



TOKYO

Vegan & Vegetarian

Restaurant Guide 2022-2023



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.

the broth or seasonings.

Category 1

No animal ingredients in **ALL** menus



No meat



No fish



No crustacean



No shellfish



No egg



No dairy



No honey

Category 2

No animal ingredients in **SOME** menus



No meat



No fish



No crustacean



No shellfish



No egg



No dairy



No honey

Category 3

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



No meat



No fish



No crustacean



No shellfish



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



English assistance
available



English menu
available



Free Wi-Fi

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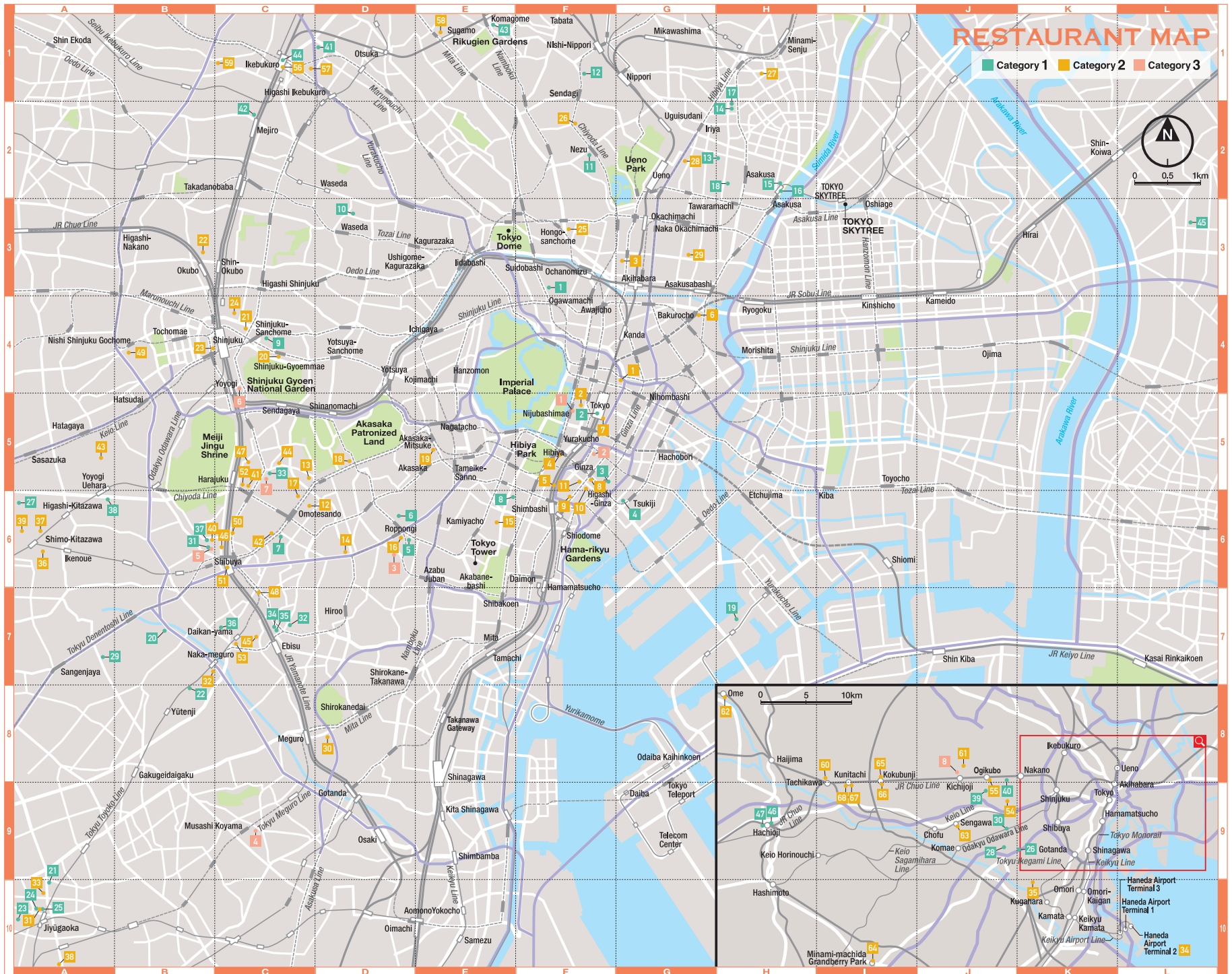
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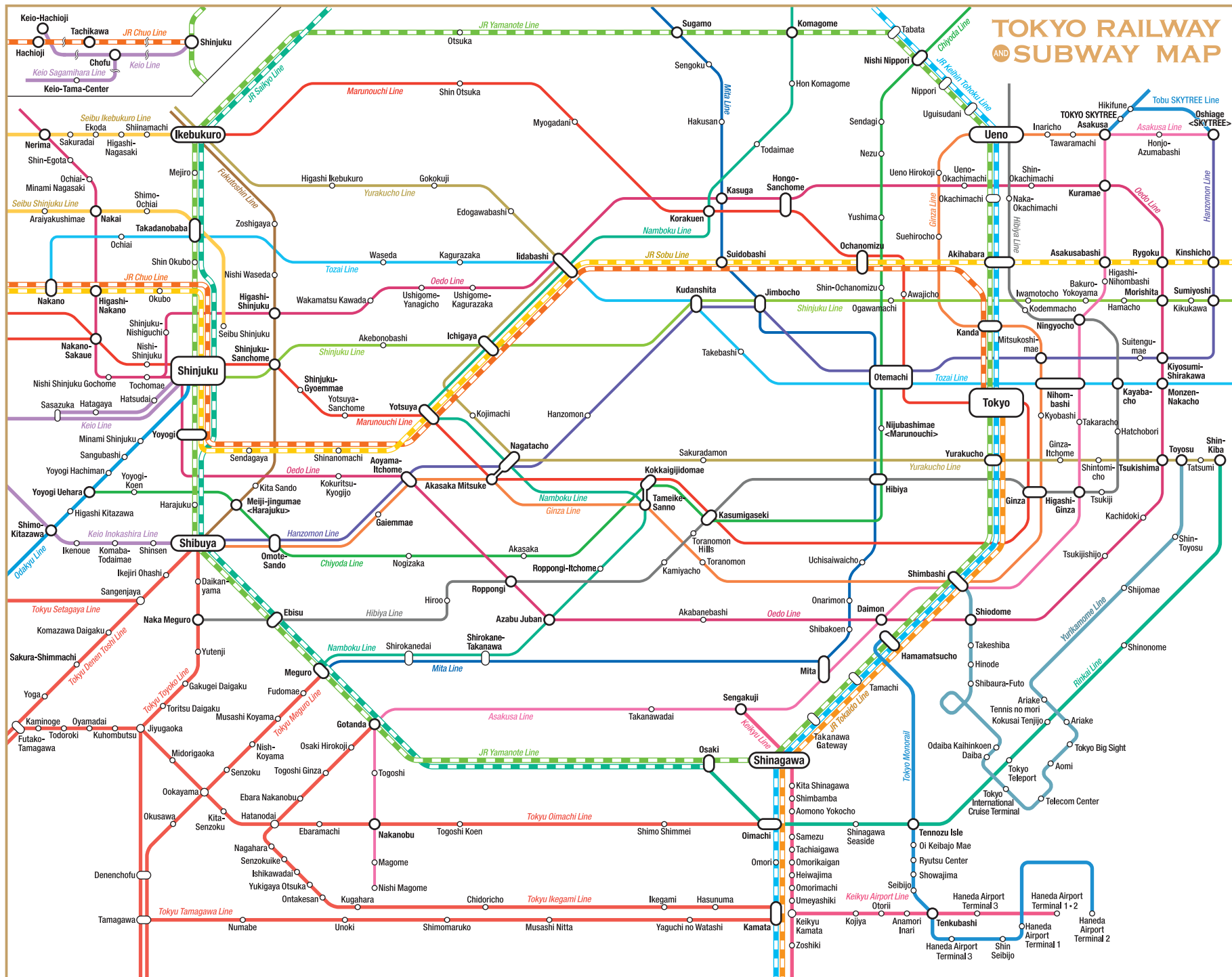
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Category 1

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

ラビンゲハット

☎03-5577-6880 ¥800

www.manpuku-veggie.com/restaurants/10092/

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

<https://foods.jr-cross.co.jp/ts-tantan/>

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 ¥5,500

<http://ain-soph.jp/ginza/>

Hours: 11:30-14:30 (L.O. 14:30), Tea Time 14:30-17:00

(L.O. 16:00), 17:30-21:00 (L.O. 19:00)

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 KOMEDA is

コメダイズ

☎03-6260-6369 Lunch ¥1,300 Dinner ¥1,300

www.komeda-is.com/

Hours: 7:00-23:00 (L.O. 22:30), Alcohol served 11:00-23:00 (L.O. 22:30)

Closed days: Varies depending on the facility

Address: Ginza Shochiku Square 1F, 1-13-1 Tsukiji Chuo City

Access: Higashi-ginza (Subway)



Café/Sweets
MAP G-6



WEBSITE



ACCESS MAP



5 FALAFEL BROTHERS Roppongi

FALAFEL BROTHERS 六本木店

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

www.falafelbrothers.jp/

Hours: 11:00-21:00

Closed days: Open 365 days

Address: 5-1-10 Roppongi, Minato City

Access: Roppongi (Subway)



Other foods
MAP D-6



WEBSITE



ACCESS MAP



6 FRUITS IN LIFE

フルーツインライフ

☎03-6447-1190 Lunch ¥1,210

<https://fruitsinlife.com/>

Hours: 8:30-21:00 (Mon-Fri), 10:00-21:00 (Sat, Sun, holidays) *Last order for some items only: 20:30

Closed days: Varies depending on the facility

Address: Tokyo Midtown Plaza B1F, 9-7-2 Akasaka, Minato City

Access: Roppongi (Subway)



Café/Sweets
MAP D-6



WEBSITE



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7 PARLOR 8abliish

パーラー エイタブリッシュ

☎03-6805-0597 ¥1,500

www.8abliish.com/

Hours: 10:00-18:00

Closed days: New Year holidays

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

Access: Omote-sando (Subway)



Reservation required

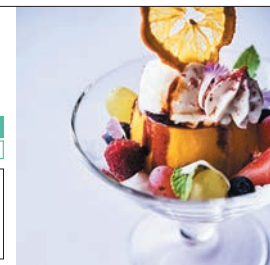
Café/Sweets
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WEBSITE



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8 TENZO

TENZO

☎03-6811-1183 Lunch ¥800 Dinner ¥800

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



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9 AIN SOPH. Journey Shinjuku

アインノフジャーニーシンジュク

☎050-3503-8688 Lunch ¥2,000 Dinner ¥3,500

www.ain-soph.jp/journey-shinjuku

Hours: 11:30-16:00 (L.O. 15:00), 18:00-21:00 (L.O. 20:00) (Mon-Fri),
11:30-17:00 (L.O. 16:00), 18:00-21:00 (L.O. 20:00) (Sat, Sun, holidays)

Closed days: No fixed holiday

Address: Shinjuku Q Bldg. 81F/1F/2F, 3-8-9 Shinjuku, Shinjuku City

Access: Shinjuku-sanchome (Subway)



Other foods
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10 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://sojo.favy.jp/

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



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11 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



12 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, Keisei)



Other foods
MAP F-1



WEBSITE



ACCESS MAP



13 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



14 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), 17:00-21:00 (L.O. 19:00) (Mon-Sat), 17:00-20:00 (L.O. 18:00) (Sun, holidays)

Closed days: Wed, other non fixed holidays

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



Reservation required

Japanese foods
MAP H-2



WEBSITE



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15 injoy

悦納

☎03-5830-2333 ¥5,000

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



16 Marugoto Vegan Dining Asakusa

まるごとVeganダイニング浅草

☎03-5830-8134 Lunch ¥1,600

https://dining.marugotovegan.com/

Hours: 11:30-15:00, 18:00-23:00

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 PQ's

PQ's

☎03-6877-1588 Lunch ¥1,100

https://pqs.world/

Hours: 9:00-17:00 (L.O. 16:30)

Closed days: Mon, Tue

Address: 1-1-2 Ryusen, Taito City

Access: Iriya (Subway)



Reservations for curry must be made at least two days in advance.

Café/Sweets
MAP H-2



WEBSITE



ACCESS MAP



18 Shochiku-en Café

松竹園カフェ

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

https://sho-chiku-en.com/

Hours: 11:00-20:00 (L.O. 19:30), 11:00-15:00 (Wed, Thu)

Closed days: Open 365 days

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

Access: Asakusa (TX, Subway, Tobu)



Reservation recommended

Café/Sweets
MAP H-2



WEBSITE



ACCESS MAP



19 Vegan Ramen UZU Tokyo

Vegan Ramen UZU Tokyo

Lunch ¥2,000 Dinner ¥2,000

<https://vegan-uzu.com/pages/uzu-tokyo/>

Hours: Please check the website

Closed days: Please check the website

Address: teamLab Planets TOKYO, 6-1-16 Toyosu, Koto City

Access: Shin-Toyosu (Yurikamome)



Noodles/Ramen

MAP H-7



WEBSITE



ACCESS MAP



20 Alaska zwei

アラスカ ツヴァイ

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

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



21 Plus Veganique JIYUGAOKA

プラスヴィーガンニック自由が丘

☎090-9823-8310 Lunch ¥2,500 Dinner ¥5,000

www.plus-veganique.com/

Hours: 12:00-15:30, 18:00-23:00 (Please check the website)

Closed days: Wed, other non fixed holidays

Address: 1-19-23 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Order in advance for the five pungent vegetables

Other foods

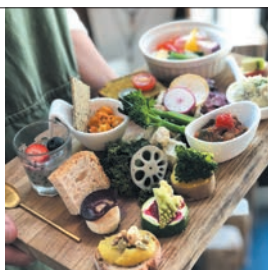
MAP A-10



WEBSITE



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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/

Hours: 11:30-15:00, 17:00-20:00 (Mon, Thu, Fri),

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

Closed days: Tue, Wed

Address: 1-1-1 Yutenji, Meguro City

Access: Naka-meguro (Subway, Tokyu)



Western foods

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23 SAIDO

菜道

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

<https://saido.tokyo/>

Hours: Please check the website

Closed days: Wed

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

Access: Jiyugaoka (Tokyu)



Reservation recommended

Japanese foods

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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

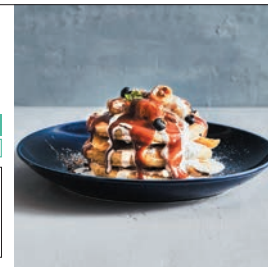
MAP A-10



WEBSITE



ACCESS MAP



25 T's Restaurant

T'sレストラン

☎03-3717-0831 Lunch ¥1,350 Dinner ¥1,350

<http://ts-restaurant.jp/>

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

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 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/

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



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27 Food Therapy Diner Chabuzen

薬膳食堂ちゃぶ膳

☎080-6603-8587 Dinner ¥1,500

<https://food-therapy-diner-chabuzen.business.site/>

Hours: 17:00-21:00

Closed days: Mon

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

Access: Shimo-Kitazawa (Odakyu, Keio)



Noodles/Ramen

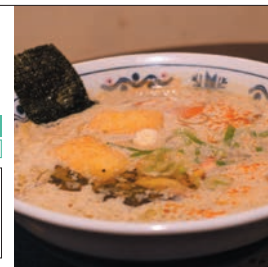
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WEBSITE



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28 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, 18:00-23:00

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



29 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: Please check the website

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



30 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



31 2foods Shibuya LOFT shop

2foods 渋谷ロフト店

☎03-6416-4025

Lunch ¥1,000

Dinner ¥1,000

<https://2foods.jp/pages/store03/>

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

Closed days: Varies depending on the facility

Address: Shibuya LOFT 2F, 21-1 Udagawacho, Shibuya City

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



Café/Sweets

MAP B-6



WEBSITE



ACCESS MAP



32 FALAFEL BROTHERS Ebisu

FALAFEL BROTHERS 恵比寿店

☎03-6427-3398

Lunch ¥1,100

Dinner ¥1,500

www.falafelbrothers.jp/

Hours: 11:00-21:00

Closed days: Open 365 days

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

Access: Ebisu (JR, Subway)



Other foods

MAP C-7



WEBSITE



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33 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)



Café/Sweets

MAP C-5



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34 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: 11:30-15:00, 18:00-22:00

Closed days: Mon, Sun

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

Access: Ebisu (JR, Subway)



Other foods

MAP C-7



WEBSITE



ACCESS MAP



35 KO-SO CAFE BIORISE

KO-SO CAFE BIORISE

☎03-3409-3405

Lunch ¥1,500

Dinner ¥2,000

www.ko-so-cafe.jp/

Hours: 11:00-21:00 (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



36 Terra Burger & Bowl

Terra Burger & Bowl

☎050-8880-1364

Lunch ¥1,480

Dinner ¥1,480

www.terrab.com/

Hours: 11:00-23:00 (Tue-Sat), 11:30-18:00 (Sun, holidays)

Closed days: Mon

Address: C-B1 Sarugaku B, 26-2 Sarugakucho, Shibuya City

Access: Daikan-yama (Tokyu)



Café/Sweets

MAP C-7



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ACCESS MAP



37 Vegan Restaurant Masaka

ヴィーガン居酒屋まさか

☎03-5422-3020

Lunch ¥900

Dinner ¥2,000

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

Hours: 12:00-21:00

Closed days: Open 365 days

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

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



Izakaya/Bar

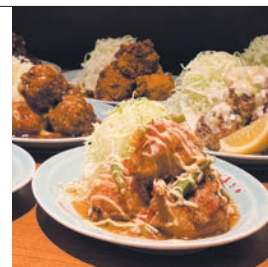
MAP B-6



WEBSITE



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38 Wa no Kashi Meguri

和のかし 巡

☎03-5738-8050

¥1,800

www.instagram.com/wa_no_kashi_meguri/

Hours: 11:30-18:00

Closed days: Mon, other non fixed holidays

Address: 3-2-1 Uehara, Shibuya City

Access: Yoyogi-uehara (Subway, Odakyu)



Café/Sweets

MAP A-6



WEBSITE



ACCESS MAP



39 Pain de BRUN

バンドブラン

☎03-5941-3613 Lunch ¥1,000

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)



WEBSITE

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40 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 Kouenji 2F, 3-45-11 Koenji-Minami, Suginami City

Access: Koenji (JR)



WEBSITE

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41 AIN SOPH. soar

アインソフア

☎03-5944-9699 Lunch ¥2,000 Dinner ¥2,500

http://ain-soph.jp/soar/

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

Closed days: No fixed holiday

Address: Union Bldg. 1F, 3-5-7 Higashi-Ikebukuro, Toshima City

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



WEBSITE

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42 LA VIGNE AKIKO x VEGETARIAN BEAST

LA VIGNE AKIKO x VEGETARIAN BEAST

☎03-6822-6090 Lunch ¥1,320 Dinner ¥1,320

https://vegetarian-beast.business.site/

Hours: 11:00-20:00

Closed days: Sun, Mon

Address: 3-14-18 Mejiro, Toshima City

Access: Mejiro (JR)



WEBSITE

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43 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-Sun), 17:00-20:00 (L.O. 19:00) (Fri, Sat)

Closed days: New Year holidays

Address: Corpo Ichikawa 2F, 1-37-8 Komagome, Toshima City

Access: Komagome (JR, Subway)



WEBSITE

ACCESS MAP



44 T's TANTAN Ikebukuro

T'sたんたん 池袋店

☎03-5958-0375 Lunch ¥1,000 Dinner ¥1,500

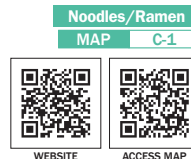
https://foods.jr-cross.co.jp/ts-tantan/

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)



WEBSITE

ACCESS MAP



45 HealthyTOKYO CBD Factory&Cafe Edogawa

HealthyTOKYO CBD Factory&Cafe 江戸川店

☎050-5526-2320 Lunch ¥1,500 Dinner ¥2,000

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

Hours: 8:00-20:00

Closed days: Open 365 days

Address: 1-18-8 Chuo, Edogawa City

Access: Shin-Koiwa (JR)



WEBSITE

ACCESS MAP



46 natural cafe sachinoki

natural cafe 幸の木

☎042-649-1987 Lunch ¥2,000

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)



WEBSITE

ACCESS MAP



47 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)

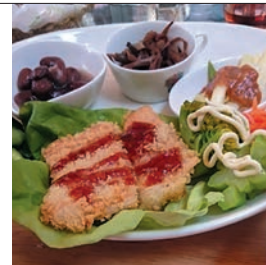


Reservation required



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 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 BRIANZA TOKYO

BRIANZA TOKYO

☎03-6262-7862 Lunch ¥2,000 Dinner ¥6,000

<http://la-brianza.com/>

Hours: 11:00-15:00, 17:00-23:00

Closed days: Open 365 days

Address: Tokiwabashi Tower 2F, 2-6-4 Otemachi, Chiyoda City

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



French/Italian foods

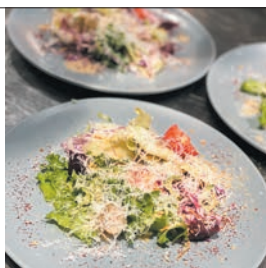
MAP G-4



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

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 raika

礼華四君子草

☎03-6273-3327 Lunch ¥4,000 Dinner ¥10,000

www.rai-ka.com/hibiya/

Hours: 11:30-15:00 (L.O. 14:00), 17:30-23:00 (L.O. 21:00)

Closed days: New Year holidays, other non fixed holidays

Address: Tokyo Midtown Hibiya 3F, 1-1-2 Yurakucho, Chiyoda City

Access: Hibiya (Subway)



Reservation required

Noodles/Ramen

MAP F-5



WEBSITE



ACCESS MAP



5 SOLEIL HIBIYA OKUROJI

SOLEIL 日比谷OKUROJI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 OKUROJI (H-8), 1-7-1 Uchisaiwaicho, Chiyoda City

Access: Yurakucho (JR, Subway), Shimbashi (JR, Subway, Yurikamome)



Other foods

MAP F-5



WEBSITE



ACCESS MAP



6 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/

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



7 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/Ethnic foods

MAP F-5



WEBSITE



ACCESS MAP



8 FANCL BROWN RICE MEALS

ファンケル ブラウン ライス ミイolz

☎03-3289-0721 Lunch ¥1,650 Dinner ¥4,000

www.fancl.jp/ginza-square/brm/index.html

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

Dinner Time 17:00-22:00 (L.O. 21:00) (Mon-Fri), 17:00-21:00 (L.O. 20:00) (Sat, Sun, holidays)

Closed days: No fixed holiday

Address: FANCL GINZA SQUARE B1F, 5-8-16 Ginza, Chuo City

Access: Ginza (Subway)



French/Italian foods

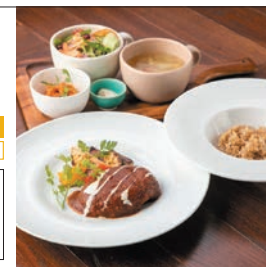
MAP F-5



WEBSITE



ACCESS MAP



9 FARO

☎0120-862-150/03-3572-3911 Lunch ¥8,800 Dinner ¥16,500

<https://faro.shiseido.co.jp/>

Hours: 12:00-13:30 (L.O.), 18:00-20:30 (L.O.)

Closed days: Mon, Sun

Address: Tokyo Ginza Shiseido Bldg. 10F, 8-8-3 Ginza, Chuo City

Access: Ginza (Subway), Shimbashi (JR, Subway, Yurikamome)



Reservation required

French/Italian foods

MAP F-6



WEBSITE



ACCESS MAP



10 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

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



11 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



12 L for You

L for You

☎03-6459-2504 Lunch ¥1,300 Dinner ¥2,000

www.lforyou.tokyo/

Hours: 11:00-20:00 (L.O. Food 19:00, Drink 19:30) (Mon-Sat), 11:00-17:00 (Sun)

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



13 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 ¥2,000 Dinner ¥5,000

www.longinghouse.com/

Hours: 12:00-14:30 (L.O. 14:00), 18:00-21:00 (L.O. 20:00)

Closed days: No fixed holiday

Address: AUSPICE Aoyama B1F 001, 2-12-4 Kita-Aoyama, Mitato City

Access: Gaiemmae (Subway)



French/Italian foods

MAP C-5



WEBSITE



ACCESS MAP



14 OIZUMI KOJO NISHIAZABU

大泉工場 NISHIAZABU

☎03-6427-4749 Lunch ¥1,200 Dinner ¥1,200

<https://oks-nishiazabu.com/>

Hours: 11:00-20:00 (Mon-Fri), 9:00-20:00 (Sat), 9:00-18:00 (Sun, holidays)

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



15 Shojin Cuisine 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



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 SINCERE GARDEN

シンシア・ガーデン

☎03-5775-7375 Lunch ¥1,500 Dinner ¥2,000

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), Gaiemmae (Subway)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



18 The Burn

ザ・バーン

☎03-6812-9390 Lunch ¥2,000 Dinner ¥9,000

<http://salt-group.jp/shop/theburn/>

Hours: 11:30-14:30 (L.O. 13:30), 17:30-22:00 (L.O. 20:30)

Closed days: Mon

Address: Aoyama Bldg. B1F, 1-2-3 Kita-Aoyama, Minato City

Access: Aoyama-itchome (Subway)



Reservation recommended

Western foods

MAP D-5



WEBSITE



ACCESS MAP



19 YASAIYA Teppanyaki yasai Akasaka

やさいや鉄板焼野菜 赤坂店

☎050-3188-8284 Lunch ¥1,100 Dinner ¥8,000

<https://yasaiya.tokyo/>

Hours: Please check the website

Closed days: Please check the website

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

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



Roppongi branch is also nearby. Please check the website.

Japanese foods

MAP E-5



WEBSITE



ACCESS MAP



20 & sandwich.

アンドサンドイッチ

☎03-6709-9455 Lunch ¥1,200

www.andsandwich.tokyo/

Hours: 8:00-18:00 (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-gyommae (Subway)



Café/Sweets

MAP C-4



WEBSITE



ACCESS MAP



21 Green Italian Torcia

グリーンイタリアン トルチャ

☎03-3357-0014 Lunch ¥3,000 Dinner ¥5,000

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)



Italian foods

MAP C-4



WEBSITE



ACCESS MAP



22 Saishoku Kenbi

菜食健美

☎03-5332-3627 Lunch ¥1,000

<https://saishoku-kenbi.jp/>

Hours: 11:00-18:00 (L.O. 17:30)

Closed days: Tue, other non fixed holidays

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/

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 ¥8,000

<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, 15:30-18:00 (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 ¥1,800

<https://tofuroomdys.jimdoofree.com/>

Hours: 11:30-14:30

Closed days: Thu

Address: Katerina Sendagi 101, 2-48-18 Sendagi,

Bunkyo City

Access: Nezu (Subway), Sendagi (Subway)



Other foods

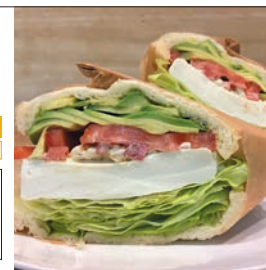
MAP F-2



WEBSITE



ACCESS MAP



27 Fukuandon

福行燈

☎03-3873-8611 Lunch ¥1,100 Dinner ¥1,540

www.andon.co.jp/

Hours: 11:00-14:00, 17:00-21:00 (L.O. 20:30)

Closed days: Sun

Address: 2-34-10 Nihonzutsumi, Taito City

Access: Minowa (Subway)



Reservation required

Japanese foods

MAP H-1



WEBSITE



ACCESS MAP



28 Guruatsu

ぐるあつ

☎03-5830-3700 Lunch ¥1,290

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

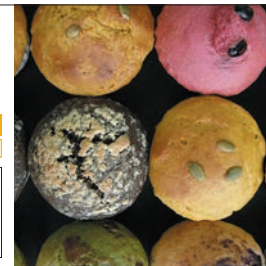
MAP G-2



WEBSITE



ACCESS MAP



29 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 Torigoe, Taito City
Access: Shin-okachimachi (Subway)

🔥📖📱📶 Reservation required
(via the website)

Japanese foods
MAP G-3



WEBSITE

ACCESS MAP



30 CAFE 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
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.instagram.com/newscafetokyo/

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

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)



Other foods
MAP L-10



WEBSITE

ACCESS MAP



35 QOL Cafe Mam Aina

QOL Cafe Mam Aina

☎03-6715-6277 Lunch ¥1,500 Dinner ¥4,000
https://mam-aina.studio.site/

Hours: 10:30-21:00 (L.O. 20:30)
Closed days: No fixed holiday
Address: Denenchofu Sankei Apartment 101, 1-35-9 Denenchofu, Ota City
Access: Tamagawa (Tokyu), Den-en-chofu (Tokyu)

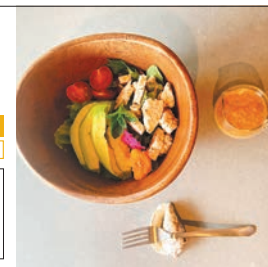
🔥📖📱📶 Reservation required

Café/Sweets
MAP K-10



WEBSITE

ACCESS MAP



36 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)



Café/Sweets
MAP A-6



WEBSITE

ACCESS MAP



37 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)



Asian/Ethnic foods
MAP A-6



WEBSITE

ACCESS MAP



38 KUDZUNERUYA

くずねるや

☎03-4361-4074 Lunch ¥1,000
https://kudzuneruya.com/

Hours: 11:00-17:00
Closed days: Wed, other non fixed holidays
Address: 4-15-13 Okusawa, Setagaya City
Access: Okusawa (Tokyu)

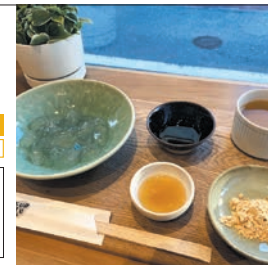


Café/Sweets
MAP A-10



WEBSITE

ACCESS MAP



39 Nomin cafe Shimo-Kitazawa

農民カフェ 下北沢店

☎03-6416-8176

Lunch ¥1,280 Dinner ¥2,500

http://hyakushow.com

Hours: 11:00-23:00 (L.O. 22:00) (Wed-Mon), 11:00-17:00 (Tue)

Closed days: New Year holidays

Address: 2-27-8 Kitazawa, Setagaya City

Access: Shimo-Kitazawa (Odakyu, Keio)



Reservation recommended

Japanese foods

MAP A-6



WEBSITE



ACCESS MAP



40 BiOcafe

BiOcafe

☎03-5428-3322

Lunch ¥1,680 Dinner ¥2,800

https://biocafe.jp/

Hours: 11:00-16:00 (L.O. 15:30), 18:00-23:00 (L.O. Food 22:00, Drink 22:30)

Closed days: New Year holidays

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

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



Café/Sweets

MAP B-6



WEBSITE



ACCESS MAP



41 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



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 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.J 103, 1-7-8 Nishihara, Shibuya City

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



Reservation recommended

Café/Sweets

MAP A-5



WEBSITE



ACCESS MAP



44 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

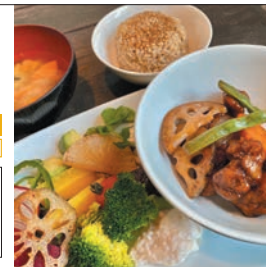
MAP C-5



WEBSITE



ACCESS MAP



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: 9:00-19:00 (Mon-Sat), 10:00-19:00 (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

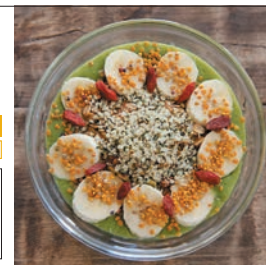
MAP C-7



WEBSITE



ACCESS MAP



46 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)



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

Asian/Ethnic foods

MAP C-6



WEBSITE



ACCESS MAP



47 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



48 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



49 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

<https://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



50 THE MATCHA TOKYO SHIBUYA MIYASHITA PARK

THE MATCHA TOKYO ミヤシタパーク

☎03-6805-0687 Lunch ¥1,000 Dinner ¥1,000

www.the-matcha.tokyo/

Hours: 11:00-21:00

Closed days: Varies depending on the facility

Address: RAYARD MIYASHITA PARK, 6-20-10 Jingumae, Shibuya City

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



Café/Sweets
MAP C-6



51 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/

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



52 VEGAN BISTRO JANGARA

ヴィーガンビストロじゃんから

☎03-3404-5572 Lunch ¥1,000 Dinner ¥1,500

<https://kyushujangara.co.jp/shops/veganbistro/>

Hours: 11:00-23:00 (L.O. 22:15)

Closed days: Open 365 days

Address: 2F, 1-13-21 Jingumae, Shibuya City

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



Other foods
MAP C-5

Harajuku branch is also nearby. Please check the website.



53 vege holic

ベジホリック

☎03-6427-0591 Lunch ¥1,100 Dinner ¥2,750

<https://s.tabelog.com/tokyo/A1303/A130303/13221410>

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

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

Address: Hakuji-kan 2F A, 19-1 Daikanyamacho, Shibuya City

Access: Daikan-yama (Tokyu)



Asian/Ethnic foods
MAP C-7



54 cru mar

ごはんカフェくるまる

☎03-6379-5388 Lunch ¥800 Dinner ¥1,500

<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



55 Nataraj Ogikubo

ナタラジ 荻窪店

☎03-3398-5108 Lunch ¥1,100 Dinner ¥2,300

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



56 Kyushu Jangara Seibu-Ikebukuro

『九州じゃんから』西武池袋店

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

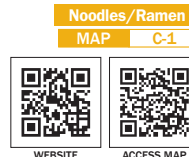
<http://kyushujangara.co.jp/>

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

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



57 Saffron Ikebukuro

サフラン 池袋

☎03-5952-5676 Lunch ¥780 Dinner ¥1,500

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

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

Closed days: Mon

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



58 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: Mitsui Bldg. 102, 2-9-26 Sugamo, Toshima City

Access: Sugamo (JR, Subway)



Café/Sweets
MAP E-1



59 TSUMUGU CAFE

TSUMUGU CAFE ~台湾茶とベジフードのおみせ~

☎03-5927-8889 Lunch ¥1,000 Dinner ¥1,000
https://tsumugu-cafe.storeinfo.jp

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

Closed days: No fixed holiday

Address: 1F, 3-36-20 Nishi-Ikebukuro, Toshima City

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



Café/Sweets
MAP C-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-8



WEBSITE



ACCESS MAP



61 ORIDO.

ORIDO.

☎070-3392-0101 Lunch ¥1,375
www.orido.life/

Hours: 11:30-17:30

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 Dining & Gallery Mayugura

蒔蔵

☎0428-21-7291 Lunch ¥1,500
https://mayugura.com/

Hours: 11:00-17:00

Closed days: Tue

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), 13:30-15:00 (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 G103, 3-4-1 Tsuruma, Machida City

Access: Minami-machida Grandberry Park (Tokyu)



Noodles/Ramen
MAP I-10



WEBSITE



ACCESS MAP



65 Cafe Local

カフェローカル

☎042-300-0711 Lunch ¥1,100
www.cafelocal.jp/

Hours: 11:00-18:00 (Lunch 11:30-14:30) (L.O. 17:30)

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

Address: cocobunji WEST 5F, 3-1-1 Honcho, Kokubunji City

Access: Kokubunji (JR, Seibu)



Other foods
MAP I-8



WEBSITE



ACCESS MAP



66 cafeSlow

カフェスロー

☎042-401-8505 Lunch ¥1,780
http://cafeslow.com/

Hours: 11:30-18:00 (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



67 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



68 nakaichi chienfu

中一素食店

☎042-577-3446 Lunch ¥980 Dinner ¥980
www.nakaichifoods.co.jp/

Hours: 11:00-14:30, 17:00-20:00 (L.O. 19:30)

Closed days: Tue

Address: Nakaichi Bldg., 1-19-8 Naka, Kunitachi City

Access: Kunitachi (JR)



Asian/Ethnic foods
MAP I-9



WEBSITE



ACCESS MAP



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/

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

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・ピオ銀座

☎03-6228-6647 ¥1,000

www.luciano-gelato.com/

Hours: 11:00-21:00

Closed days: Varies depending on the facility

Address: Marronnier 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

☎050-3160-0301 Lunch ¥997 Dinner ¥997

www.crisp.co.jp/

Hours: 11:00-22:00

Closed days: Open 365 days

Address: Hillside B1F, Roppongi Hills, 6-10-1 Roppongi, Minato City

Access: Roppongi (Subway)



Other foods

MAP D-6



WEBSITE



ACCESS MAP



4 AMAMERIA ESPRESSO

アマメリアエスプレッソ

☎03-6426-9148 Lunch ¥1,400 Dinner ¥1,400

www.amameria.com

Hours: 12:00-20:00 (Mon-Fri), 10:00-20:00 (Sat, Sun, holidays)

Closed days: 3rd Thu

Address: Park Homes Musashi-Koyama 1F, 3-6-15

Koyama, Shinagawa City

Access: Musashi-Koyama (Tokyu)



Café/Sweets

MAP C-9



WEBSITE



ACCESS MAP



5 IKEA Shibuya

IKEA 渋谷

☎0570-01-3900 ¥300

www.ikea.com/jp/en/

Hours: 10:00-20:00

Closed days: New Year holidays

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

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



Other foods

MAP B-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, 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.

Izakaya/Bar

MAP C-4



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: Please check the website

Closed days: Open 365 days

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

Access: Meiji-jingumae <Harajuku> (Subway)



Japanese foods

MAP C-5



WEBSITE



ACCESS MAP



8 vegetable bar Kichijoji

吉祥寺 八百屋バール

☎0422-27-5667 Dinner ¥3,500

www.hotpepper.jp/strJ001258523/

Hours: 16:00-24:00 (L.O. 23:30)

Closed days: Tue

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

Access: Kichijoji (JR, Keio)



Izakaya/Bar

MAP J-8



WEBSITE



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.

Enjoying Japanese Sweets

Traditional Japanese confectionery, known as wagashi, is made mainly from vegetable product ingredients. These sweets use ingredients like adzuki beans, agar, and rice flour to create sumptuous flavors and textures. Tokyo has many famous and long-established confectionery shops, making it easy to sample the sweets and find the ones you like best. Here is a quick guide to some common wagashi and their ingredients.



The main ingredients used for wagashi are various types of flour, sugar, and bean.

Flour

Rice flour



Flour made from rice is often used for wagashi. Rice flour is divided into two types. Joshin-ko and joyo-ko are made from uruchi rice (non-glutinous rice), and shiratama-ko, mochi-ko, and domyoji-ko are made from mochi rice (glutinous rice).

Others

Kudzu powder



Kinako



Kudzu powder is made by refining the starch from the roots of the kudzu vine (also known as Japanese arrowroot) and pulverizing it. Kudzu powder made from 100% Japanese arrowroot is rare. Kuzukiri, usually eaten in summer, is made using kudzu powder.

Kinako is a fragrant powder made from roasted soybeans.

Wheat flour, buckwheat flour, and other types of flours are also used.

Sugar

Johakuto (white superior soft sugar) and granulated sugar are mainly used. Wasanbonto (Japanese traditional refined sugar), made through a traditional process in Tokushima and Kagawa prefectures, is used for high quality confectionery.

Johakuto



Granulated sugar



Wasanbonto



Beans

The most common ingredient for wagashi is beans, which are used for making "an" paste. Adzuki beans are the most widely used. Shiro-an is usually made from kidney beans. Red peas are essential for mame-daifuku and anmitsu. Green peas are used for green uguisu-an.

Adzuki beans



Kidney beans



Green peas



Others

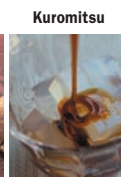
Agar (known as kanten in Japanese) is made by freeze-drying boiled and hardened seaweeds such as tengusa. High in dietary fiber, it is very healthy. Heated with sugar and water, it has a jelly-like texture. Matcha (green tea powder) is not only popular as a drink, but also as a flavoring for sweets. Kuromitsu is a brown sugar syrup made by boiling down sugar cane juice and is essential for anmitsu and warabimochi.



Agar



Matcha



Kuromitsu

Please note: Eggs are sometimes used in baked confections. Other ingredients are also used, and they can differ depending on the shop or method. As with many foods — not just wagashi — there may be items with additives derived from animals. For example, bone char may be used in the sugar-making process. These additives and their animal origins are not typically labeled in detail. Please keep this in mind when making your purchases.

Wagashi sweets not only use seasonal ingredients, but they also are made to reflect each season of the year. In spring, sakuramochi and kusamochi reflect the cheerful atmosphere of spring. In summer, wagashi using kudzu and agar is made. The transparency of the ingredient suggests the cool feel of water. In autumn, wagashi using chestnuts, sweet potatoes, and persimmons are popular. Hanabiramochi, traditionally eaten in the New Year holiday, and many other sweets are available in winter.

Spring



Kanto style



Kansai style

Sakuramochi

Pale pink wagashi with the aroma of a cherry blossom leaf.

What are they made of?

Shiratama-ko, wheat flour (Kanto style), domyoji-ko (Kansai style), an (adzuki bean paste, sugar), salted cherry blossom leaf

Summer



Anmitsu

"An" and "mitsu" are the most essential ingredients for anmitsu, topped with jelly-like agar, red peas, fruit, and others.

What are they made of?

An (adzuki bean paste, sugar), kuromitsu
Toppings: Agar, red peas, fruit, shiratama-ko
*Toppings vary depending on the shop.

Autumn



Kurikinton

Simple sweets made from chestnuts and sugar, with a tender texture.



What are they made of?

Chestnuts, sugar

Winter



Oshiruko/Zenzai

A warm, sweet adzuki soup with mochi (rice cake).



What are they made of?

An (adzuki bean paste, sugar), sugar, rice cake



Dorayaki

An is sandwiched between two round pancakes made from wheat flour. Adzuki bean paste is usually used, but now a variety of fillings such as fresh cream, custard, and chocolate cream are also available.

What are they made of?

Eggs, honey, baking soda, wheat flour, an (adzuki bean paste, sugar), salad oil



Monaka

An is generously filled between two shells. The light and crispy shell made from mochi rice characterizes monaka.

What are they made of?

Mochi rice, an (adzuki bean paste, sugar)
*As well as traditional an, a variety of fillings such as ice cream or chocolate are now popular.

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.

<input type="checkbox"/>  豚肉 Pork	<input type="checkbox"/>  牛肉 Beef	<input type="checkbox"/>  鶏肉 Chicken	<input type="checkbox"/>  魚類 Fish
<input type="checkbox"/>  豚だし Pork Stock	<input type="checkbox"/>  牛だし Beef Stock	<input type="checkbox"/>  鶏だし Chicken Stock	<input type="checkbox"/>  魚だし Fish Stock
<input type="checkbox"/>  貝 Shellfish	<input type="checkbox"/>  甲殻類 Crustacean	<input type="checkbox"/>  卵 Egg	<input type="checkbox"/>  はちみつ Honey
<input type="checkbox"/>  乳製品 Dairy	<input type="checkbox"/>  砂糖 Sugar	<input type="checkbox"/>  アルコール Alcohol	<input type="checkbox"/>  そば Soba (Buckwheat)
<input type="checkbox"/>  グルテン(小麦) Gluten	<input type="checkbox"/>  大豆 Soy	<input type="checkbox"/>  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)	
<input type="checkbox"/>  ナッツ Nuts	<input type="checkbox"/>  油 Oil	<input type="checkbox"/> 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.rcsc.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

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.



Tokyo Metropolitan Government Disaster Prevention Website

(Multilingual)

www.bousai.metro.tokyo.lg.jp



Japan Visitor Hotline

(English, Chinese, and Korean)

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/





TOKYO Vegan & Vegetarian

Restaurant Guide 2022-2023

 Welcome to TOKYO!