



TOKYO MUSLIM

Travelers' Guide 2023-2024

Pray • Eat • Shop • Stay



Welcome to TOKYO!





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Welcome to Tokyo!

The Tokyo Muslim Travelers' Guide is designed to make your visit to Tokyo as comfortable, The restaurants, lodgings, places of worship, and shops in this guide do their utmost to This guide also presents you with opportunities to experience Japan's traditional culture Even establishments which primarily cater to Japanese customers are often able to accommodate Staff may be able to make changes such as menu substitutions, so please feel free to ask if We wish you, our Muslim friends, an enjoyable and truly memorable stay in Tokyo!

*The facilities listed in this year's version of the Guide are those which take infection control

enjoyable, and meaningful as possible.

accommodate the lifestyles and customs of Muslim guests. and cuisine.

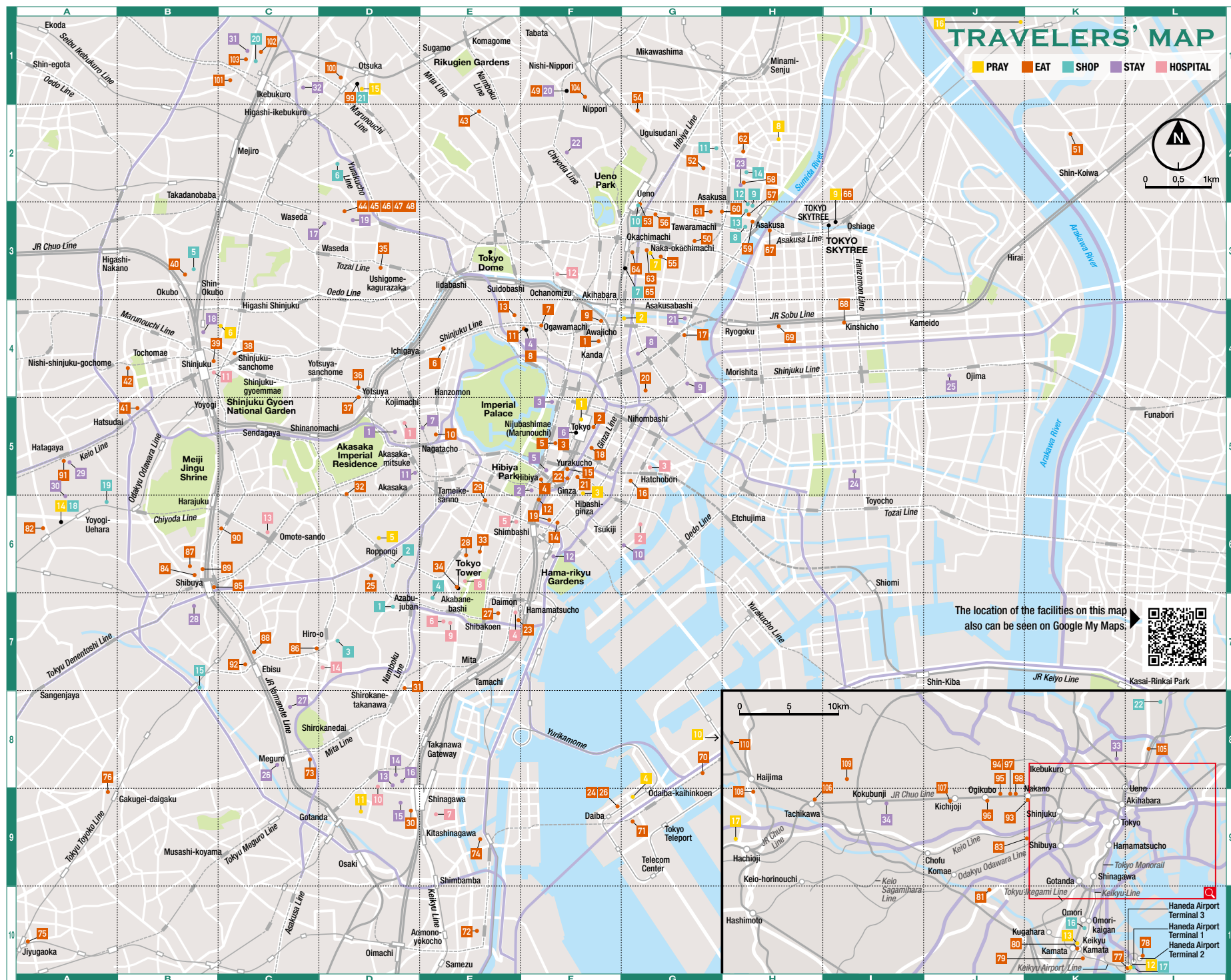
the needs of Muslims.

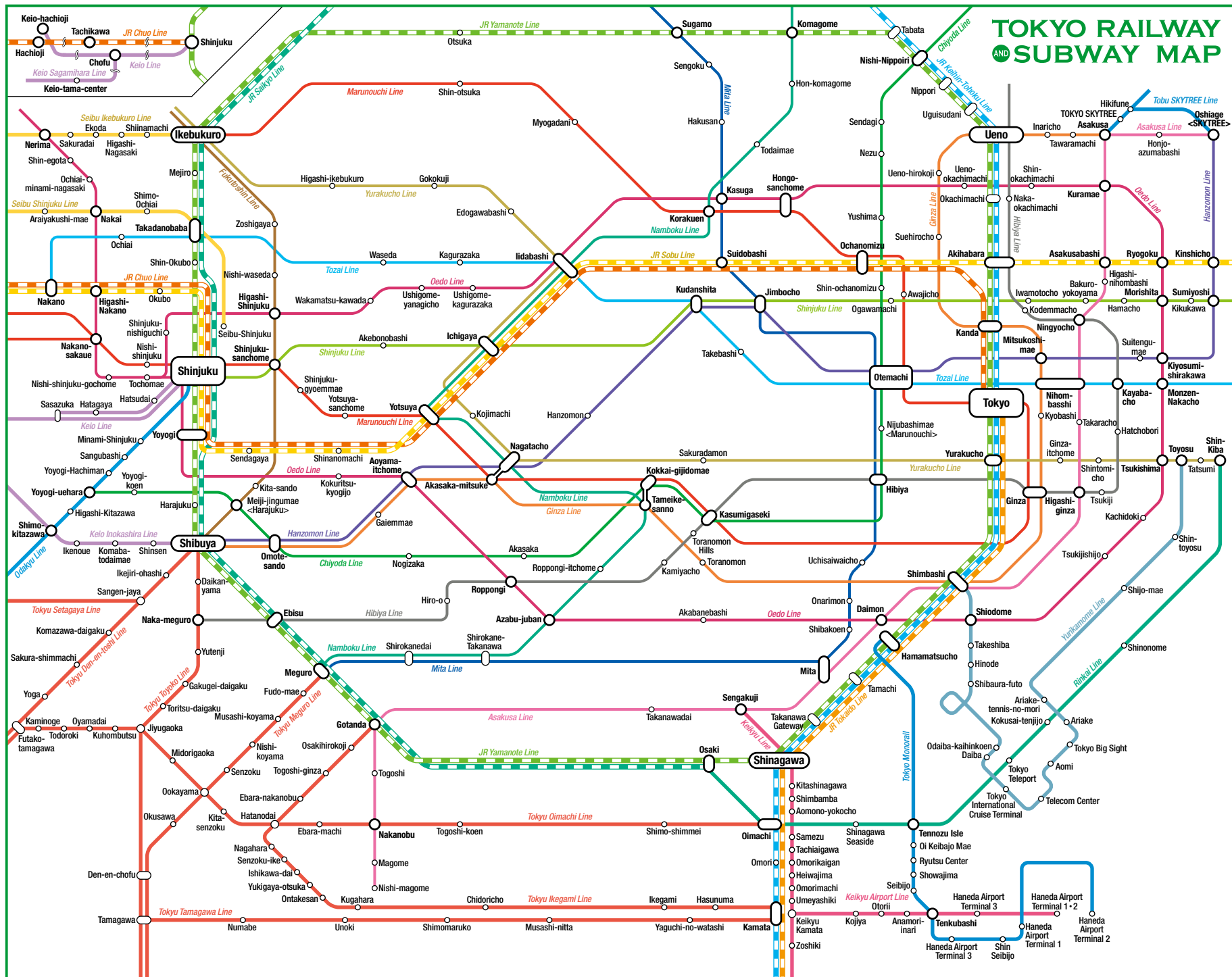
you need anything at all.

measures in accordance with the Tokyo government's guidelines.

Icon Guide

Muslim restaurant owner	Muslim staff	Muslim chef(s)	No pork	English assistance available	English menu available	Food ingredients are indicated	Halal-certified meat	Separate kitchens for halal food preparation	Dedicated cooking utensils for halal food	Dedicated cutlery for halal food
Disposable eating utensils provided	Vegetarian dishes available	Pork-free dishes/products available	Alcohol-free dishes/products available	Alcoholic beverages not available	Non-alcoholic beverages available	Alcohol served separately	Halal seasonings used	Private room	Staff with knowledge of Islamic customs	Qibla direction indicated
								Consumption tax Consumption tax at shops, restaurants, etc. is 10%. Please note whether the tax is included in the indicated price depends on the shop and product. Foods and beverages are subject to the reduced tax rate of 8% in some cases. Visit the following website for more information. https://www.nta.go.jp/english/taxes/consumption_tax/01.htm#t10		
Dedicated area for salat	Items for prayer available on request	Facilities provided for ceremonial cleansing	Dedicated rooms for Muslim guests	Muslim-appropriate rooms can be reserved	Muslim-friendly menu available	Free Wi-Fi	TAX FREE TAX-FREE			





Dining—JAPANESE FOOD



Sushi

Sushi is one of the most famous and delicious Japanese dishes. Tokyo has one of the best selections of fresh fish in the world, making it worth to taste.

For details, please check “It’s Sushi Time” in pp. 41–42!



Tempura

Tempura is made using a batter of flour and water, and usually deep-fried in vegetable oil. Vegetables, fish, and shrimp are common tempura ingredients.



Soba

Soba is a type of noodle made with buckwheat flour, usually served with a dipping sauce or in soy sauce-based soup. It is a traditional Japanese dish that is often Muslim-friendly.



Ramen

Generally, ramen consists of wheat noodles, served in a meat or fish-based broth, topped with sliced pork, eggs, etc., but there are a number of restaurants that offer ramen without pork. There are also vegetarian and vegan ramen shops with the indication of ingredients.

Be Careful!



Many dishes in Japan may contain alcohol (adding a condiment called “mirin”), pork, or gelatin even if not stated on the menu. This includes major Japanese condiments such as soy sauce and soy sauce-based soup, as they may include alcohol. Some restaurants offer a detailed list of ingredients available for reference. Also, some sushi restaurants can make sushi without mirin (a kind of alcohol) upon request.

Convenience Stores

Some foods contain preservatives and other non-halal ingredients, but there are a variety of affordable and delicious Muslim-friendly options available.



Tips for Getting by Smoothly in Japan

Exploring a new culture can sometimes be both surprising and frustrating.

To help navigate any potential difficulties, here are some tips for getting around in Japan.

On the Train

When using public transportation (buses and trains, etc.), avoid speaking loudly or talking on the phone as it may disturb other commuters. Make sure to switch your phone to silent mode. Your phone should be turned off completely if near priority seats when the train is crowded. In inner-city areas, some train cars are reserved for women only during certain hours and days.

On the Street

Littering, smoking on the street, and smoking while walking are strictly prohibited in certain areas. Throw any trash you may have in the public bins provided, or take it home with you. Smokers should only smoke in designated areas.

Using Toilets



止 — Stop
おしり — Wash bottom
ビデ — Bidet
乾燥 — Drying function
大 — Large flush
小 — Small/eco flush

Manners in Public



Switch your phone to silent mode



Quiet please



Do not throw rubbish



No smoking

A number of public restrooms feature wheelchair-accessible toilets and diaper changing facilities. Many Western-style toilets in Japan have a toilet seat with bidet functions like Washlet with several buttons and icons. A guide to the main functions can be found on the left.

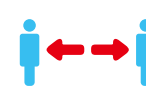
Measures for COVID-19

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

<https://www.gotokyo.org/en/plan/coronavirus-information/index.html>



PRAY

Throughout Tokyo, you'll find several places of worship, from majestic dome-ceilinged mosques to prayer rooms owned and operated by Muslims in Tokyo. They also serve as a place of gathering for Muslims who wish to pray together, as well as an ideal way to meet and share information.



1 JR EAST Travel Service Center

東京駅 JR東日本 駅たびコンシェルジュ東京

MAP F-5
Musalla

Hours: 10:00–17:00
Closed days: Open 365 days
Address: 1-9-1 Marunouchi, Chiyoda City
Access: Tokyo (JR, Subway)



ACCESS MAP



2 Masjid Nusantara-Akihabara

マシジド Nusantara 秋葉原

MAP G-4
Masjid

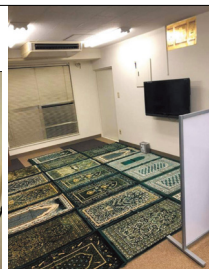
Hours: 10:00–19:00
Closed days: Open 365 days
Address: Yamaume Bldg. 5F, 2-17 Kanda-Sudacho, Chiyoda City
Access: Akihabara (JR, Subway, TX)



WEBSITE



ACCESS MAP



3 Matsuya Ginza

松屋銀座

MAP F-5
Musalla

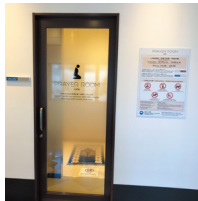
Hours: Varies depending on the facility
Closed days: Varies depending on the facility
Address: 3-6-1 Ginza, Chuo City
Access: Ginza (Subway)



WEBSITE



ACCESS MAP



4 DECKS Tokyo Beach

デッキス東京ビーチ

MAP G-9
Musalla

Hours: 11:00–21:00
Closed days: No fixed holiday
Address: 1-6-1 Daiba, Minato City
Access: Odaiba-kaihinkoen (Yurikamome), Tokyo Teleport (Rinkai)



WEBSITE



ACCESS MAP



5 TOKYO MIDTOWN

東京ミッドタウン

MAP D-6
Musalla

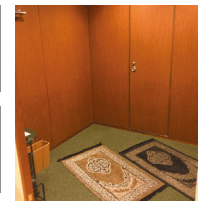
Hours: 11:00–21:00
Closed days: Jan. 1
Address: 9-7-1 Akasaka, Minato City
Access: Roppongi (Subway), Nogizaka (Subway)



WEBSITE



ACCESS MAP



6 Masjid Al-Ikhlas Kabukicho

マシジドアル=イフラス歌舞伎町

MAP C-4
Masjid

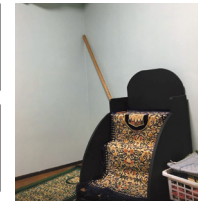
Hours: 4:00–22:00
Closed days: Open 365 days
Address: 1-3-10 Kabukicho, Shinjuku City
Access: Shinjuku (JR, Subway, Keio, Odakyu)



WEBSITE



ACCESS MAP



7 As-Salaam Masjid

アッサラームマシジド

MAP G-3
Masjid / Musalla

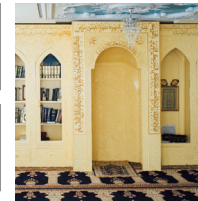
Hours: 11:00–21:00
Closed days: Open 365 days
Address: As-Salaam Bldg., 4-6-7 Taito, Taito City
Access: Okachimachi (JR), Naka-okachimachi (Subway), Shin-okachimachi (Subway, TX), Ueno-okachimachi (Subway), Ueno-hirokoji (Subway)



WEBSITE



ACCESS MAP



8 Dar Al-Arqam Masjid

ダール・アル・アルカム マスジド (浅草マスジド)

MAP H-2
Masjid / Musalla

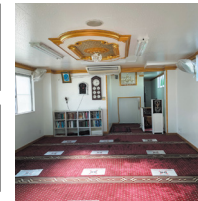
Hours: 4:00–23:00
Closed days: Open 365 days
Address: 1-9-12 Higashi-Asakusa, Taito City
Access: Minami-Senju (JR, Subway, TX), Asakusa (Subway, Tobu, TX)



WEBSITE



ACCESS MAP






9 TOKYO SKYTREE TOWN
東京スカイツリータウン

MAP: 13 Musalla

☎0570-55-0102
<https://www.tokyo-solamachi.jp/en/>

Hours: Musalla: 9:30–18:30
Closed days: No fixed holiday
Address: 1-1-2 Oshiage, Sumida City
Access: TOKYO SKYTREE (Tobu), Oshiage (SKYTREE) (Subway, Keisei)

ACCESS MAP

10 Sumitomo Fudosan Shopping City "Ariake Garden"
住友不動産ショッピングシティ有明ガーデン

MAP: G-8 Musalla

☎0570-077-711
<https://www.shopping.sumitomo-rd.com/ariake/shopping>

Hours: Shop, Musalla: 10:00–21:00 Restaurant: 11:00–23:00
Closed days: No fixed holiday
Address: 2-1-8 Ariake, Koto City
Access: Ariake (Yurikamome), Kokusai-tenjijo (Rinkai)

ACCESS MAP





11 Japan Muslim Association (Islamic Culture Exchange Center in Japan)
宗教法人日本ムスリム協会 (日本イスラーム文化交流会館)

MAP: D-9 Masjid / Musalla

☎03-6277-3561
www.muslim.or.jp

Hours: 10:00–18:00
Closed days: Sat, Sun, holidays
Address: 3-17-23 Higashi-Gotanda, Shinagawa City
Access: Gotanda (JR, Subway, Tokyu)

ACCESS MAP








12 Haneda Airport Terminal 3
羽田空港第3ターミナル

MAP: L-10 Musalla

☎03-5757-8111
<https://tokyo-haneda.com/en/>

Hours: Open 24 hours
Closed days: Open 365 days
Address: 2-6-5 Haneda Airport, Ota City
Access: Haneda Airport Terminal 3 (Keikyu, Tokyo Monorail)

ACCESS MAP




13 Kamata Masjid
(社団法人) 蒲田マシド

MAP: K-10 Masjid

☎080-4004-7786
www.kamatamasjid.com

Hours: 15 min. before Fajr–22:00
Closed days: Open 365 days
Address: 5-1-2 Kamata, Ota City
Access: Kamata (JR, Tokyu)

ACCESS MAP

14 Tokyo Camii & Turkish Culture Center
東京ジャーミイ・トルコ文化センター

MAP: A-6 Masjid / Musalla

☎03-5790-0760
<https://tokyocamii.org/>

Hours: 10:00–18:00 (Fajr, Zohar, Asar, Maghrib & Isha prayer time open)
Closed days: Open 365 days
Address: 1-19 Oyamacho, Shibuya City
Access: Yoyogi-uehara (Subway, Odakyu)

ACCESS MAP








15 Masjid Otsuka
マスジド大家

MAP: D-1 Masjid / Musalla

☎03-3971-5631
<https://www.islam.or.jp/en/>

Hours: Fajr–Isha
Closed days: Open 365 days
Address: 3-42-7 Minami-Otsuka, Toshima City
Access: Otsuka (JR)

ACCESS MAP




16 Makki Masjid Tokyo
マッキーマスジド東京 (モスク)

MAP: J-1 Masjid

☎03-5670-7426
www.masjid-finder.jp/pray/16/

Hours: Open 24 hours
Closed days: Open 365 days
Address: 5-22-14 Yotsugi, Katsushika City
Access: Ohanajaya (Keisei)
* For Men Only

ACCESS MAP

17 Al Tawheed Masjid Hachioji
ハ王子マシド

MAP: H-9 Masjid

☎04-2620-5551
www.al-tawheed-masjid-hachioji.jp/

Hours: 9:00–18:00
Closed days: Open 365 days
Address: Najido Bldg., 36-6 Hiraokacho, Hachioji City
Access: Hachioji (JR), Keio-hachioji (Keio)

ACCESS MAP






EAT

Besides the most well-known Japanese foods such as sushi, sashimi, and tempura, Tokyo offers a culinary cornucopia of regional and international dining. Choose any type of restaurant, from casual eateries to long-standing, traditional dining establishments, or even restaurants specializing in your native country's cuisine!



Muslim Friendly Dining

1 Al Mina

アルミナ

☎03-3526-2489
www.almina-restaurant.com

MAP F-4
Middle Eastern food



Lunch ¥1,000 Dinner ¥3,500

Hours: 11:30–15:00 (L.O. 14:30), 17:30–23:00 (L.O. 22:30) (Mon–Fri), 17:30–23:00 (L.O. 22:30) (Sat, Sun, holidays)

Closed days: No fixed holiday

Address: Genki Bldg., 2-2-3 Kanda-Tacho, Chiyoda City

Access: Kanda (JR, Subway)



WEBSITE



ACCESS MAP



2 Bangera's Spice Bistro & Cafe Tokyo Station

バンゲラススパイスビストロ&カフェ東京駅

☎03-6665-9673

https://www.gransta.jp/mail/gransta_yaekita/bangeras/

MAP F-5
Middle Eastern food



Lunch ¥1,300 Dinner ¥2,500

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

Closed days: According to the facility's closed days

Address: GRANSTA YAEKITA 1F, 1-9-1 Marunouchi, Chiyoda City

Access: Tokyo (JR, Subway)



WEBSITE



ACCESS MAP



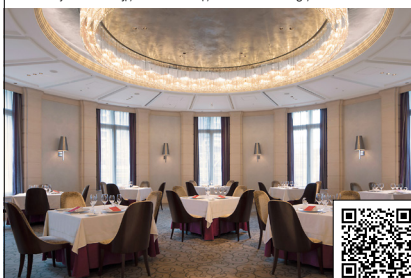
3 Blanc Rouge /THE TOKYO STATION HOTEL

ブラン ルージュ/東京ステーションホテル

☎03-5220-0014

www.thetokystationhotel.jp/restaurants/shop/restaurant-blancrouge/

MAP F-5
Western food



Lunch ¥12,000 Dinner ¥15,000

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

Closed days: Open 365 days

Address: 1-9-1 Marunouchi, Chiyoda City

Access: Tokyo (JR, Subway)



WEBSITE



ACCESS MAP



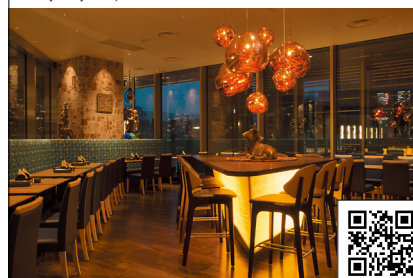
4 INDIAN RESTAURANT DIYA TOKYO MIDTOWN HIBIYA

インド料理DIYA 東京ミッドタウン日比谷店

☎03-6550-8765

www.diya-hibiya.com/

MAP F-5
Other foods



Lunch ¥1,300 Dinner ¥3,000

Hours: 11:00–16:00, 16:00–23:00 (L.O. 22:00)

Closed days: Open 365 days

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

Access: Hibiya (Subway)



WEBSITE



ACCESS MAP



5 Maharaja Marunouchi

マハラジャ丸の内

☎03-5221-8271

https://www.maharaja-group.com/en/

MAP F-5
Indian



Lunch ¥980 Dinner ¥1,500

Hours: 11:00–22:00 (L.O. 21:30) (Mon–Fri), 11:00–20:00 (L.O. 19:30) (Sat, holidays)

Closed days: Sun

Address: 2-1-1 Marunouchi, Chiyoda City

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



WEBSITE



ACCESS MAP



6 MASAK MASAK

マサマサ

☎03-6261-4147

https://masakmasak.jp/

MAP F-4
Asian food



Lunch ¥1,500 Dinner ¥3,500

Hours: 11:00–15:00, 17:00–22:00

Closed days: Sun, Mon, holidays

Address: Guresu Wahei 1F, 3-5-5 Kudanminami, Chiyoda City

Access: Ichigaya (JR, Subway)



WEBSITE



ACCESS MAP



7 Mazulu Halal Beef Noodle

馬子禄牛肉面

☎03-6811-7992

<https://lanzhou-lamian.com/english>

MAP F-4

Ramen



WEBSITE

Lunch ¥950 Dinner ¥950

Hours: 11:00–15:00, 17:00–20:30

Closed days: Open 365 days

Address: 1-3-18 Kanda-Jimbocho, Chiyoda City

Access: Jimbocho (Subway)



ACCESS MAP



8 Sakura Cafe JIMBOCHO

サクラカフェ神保町

☎03-3261-3939

www.sakura-cafe.asia/jimbocho/

MAP F-4

Cafe



WEBSITE

Lunch ¥1,000 Dinner ¥1,500

Hours: 5:00–21:00

Closed days: Open 365 days

Address: Sakura Hotel Jimbocho, 2-21-4

Kanda-Jimbocho, Chiyoda City

Access: Jimbocho (Subway)



ACCESS MAP



11 Siddique Jimbocho

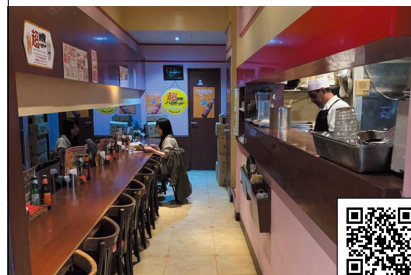
シディーク神保町店

☎03-3511-5758

www.siddique.co.jp/jimbocho

MAP F-4

Asian food



WEBSITE

Lunch ¥950 Dinner ¥1,650

Hours: 11:00–21:00 (L.O. 20:30)

Closed days: Open 365 days

Address: 2-7 Kanda-Jimbocho, Chiyoda City

Access: Jimbocho (Subway)



ACCESS MAP



12 SOLEIL HIBIYA OKUROI

SOLEIL 日比谷 OKUROI 店

☎03-6205-8873

<https://soleil.kitchen/>

MAP F-6

Other foods



WEBSITE

Lunch ¥1,100 Dinner ¥5,000

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

Closed days: New Year holidays

Address: HIBIYA OKUROI (H-8), 1-7-1

Uchisaiwaicho, Chiyoda City

Access: Yurakucho (JR, Subway), Shimbashi

(JR, Subway, Yurikamome)



ACCESS MAP



9 Siddique Akihabara Kandasudacho

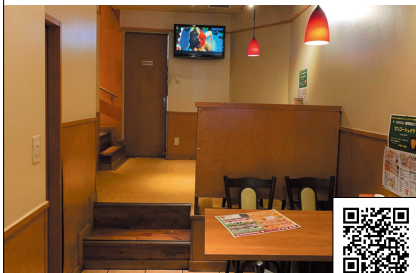
シディーク秋葉原 神田須田町店

☎03-5296-9310

www.siddique.co.jp/siddique-kandasudacho

MAP F-4

Asian food



WEBSITE

Lunch ¥780 Dinner ¥780

Hours: 11:00–23:00 (L.O. 22:30)

Closed days: Open 365 days

Address: Asaga Bldg. 1-2F, 1-7-15 Kanda-

Sudacho, Chiyoda City

Access: Akihabara (JR, Subway, TX), Kanda

(JR, Subway), Iwamotocho (Subway)



ACCESS MAP



10 Siddique Hanzomon

シディーク半蔵門店

☎03-3262-3370

www.siddique.co.jp/hanzomon

MAP E-5

Asian food



WEBSITE

Lunch ¥950 Dinner ¥1,815

Hours: 11:00–15:00, 17:00–22:30 (L.O. 22:00)

Closed days: Sat, Sun, holidays

Address: 2-12-2 Hirakawacho, Chiyoda City

Access: Nagatacho (Subway), Hanzomon

(Subway)



ACCESS MAP



13 TORKARI JIMBOCHO

トルカリ神保町

☎03-6721-5514

www.torkari.jp/en/

MAP E-4

Curry



WEBSITE

Lunch ¥950 Dinner ¥1,600

Hours: 11:00–15:00, 17:00–22:30 (L.O. 22:00)

Closed days: Sun

Address: PHOENIX Jimbocho Bldg. B1-1F,

2-34 Kanda-Jimbocho, Chiyoda City

Access: Jimbocho (Subway),

Kudanshita (Subway), Suidobashi (JR)



ACCESS MAP



14 Annam Indian Restaurant Ginza

アナム本格インド料理 銀座

☎03-6280-6708

<https://annam-indian-restaurantt.owst.jp/en/>

MAP F-6

Asian food



WEBSITE

Lunch ¥1,000 Dinner ¥2,000

Hours: 11:00–17:00, 17:00–24:00

Closed days: Open 365 days

Address: Ginza 8-Chome No. 10 Bldg. B1F,

8-10-8 Ginza, Chuo City

Access: Ginza (Subway), Shimbashi (JR,

Subway, Yurikamome)



ACCESS MAP



15 Bangera's Kitchen

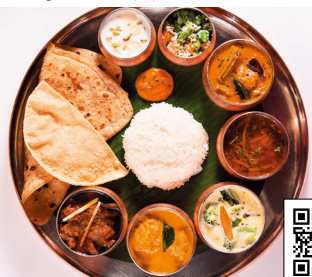
バンゲラズキッチン

☎03-3561-5516

<https://www.bangeras-kitchen.com/en/>

MAP F-5

Asian food



WEBSITE

Lunch ¥1,800 Dinner ¥5,000

Hours: 11:00–17:00 (L.O. 16:30), 17:00–23:00 (L.O. 22:15)

Closed days: Jan. 1, Varies depending on the facility

Address: Ginza In2 2F, 2-2 Ginza-Nishi, Chuo City

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



ACCESS MAP



16 Bangera's Spice Bistro & Cafe Hatchobori

バンゲラズスパイスビストロ&カフェハチ堀

☎03-6222-9998

<https://www.bangeras-kitchen.com/en/>

MAP G-5

Middle Eastern food



WEBSITE

Lunch ¥1,300 Dinner ¥2,500

Hours: 11:00–23:00

Closed days: Jan. 1

Address: SK Bldg. 1F, 4-8-12 Hatchobori, Chuo City

Access: Hatchobori (JR, Subway)



ACCESS MAP



17 Dakshin Higashi Nihombashi

南インド料理ダクシン東日本橋

☎03-3249-9155

<https://dakshin.jp/en/>

MAP G-4

Asian food



WEBSITE

Lunch ¥1,000 Dinner ¥3,000

Hours: 11:00–22:00 (L.O. (Tue–Fri), 11:00–14:30 (L.O.), 17:30–21:00 (L.O.) (Sat, Sun, holidays)

Closed days: Mon

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

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



ACCESS MAP



18 Dakshin Yaesu

南インド料理ダクシン八重洲

☎03-6225-2640

<https://dakshin.jp/en/>

MAP F-5

Asian food



WEBSITE

Lunch ¥1,000 Dinner ¥3,000

Hours: 11:00–14:30 (L.O.), 17:30–22:00 (L.O.) (Mon–Fri), 11:00–14:30 (L.O.), 17:30–21:00 (L.O.) (Sat, Sun, holidays)

Closed days: New Year holidays

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

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



ACCESS MAP



19 KHAN KEBAB BIRYANI

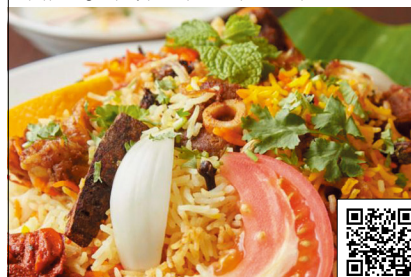
カーンケバブビリヤニ銀座店

☎03-6280-6242

<https://tabelog.com/tokyo/A1301/A130103/13170211/>

MAP F-6

Asian food



WEBSITE

Lunch ¥1,000 Dinner ¥2,500

Hours: 11:00–15:30, 17:00–22:30

Closed days: Open 365 days

Address: Hakuinkan Bldg. 6F, 8-8-11 Ginza, Chuo City

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



ACCESS MAP



21 Nirvanam Ginza Branch

ニルワナム 銀座

☎050-5487-9995

<https://gc3h308.gorp.jp/>

MAP F-5

Other foods



WEBSITE

Lunch ¥1,320 Dinner ¥2,500

Hours: 11:00–15:00 (L.O. 14:30) (Mon–Fri), 11:00–16:00 (L.O. 15:30) (Sat, Sun, holidays), 17:00–22:00 (L.O. 21:45)

Closed days: No fixed holiday

Address: Ginza Velviakan Bldg. 7F, 2-4-6 Ginza, Chuo City

Access: Ginza-itchome (Subway)



ACCESS MAP



20 LUXE BURGERS Sunny's Table

リュクスバーガーズ&サニーステーブル

☎03-6206-2466

<https://lux-burgers.com/haial/>

MAP G-4

Other foods



WEBSITE

Lunch ¥1,300 Dinner ¥2,000

Hours: 11:30–15:00 (L.O. 14:30), 17:00–21:30 (L.O. 20:45) (Tue–Fri), 11:30–21:00 (L.O. 20:30) (Sat, Sun, holidays)

Closed days: Mon

Address: Nihonbashi Kobunacho Bldg. 1F, 6-13 Nihonbashi-Kobunacho, Chuo City

Access: Ningyocho (Subway), Kodenmachi (Subway), Mitsukoshimae (Subway)



ACCESS MAP



22 TENDON GINZA ITSUKI

天丼専門 銀座いつき

☎03-6263-2988

www.grandcuisine.jp/group3

MAP F-5

Japanese food



WEBSITE

Lunch ¥1,100 Dinner ¥1,100

Hours: 11:00–16:00 (L.O. 15:30), 17:30–21:00 (L.O. 20:40)

Closed days: Jan. 1

Address: Ginza In21 2F, 3-1 Ginza-Nishi, Chuo City

Access: Yurakucho (JR, Subway)



ACCESS MAP



23 African Restaurant Calabash

アフリカンレストラン・カラバッシュ

☎03-3433-0884
www.calabash.co.jp

MAP E-7
African food



Lunch ¥1,000 Dinner ¥3,500

WEBSITE

Hours: 11:30–14:00 (Tue–Fri), 17:30–23:00 (Mon–Sat)

Closed days: Sun, holidays

Address: Hamamatsu Bldg. B1F, 2-10-1 Hamamatsucho, Minato City

Access: Hamamatsucho (JR, Tokyo Monorail), Daimon (Subway), Shibakoen (Subway)

*Reservation required for dinner



ACCESS MAP



24 GREEN ASIA TOKYO AquaCity Odaiba

GREEN ASIA TOKYO AquaCity Odaiba

☎03-6426-0633
https://greenasia.tokyo.apage.jp/

MAP E-9
Asian food



Lunch ¥1,500 Dinner ¥2,500

WEBSITE

Hours: 11:00–23:00

Closed days: Open 365 days

Address: AquaCity Odaiba 6F, 1-7-1 Daiba, Minato City

Access: Daiba (Yurikamome), Tokyo Teleport (Rinkai)



ACCESS MAP



25 INDIAN RESTAURANT DIYA ROPPONGI HILLS

インド料理DIYA 六本木ヒルズ店

☎03-6438-1177
www.diya-dining.jp/

MAP D-6
Other foods



Lunch ¥1,100 Dinner ¥3,000

WEBSITE

Hours: 11:00–16:00, 16:00–23:00 (L.O. 22:00)

Closed days: Open 365 days

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

Access: Roppongi (Subway)



ACCESS MAP



26 Indian Restaurant Mumbai AQUA CITY ODAIBA

インド料理ムンバイアquaシティお台場+Tandoori Grill

☎03-6457-1566
https://mumbai-odaiba.com/

MAP E-9
Asian food



Lunch ¥1,000 Dinner ¥2,500

WEBSITE

Hours: 11:00–23:00 (L.O. 22:00)

Closed days: No fixed holiday

Address: AquaCity Odaiba 6F, 1-7-1 Daiba, Minato City

Access: Daiba (Yurikamome), Tokyo Teleport (Rinkai)



ACCESS MAP



27 La maison de Cous Cous

ラメゾン ドクスクス

☎03-6435-8684
www.cous-cous.tokyo/

MAP E-7
Asian food



Lunch ¥1,000 Dinner ¥3,000

WEBSITE

Hours: 11:30–15:00, 17:00–23:00

Closed days: No fixed holiday

Address: Hamamatsucho West Bldg. 1F, 2-10-4 Shibakoen, Minato City

Access: Hamamatsucho (JR, Tokyo Monorail), Daimon (Subway), Shibakoen (Subway)



ACCESS MAP



29 Nirvanam Toranomon Branch

ニルワナム 虎ノ門

☎050-5485-9761
https://nirvanamtoranoma.gorp.jp/

MAP E-6
Other foods



Lunch ¥1,320 Dinner ¥2,500

WEBSITE

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

Closed days: Open 365 days

Address: Toranomon Jitsugyo Kaikan B1F, 1-1-20 Toranomon, Minato City

Access: Toranomon (Subway)



ACCESS MAP



28 Nirvanam Kamiyacho Branch

ニルワナム 神楽町

☎03-3433-1217
www.nirvanam.jp

MAP E-6
Asian food



Lunch ¥1,320 Dinner ¥2,500

WEBSITE

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

Closed days: Open 365 days

Address: Ote Bldg. 2F, 3-19-7 Toranomon, Minato City

Access: Kamiyacho (Subway)



ACCESS MAP



30 SALMA Tikka & Biryani

サルマ ティッカアンドビリヤニ

☎03-3449-5302
https://tabelog.com/tokyo/A1314/A131403/13037862/

MAP D-9
Asian food



Lunch ¥1,000 Dinner ¥2,500

WEBSITE

Hours: 11:00–15:00, 17:00–22:30

Closed days: Open 365 days

Address: Village Takanawa 1F, 4-22-11 Takanawa, Minato City

Access: Shinagawa (JR, Keiakyu)



ACCESS MAP



31 SAMRAT Curry House Takanawa

サムラート カレーハウス 高輪店

☎03-5420-9230
www.samrat.co.jp/

MAP D-7
Curry



Lunch ¥1,000 Dinner ¥3,500

Hours: 11:00-23:30

Closed days: New Year holidays

Address: 1-2-1 Takanawa, Minato City

Access: Shirokane-takanawa (Subway)

WEBSITE



ACCESS MAP



32 SAMRAT Minamiaoyama

サムラート南青山店

☎03-3408-5656
www.samrat.co.jp/

MAP D-5
Curry



Lunch ¥1,000 Dinner ¥3,500

Hours: 11:00-22:30

Closed days: New Year holidays

Address: Toei Apartment 1F, 1-3-6 Minami-Aoyama, Minato City

Access: Aoyama-itchome (Subway)

WEBSITE



ACCESS MAP



35 Abu Essam

アブイサーム

☎03-5946-8014
https://abuessam.jp/

MAP D-3
Middle Eastern food



Lunch ¥1,100 Dinner ¥1,100

Hours: 11:00-15:00, 16:00-22:00

Closed days: Tue

Address: Y's Kagurazaka 101, 111-1 Yaraicho, Shinjuku City

Access: Kagurazaka (Subway), Ushigome-kagurazaka (Subway)

WEBSITE



ACCESS MAP



36 BARIS KEBAB STAND

バルビュケバプスタンド

☎03-6457-7671
www.instagram.com/yotuya_baris_new/

MAP D-4
Turkish



Lunch ¥980 Dinner ¥980

Hours: 11:00-15:30, 17:30-22:00 (Tue-Fri), 11:00-22:00 (Sat, holidays)

Closed days: Mon

Address: No.1 Ueno Bldg. 1F, 1-19-16 Yotsuya, Shinjuku City

Access: Yotsuya (JR, Subway)

WEBSITE



ACCESS MAP



33 Shoujin Cuisine DAIGO

精進料理 醍醐

☎03-3431-0811
www.atago-daigo.jp/en

MAP E-6
Japanese food



Lunch ¥15,000 Dinner ¥23,000

Hours: 11:30-15:00 (L.O. 14:00), 17:00-22:00 (L.O. 20:00)

Closed days: New Year holidays

Address: Atago Forest Tower, 2-3-1 Atago, Minato City

Access: Kamiyacho (Subway)

WEBSITE



ACCESS MAP



34 Siddique Palace Tokyo Tower

シディークパレス東京タワー店

☎03-6403-1808
www.siddique.co.jp

MAP E-6
Curry



Lunch ¥1,500 Dinner ¥2,000

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

Closed days: Open 365 days

Address: Foot Town in Tokyo Tower 2F, 4-2-8 Shibakoen, Minato City

Access: Akabanebashi (Subway)

WEBSITE



ACCESS MAP



37 Jingisukan Tarim

ジンギスカン たりむ

☎03-6873-9180
www.jingisukan-tarim.com

MAP D-4
Yakiniku



Dinner ¥2,000

Hours: 17:00-23:00

Closed days: Open 365 days

Address: Aban Bldg. Sakasu 17 2F, 1-1-6 Yotsuya, Shinjuku City

Access: Yotsuya (JR, Subway)

WEBSITE



ACCESS MAP



38 KEBAB ye

ケバプ家

☎03-3356-5691
https://kebab-ye-tokyo.com/

MAP C-4
Turkish



Lunch ¥1,100 Dinner ¥2,000

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

Closed days: Tue

Address: No.6 Sanwa Bldg. Annex 1F, 3-6-7 Shinjuku, Shinjuku City

Access: Shinjuku-sanchome (Subway)

WEBSITE



ACCESS MAP



39 Menya Kaijin Shinjuku

麺屋海神 新宿店

☎03-3356-5658

<https://menya-kaijin.tokyo/english-menu/>

MAP B-4

Ramen



Lunch ¥1,045 Dinner ¥1,045

Hours: 11:00–15:00, 16:30–23:30 (Mon–Fri), 11:00–23:30 (Sat, Sun, holidays)

Closed days: No fixed holiday

Address: Sanraku Bldg. 2F, 3-35-7 Shinjuku, Shinjuku City

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



WEBSITE



ACCESS MAP



40 Saishokukenbi

菜食健美

☎03-5332-3627

<https://saishokukenbi.jp/>

MAP B-3

Japanese food



Lunch ¥1,000

Hours: 11:00–18:00 (L.O. 17:30)

Closed days: Tue, No fixed holiday

Address: 2-21-26 Hyakunincho, Shinjuku City

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



WEBSITE



ACCESS MAP



41 Silkroad Tarim Uyghur Restaurant

シルクロードタリム ウイグルレストラン

☎03-6276-7799

www.oasis-tarim.com/foods/index_en.html

MAP B-5

Asian food



Lunch ¥1,000 Dinner ¥1,000

Hours: 17:00–23:00 (Tue–Fri), 12:00–23:00 (Sat, Sun, holidays)

Closed days: Mon (Open on national holidays)

Address: Nishi-Shinjuku Pearl Bldg. 103, 3-15-8 Nishi-Shinjuku, Shinjuku City

Access: Hatsudai (Keio)



WEBSITE



ACCESS MAP



42 Takuan Botantei

たくあん・牡丹亭

☎03-5354-3071

<https://r.gnavi.co.jp/g304303/>

MAP B-4

Japanese food



Lunch ¥1,200 Dinner ¥8,000

Hours: 11:30–15:00, 17:00–22:00

Closed days: Dec. 31, Jan. 1

Address: Nishi-Shinjuku Park-heights 1F, 4-15-1 Nishi-Shinjuku, Shinjuku City

Access: Tochomae (Subway), Nishi-shinjuku-gochome (Subway), Shinjuku (JR, Subway, Keio, Odakyu)



WEBSITE



ACCESS MAP



43 Bengali Bistoro Sunali Honkomagome

ベンガルビストロ スナリ 本駒込店

☎03-6912-1317

<https://tabelog.com/tokyo/A1323/A132301/13248429/>

MAP E-2

Asian food



Lunch ¥700 Dinner ¥1,500

Hours: 11:00–23:00

Closed days: Open 365 days

Address: Ogawa Bldg. 1F, 2-1-4 Honkomagome, Bunkyo City

Access: Sengoku (Subway)



WEBSITE



ACCESS MAP



44 Casual Dining The Bistro /Hotel Chinzanso Tokyo

カジュアルダイニング ザ・ビストロ /ホテル椿山荘東京

☎03-3943-5489

<https://www.hotel-chinzanso-tokyo.com/dining/bistro/>

MAP D-3

Western food



Lunch ¥5,400 Dinner ¥7,700

Hours: 11:30–22:00 (L.O.)

Closed days: Open 365 days

Address: 2-10-8 Sekiguchi, Bunkyo City

Access: Edogawabashi (Subway)



WEBSITE



ACCESS MAP



45 Italian Restaurant IL TEATRO /Hotel Chinzanso Tokyo

イタリア料理 イル・テアトロ /ホテル椿山荘東京

☎03-3943-5489

<https://www.hotel-chinzanso-tokyo.com/dining/ilteatro/>

MAP D-3

Western food



Lunch ¥6,800 Dinner ¥14,400

Hours: 6:30–10:30 (L.O.), 12:00–14:30 (L.O.), 17:30–21:00 (L.O.), Dinner Course (L.O. 20:30)

Closed days: Open 365 days

Address: 2-10-8 Sekiguchi, Bunkyo City

Access: Edogawabashi (Subway)



WEBSITE



ACCESS MAP



46 Japanese MIYUKI /Hotel Chinzanso Tokyo

日本料理「みゆき」 /ホテル椿山荘東京

☎03-3943-5489

<https://www.hotel-chinzanso-tokyo.com/dining/miyuki/>

MAP D-3

Japanese food



Lunch ¥7,000 Dinner ¥10,700

Hours: 7:00–10:00 (L.O.), 11:30–14:30 (L.O.), 17:30–21:00 (L.O.)

Closed days: Open 365 days

Address: 2-10-8 Sekiguchi, Bunkyo City

Access: Edogawabashi (Subway)

*Reservation required for the Halal-certified meat



WEBSITE



ACCESS MAP



47 Ryotei Kinsui /Hotel Chinzanso Tokyo
料亭 錦水 / ホテル椿山荘東京

☎03-3943-5489
<https://www.hotel-chinzanso-tokyo.com/dining/kinsui/>

MAP D-3
Japanese food



Lunch ¥20,300 Dinner ¥20,300

Hours: 11:30~20:00 (L.O.)
Closed days: Open 365 days
Address: 2-10-8 Sekiguchi, Bunkyo City
Access: Edogawabashi (Subway)

WEBSITE

ACCESS MAP



48 Stone Grill MOKUSHUNDO /Hotel Chinzanso Tokyo
石焼料理「木春堂」/ ホテル椿山荘東京

☎03-3943-5489
<https://www.hotel-chinzanso-tokyo.com/dining/mokushundo/>

MAP D-3
Japanese food



Lunch ¥6,900 Dinner ¥9,600

Hours: 11:30~14:30 (L.O.), 17:00~20:00 (L.O.) (Mon~Fri), 11:30~15:00 (L.O.), 17:00~20:00 (L.O.) (Sat, Sun, holidays)
Closed days: Open 365 days
Address: 2-10-8 Sekiguchi, Bunkyo City
Access: Edogawabashi (Subway)

WEBSITE

ACCESS MAP



51 BIMI-kitchen
美味キッチン

☎03-6657-7133
<https://tabelog.com/tokyo/A1312/A131204/13259548/>

MAP K-2
Asian food



Lunch ¥680 Dinner ¥950

Hours: 11:00~15:00 (L.O. 14:30), 17:00~22:00 (L.O. 21:30)
Closed days: Mon
Address: Sudo Bldg. 1F, 4-37-7 Nishi-Shinkoiwa, Katsushika City
Access: Shinkoiwa (JR)

WEBSITE

ACCESS MAP



52 Cafeteria Spice Jaya
カフェテリア スパイスジャヤ

☎03-3841-3823
<https://spicejaya.owst.jp/en/>

MAP G-2
Asian food



Lunch ¥1,080

Hours: 11:00~15:00 (L.O. 14:30), 17:00~20:30 (L.O. 20:00)
Closed days: Mon, Tue
Address: Floral Ueno-Matsugaya 103, 4-26-14 Matsugaya, Taito City
Access: Iriya (Subway), Asakusa (TX, Subway, Tobu)

WEBSITE

ACCESS MAP



49 Sakura Cafe & Restaurant Nippori
サクラカフェ&レストラン日暮里

☎03-5685-6111
www.sakura-cafe.asia/nippori/

MAP E-1
Cafe



Lunch ¥800 Dinner ¥800

Hours: 5:00~21:00
Closed days: Open 365 days
Address: Sakura Hotel Nippori, 3-43-15 Sendagi, Bunkyo City
Access: Sendagi (Subway), Nippori (JR, Keisei), Nishi-Nippori (JR, Subway)

WEBSITE

ACCESS MAP



50 Ayam-YA Shin-Okachimachi
Ayam-YA 新御徒町店

☎03-4360-3672
www.halalgourmet.jp/restaurant/805

MAP G-3
Ramen



Lunch ¥900 Dinner ¥900

Hours: 11:00~15:00, 17:00~22:00
Closed days: Open 365 days
Address: 1F, 3-10-3 Motoasakusa, Taito City
Access: Shin-okachimachi (Subway, TX)

WEBSITE

ACCESS MAP



53 HAKATAMAEROBATAISSHOU TOKYOUENO
博多前畑ばたー承 東京上野

☎03-5830-3785
<https://issho-ueno.com/en/>

MAP G-3
Izakaya



Lunch ¥1,000 Dinner ¥5,000

Hours: 16:00~24:00 (L.O. 23:00) (Mon~Fri), 11:30~14:30 (L.O. 14:00), 17:00~24:00 (L.O. 23:00) (Sat, Sun, holidays)
Closed days: Jan.1
Address: FUNDES Ueno 8F, 7-2-4 Ueno, Taito City
Access: Ueno (JR, Subway)

WEBSITE

ACCESS MAP



54 Halal Sakura
Halal Sakura

☎03-6802-3171
<https://halalsakura.owst.jp/>

MAP G-2
Middle Eastern food



Lunch ¥1,100 Dinner ¥4,000

Hours: 12:00~21:00 (L.O. 20:30)
Closed days: Tue
Address: Ruto Negishi Daini Bldg. 1F, 2F, 2-18-11 Negishi, Taito City
Access: Uguisudani (JR), Nippori (JR, Keisei)

WEBSITE

ACCESS MAP



55 HALAL WAGYU YAKINIKU PANGA

ハラール和牛焼肉 ばんが

☎03-3839-8929
www.panga-panga.com/

MAP G-3
Yakiniku



Dinner ¥5,000

Hours: 11:30–14:00 (L.O. 13:45), 17:00–22:00 (L.O. 21:30)
(Mon–Sat), 17:00–22:00 (L.O. 21:00) (Sun, holidays)

Closed days: New Year holidays, other days

Address: 3-27-9 Taito, Taito City

Access: Okachimachi (JR, Subway, TX), Shin-okachimachi (Subway, TX)



WEBSITE



ACCESS MAP



56 Halima kebab biryani

ハリマ ケバブ ビリヤニ

☎03-6672-1796
https://tabelog.com/tokyo/A1311/A131101/13168753/

MAP G-3
Asian food



Lunch ¥1,000 Dinner ¥2,500

Hours: 11:00–15:30, 17:00–22:30

Closed days: Open 365 days

Address: Ueno M Bldg. 1F, 3-36-7 Higashi-Ueno, Taito City

Access: Inaricho (Subway), Ueno (JR, Subway)



WEBSITE



ACCESS MAP



57 Japanese Greentea Shop Masudaen Sohonten

増田園総本店

☎03-3841-0840
www.facebook.com/Masudaen-Green-tea-shop-251841074861508/

MAP H-3
Cafe



Lunch ¥500

Hours: 8:30–19:00

Closed days: Open 365 days

Address: 1-1-17 Asakusa, Taito City

Access: Asakusa (Subway, Tobu, TX)



WEBSITE



ACCESS MAP



58 Sakura Cafe Asakusa

サクラカフェ浅草

☎03-3847-8111
www.sakura-cafe.asia/asakusa/

MAP H-2
Original dishes



Lunch ¥1,000 Dinner ¥3,500

Hours: 5:00–21:00

Closed days: Open 365 days

Address: Sakura Hostel Asakusa 1F, 2-24-2 Asakusa, Taito City

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



WEBSITE



ACCESS MAP



59 Saray Kaminarimon

サライケバブ 雷門店

☎03-3844-1370
www.saray.jp/

MAP H-3
Turkish



Lunch ¥600 Dinner ¥600

Hours: 11:00–24:00

Closed days: Open 365 days

Address: 2-19-12 Kaminarimon, Taito City

Access: Asakusa (Subway, Tobu, TX)



WEBSITE



ACCESS MAP



60 Saray Nishi-Asakusa

サライケバブ 西浅草店

☎03-3844-1370
www.saray.jp/

MAP H-3
Turkish



Lunch ¥600 Dinner ¥600

Hours: 12:00–14:00, 14:00–24:00

Closed days: No fixed holiday

Address: 1F, 2-14-18 Nishi-Asakusa, Taito City

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



WEBSITE



ACCESS MAP



61 Shochikuen Cafe

松竹園カフェ

☎03-6802-8355
https://sho-chiku-en.com/

MAP G-3
Cafe



Lunch ¥1,200 Dinner ¥1,500

Hours: 11:00–18:00

Closed days: Open 365 days

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

Access: Asakusa (Subway, Tobu, TX)



WEBSITE



ACCESS MAP



62 UOSHOU

魚昇

☎03-3872-0030
www.uoshou.net/

MAP H-2
Japanese food



Lunch ¥3,000 Dinner ¥7,000

Hours: 12:00–15:00, 17:00–23:00 (L.O. 22:00)

Closed days: Mon

Address: 5-10-2 Asakusa, Taito City

Access: Asakusa (Subway, Tobu, TX)



WEBSITE



ACCESS MAP



63 Veg Kitchen

ベジキッチン

☎03-5817-8165

www.facebook.com/vegkitchentokyo/

MAP G-3

Curry



Lunch ¥1,000 Dinner ¥1,900

Hours: 11:00–15:00, 17:00–23:00

Closed days: Jan. 1–2

Address: 3-44-8 Taito, Taito City

Access: Okachimachi (JR)



WEBSITE



ACCESS MAP



64 VEGE HERB SAGA

ヴェジハーブサーガ

☎03-5818-4154

www.vegeherbsaga.com

MAP G-3

Curry



Lunch ¥1,500 Dinner ¥3,000

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

Closed days: Mon, New Year holidays

Address: Torei Bldg. B1F, 5-22-1 Ueno, Taito City

Access: Okachimachi (JR), Naka-okachimachi (Subway), Ueno-okachimachi (Subway)



WEBSITE



ACCESS MAP



67 Sumida River Kitchen

スミダリバーキッチン

☎03-3622-5582

www.facebook.com/Organic-store-Cafe-Dining-Sumida-River-Kitchen-602442643227442/

MAP H-3

Cafe



Lunch ¥1,000 Dinner ¥2,000

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

Closed days: Sat, Sun

Address: 1-15-4 Azumabashi, Sumida City

Access: Asakusa (Subway, Tobu)



WEBSITE



ACCESS MAP



68 Tokyo Muslim Restaurant

東京穆斯林飯店 (トーキョーMuslimハンテン)

☎03-5669-0934

https://t.gnavi.co.jp/k031adr40000/

MAP J-4

Chinese



Lunch ¥900 Dinner ¥4,000

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

Closed days: No fixed holiday

Address: 2-18-6 Kotobashi, Sumida City

Access: Kinshicho (JR, Subway)



WEBSITE



ACCESS MAP



65 Yuusyokuya Boo

遊食家 Boo

☎03-6240-1220

www.uamou.com/boo/

MAP G-3

Western food



Lunch ¥850 Dinner ¥2,500

Hours: 11:30–14:00 (L.O. 13:40), 17:00–23:00 (L.O. 22:00) (Mon–Fri), 11:00–20:00 (L.O. 19:00) (Sat, Sun, holidays)

Closed days: New Year holidays

Address: 2k540 AKI-OKA ARTISAN N-4, 5-9 Ueno, Taito City Access: Okachimachi (JR), Akihabara (JR, Subway, TX), Suehirocho (Subway), Naka-okachimachi (Subway)



WEBSITE



ACCESS MAP



66 INDIAN RESTAURANT AMARA TOKYO SKYTREE TOWN SOLAMACHI

インド料理 AMARA 東京スカイツリータウンソラマチ店

☎03-5809-7161

https://amara.co.jp/

MAP I-3

Other foods



Lunch ¥1,550 Dinner ¥1,890

Hours: 11:00–23:00 (L.O. 22:00)

Closed days: Open 365 days

Address: TOKYO SKYTREE TOWN/Solamachi 6F, 1-1-2 Oshiage, Sumida City

Access: TOKYO SKYTREE (Tobu), Oshiage (SKYTREE) (Subway, Keisei)



WEBSITE



ACCESS MAP



69 Tokyo ramen Kumahachi

両国の小粋な長屋ラーメン熊八

☎080-7852-5511

MAP H-4

Ramen



Lunch ¥980 Dinner ¥980

Hours: 11:30–14:00, 18:00–21:30

Closed days: Open 365 days

Address: 2-15-1 Midori, Sumida City

Access: Ryogoku (JR, Subway)



WEBSITE



ACCESS MAP



70 Nirvanam Ariake Branch

ニルヴァナム 有明

☎03-5962-4825

www.nirvanam.jp

MAP G-8

Asian food



Lunch ¥1,200 Dinner ¥2,500

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

Closed days: Open 365 days

Address: TOC Ariake Bldg. 3F, 3-5-7 Ariake, Koto City

Access: Kokusai-tenjiro (Rinkai), Ariake (Yurikamome), Tokyo Big Sight (Yurikamome)



WEBSITE



ACCESS MAP



71 SOJIBO "DiverCity Tokyo Plaza"

そじぼ ダイバーシティ東京プラザ

☎03-5520-1310

www.facebook.com/HFRSjiboDC/

MAP G-9

Japanese food



WEBSITE

Lunch ¥1,000 Dinner ¥1,000

Hours: 11:00-23:00

Closed days: Open 365 days

Address: DiverCity Tokyo Plaza 6F, 1-1-10

Aomi, Koto City

Access: Daiba (Yurikamome), Tokyo Teleport (Rinkai)



ACCESS MAP



72 Halal Sakura Shinagawa

Halal Sakura 品川シーサイド店

☎03-5460-5540

www.ovalgarden.com/shop/b003_2/

MAP E-10

Middle Eastern food



WEBSITE

Lunch ¥1,100 Dinner ¥3,000

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

Closed days: New Year holidays

Address: Shinagawa Seaside Forest

Oval Garden, 4-12-4 Higashi-Shinagawa,

Shinagawa City

Access: Shinagawa Seaside (Rinkai), Aomono-yokocho (Keikyu)



ACCESS MAP



73 Indonesian Restaurant CABE MEGURO

インドネシア料理 チャベ目黒店

☎03-6432-5748

<https://cabe-eco.com/en/home-en/>

MAP C-8

Asian food



WEBSITE

Lunch ¥850 Dinner ¥2,000

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)



ACCESS MAP



74 SABERA TIKKA BIRIYANI

サベラティッカビリヤニ 天王洲アイル

☎03-6433-2544

<https://tabelog.com/tokyo/A1314/A131404/13200848/>

MAP E-9

Asian food



WEBSITE

Lunch ¥1,000 Dinner ¥2,500

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

Closed days: Open 365 days

Address: Tennozu Yusen Bldg. 1F, 2-2-20

Higashi-Shinagawa, Shinagawa City

Access: Tennozu Isle (Yurikamome, Rinkai)



ACCESS MAP



75 SAMRAT Jiyugaoka

サムラート 自由が丘店

☎03-6421-3568

www.samrat.co.jp/

MAP A-10

Curry



WEBSITE

Lunch ¥1,000 Dinner ¥3,500

Hours: 11:00-23:00

Closed days: New Year holidays

Address: No.2 Genta Bldg. 2F, 1-12-3

Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



ACCESS MAP



77 KEBAB STAND

けばふ工房

☎03-6459-9377

https://tokyo-haneda.com/en/shop_and_dine/detail/tenant_00002.html

MAP L-10

Turkish



WEBSITE

Lunch ¥1,000 Dinner ¥1,000

Hours: 7:00-22:00

Closed days: Open 365 days

Address: Haneda Airport Terminal 3 4F, 2-6-5

Haneda Airport, Ota City

Access: Haneda Airport Terminal 3 (Keikyu, Tokyo Monorail)



ACCESS MAP



76 Saray Gakugeidaigaku

サライケバブ 学芸大学店

☎03-6452-2829

www.saray.jp/

MAP A-9

Turkish



WEBSITE

Lunch ¥600 Dinner ¥600

Hours: 11:00-23:00

Closed days: No fixed holiday

Address: 3-14-6 Takaban, Meguro City

Access: Gakugei-daigaku (Tokyu)



ACCESS MAP



78 Mrs Istanbul

ミセス イスタンブール

☎03-5756-6183

https://tokyo-haneda.com/en/shop_and_dine/detail/tenant_00202.html

MAP L-10

Turkish



WEBSITE

Lunch ¥1,200 Dinner ¥1,200

Hours: 8:00-20:00 (L.O. 19:30)

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)



ACCESS MAP



79 Pakistani Restaurant Zaika
パキスタンハラル家庭料理ザイカ

MAP K-10
Middle Eastern food

☎03-3744-1066
<https://zaika-tokyo.jp/>



Lunch ¥800 Dinner ¥1,500

Hours: 11:30–14:30, 17:00–21:30

Closed days: Open 365 days

Address: 3-2-6 Minami-Kamata, Ota City

Access: Kojiya (Keikyu)



ACCESS MAP



80 YILDIZ Turkish Restaurant
ユルディズトルコレストラ

MAP K-10
Turkish

☎03-6424-9797
www.yildiz-kamata.com/



Lunch ¥500 Dinner ¥2,000

Hours: 11:30–15:00, 17:30–23:30

Closed days: Tue

Address: No.1 Taiyo Bldg. 2F, 5-18-3 Kamata, Ota City

Access: Kamata (JR, Tokyu)



ACCESS MAP



83 Food Therapy Diner Chabuzen
薬膳食堂ちゃぶ膳

MAP K-9
Noodles/Ramen

☎080-6603-8587
<https://food-therapy-diner-chabuzen.business.site/>



Dinner ¥1,500

Hours: 17:00–22:00

Closed days: Mon

Address: 6-16-20 Daita, Setagaya City

Access: Shindaita (Keio)



ACCESS MAP



84 CARVAAN Delicatessen & Beer stop
CARVAAN Delicatessen & Beer stop 渋谷東急フードショー店

MAP B-6
Middle Eastern food

☎03-3477-4775
<https://carvaan.jp/shop/shibuchica/>



Lunch ¥1,500 Dinner ¥2,000

Hours: 10:00–21:00

Closed days: Jan. 1

Address: Shibuya Tokyu Foodshow B1F, 1-12-1 Dogenzaka, Shibuya City

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



ACCESS MAP



81 Asian Cafe & Diner Vivid Ajia Futakotamagawa
アジアカフェ&ダイナー ヴィヴィットアジア 二子玉川

MAP B-10
Asian food

☎03-6411-7258
<https://vivid-ajia.1net.jp/>



Lunch ¥1,000 Dinner ¥2,000

Hours: 9:00–22:00 (L.O. 21:00)

Closed days: Open 365 days

Address: Santopia Tamagawa 1F, 3-20-8 Tamagawa, Setagaya City

Access: Futako-tamagawa (Tokyu)



ACCESS MAP



82 Deli Shop Uchimura
Deli Shop うちむら

MAP A-6
Middle Eastern food

☎03-3468-2715
<https://tabelog.com/tokyo/A1318/A131811/13095642/>



Lunch ¥700 Dinner ¥800

Hours: 11:00–15:00, 17:00–20:30

Closed days: Sun, 3rd Mon

Address: 3-2-11 Kitazawa, Setagaya City

Access: Higashi-Kitazawa (Odakyu), Yoyogi-uehara (Subway, Odakyu)



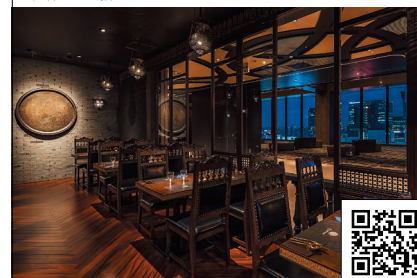
ACCESS MAP



85 CARVAAN TOKYO
カルヴァーン トウキョウ

MAP B-6
Mediterranean, Arabian

☎03-6451-1772
<https://carvaan.jp/>



Lunch ¥3,000 Dinner ¥5,000

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

Closed days: Jan.1, Varies depending on the facility

Address: Shibuya Scramble Square 12F, 2-24-12 Shibuya, Shibuya City

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



ACCESS MAP



86 FUNABASHIYA KOYOMI HIROO
船橋屋こよみ広尾本店

MAP C-7
Cafe

☎03-5449-2784
www.funabashiya.co.jp/koyomi/



Lunch ¥1,190

Hours: 12:00–16:30 (L.O.)

Closed days: Open 365 days

Address: 5-17-1 Hiroo, Shibuya City

Access: Hiro-o (Subway)



ACCESS MAP



87 Kiwamiya Shibuya PARCO

極味や渋谷/パルコ店

☎03-5422-3122

www.kiwamiya.com/shoplist/shibuya-parco

MAP B-6

Western Style



Lunch ¥2,000 Dinner ¥2,000

Hours: 11:30–22:00

Closed days: Varies depending on the facility

Address: Shibuya PARCO PART1 B1F, 15-1 Udagawacho, Shibuya City

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



ACCESS MAP



88 KO-SO CAFE BIORISE

KO-SO CAFE BIORISE

☎03-3409-3405

<https://www.ko-so-cafe.jp/>

MAP C-7

Cafe



Lunch ¥1,500 Dinner ¥2,000

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)



ACCESS MAP



91 Sakura Cafe Hatagaya

サクラカフェ幡ヶ谷

☎03-3469-5211

www.sakura-cafe.asia/hatagaya/

MAP A-5

Original dishes



Lunch ¥1,000 Dinner ¥1,500

Hours: 5:00–21:00

Closed days: Open 365 days

Address: Sakura Hotel Hatagaya, 1-32-3 Hatagaya, Shibuya City

Access: Hatagaya (Keio)



ACCESS MAP



92 TANDOOR Ebisu

タンドール恵比寿店

☎03-3461-6181

<https://tandoor.co.jp/ebisu1>

MAP C-7

Asian food



Lunch ¥1,000 Dinner ¥2,000

Hours: 11:00–23:00

Closed days: Open 365 days

Address: Irifune Bldg. 4F, 1-9-3 Ebisu-Nishi, Shibuya City

Access: Ebisu (JR, Subway)



ACCESS MAP



89 Milan Nataraj Shibuya

自然派インド料理 ミラン・ナタラジ渋谷店

☎03-6416-9022

<https://nataraj.co.jp/en/>

MAP B-6

Curry



Lunch ¥1,190 Dinner ¥2,500

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)



ACCESS MAP



90 Nataraj Harajuku Omotesando

自然派インド料理 ナタラジ原宿表参道店

☎03-6427-7515

<https://nataraj.co.jp/en/>

MAP C-6

Curry



Lunch ¥1,290 Dinner ¥2,800

Hours: 11:30–23:00 (L.O. 22:30)

Closed days: New year holidays

Address: Q Plaza HARAJUKU 8F, 6-28-6 Jingumae, Shibuya City

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



ACCESS MAP



93 Kebabcafe Ertugrul

ケバカフェ エルトウルル

☎03-6382-8895

<https://restaurant-44367.business.site/>

MAP K-9

Turkish



Lunch ¥800 Dinner ¥800

Hours: 11:00–23:00 *Close when sold out

Closed days: Wed, New Year holidays, other days

Address: 3-33-14 Nakano, Nakano City

Access: Nakano (JR, Subway)



ACCESS MAP



94 BolBol Persian Restaurant in Tokyo

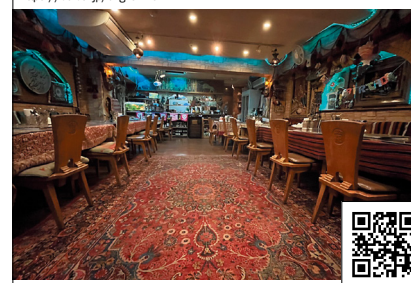
BolBol

☎03-3223-3277

<https://bolbol.jp/english.html>

MAP J-9

Persian



Lunch ¥900 Dinner ¥1,300

Hours: 11:00–23:00 (L.O. 22:30)

Closed days: Open 365 days

Address: Hachiji Bldg. 2F, 3-2-15 Koenji-Kita, Suginami City

Access: Koenji (JR, Subway)



ACCESS MAP



95 Jame Jam

ジャーマメジャム 阿佐ヶ谷店

☎03-3311-3223
https://jamejam.jp/en/menu/2/

MAP J-9
Middle Eastern food



Lunch ¥1,000 Dinner ¥2,000

Hours: 11:30–14:30 (L.O. 14:00), 17:00–22:30 (L.O. Food 21:30, Drink 22:00)

Closed days: No fixed holiday

Address: 2-20-7 Asagaya-Minami, Suginami City

Access: Asagaya (JR), Minami-asagaya (Subway)



WEBSITE



ACCESS MAP



96 Nataraj Ogikubo

自然派インド料理 ナタラジ荻窪店

☎03-3398-5108
https://nataraj.co.jp/en/

MAP J-9
Curry



Lunch ¥1,150 Dinner ¥2,300

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)



WEBSITE



ACCESS MAP

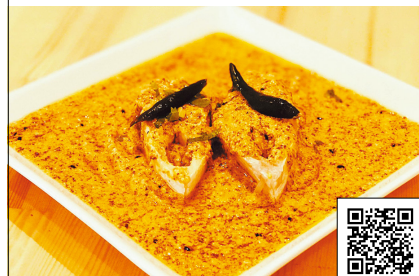


99 Bengali Bistoro Sunali Minami Otsuka

ベンガルビストロ スナリ 南大塚店

☎03-6876-0103
www.facebook.com/rahmania.sunali

MAP D-1
Asian food



Lunch ¥700 Dinner ¥1,500

Hours: 7:00–23:45

Closed days: Open 365 days

Address: Monarch Mansion Otsuka 101, 3-47-2 Minami-Otsuka, Toshima City

Access: Otsuka (JR)



WEBSITE



ACCESS MAP



100 Indian Bangladesh Dining Sunali Higashi Ikebukuro

インド Bangladesh デイニング スナリ

☎03-6882-3943
www.facebook.com/indiabangla.sunali/

MAP D-1
Asian food



Lunch ¥700 Dinner ¥1,500

Hours: 11:00–23:45

Closed days: Open 365 days

Address: 2-4-7 Higashi-Ikebukuro, Toshima City

Access: Otsuka (JR), Mukohara (Tokyo Sakura Tram)



WEBSITE



ACCESS MAP



97 Rumi Persian & Original Indian Restaurant in Tokyo

Rumi

☎03-5356-6640
https://rumi-tokyo.com/

MAP J-9
Indian



Lunch ¥800 Dinner ¥1,200

Hours: 11:00–23:00 (L.O. 22:30)

Closed days: Open 365 days

Address: Hachiji Bldg. 1F, 3-2-15 Koenji-Kita, Suginami City

Access: Koenji (JR, Subway)



WEBSITE



ACCESS MAP



98 TORKARI KOENJI

トルカリ 高円寺店

☎03-6383-0339
www.torkari.jp/en/

MAP J-9
Curry



Lunch ¥950 Dinner ¥1,600

Hours: 11:00–15:00, 17:00–22:30 (L.O. 22:00)

Closed days: Wed

Address: Daiichi Shijo-nai 1F, 3-22-8 Koenji-Kita, Suginami City

Access: Koenji (JR, Subway)



WEBSITE



ACCESS MAP



101 Malaychan satu

マレーチャン satu

☎03-5391-7638
www.malaychan-satu.jp/

MAP C-1
Asian food



Lunch ¥1,000 Dinner ¥1,200

Hours: 11:00–22:30

Closed days: Mon

Address: 3-22-6 Nishi-Ikebukuro, Toshima City

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



WEBSITE



ACCESS MAP



102 PAKISTAN RESTAURANT MARHABA

パキスタンレストラン マルハバ

☎03-3987-1031

MAP C-1
Asian food



Lunch ¥1,000 Dinner ¥1,500

Hours: 11:00–15:00, 17:00–22:30 (Mon–Sat), 11:30–21:00 (Sun, holidays)

Closed days: Wed

Address: Palace Garden Milano 1F, 2-63-6 Ikebukuro, Toshima City

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



WEBSITE



ACCESS MAP



103 Sakura Cafe & Restaurant Ikebukuro

サクラカフェ&レストラン池袋

☎03-5391-2330

www.sakura-cafe.asia/ikebukuro/

MAP C-1

Original dishes



Lunch ¥999 Dinner ¥1,500

Hours: 7:00–21:00

Closed days: Open 365 days

Address: Sakura Hotel Ikebukuro Annex 1F,

2-39-10 Ikebukuro, Toshima City

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



WEBSITE



ACCESS MAP



104 Zakuro

レストラン ザクロ

☎03-5685-5313

<https://nippori-zakuro.com/en/>

MAP E-1

Middle Eastern food



Lunch ¥1,000 Dinner ¥2,500

Hours: 11:00–23:00

Closed days: Wed

Address: 3-13-2 Nishi-Nippori, Arakawa City

Access: Nippori (JR, Keisei), Sendagi (Subway)



WEBSITE



ACCESS MAP



107 Menya Kaijin Kichijoji

麺屋海神 吉祥寺店

☎042-241-0315

<https://menya-kaijin.tokyo/english-menu/>

MAP J-9

Ramen



Lunch ¥1,045 Dinner ¥1,045

Hours: 11:00–15:00, 16:30–23:30 (Mon–Fri), 11:00–23:30

(Sat, Sun, holidays)

Closed days: No fixed holiday

Address: Kumamoto Bldg. 2F, 1-5-9 Kichijoji-

Minamicho, Musashino City

Access: Kichijoji (JR, Keio)



WEBSITE



ACCESS MAP



108 Indian Bangla Restaurant. Asian Gandhi Akishima

アジ庵 ガンジー 昭島店

☎042-546-2485

www.hotpepper.jp/strJ000813665/

MAP H-9

Asian food



Lunch ¥800 Dinner ¥1,600

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

Closed days: No fixed holiday

Address: 3-4-9 Midoricho, Akishima City

Access: Akishima (JR)



WEBSITE



ACCESS MAP



105 Saray Kitasenju

サライケバブ 北千住店

☎070-8458-8294

www.saray.jp/

MAP E-8

Turkish



Lunch ¥600 Dinner ¥600

Hours: 10:00–23:00

Closed days: No fixed holiday

Address: 2-49 Senju, Adachi City

Access: Kita-Senju (JR, Subway, TX)



WEBSITE



ACCESS MAP



106 MAYUR

マユール

☎042-523-0410

www.mayur.jp/english.html

MAP H-9

Curry



Lunch ¥1,000 Dinner ¥2,000

Hours: 11:00–22:00

Closed days: Open 365 days

Address: Techno Bldg. 1F, 2-16-6

Akebonocho, Tachikawa City

Access: Tachikawa (JR, Tama Monorail)



WEBSITE



ACCESS MAP



109 Bhawana

バワナ

☎042-312-1275

<https://tabelog.com/tokyo/A1328/A132804/13161874/>

MAP I-8

Other foods



Lunch ¥820 Dinner ¥1,180

Hours: 11:00–23:00

Closed days: Open 365 days

Address: 43-10 Takano-dai, Kodaira City

Access: Takano-dai (Seibu)



WEBSITE



ACCESS MAP



110 Indian Bangla Restaurant. Asian Gandhi Hamura

アジ庵 ガンジー 羽村店

☎042-579-2485

www.hotpepper.jp/strJ000247456/

MAP I-8

Asian food



Lunch ¥800 Dinner ¥1,600

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

Closed days: No fixed holiday

Address: 1-1-2 Shinmeidai, Hamura City

Access: Hamura (JR)



WEBSITE



ACCESS MAP



It's Sushi Time!

– A Guide to Nigiri-sushi

Sushi Serving Styles

Sushi restaurant style: Order your sushi at the counter, where the Itamae (chef) makes each piece by hand as you watch.



“Conveyor belt” sushi bar style: Pick up a plate of sushi from the conveyor belt as it revolves around the counter.



Agari (Green tea)

Served in a teacup without a handle (a popular design is one with sushi ingredients listed in kanji characters on it). This hot green tea helps wash down the oil from the fish.



Neta

Ingredient that goes on top of the rice base



Shari

The vinegared sushi rice that forms the base

Maguro (Tuna)

Maguro, or tuna, a popular sushi item, is divided into three parts: otoro, chutoro, and akami. Meat with a high fat content from the tuna's abdomen is called otoro, and the especially fatty part is called otoro, which is whitish and has a melty texture. Other toro is called chutoro. Meat from the tuna's back and around the backbone is akami. Most of tuna's meat is akami. When simply saying “maguro,” it usually indicates akami.



Sabi (Wasabi)

Wasabi (Japanese horseradish) is also known as “namida” (tears) because of its effect on the nose and eyes. For those who don't want wasabi, ask for “sabi nuki,” which means “without wasabi.”

Gari

Sliced ginger marinated in sweet vinegar. Used as a palate cleanser between different fish types.



! Japanese seasonings

In Japan, there are many excellent fermented seasonings such as vinegar, soy sauce, and miso. The raw materials for these are mainly grains like rice, wheat, and soybeans. Fermentation increases the nutrients in these foods and gives them a deep and delicious flavor, making them indispensable seasonings for Japanese cuisine. They also aid in digestion, regulate the intestinal environment, and have a surprisingly wide range of health benefits.

Muslims should be aware that mirin, or cooking sake, is used in making sushi. It is made from alcohol such as shochu. Mirin, like sake, is classified as an alcoholic beverage. It is sometimes used as a sauce for anago (conger eel), or to season salmon roe, so check before ordering to see if mirin or sake is used in the item you want to eat.

Vinegar, soy sauce, and miso are fermented seasonings (non-alcoholic), but some may contain alcohol. Even high-quality, naturally brewed products contain a small amount of alcohol during the fermentation process. Although it is not intended to make anyone feel tipsy, if you are concerned, check with sushi restaurant staff to see if alcohol has been added to the seasonings they use (alcohol is not listed on the ingredient label). Alternatively, you can eat sushi with salt. Generally, sushi and sashimi are eaten with soy sauce, but there are some ingredients, such as shellfish and white meat, that taste better with a small amount of salt.

Gunkan maki

Sushi rice wrapped in nori (seaweed) and topped with ingredients. This wrapping enables delicate ingredients such as salmon roe and sea urchin to be served. Called “gunkan” because it is said to resemble a battleship.



Soy sauce

*Please see the above column.

Wearing kimono

Kimono is a traditional garment and the national dress of Japan. You can feel Japanese culture directly through traditional colors, beautiful patterns that remind you of each season of Japan, conventional motifs of flowers and birds, as well as auspicious motifs, and so on. There are many kimono rental shops around tourist spots, such as Asakusa, Harajuku, and others. In recent years, in addition to traditional patterns, currently fashionable ones have been gaining popularity.



Women can feel at ease, be helped to get dressed only by female staff, and also may be given good advice for coordinating, for example, with a hijab. Select your favorite one, from traditional types to vogue, or pop "kawaii" ones, and enjoy walking around the town in kimono!

Photo: Courtesy of Asakusa Kimono Rental Daikichi

Hair Salon for Muslimah

Do you want to have your hair cut or cared for during travel? Generally, it may be difficult for Muslim women to have their

hair cut at ordinary hair salons, without being seen by men that are not family members. In such cases, visiting Muslimah-friendly hair salons is recommended. At such salons, you can receive services such as a cut, shampoo, and other treatments in a relaxed manner. Only female staff take care of you. The inside of the salon cannot be seen from the outside. Some salons even lock the door so it won't be opened by sudden, unexpected visitors, and also prepare non-alcohol hair care products as well as a prayer space. When you come to Tokyo, why not visit such a hair salon and compare it to those in your own country?

Photo: Courtesy of YUKI WORK



Japanese Calligraphy



Since introduced from China in ancient times, calligraphy has developed as one of the traditional arts of Japan. Using *sumi* (India ink) and an ink brush, people write characters on a sheet of paper, striving for beautiful shapes and expressiveness. Though there are a variety of techniques, it is important for you to express your own idea of beauty with your own style, and not aim at a universal standard of what is skillful or unskillful. Writing *kana*, or Japanese original letters, is also a distinctive character of Japanese calligraphy. As the West, the Middle East, and other areas of the world have calligraphy culture too, comparing them may be interesting. Straighten up your back, and try writing your name and favorite words. In most calligraphy experience facilities, you can bring your work home with you as a souvenir.

Photo: Courtesy of Asakusa Jidaiya



Tokyo's Unique Experiences:
Enjoy a Variety
in Tokyo!

Superb scenery and delicious food. There are so many attractions of travel, and "experiencing" activities and services (*taiken* in Japanese) unique to local areas will make your trip more memorable.

of Activities

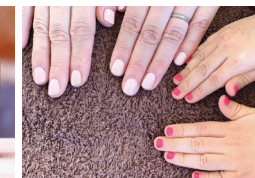
You may have more chances to interact with local people. And indoor activities are good even in bad weather. The more you experience such activities, the more you can enjoy Tokyo!

Halal Nails



Some people want to enjoy fashion by decorating their nails. Japanese nail artists' techniques are highly regarded in the world at large, not only in Japan. By using not only the basic design of one color or French manicure with classic nail polish, but also adding fancy patterns and gradations, Japanese nail culture has developed in a unique way. Nowadays in Japan, many people enjoy gel nails, and gorgeous and decorative designs and even setting stones and the like on the nail are popular. Tokyo has a shop using alcohol-free, water permeable, or breathable nail polish. It can be removed with hot water, without using polish removers, so you can enjoy nail decoration without any anxiety. As this polish is weaker and easier to remove than usual types, keep in mind to move your hands more gently.

Photo: Courtesy of Soleil



SHOP

Shopping is one of the highlights of any trip, and Tokyo is absolutely packed with department stores, specialty shops, tax-free stores, and so much more. Even halal foods and ingredients for Muslim shoppers are available. Tokyo also has facilities where you can enjoy hands-on activities or a variety of services, such as wearing kimono, riding a rickshaw, and lots more. Don't miss out!



1 Bio c' Bon AZABU JUBAN
バイオセボン 麻布十番店

MAP D-7

Food, other goods

☎03-6435-4356
www.bio-c-bon.jp/

Hours: 9:00-22:00
Closed days: Open 365 days
Address: 2-9-2 Azabu-Juban, Minato City
Access: Azabu-juban (Subway)

2 HARD ROCK CAFE TOKYO ROCK SHOP
ハードロックカフェ東京 ロックショップ

MAP D-6

Food, Clothing, other goods

☎03-3403-6946
www.hardrockcafe.com/location/tokyo-roppongi.jp/

Hours: 11:30-22:00
Closed days: Open 365 days
Address: 5-4-20 Roppongi, Minato City
Access: Roppongi (Subway)

3 NATIONAL AZABU
ナショナル麻布スーパーマーケット

MAP D-7

Food, other goods

☎03-3442-3181
www.national-azabu.com/

Hours: 9:00-20:00
Closed days: Jan. 1-3
Address: 4-5-2 Minami-Azabu, Minato City
Access: Hiro-o (Subway)

4 NISSIN World Delicatessen
日進ワールドデリカテッセン

MAP G-4

Food, other goods

☎03-3583-4586
www.nissin-world-delicatessen.jp/

Hours: 9:00-21:00
Closed days: Jan. 1-2
Address: 2-32-13 Higashi-Azabu, Minato City
Access: Azabu-juban (Subway)

5 Siddique National Mart Shin-Okubo
シディークナショナルマート新大久保店

MAP B-3

Food, other goods

☎03-5937-4037
https://halalstore.co.jp/

Hours: 11:00-23:00
Closed days: Open 365 days
Address: 2-9-15 Hyakunincho, Shinjuku City
Access: Shin-Okubo (JR)

6 HALAL★TOKYO
ハラルトウキョウ

MAP D-2

Food, other goods

☎03-6902-9467
https://halaltokyo.jp/?lang=en

Hours: 11:00-19:00
Closed days: No fixed holiday
Address: 3-25-13 Mejirodai, Bunkyo City
Access: Gokokuji (Subway)

7 2k540 AKI-OKA ARTISAN
2k540 AKI-OKA ARTISAN

MAP G-3

Food, Clothing, other goods

☎03-6806-0254
www.jrtrk.jp/2k540/

Hours: 11:00-19:00
Closed days: Wed
Address: 5-9 Ueno, Taito City
Access: Okachimachi (JR)

8 Asakusa Jidaiya
浅草 時代屋

MAP H-3

Service

☎03-3843-0890
https://jidaiya.biz/index-e.html

Hours: 9:00-17:30
Closed days: Open 365 days
Address: 2-3-5 Kaminarimon, Taito City
Access: Asakusa (Subway, Tobu, TX)
*Sightseeing rickshaw, Kimono rental, Japanese cultural experiences (Tea ceremony, Calligraphy, Iaido)

9 Asakusa Kimono Rental Daikichi
浅草着物レンタル 大吉

MAP H-3

Service

☎03-6322-2777
https://kimono-daikichi.com/

Hours: 9:30-18:00
Closed days: Open 365 days
Address: Aone Bldg. 6F, 1-33-8 Asakusa, Taito City
Access: Asakusa (Subway, Tobu, TX)
*Kimono rental

10 HARD ROCK CAFE UENO-EKI TOKYO ROCK SHOP
ハードロックカフェ上野駅東京 ロックショップ

MAP G-3

Food, Clothing, other goods

☎03-5826-5894
www.hardrockcafe.com/location/tokyo-ueno-eki.jp/

Hours: 10:00-22:00
Closed days: No fixed holiday
Address: atre Ueno 1F, 7-1-1 Ueno, Taito City
Access: Ueno (JR, Subway)

STAY

This section covers lodgings in Tokyo, ranging from premium hotels to casual guest houses. Many facilities also provide space for prayer, and can even lend you prayer items. All of the lodgings listed here are able to accommodate the lifestyle and practices of Muslim guests while providing the very best of Japanese hospitality. Each accommodation facility is equipped with measures for avoiding infection such as regular ventilation, sanitization, and temperature checks, etc., so you can stay there without anxiety.



1 Hotel New Otani Tokyo
ホテルニューオータニ

☎03-3265-1111
www.newotani.co.jp/tokyo/

Address: 4-1 Kioicho, Chiyoda City
Access: Akasaka-mitsuke (Subway), Nagatacho (Subway)

ACCESS MAP →

MAP D-5
Room 1479
Restaurant 37

2 Imperial Hotel, Tokyo
帝国ホテル 東京

☎03-3504-1111
www.imperialhotel.co.jp

Address: 1-1-1 Uchisaiwacho, Chiyoda City
Access: Hibiya (Subway)

ACCESS MAP →

MAP F-5
Room 570
Restaurant 17

3 Palace Hotel Tokyo
パレスホテル東京

☎03-3211-5211
www.palacehotel.co.jp

Address: 1-1-1 Marunouchi, Chiyoda City
Access: Otemachi (Subway)

ACCESS MAP →

MAP F-5
Room 284
Restaurant 10

4 Sakura Hotel JIMBOCHO
サクラホテル神保町

☎03-3261-3939
www.sakura-hotel.co.jp/jimbocho/

Address: 2-21-4 Kanda-Jimbocho, Chiyoda City
Access: Jimbocho (Subway)

ACCESS MAP →

MAP F-4
Room 43
Restaurant 1

5 The Peninsula Tokyo
ザ・ペニンシュラ東京

☎03-6270-2888
www.peninsula.com/en/tokyo/

Address: 1-8-1 Yurakucho, Chiyoda City
Access: Hibiya (Subway)

ACCESS MAP →

MAP F-5
Room 314
Restaurant 8

6 THE TOKYO STATION HOTEL
東京ステーションホテル

☎03-5220-1111
www.tokyostationhotel.jp/

Address: 1-9-1 Marunouchi, Chiyoda City
Access: Tokyo (JR, Subway)

ACCESS MAP →

MAP F-5
Room 150
Restaurant 9

7 TOSHI CENTER HOTEL
都市センターホテル

☎03-3265-8211
www.ringa.co.jp/toshicenter/

Address: 2-4-1 Hirakawacho, Chiyoda City
Access: Nagatacho (Subway)

ACCESS MAP →

MAP E-5
Room 327
Restaurant 2

9 ITO RYOKAN
伊東旅館

☎03-3666-6675
https://itoryokan.jp/en/

Address: 2-31-3 Nihonbashi-Ningyocho, Chuo City
Access: Ningyocho (Subway), Suitengu-mae (Subway), Hamacho (Subway)

ACCESS MAP →

MAP G-4
Room 327
Restaurant 1

11 Best Western Hotel Fino Tokyo Akasaka
ベストウェスタンホテルフィノ東京赤坂

☎03-5575-3711
https://bwhotels.jp/tokyo-akasaka

Address: 3-7-12 Akasaka, Minato City
Access: Akasaka (Subway), Akasaka-mitsuke (Subway)

ACCESS MAP →

MAP D-5
Room 87
Restaurant 1

13 Grand Prince Hotel Shin Takanawa
グランドプリンスホテル新高輪

☎03-3442-1111
www.princehotels.com/shintakanawa/

Address: 3-13-1 Takanawa, Minato City
Access: Shinagawa (JR, Keikyu), Takanawadai (Subway)

ACCESS MAP →

MAP D-8
Room 908
Restaurant 7

15 Shinagawa Prince Hotel
品川プリンスホテル

☎03-3440-1111
www.princehotels.com/shinagawa/

Address: 4-10-30 Takanawa, Minato City
Access: Shinagawa (JR, Keikyu)

ACCESS MAP →

MAP D-9
Room 3554
Restaurant 14

8 hostel DEN
ホステルデン

☎03-6661-2067
https://hostel-den.jp/

Address: 4-13-8 Nihonbashi-Honcho, Chuo City
Access: Kodemmacho (Subway)

ACCESS MAP →

MAP G-4
Room 11
Restaurant 0

10 KOKO HOTEL Tsukiji Ginza
KOKO HOTEL

☎03-5565-5680
https://koko-hotels.com/tsukiji_ginza

Address: 6-8-8 Tsukiji, Chuo City
Access: Tsukiji (Subway)

ACCESS MAP →

MAP G-6
Room 188
Restaurant 1

12 Conrad Tokyo
コンラッド東京

☎03-6388-8000
www.conradtokyo.com/

Address: 1-9-1 Higashi-Shinbashi, Minato City
Access: Shiodome (Subway), Yurikamome

ACCESS MAP →

MAP F-6
Room 291
Restaurant 5

14 Grand Prince Hotel Takanawa
グランドプリンスホテル高輪

☎03-3447-1111
www.princehotels.com/takanawa/

Address: 3-13-1 Takanawa, Minato City
Access: Shinagawa (JR, Keikyu), Takanawadai (Subway)

ACCESS MAP →

MAP D-8
Room 388
Restaurant 8

16 The Prince Sakura Tower Tokyo
ザ・プリンス さくらタワー東京

☎03-5798-1111
www.princehotels.com/sakuratawer/

Address: 3-13-1 Takanawa, Minato City
Access: Shinagawa (JR, Keikyu), Takanawadai (Subway)

ACCESS MAP →

MAP D-8
Room 288
Restaurant 2

17 RIHGA Royal Hotel Tokyo
リーガロイヤルホテル東京

☎03-5285-1121
www.rihga.com/tokyo

Address: 1-104-19 Totsukamachi, Shinjuku City
Access: Waseda (Subway)

ACCESS MAP 

MAP: D-3
Room: 131
Restaurant: 4

18 Shinjuku Prince Hotel
新宿プリンスホテル

☎03-3205-1111
www.princehotels.co.jp/shinjuku/

Address: 1-30-1 Kabukicho, Shinjuku City
Access: Seibu-Shinjuku (Seibu), Shinjuku (JR, Subway, Keio, Odakyu)

ACCESS MAP 

MAP: B-4
Room: 571
Restaurant: 3

19 Hotel Chinzanso Tokyo
ホテル椿山荘東京

☎03-3943-1111
https://www.hotelchinzanso-tokyo.com/

Address: 2-10-8 Sekiguchi, Bunkyo City
Access: Edogawabashi (Subway)

ACCESS MAP 

MAP: D-3
Room: 267
Restaurant: 9

20 Sakura Hotel NIPPORI
サクラホテル日暮里

☎03-5685-1200
www.sakura-hotel.co.jp/nippori/

Address: 3-43-15 Sendagi, Bunkyo City
Access: Nippori (JR, Keisei), Sendagi (Subway)

ACCESS MAP 

MAP: F-1
Room: 94
Restaurant: 1

21 Henn na Hotel Tokyo Asakusabashi
変なホテル東京浅草橋

☎050-5894-3780
https://www.hennahotel.com/asakusabashi/

Address: 1-10-5 Asakusabashi, Taito City
Access: Asakusabashi (JR, Subway)

ACCESS MAP 

MAP: G-4
Room: 145
Restaurant: 1

22 RYOKAN SAWANOYA
旅館 澤の屋

☎03-3822-2251
www.sawanoya.com/eigo.html

Address: 2-3-11 Yanaka, Taito City
Access: Nezu (Subway)

ACCESS MAP 

MAP: F-2
Room: 12
Restaurant: 1

23 Sakura Hostel ASAKUSA
サクラホステル浅草

☎03-3847-8111
www.sakura-hotel.co.jp/asakusa/

Address: 2-24-2 Asakusa, Taito City
Access: Asakusa (Subway, Tobu, TX)

ACCESS MAP 

MAP: H-2
Room: 29
Restaurant: 1

24 Hotel East 21 Tokyo
ホテル イースト 21 東京

☎03-5683-5683
www.hotel-east21.co.jp/

Address: 6-3-3 Toyo, Koto City
Access: Toyocho (Subway)

ACCESS MAP 

MAP: I-5
Room: 394
Restaurant: 7

25 Moosa's Guest Room Tokyo
ムーサーズゲストルーム東京

☎050-5358-1130
https://moosas.net/

Address: MonteRoza-K, 4-7-5 Ojima, Koto City
Access: Ojima (Subway)

ACCESS MAP 

MAP: J-4
Room: 3
Restaurant: 0

26 HOTEL MID IN MEGURO-EKIMAE
ホテルミッドイン目黒駅前

☎03-3490-3111
www.midin.jp/meguro/en/

Address: 1-2-19 Shimo-Meguro, Meguro City
Access: Meguro (JR, Subway, Tokyu)

ACCESS MAP 

MAP: K-5
Room: 65
Restaurant: 0

27 The Westin Tokyo
ウェスティンホテル東京

☎03-5423-7000
www.westintokyo.com

Address: 1-4-1 Mita, Meguro City
Access: Ebisu (JR, Subway)

ACCESS MAP 

MAP: C-8
Room: 438
Restaurant: 8

29 Sakura Hotel HATAGAYA
サクラホテル幡ヶ谷

☎03-3469-5211
www.sakura-hotel.co.jp/hatagaya/

Address: 1-32-3 Hatagaya, Shibuya City
Access: Hatagaya (Keio)

ACCESS MAP 

MAP: A-5
Room: 75
Restaurant: 1

31 Sakura Hotel IKEBUKURO
サクラホテル池袋

☎03-3971-2237
www.sakura-hotel.co.jp/ikebukuro/

Address: 2-40-7 Ikebukuro, Toshima City
Access: Ikebukuro (JR, Subway, Seibu, Tobu)

ACCESS MAP 

MAP: C-1
Room: 103
Restaurant: 1

33 Sakura House TABATA 2: Muslim-Friendly Share House FOR WOMEN
サクラハウス・田端2 ムスリムフレンドリーシェアハウス 女性専用

☎03-5330-5250
https://www.sakura-house.com/building/tabata2/share-house-for-muslim-women

Address: 3-27 Tabatashinmachi, Kita City
Access: Tabata (JR)

ACCESS MAP 

MAP: K-5
Room: 4
Restaurant: 0

28 CERULEAN TOWER TOKYU HOTEL
セリリアンタワー東急ホテル

☎03-3476-3000
www.tokyuhotels.co.jp/cerulean-h/

Address: 26-1 Sakuragaokacho, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)

ACCESS MAP 

MAP: B-7
Room: 408
Restaurant: 10

30 Sakura House: Shibuya Yoyogi Uehara
サクラハウス 渋谷代々木上原 ムスリムハウス

☎03-5330-5250
www.sakura-house.com/

Address: 40-23 Oyamacho, Shibuya City
Access: Yoyogi-uehara (Subway, Odakyu)

ACCESS MAP 

MAP: A-6*
Room: 30
Restaurant: 0

32 Sunshine City Prince Hotel
サンシャインシティプリンスホテル

☎03-3988-1111
https://www.princehotels.co.jp/sunshine/

Address: 3-1-5 Higashi-Ikebukuro, Toshima City
Access: Higashi-ikebukuro (Subway)


ACCESS MAP 

MAP: C-1
Room: 1091
Restaurant: 4

34 Wild Cherry Blossom -HOSTEL, TOKYO KOGANEI-
Wild Cherry Blossom HOSTEL

☎042-401-1221
https://wildcherryblossomhostel.com/ja/topja/

Address: 4-15-14 Nakacho, Koganei City
Access: Musashi-Koganei (JR)

ACCESS MAP 

MAP: I-9
Room: 95
Restaurant: 0

An accommodation tax is levied when staying at hotels in Tokyo.

Room Charge (per person per night)	Below ¥10,000	Between ¥10,000 to ¥15,000	¥15,000 and above
Tax	Tax-free	¥100	¥200

*The revenue from the accommodation tax is used to enhance the attractiveness of Tokyo as a global city and to fund measures to promote tourism.

30: *The map indicates the place of the accommodation. The place you get the key of the room is near Shinjuku Sta.

Staying calm and taking the necessary steps

What To Do in an Emergency

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

Earthquakes

What to do

If you feel shaking from an earthquake, remain calm and take steps to protect your body. Act in an orderly manner; do not panic or run.



How to protect yourself

●Indoors

Watch out for objects that may fall or topple over. Stay away from anything made of glass such as windows, TVs, or furniture, and protect your body by crouching under a table, etc. Once the shaking has subsided, make sure the gas is turned off and there are no sources of fire. Open doors or windows so that you can evacuate if necessary. Wear slippers or shoes indoors if there are fallen objects.

●Outdoors

Make sure you are not near any objects that may fall or topple over. Protect your head using your bag, etc. If you are inside an underground shopping complex and the power goes out, do not panic nor rush for the exit. Instead, wait for the shaking to subside, and then move along the walls toward the emergency exit.

If you are inside an elevator

As soon as you feel any shaking, press the buttons for all of the floors and get off wherever the elevator stops. If you are trapped inside the elevator, use the intercom to call for help. Do not use elevators to evacuate, since you can become trapped inside due to aftershocks or power outages.

Watch out for tsunamis!

An earthquake may be followed by a tsunami. Stay away from waterfronts and low-lying ground. If you are near the sea, immediately flee toward nearby high ground, a tsunami evacuation building, or a taller structure. Tsunamis can also travel against the current of a river. Flee in a direction perpendicular to the river.

Watch out for aftershocks!

A strong earthquake may be followed by multiple aftershocks. Be careful, as aftershocks may cause landslides or the collapse of buildings.

Storms/Floods

Heavy Rain/Violent Storms

Pay attention to weather information. In the event of heavy rain, stay away from rivers and underpasses. If you are near a cliff, watch out for landslides.

Be careful not to fall into open manholes or gutters. If you are in an area that is underground or partially underground and there is a danger of flooding, move to a safe location above ground.



Tornadoes

If you are indoors, close any storm shutters and/or curtains, move away from the windows, and crouch under a sturdy table, etc. If you are outdoors, take shelter inside an underground facility or a sturdy structure made of a material like reinforced concrete, and wait for the tornado to pass.

Fires

What to do

If you notice a fire, alert those around you by shouting "Fire!" (*Kaji da!*) and dial 119 for the fire department. Cover your mouth and nose with a handkerchief, etc. so that you do not breathe in smoke, and stay close to the ground as you move. If you cannot see your surroundings due to smoke, move along the walls. If you are inside a hotel, etc., follow the instructions of staff.

Theft/Lost Items

Report the matter to the police, who will issue a certificate of theft or loss. If you accidentally left an item on a train or bus or inside a taxi, contact the respective operating company.

If your passport is stolen or lost

Contact your country's embassy or consulate to have the passport invalidated and issue an emergency passport or travel document for returning to your home country.

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

If your credit card is stolen or lost

Immediately call the credit-card company's emergency hotline to cancel your card.



Evacuation Shelters

What are evacuation shelters?

Evacuation shelters are spaces that temporarily accept and shelter people who have been forced to leave their homes due to a disaster. They also provide disaster-related information and essential supplies like water. Evacuation shelters are usually located inside a public facility such as a school, and accept foreigners. Travel on foot and take as little with you as possible.



Evacuation Area



Evacuation Shelter



Tsunami Evacuation Area



Tsunami Evacuation Building

Notes on evacuating

When evacuating, travel on foot and take as little with you as possible. Make sure you have valuables such as your passport or residence card, mobile phone, and charger.

Evacuation signage for different types of disasters

When walking around Tokyo, you will probably notice many signs indicating locations or facilities where you should evacuate. When you are near rivers or the sea, also keep an eye out for signage on how to escape a tsunami.

Emergency Information in Foreign Languages

Online Information

●Safety tips In total 14 languages such as English, Chinese, Korean, Spanish, and more.

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 in an evacuation, helpful links such as a list of embassies, and communication cards to use if you cannot communicate in Japanese.

Android

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

iOS

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



Android



iOS

●Tokyo Metropolitan Medical Institution Information English, Chinese, Korean, and Japanese

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 Medical Institution Information Service

www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fls230.php



●Tokyo Fire Department Multilingual Page

English, Chinese, Korean, Thai, Filipino, and Japanese
www.tfd.metro.tokyo.lg.jp/eng/



●Tokyo Metropolitan Government Disaster Prevention Website

multilingual
www.bousai.metro.tokyo.lg.jp



●Immigration Services Agency of Japan Website

<https://www.isa.go.jp/en/>

English, Chinese, Korean, Portuguese, Spanish, Japanese, and more.



●Japan Visitor Hotline English, Chinese, Korean, and Japanese

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)

www.japan.travel/en/plan/hotline/



NHK World

In addition to your computer, NHK World TV and NHK World Radio are also available on your smartphone or tablet device if you download a specialized free app.

●NHK World TV (English) <https://www3.nhk.or.jp/nhkworld/>

●NHK World Radio Japan (Japanese and 17 other languages): Find the link for your language on the website above.



Emergency Numbers

Police
Fire Department

110
119

In the event of a crime or accident

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

List of Hospitals and Clinics With English-Speaking Staff and Female Doctors

It can be tough for Muslim travelers if you happen to become ill or injured during your trip, especially for women. However, there are many hospitals and clinics throughout Tokyo with women doctors on staff. What's more, all of the facilities listed here have English-speaking staff. Enjoy your time in Tokyo with added peace of mind!

*Due to working schedules, we cannot guarantee that female doctors or English-speaking staff are available 24/7.

*Please contact the facility you intend to visit by phone and speak to the staff before arriving.

Internal Medicine

Kioicho Naika Clinic

紀尾井町内科

☎03-6265-6500

Weekdays 9:30-12:30, 14:00-17:30

Not available on Friday

Closed days: Sat, Sun, hols

KKD Bldg. 1F, 3-1 Kioicho, Chiyoda City

<https://kioichonaika.jp/>



General Hospital, Emergency

St. Luke's International Hospital

聖路加国際病院

☎03-3541-5151

General Internal Medicine 8:30-11:00

Other departments by appointment only,

Emergency department available 24 hours

Closed days: Sat, Sun, hols

9-1 Akashicho, Chuo City

<https://hospital.luke.ac.jp/eng/>



Internal Medicine, Diabetes/Endocrinology, Hepatology/Gastroenterology

Takahashi Clinic

高橋医院

☎03-3551-5955

9:30-13:00, 15:00-18:30

Closed days: Mon (afternoon), Fri (morning),

Sat, Sun, hols

Takahashi Bldg. 1F, 3-26-8 Hatchobori,

Chuo City

<http://hatchobori.jp/english/>



Internal Medicine, Allergy, Dermatology

Daimon Medical Clinic

大門メディカルクリニック

☎03-6435-6056

Weekdays 12:00-14:15, 16:00-19:00

Closed days: Sat, Sun, hols

Orchid Place 5F, 2-1-16 Hamamatsucho,

Minato City

www.daimonclinic.jp/en/doctor-2/



Internal Medicine, Vaccination, Medical Check-up

International Health Care Clinic

医療法人社団インターナショナルヘルスケアクリニック

☎03-3501-1330

Tue-Fri 10:00-12:15, 15:30-18:15

Closed days: Mon, Sat, Sun, hols

Sueyoshi Bldg. 3F, 2-10-5 Shimbashi,

Minato City

www.ihc-clinic.jp/en/



General Hospital, Emergency

International University of Health and Welfare, Mita Hospital

国際医療福祉大学三田病院

☎03-3451-8121

Accepting new patients 8:30-11:30, 12:30-16:30

ED opens 24/7 (secondary care)

Closed days: Sun, hols

1-4-3 Mita, Minato City

<https://mita.iuhw.ac.jp/english/>



Internal Medicine, Ophthalmology, Travel Medicine, Medical Check-up

Shinagawa East Clinic

品川イーストクリニック

☎03-5783-5521

Internal medicine, Travel medicine and Ophthalmology 9:00-13:00,

14:30-17:30 (Reservation required) *Ophthalmology only in Mon,

Thu afternoons Medical check up 9:00- (Reservation required)

Closed days: Sat, Sun, hols (Only PCR test is available on Sat, hols)

Shinagawa Intercity B Bldg. 2F, 2-15-2 Kounan, Minato City

<http://e-clinic.gr.jp/en/>



General Clinic

Tokyo Medical & Surgical Clinic

トウキョウ メディカル アンド サージカル クリニック

☎03-3436-3028

Weekdays 9:00-17:00; Sat 9:00-12:30

Closed days: Sun, hols

32 Shibakoen Bldg. 2F, 3-4-30 Shibakoen,

Minato City

<https://tmssc.jp/>



General Hospital, Emergency

Tokyo Takanawa Hospital

東京高輪病院

☎03-3443-9191

Reception hours 8:30-11:30

Language Services 9:00-15:45

Closed days: Sat, Sun, hols

3-10-11 Takanawa, Minato City

<https://takanawa.jcho.go.jp/international-assistance-service/>



General Hospital, Emergency

Juntendo University Hospital

順天堂大学医学部附属順天堂医院

☎03-3813-3111

Reception hours for first visit (weekdays) 8:00-11:00, 11:30-15:00

(Saturdays except 2nd Saturday) 8:00-11:00, 11:30-14:30 *Check the

website for details. (www.juntendo.ac.jp/hospital/patient/foreigner/time/)

*Please bring a referral letter from another medical institution.

Closed days: 2nd Sat, Sun, hols, May 15, Year-end and New Year

3-1-3 Hongo, Bunkyo City www.juntendo.ac.jp/hospital/global/english/



General Hospital, Emergency

Tokyo Metropolitan Hiroo Hospital

東京都立広尾病院

☎03-3444-1181 / 03-3446-8331(Reservation)

Weekdays 9:00-17:00; Sat 9:00-11:30

Closed days: Sun, hols

2-34-10 Ebisu, Shibuya City

<https://www.tmh.jp/hiroo/en>



General Hospital, Emergency

Tokyo Saiseikai Central Hospital

東京都済生会中央病院

☎03-3451-8211

Mon-Sat 8:00-11:30

Emergency department available 24 hours

Closed days: Sun, hols, 2nd and 4th Sat, Year-end

and New Year

1-4-17 Mita, Minato City

www.saichu.jp/english/home/



Internal Medicine, Pediatrics, Dermatology, Travel Medicine

Navitas Clinic Shinjuku

ナビタスクリニック新宿

☎03-5361-8383

Mon-Fri 10:00-13:00, 15:00-21:00 Sat 10:00-14:00;

Sun, hols 10:00-17:00 *Check the website as

consultation hours/days vary by department.

Closed days: Year-end and New Year

NEWoMan Bldg. 7F, 4-1-6 Shinjuku, Shinjuku City

www.navitasclinic.jp/clinic/shinjuku/



Internal Medicine, Pediatrics, Dermatology, Allergy

Miwa Medical Clinic

美和メディカルクリニック

☎03-5770-3855

Weekdays 9:20-12:30, 15:30-18:30 Sat 9:20-13:00

Closed days: Thu (morning), 1st, 3rd and 5th Sat,

Sun, hols

Aoyama R Natsuno Bldg. 4F, 4-2-17 Jingumae,

Shibuya City

www.miwamedical.net/



POINT-AND-ASK GUIDE

EAT

肉 Meat	牛肉 Beef	豚肉 Pork	鶏肉 Chicken	羊肉 Lamb/Mutton	魚 Fish	貝 Shellfish
野菜 Vegetables	きのこ Mushrooms	醤油 Soy sauce	味噌 Miso	酢 Vinegar	みりん Mirin	

<p>Q 私はムスリムです。豚肉が食べられません。 I am a Muslim. I cannot eat pork or drink alcohol.</p>	<p>はい、わかりました。 I understand. That's no problem.</p> <p>申し訳ありません。当店で対応できません。 I'm very sorry, but we cannot comply with your dietary restrictions.</p>
<p>Q この店は豚肉を扱っていますか？ Does this shop handle pork products?</p>	<p>はい YES</p> <p>いいえ NO</p>
<p>Q 英語のメニューがありますか？ Do you have an English menu?</p>	<p>はい YES</p> <p>申し訳ありません。ございません。 I'm sorry, we do not.</p>
<p>Q この料理は、アルコールを含む調味料（醤油・味噌・みりん）や豚由来の食材（豚肉、豚骨スープ、ラード、ゼラチン）を使用していますか？ Does this food use seasonings which include alcohol (soy sauce, miso, mirin) or products made from pigs (pork, pork-bone soup, lard, gelatin)?</p>	<p>はい YES</p> <p>使用していません NO</p>
<p>Q この料理から _____ を取り除けますか？ Can you remove the _____ from this food?</p>	<p>はい YES</p> <p>申し訳ありません。できません。 I'm sorry, we cannot.</p>
<p>Q お勧め料理はどれですか？ Which dish do you recommend?</p>	<p>〇〇 I recommend the _____.</p>
<p>Q 洗面所はどこですか？ Where is the restroom?</p>	<p>あちらです。 It's over there.</p> <p>ご案内します。 Please, follow me.</p>
<p>Q 礼拝をしたいのですが、場所を貸していただけませんか？ I wish to perform prayers. Will you please lend me a prayer space?</p>	<p>こちらをご利用ください。 Please use this room.</p> <p>申し訳ありません。ございません。 I'm sorry, but we do not have any rooms.</p>

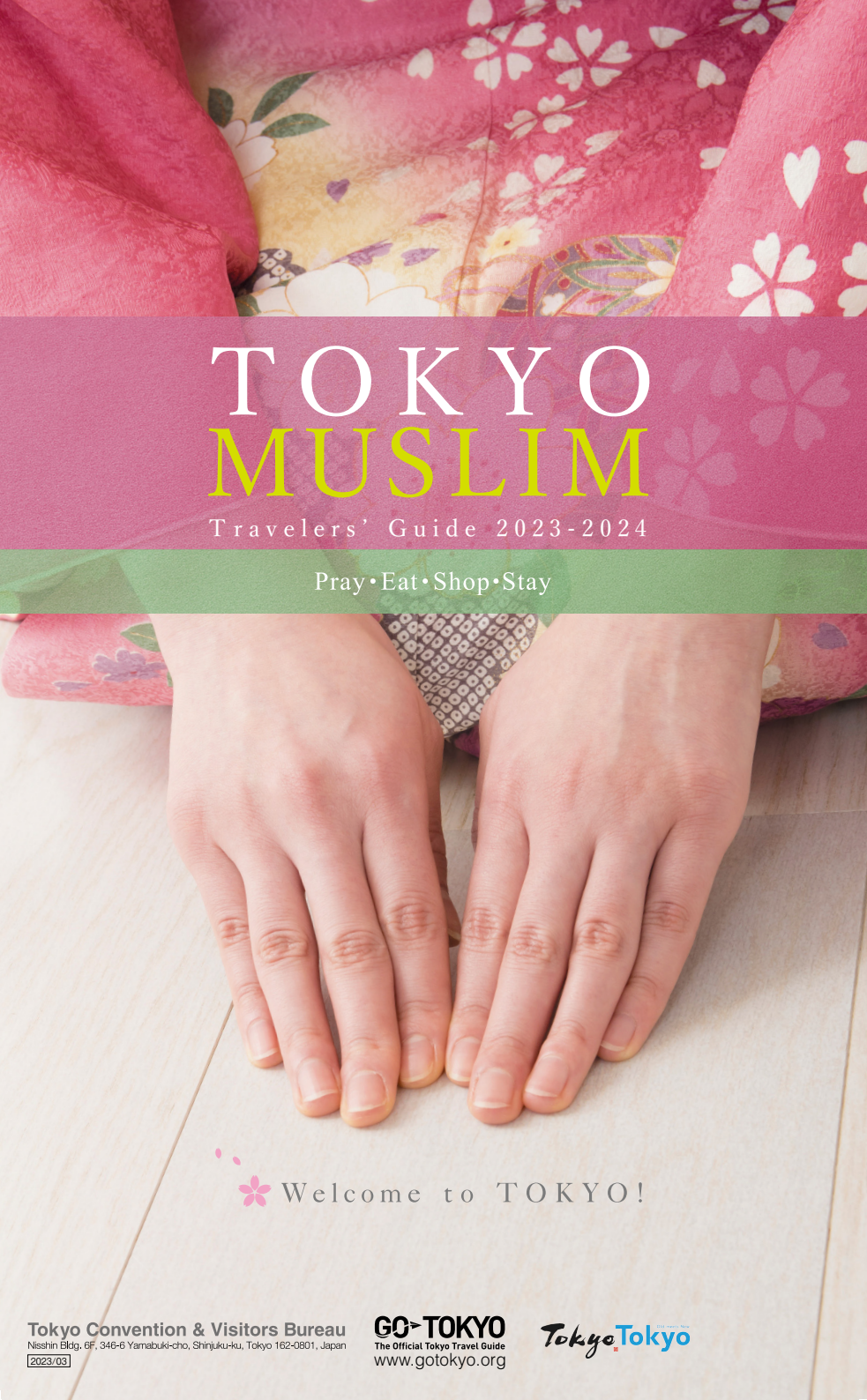
STAY

内科 Internal medicine	外科 Surgery	形成外科 Plastic surgery	婦人科 Gynecology	小児科 Pediatrics
耳鼻咽喉科 Otorhinolaryngology	眼科 Ophthalmology/ Eye clinic	歯科 Dentistry	総合病院 General Hospital	救急病院 Emergency Hospital

<p>Q 荷物を預かれますか？ Can you look after my luggage?</p>	<p>はい、何時までですか？ Yes. What time will you return here?</p> <p>申し訳ありません。できません。 I'm sorry, we cannot do that.</p>
<p>Q タクシーを呼んでください。 Will you call a taxi for me?</p>	<p>はい、どこまで行かれますか？ Certainly. Where would you like to go?</p>
<p>Q このホテルにはムスリムでも食べられるレストランがありますか？ Does this hotel have any restaurants suitable for Muslim diners?</p>	<p>はい、こちらです。 Yes, this restaurant is suitable.</p> <p>申し訳ありません。ありません。 I'm sorry, there are no such restaurants here.</p>
<p>Q この近くに女性がいる英語対応可能な病院がありますか？ Is there a nearby hospital where there are female, English-speaking doctors?</p>	<p>あります。 _____ 分ほどかかります。 Please visit the _____.</p> <p>It takes _____ minutes to get there.</p> <p>近くにありません。 No, there are none nearby.</p>

SHOP

<div>Q</div> <div>これはいくらですか？</div> <div>How much does this cost?</div>	<div>日本円で税込み _____ 円です。</div> <div>It costs _____ yen, including tax.</div>				
<div>Q</div> <div>この店は免税になりますか？</div> <div>Is this store a tax-free store?</div>	<div>はい、当店は免税店です。</div> <div>Yes, it is.</div> <div>いいえ、免税店ではありません。</div> <div>No, it isn't.</div>				
<div>Q</div> <div>クレジットカードは使えますか？</div> <div>Can I use a credit card here?</div>	<div>はい、使えます。</div> <div>Yes, you can.</div> <div>日本円の現金のみです。</div> <div>No, we only accept Japanese yen in cash.</div>				
Visa	JCB	MasterCard	Diners Club	American Express	クレジットカード UnionPay



TOKYO MUSLIM

Travelers' Guide 2023-2024

Pray•Eat•Shop•Stay

 Welcome to TOKYO!