  
  
 アルコール  
Alcohol

☐  
  
 そば  
Soba (Buckwheat)

☐  
  
 グルテン(小麦)  
Gluten

☐  
  
 大豆  
Soy

☐  
  
 五葎  
(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)

☐  
  
 ナッツ  
Nuts

☐  
  
 油  
Oil

☐ For other items, write the name and draw the symbol here.

# 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

Android  
iOS

<https://play.google.com/store/apps/details?id=jp.co.rscs.safetyTips.android>  
<https://apps.apple.com/app/safety-tips/id858357174>

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



iOS

### Tokyo Metropolitan Medical Institution Information

Multilingual

[www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks230.php](http://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks230.php)

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.

☎ 03-5272-0303 (Japanese)

☎ 03-5285-8181 (Other languages)



### Tokyo Metropolitan Government Disaster Prevention Website

Multilingual

[www.bousai.metro.tokyo.lg.jp](http://www.bousai.metro.tokyo.lg.jp)



### Japan Visitor Hotline

English, Chinese, and Korean

[www.japan.travel/en/plan/hotline/](http://www.japan.travel/en/plan/hotline/)

Japan National Tourism Organization (JNTO) operates a visitor hotline 24 hours a day, 365 days a year. Please feel free to call for tourist information or assistance in case of accidents or emergencies.

☎ 050-3816-2787  
(24 hours a day)



## 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

## Measures for COVID-19

For visitors to enjoy traveling in Tokyo while avoiding transmission risks, measures for avoiding infection or infecting others are important.

Wear a face mask.



Practice social distancing.



Always remember to wash your hands.



Refrain from conversation in public transport.



Enjoy the food and drink more with less talk.



Begin the day with a health check.



Information for protecting yourself and others

[www.gotokyo.org/en/plan/coronavirus-information/](http://www.gotokyo.org/en/plan/coronavirus-information/)





# TOKYO Vegan & Vegetarian

Restaurant Guide 2021-2022

🌸 Welcome to TOKYO!

**TokyoTokyo**  
Old meets New

**GO-TOKYO**  
The Official Tokyo Travel Guide  
[www.gotokyo.org](http://www.gotokyo.org)

**Tokyo Convention & Visitors Bureau**  
Nishiin Bldg. 6F, 346-6 Yamabuki-cho, Shinjuku-ku, Tokyo 162-0801, Japan

2021/03