



TOKYO

Vegan & Vegetarian

Restaurant Guide 2023-2024



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.

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

Tokyo government's guidelines.



Icon Guide

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

Category 1

No animal ingredients in **ALL** menus



No meat



No fish



No crustacean



No shellfish



No egg



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



No five pungent vegetables (green onion, scallion, leek, garlic, and chives) in some menus



English assistance available



English menu available



Free Wi-Fi

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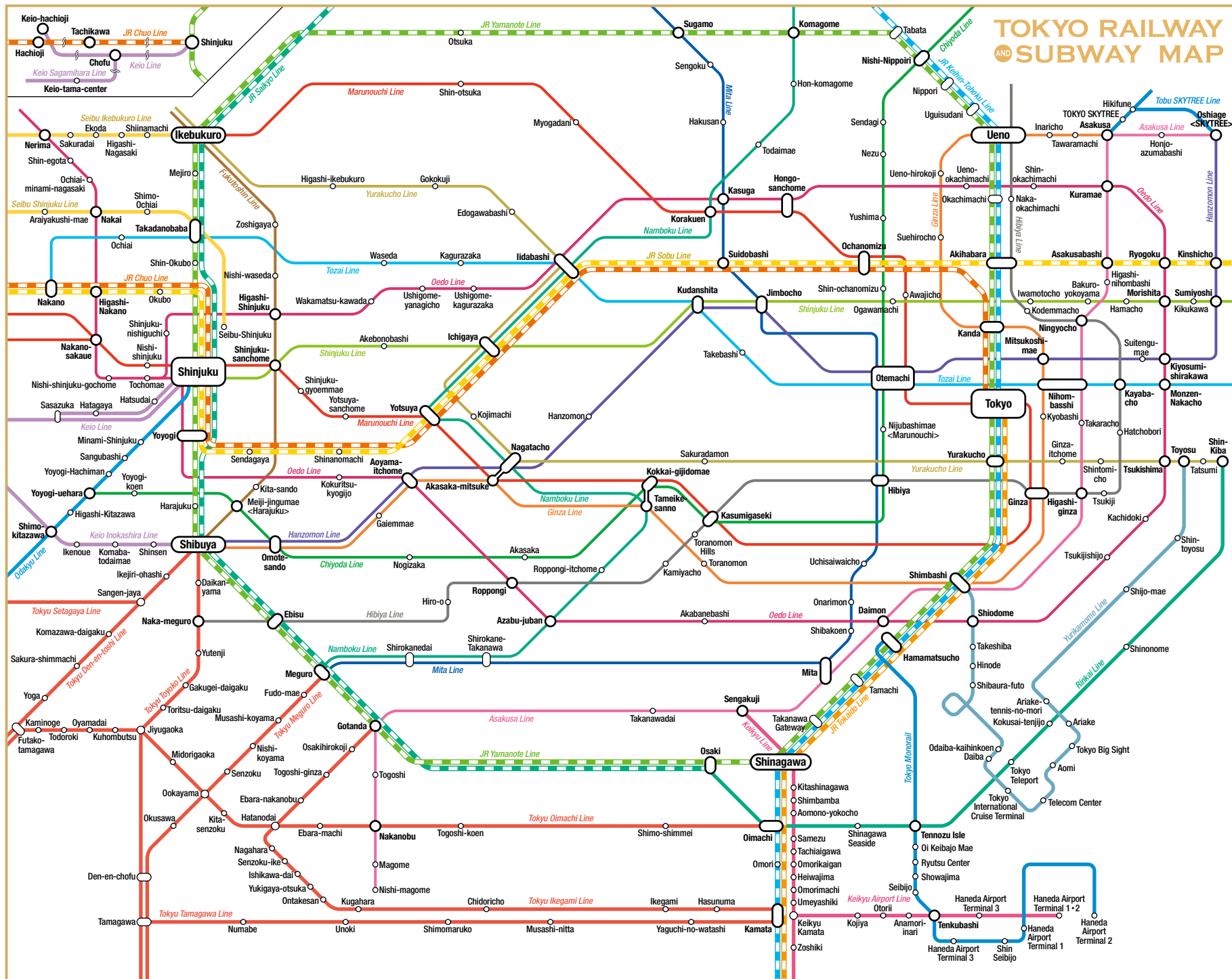
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Category 1

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 who do not eat anything from animal.



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

<https://www.manpuku-veggie.com/en/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



2 T's TANTAN GRANSTA TOKYO

T's たんたん グランスタ東京店

☎03-3218-8040 Lunch ¥1,000 Dinner ¥1,500

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

Hours: 10:00-22:00

Closed days: Open 365 days

Address: GRANSTA TOKYO, 1-9-1 Marunouchi, Chiyoda City

Access: Tokyo (JR, Subway)



Noodles/Ramen
MAP F-5



3 AIN SOPH. GINZA

アインソフ ギンザ

☎050-3134-4241 Lunch ¥3,000 Dinner ¥5,500

<https://en.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



4 KOMEDA is

コメダイス

☎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



5 ovgo Baker Edo St.

ovgo Baker Edo St.

☎03-6667-0328 Lunch ¥990 Dinner ¥990

<https://ovgobaker.com/>

Hours: 11:00-19:00 (Mon-Fri), 10:00-18:00 (Sat, Sun, holidays)

Closed days: Open 365 days

Address: 10-8 Nihonbashi Kodenmacho, Chuo City

Access: Kodenmacho (Subway)



Café/Sweets
MAP G-4



6 FALAFEL BROTHERS Roppongi

FALAFEL BROTHERS 六本木店

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

www.falafelbrothers.jp/

Hours: 8:30-21:00 (Mon-Thu), 8:30-22:30 (L.O. 22:00)

(Fri, Sat), 9:30-18:00 (L.O. 17:30)(Sun)

Closed days: Open 365 days

Address: 5-1-11 Roppongi, Minato City

Access: Roppongi (Subway)



Other foods
MAP D-6



7 TENZO

TENZO

☎03-6811-1183 ¥1,500

<https://ten-zo.net>

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

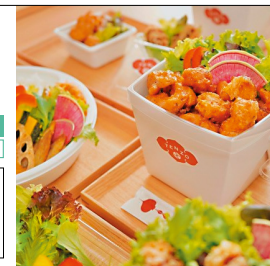
Closed days: Sat, Sun, holidays

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

Access: Toranomon (Subway)



Japanese foods
MAP E-6



8 AIN SOPH. Journey Shinjuku

アインソフ ジャーニー シンジュク

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

<https://en.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. B1F/1F/2F, 3-8-9 Shinjuku, Shinjuku City

Access: Shinjuku-sanchome (Subway)



Other foods
MAP C-4



9 GREAT LAKES

グレートレイクス

☎03-6278-9286 Lunch ¥1,500 Dinner ¥1,500

www.greatlakestokyo.com

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

Closed days: Mon

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

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



American foods

MAP C-2



WEBSITE



ACCESS MAP



10 marbre vegan

marbre vegan

☎03-6380-6898 ¥715

https://www.instagram.com/marbre_vegan/

Hours: 11:00-19:00 (L.O. 18:00)

Closed days: Open 365 days

Address: Parkside Square 1F, 2-1-5 Shinjuku, Shinjuku City

Access: Shinjuku-gyoenmae (Subway)



Café/Sweets

MAP C-4



WEBSITE



ACCESS MAP



11 OIZUMI KOJO NISHIAZABU

大泉工場 NISHIAZABU

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

https://oks-nishiazabu.com/

Hours: 8:00-20:00 (Mon-Thu, Sat), 8:00-21:00 (Fri),

8:00-18:00 (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



12 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 recommended

Café/Sweets

MAP D-3



WEBSITE



ACCESS MAP



13 Vegan Restaurant Nezuoya

ヴィーガンレストラン根津の谷

☎03-3823-0030 Lunch ¥1,450

http://nezuoya.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



14 VESPERA

ヴェスペラ

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

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

Hours: Lunch 12:00-14:30 (Fri-Tue, holidays), Dinner 18:00-23:00 (Mon, Tue, Fri, Sat)

Closed days: Wed, Thu

Address: 3-44-1 Sendagi, Bunkyo City

Access: Nippori (JR, Keisei)



Other foods

MAP F-1



WEBSITE



ACCESS MAP



15 Fucha Vegetarian Cuisine BON

普茶料理 梵

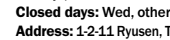
☎03-3872-0375 Lunch ¥3,450 Dinner ¥6,000

https://www.fuchabon.co.jp/english/english.html

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



ACCESS MAP



16 Asakusa Hatoya

浅草 鳩家

☎050-1442-5418 Lunch ¥600

https://www.instagram.com/asakusa_hatoya/

Hours: 11:00-16:00

Closed days: Open 365 days

Address: 2-3-3 Asakusa, Taito City

Access: Asakusa (Subway, Tobu, TX)



Café/Sweets

MAP H-2



WEBSITE



ACCESS MAP



17 injoy

悦納

☎03-5830-2333 ¥5,000

https://etsuno.jp/

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



18 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, Tue (If Monday or Tuesday is a national holiday, it will open)

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

Access: Asakusa (Subway, Tobu, TX)



Café/Sweets

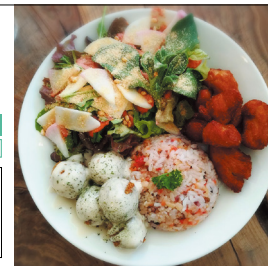
MAP H-2



WEBSITE



ACCESS MAP



19 Vegan Cafe PQ's

Vegan Cafe PQ's

☎03-6877-1588 Lunch ¥2,000

<https://pqs.world/en/>

Hours: 11:00-17:00 (L.O.16:30)(Mon, Thu), 11:00-21:00 (L.O.20:00)(Fri), 10:00-21:00 (L.O.20:00)(Sat), 10:00-21:00 (curry L.O.15:30)(Sun)

Closed days: Tue, Wed

Address: 1-1-2 Ryusen, Taito City

Access: Iriya (Subway)



Café/Sweets

MAP H-2



WEBSITE



ACCESS MAP



20 Shochiku-en Café

松竹園カフェ

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

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

Hours: 11:00-18:00

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



21 Shochiku-en sweets house Vegan & Gluten-free

松竹園製菓所

☎03-6802-4804 ¥1,000

Hours: 9:00-18:00

Closed days: Sat, Thu

Address: 1-32-1 Nihonzutsumi, Taito City

Access: Minowa (Subway)



Take out only

Café/Sweets

MAP H-1



ACCESS MAP



22 T's TANTAN ecute Ueno

T'sたんたん エキュート上野店

☎03-5826-5618 Lunch ¥1,000 Dinner ¥1,500

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

Hours: 10:00-22:00 (Mon-Fri), 10:00-21:00 (Sat, Sun, holidays)

Closed days: Open 365 days

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

Access: Ueno (JR, Subway)



Noodles/Ramen

MAP G-2



WEBSITE



ACCESS MAP



23 VEGAN GYOZA

ヴィーガン餃子

☎03-3871-7017 Lunch ¥1,330 Dinner ¥1,330

<https://www.veganygoza.com/>

Hours: 10:00-21:00 (L.O. 19:30)

Closed days: Mon, Tue

Address: Yoko Bldg. 1F, 3-11-17 Negishi, Taito City

Access: Uguisudani (JR)



Reservation recommended

Café/Other foods

MAP G-2



WEBSITE



ACCESS MAP



24 FruOats Factory

FruOats Factory

¥480

https://shop.fruoats.jp/pages/shop-fruoats_factory

Hours: 11:00-17:00

Closed days: Wed

Address: 1-12-20 Ogibashi, Koto City

Access: Sumiyoshi (Subway), Kiyosumi-shirakawa (Subway)



Café/Sweets

MAP I-4



WEBSITE



ACCESS MAP



25 Vegan Ramen UZU Tokyo

Vegan Ramen UZU Tokyo

Lunch ¥2,000 Dinner ¥2,000

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

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



26 Plus Veganique JIYUGAOKA

プラスヴィーガニック自由が丘

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

www.plus-veganique.com/

Hours: 12:00-15:30, 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



ACCESS MAP



27 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

MAP B-8



WEBSITE



ACCESS MAP



28 SAIDO

菜道

☎03-5726-9500 Lunch ¥2,970 Dinner ¥3,300

<https://saido.tokyo/en/>

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

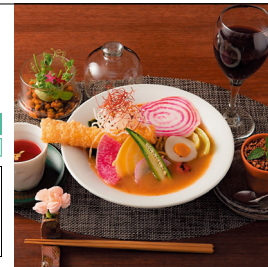
MAP A-10



WEBSITE



ACCESS MAP



29 T's Restaurant

T'sレストラン

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

<https://ts-restaurant.jp/english/>

French/Italian foods

MAP A-10

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)



WEBSITE



ACCESS MAP



30 CORI. Vegan Food & Craft Beer

CORI. Vegan Food & Craft Beer

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

www.cori-vege.com/

Other foods

MAP K-9

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

Closed days: No fixed holiday

Address: 4-2-20 Kamiyama, Setagaya City

Access: Komazawa-daigaku (Tokyu)



WEBSITE



ACCESS MAP



31 Food Therapy Diner Chabuzen

薬膳食堂ちやぶ膳

☎080-6603-8587 Dinner ¥1,500

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

Noodles/Ramen

MAP A-6

Hours: 17:00-22:00

Closed days: Mon

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

Access: Shimo-Kitazawa (Odakyu, Keio)



WEBSITE



ACCESS MAP



32 KLASINA VEGAN TOKYO

ヴィーガン創作家庭料理 KLASINA

☎03-3466-3596 Lunch ¥3,900 Dinner ¥5,900

<https://klasina.tokyo/englishpage>

Japanese foods

MAP A-6

Hours: 13:00-16:00, 18:00-22:00 (Reservation only)

Closed days: No fixed holiday

Address: Hondo 1F-Hidari, 3-26-6 Kitazawa, Setagaya City

Access: Shimo-Kitazawa (Odakyu, Keio)



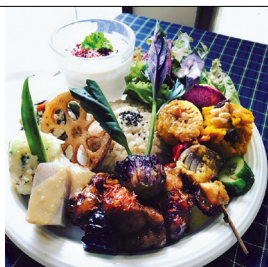
Reservation required 5 days in advance (from 4 persons) via email (klasina.hiro@gmail.com)



WEBSITE



ACCESS MAP



33 Olu 'Olu Cafe

オルオルカフェ

☎03-3795-6060 Lunch ¥1,080

<https://aloha-olu-olu-cafe-english.webnode.jp/>

Other foods

MAP A-7

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



WEBSITE



ACCESS MAP



34 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

Other foods

MAP J-9

Hours: 8:30-18:00

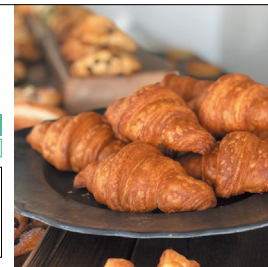
Closed days: Mon, Tue (or the following Tue and Wed when Mon falls on a national/substitute holiday)

Address: 5-9-15 Daita, Setagaya City

Access: Setagaya-Daita (Odakyu)



ACCESS MAP



35 2foods Shibuya LOFT shop

2foods 渋谷ロフト店

☎03-6416-4025 Lunch ¥1,300 Dinner ¥1,300

<https://2foods.jp/store/558498316446/>

Café/Sweets

MAP B-6

Hours: 11:00-21:00 (L.O. 20:00) (Mon-Thu, Sun), 11:00-22:30 (L.O. 22:00) (Fri, Sat, the day before a national holiday)

Closed days: Varies depending on the facility

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

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



WEBSITE



ACCESS MAP



36 FALAFEL BROTHERS Ebisu

FALAFEL BROTHERS 恵比寿店

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

www.falafelbrothers.jp/

Other foods

MAP C-7

Hours: 11:00-21:00 (Mon-Sat), 11:30-16:00 (Sun)

Closed days: Open 365 days

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

Access: Ebisu (JR, Subway)



WEBSITE



ACCESS MAP



37 hal okada vegan sweets lab

hal okada vegan sweets lab

¥750

<https://www.halokada.com/>

Café/Sweets

MAP D-7

Hours: 11:00-19:00

Closed days: Wed

Address: 1F, 5-4-18 Hiroo, Shibuya City

Access: Hiro-o (Subway)



WEBSITE



ACCESS MAP



38 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/>

Other foods

MAP C-7

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

Closed days: Tue

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

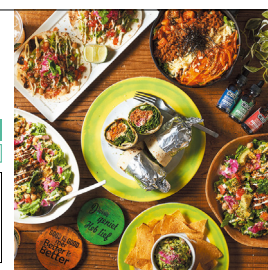
Access: Ebisu (JR, Subway)



WEBSITE



ACCESS MAP



39 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



40 Terra Burger & Bowl

Terra Burger & Bowl

☎050-8880-1364 Lunch ¥1,480 Dinner ¥1,480
www.terrabb.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



WEBSITE



ACCESS MAP



41 Vegan Restaurant Masaka

ヴィーガン居酒屋真さか

☎03-5422-3020 Lunch ¥900 Dinner ¥2,000
https://shibuya.parco.jp.e.aiv.hp.transer.com/shop/detail/?cd=025897

Hours: 12:00-23:00

Closed days: Open 365 days

Address: SHIBUYA PARCO B1F, 15-1 Udagawacho, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)



Izakaya/Bar

MAP B-6



WEBSITE



ACCESS MAP



42 Wa no Kashi Meguri

和のかし 巡

☎03-5738-8050 ¥1,800
https://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



43 Pain de BRUN

パンドブラン

☎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)



Other foods

MAP J-9



WEBSITE



ACCESS MAP



44 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: 12:00-21:00 (L.O. 20:00) (Wed-Sat), 12:00-17:00 (L.O. 16:00) (Sun)

Closed days: Mon, Tue

Address: RIC Koenji 2F, 3-45-11 Koenji-Minami, Suginami City
Access: Koenji (JR)



Café/Sweets

MAP J-8



WEBSITE



ACCESS MAP



45 AIN SOPH. soar

アインソファ

☎03-5944-9699 Lunch ¥2,000 Dinner ¥2,500
https://en.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)



Other foods

MAP D-1



WEBSITE



ACCESS MAP



46 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)



Other foods

MAP E-1



WEBSITE



ACCESS MAP



47 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: 11:00-22:00

Closed days: Open 365 days

Address: Inside the JR Ikebukuro Sta., 1-28-2 Minami-Ikebukuro, Toshima City
Access: Ikebukuro (JR, Subway, Tobu, Seibu)



Noodles/Ramen

MAP C-1



WEBSITE



ACCESS MAP



48 Natural Cafe Sakuratei

ナチュラルカフェ さくら亭

☎042-625-8622 Lunch ¥1,540
http://hachioji-sakuratei.cafe.coocan.jp/

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

Closed days: Mon, Tue, Wed

Address: 21-1 Uenomachi, Hachioji City
Access: Hachioji (JR)



Reservation required

Other foods

MAP H-9



WEBSITE



ACCESS MAP



49 Macrobi Meal Hitokokyu

マクロビミール ひとこぎゅう

☎0422-38-6566

Lunch ¥1,400 Dinner ¥1,700

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

Hours: 11:30–14:30 (Mon–Sun), 17:30–19:30 (Mon, Tue, Thu, Fri)

Closed days: holidays

Address: 1-10-1 Nishikubo, Musashino City

Access: Mitaka (JR)



Japanese foods

MAP J-8



WEBSITE



ACCESS MAP



Category 2

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

* A vegan, as referred to in this guidebook, is a person who do not eat anything from animal.



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 CHAYA Natural & Wild Table Hibiya

CHAYA ナチュラル&ワイルドテーブル 日比谷

☎03-5757-8780

Lunch ¥1,300 Dinner ¥2,500

<https://chayam.co.jp/english/>

Hours: 11:00–22:00 (L.O. 21:00) (Sun, Mon), 11:00–23:00 (L.O. 22:00) (Tue–Sat)

Closed days: According to the facility's closed days

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

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



French/Italian foods

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 ¥1,120 Dinner ¥1,120

<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), 17:30–22:00 (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

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

Hours: 11:00–23:00 (L.O. 22:00) (Tue–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: Mon

Address: 1-12-1 Nihonbashi-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

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

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 ミールズ

☎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

FARO

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

https://faro.shiseido.co.jp/en/

Hours: 12:00-13:30 (L.O.), 18:00-20:00 (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 ¥1,120 Dinner ¥1,120

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 Chaya Macrobi Shiodome

CHAYA マクロビ 汐留

☎03-3573-3616 Lunch ¥1,200 Dinner ¥2,500

https://chayam.co.jp/english/

Hours: 7:00-10:00 (L.O. 9:30), 11:00-21:00 (L.O. 20:30)
Closed days: Open 365 days Address: The Royal Park
Iconic Tokyo Shiodome Bldg. 1F, 1-6-3 Higashi-Shinbashi,
Minato City Access: Shimbashi (JR, Subway), Shiodome
(Subway, Yurikamome)



French/Italian foods

MAP F-6



WEBSITE



ACCESS MAP



12 Kyushu Jangara Akasaka

『九州じゃんがら』赤坂店

☎03-3505-7882 Lunch ¥1,120 Dinner ¥1,120

https://kyushujangara.co.jp/shops/akasaka/

Hours: 11:00-22:00 (L.O. 21:45), 11:00-15:00 (Sat,
Sun, holidays)
Closed days: Open 365 days
Address: 2-15-15 Akasaka, Minato City
Access: Akasaka (Subway)



Noodles/Ramen

MAP E-5



WEBSITE



ACCESS MAP



13 L for You

L for You

☎03-6459-2504 Lunch ¥1,320 Dinner ¥2,000

www.lforyou.tokyo/

Hours: 11:00-19:30 (Mon, Tue, Sat), 11:00-20:30 (Wed, Thu, Fri), 11:00-
17:00 (Sun) *L.O. Food: 1 hr before closing, Drink: 30 min. before closing
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



14 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: VORT Aoyama Leap B1F 001, 2-12-4 Kita-Aoyama,
Minato City
Access: Gaienmae (Subway)



French/Italian foods

MAP C-5



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/en/

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 ¥13,000

https://www.sougo.tokyo/index_e.html

Hours: 11:30-15:00, 17:30-23:00
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 ¥1,800

www.sincere-garden.com/

Hours: 11:30-18:00 (L.O. 17:00)
Closed days: Mon, Tue, the 1st of every month (or the following
weekday when the 1st is Sat, Sun, or a national/substitute holiday)
Address: Aoyama Takano Bldg. 2F, 3-5-4 Kita-Aoyama, Minato City
Access: Omote-sando (Subway), Gaienmae (Subway)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



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. 21:00)

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 Belgio 1F, 3-11-14 Akasaka, Minato City

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



Japanese foods

MAP E-5



WEBSITE



ACCESS MAP



20 YASAIYA Teppanyaki yasai Roppongi

やさいや鉄板焼野菜 六本木店

☎03-6434-0790 Lunch ¥5,000 Dinner ¥9,000
https://yasaiya.tokyo/

Hours: 17:00~22:00 (L.O. 21:00) (Thu, Fri), 12:00~22:00

(L.O. 21:00) (Sat, Sun, holidays)

Closed days: Mon, Tue, Wed

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

Access: Roppongi (Subway)



Reservation required

Japanese foods

MAP D-6



WEBSITE



ACCESS MAP



21 & sandwich.

アンドサンドイッチ

☎03-6709-9455 Lunch ¥1,200
www.andsandwich.tokyo/

Hours: 8:00~19:00 (L.O. 18:00)

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

Address: Sukilagyoen 1F, 1-5-7 Shinjuku, Shinjuku City

Access: Shinjuku-gyoemmae (Subway)



Café/Sweets

MAP C-4



WEBSITE



ACCESS MAP



22 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
https://chayam.co.jp/english/

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



23 FAR EAST BAZAAR LUMINE Shinjuku

FAR EAST BAZAAR ルミネ新宿店

☎03-3342-2230 ¥2,000
https://fareastinc.co.jp/

Hours: 11:00~21:00

Closed days: According to the facility's closed days

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

Shinjuku City

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



Café/Sweets

MAP C-4



WEBSITE



ACCESS MAP



24 Noren Muro

米麴・甘酒専門店 MURO 神楽坂

☎03-5579-2910 ¥1,200
https://koujiamasake.jp/

Hours: 11:00~19:00

Closed days: No fixed holiday

Address: 1-12-6 Kagurazaka, Shinjuku City

Access: Iidabashi (JR, Subway)



Other foods

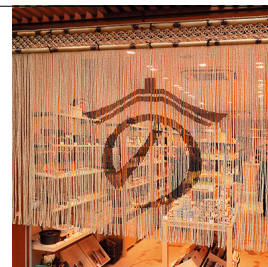
MAP E-3



WEBSITE



ACCESS MAP



25 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



26 Shiboriya 935

搾り屋935

☎03-3816-1071 Lunch ¥1,000
https://shiboriya935.business.site/

Hours: 8:00~18:00 (Mon~Fri), 9:30~18:00 (Sat, holidays)

Closed days: Sun

Address: 3-28-4 Hongo, Bunkyo City

Access: Hongo-sanchome (Subway)



Other foods

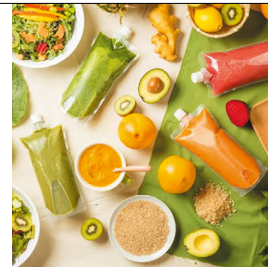
MAP F-3



WEBSITE



ACCESS MAP



27 Sobaful

Sobaful

☎03-6912-0165 Lunch ¥1,000 Dinner ¥1,600
https://sobaful.com/

Hours: 11:00~20:00

Closed days: Sat, Sun, other non fixed holidays

Address: Noburu Otowa 108, 2-4-2 Otowa, Bunkyo City

Access: Gokokuji (Subway)



Reservation recommended

Japanese foods

MAP D-2



WEBSITE



ACCESS MAP



28 tofuroom Dy's

豆腐 room Dy's

Lunch ¥1,850

<https://tofuroomdys.jimdo.free.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



29 Asakusa Tofa Daio

浅草豆花大王

☎03-5849-4580

¥1,000

<https://www.facebook.com/tofadaisuki/>

Hours: 12:00-20:00 (Mon-Fri), 11:00-19:00 (Sat, Sun, holidays)

Closed days: Tue

Address: 4-43-4 Asakusa, Taito City

Access: Asakusa (TX, Subway, Tobu)



Café/Sweets

MAP H-2



WEBSITE



ACCESS MAP



30 Fukuandon

福行燈

☎03-3873-8611

Lunch ¥1,320 Dinner ¥1,870

<https://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



31 Guruatsu

ぐるあつ

☎03-5830-3700

Lunch ¥1,340

<https://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)



Cash only

Café/Sweets

MAP G-2



WEBSITE



ACCESS MAP



32 Guruatsu Stand

ぐるあつ すたんど

Lunch ¥1,100

<https://www.instagram.com/guruatsu/>

Hours: 11:30-16:00

Closed days: Sun, holidays, other non fixed holidays

Address: 3-8-4 Matsugaya, Taito City

Access: Inaricho (Subway)



Café/Sweets

MAP G-2



WEBSITE



ACCESS MAP



33 Minoya

味農家

☎03-3866-3795

Dinner ¥9,000

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



34 SANDWICH LAB

SANDWICH LAB

☎03-5825-4076

¥1,100

<https://www.lab-sandwich.com/>

Hours: 11:30-16:00 (L.O. 15:30), 19:00-22:00 (L.O. 21:30, Takeout only)

Closed days: Fri-Sun (except for the 1st Sat, 5th Sat/Sun)

Address: 3-10-8 Asakusabashi, Taito City

Access: Asakusabashi (JR, Subway)



Reservation recommended

Café/Sweets

MAP G-3



WEBSITE



ACCESS MAP



35 CAFE MEGURO Indonesian Restaurant

インドネシア料理 チャペ目黒店

☎03-6432-5748

Lunch ¥1,000 Dinner ¥3,000

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

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



36 News Cafe

ニュースカフェ

☎03-3725-6450

Lunch ¥1,130 Dinner ¥2,000

<https://www.instagram.com/newscafetokyo/>

Hours: 12:00-20:00 (L.O. 19:00) (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

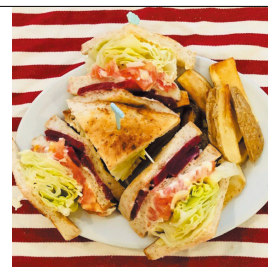
MAP A-10



WEBSITE



ACCESS MAP



37 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: 12:00-20:00 (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



38 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



39 CHAYA Cafe Organic Coffee & Bread

CHAYA Cafe オーガニックコーヒー & ブレッド (羽田空港ターミナル1内)

☎03-5757-8780 Lunch ¥1,500 Dinner ¥1,500
https://chayam.co.jp/english/

Hours: 8:00-19:00 (L.O. 18:00)
Closed days: Open 365 days
Address: Haneda Airport Terminal 1 2F, 3-3-2 Haneda Airport, Ota City
Access: Haneda Airport Terminal 1・2 (Keikyu), Haneda Airport Terminal 1 (Tokyo Monorail)



French/Italian foods
MAP L-10



WEBSITE



ACCESS MAP



40 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/en/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



41 QOL Cafe Mam Aina

QOL Cafe Mam Aina

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

Hours: 10:30-15:00 (L.O. 14:30)
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



42 cafe Stay Happy

カフェステイハッピー

☎03-3410-5959 Lunch ¥1,500 Dinner ¥2,000
https://cafestayhappy.com/?page_id=273

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



43 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, 17:30-20:00
Closed days: Mon, other non fixed holidays
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



44 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: Mon, 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



45 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)



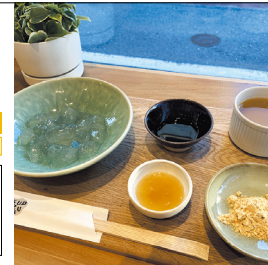
Café/Sweets
MAP A-10



WEBSITE



ACCESS MAP



46 CARVAAN TOKYO

CARVAAN TOKYO

☎03-6451-1772 Lunch ¥3,000 Dinner ¥5,000
https://fareastinc.co.jp/

Hours: 11:00-15:30 (L.O. 14:30), 17:00-23:00 (L.O. 21:00)
Closed days: According to the facility's closed days
Address: Shibuya Scrumble Square 12F, 2-24-12 Shibuya, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)



Reservation recommended

Other foods
MAP C-6



WEBSITE



ACCESS MAP



47 Chipoon

チプーン

☎03-6804-2123 Lunch ¥1,000 Dinner ¥1,000
http://chipoon.tokyo/

Hours: 11:00-20:00 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



48 FICO & POMUM JUICE AOYAMA

フィコ&ポムジュース 青山店

☎03-6805-0480 ¥990
http://ficoandpomum.com/

Hours: 8:00-21:00 (L.O.)
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



49 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/index_en.html

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



50 haishop cafe SHIBUYA SCRUMBLE SQUARE

haishop cafe 渋谷スクランブルスクエア店

☎03-4400-9532 ¥800
https://www.haishopjapan.com/p/00007

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

Address: SHIBUYA SCRUMBLE SQUARE 7F, 2-24-12 Shibuya, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)



Café/Sweets
MAP C-6



51 medel deli

メデルデリ

☎03-6427-8580 Lunch ¥1,500 Dinner ¥1,500
https://www.medeldeli.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



52 Milan Nataraj Shibuya

ミラン・ナタラジ 渋谷店

☎03-6416-9022 Lunch ¥1,190 Dinner ¥2,500
https://nataraj.co.jp/en/

Hours: 11:30-23:00 (L.O. 22:30)
Closed days: New Year holidays

Address: Iwamoto Bldg. 3F, 1-22-7 Jinnan, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)



Asian/Ethnic foods
MAP C-6



53 Nataraj Harajuku Omotesando

ナタラジ原宿表参道店

☎03-6427-7515 Lunch ¥1,290 Dinner ¥2,500
https://nataraj.co.jp/en/

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

Closed days: New Year holidays

Address: Q-plaza 8F, 6-28-6 Jingumae, Shibuya City
Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)



Asian/Ethnic foods
MAP C-6



54 NoodleStandTokyo

ヌードルスタンドトーキョー

☎03-6804-1477 Lunch ¥1,000 Dinner ¥1,000
https://www.instagram.com/noodlestandtokyo/

Hours: 11:30-15:45, 18:00-21:30 (Tue-Fri), 11:30-21:30 (Sat, Sun, holidays)

Closed days: Mon

Address: JINGUMAE COMICHI 2F, 1-23-26 Jingumae, Shibuya City
Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)



Noodles/Ramen
MAP C-5



55 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



56 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
https://www.the-matcha.tokyo/en

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



57 VEGAN BISTRO JANGARA

ヴィーガンビストロジャングラ

☎03-3404-5572 Lunch ¥1,100 Dinner ¥1,500
https://kyushujangara.co.jp/shops/veganbistro/

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

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



58 cru mar

ごはんカフェくるまる

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

<https://cru-mar.jimdofree.com/english/>

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

Closed days: Please check the website

Address: 3-15-9 Izumi, Suginami City

Access: Eifukucho (Keio)



Other foods

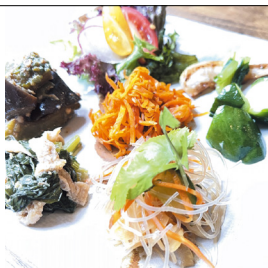
MAP J-9



WEBSITE



ACCESS MAP



59 Nataraj Ogikubo

ナタラジ 荻窪店

☎03-3398-5108 Lunch ¥1,150 Dinner ¥2,300

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

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

Closed days: New Year holidays

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

Access: Ogikubo (JR, Subway)



Asian/Ethnic foods

MAP J-8



WEBSITE



ACCESS MAP



60 Kyushu Jangara Seibu-Ikebukuro

『九州じゃんがら』西武池袋店

☎03-3981-5188 Lunch ¥1,120 Dinner ¥1,120

<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



WEBSITE



ACCESS MAP



61 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



WEBSITE



ACCESS MAP



62 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: Mitsuya Bldg. 102, 2-9-26 Sugamo, Toshima City

Access: Sugamo (JR, Subway)



Café/Sweets

MAP E-1



WEBSITE



ACCESS MAP



63 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: 11:00-18:00 (L.O. 17:30)

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



64 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: 11:00-21:00 (L.O. 20:30)

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



65 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



66 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 (Mon-Fri), 10:00-22:00 (Sat, Sun, holidays)

Closed days: Varies depending on the facility

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

Access: Minami-machida Grandberry Park (Tokyu)



Noodles/Ramen

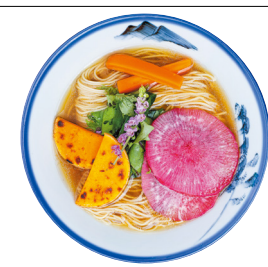
MAP I-10



WEBSITE



ACCESS MAP



67 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



68 Kunitachi Pasta Factory

Kunitachi Pasta Factory

☎042-505-8369 Lunch ¥1,200 Dinner ¥2,000

<https://pastafactory.jp/>

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

Closed days: Wed

Address: 1-15-34 Higashi, Kunitachi City

Access: Kunitachi (JR)



Reservation recommended

French/Italian foods

MAP I-9



WEBSITE



ACCESS MAP



69 nakaichi chienfu

中一素食店

☎042-577-3446 Lunch ¥980 Dinner ¥980

www.nakaichifoods.co.jp/

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

Closed days: Mon, 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

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

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 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 ¥1,195 Dinner ¥1,195

www.crisp.co.jp/

Hours: 11:00-22:00

Closed days: Open 365 days

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

Access: Roppongi (Subway)



Other foods

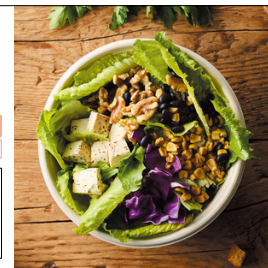
MAP D-6



WEBSITE



ACCESS MAP



3 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



4 IKEA Shibuya

IKEA 渋谷

☎0570-01-3900 ¥300

www.ikea.com/jp/en/

Hours: 10:00-21:00

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



5 irish Pub An SÓLÁS

アイリッシュパブ アンソラス

☎03-5919-6686 Lunch ¥1,000 Dinner ¥900

www.facebook.com/AnSolaslIrishPub/

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

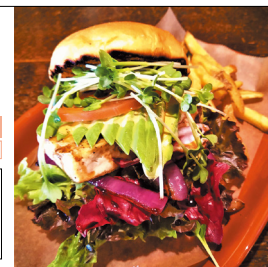
MAP C-4



WEBSITE



ACCESS MAP



6 vegetable bar Nerima

練馬 八百屋バール

☎03-5912-0266 Dinner ¥3,200

<https://www.hotpepper.jp/strJ001134838/>

Hours: 17:00-0:00 (L.O. 23:30)

Closed days: Tue

Address: Espoir Akiyama 102, 5-1-1 Toyotama-Kita,

Nerima City

Access: Nerima (Subway, Seibu)



Izakaya/Bar

MAP J-8



WEBSITE

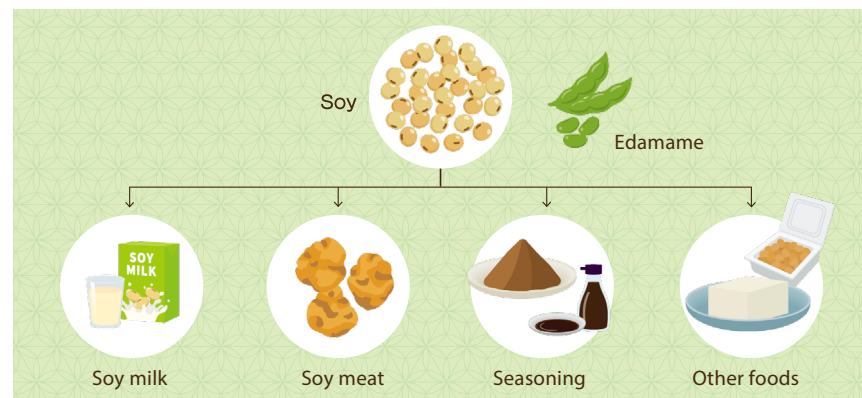


ACCESS MAP



The Wonders of Soybeans!

This amazing bean, often relegated to livestock feed and industrial uses in many countries, has lately experienced a renaissance as the superfood base of alternative meat. Of course, this is old news for Japan where soybeans have been a vital element of cuisine since time immemorial. Next time you're out for *washoku*, take a moment to think about how essential this ingredient is for your delicious, nutritious meal.



Tofu, soy sauce, *miso*, *natto*, *abura-age* (deep-fried tofu), *yuba*, boiled beans, *edamame*, *kinako* powder, soy milk, and the list goes on. Soy foods such as these cover a vast range of Japanese cuisine and seasonings. The legume is so rich in protein and minerals, including calcium, that it is known as the “meat of the field,” and also contains fat and iron. Not limited to savory dishes, *kinako* made from ground and roasted soybeans, is also used in many sweets.



Miso 味噌

This paste made by fermenting soybeans, rice, or barley with salt and *koji* mold is enjoyed in a variety of dishes such as miso soup, sauces, processed foods, and seasonings.

Miso soup 味噌汁

Vegetables, tofu, and other ingredients are added to a soup made by mixing miso paste with the classic Japanese soup base, *dashi*. Soybeans are enjoyed in two forms as miso soup and diced tofu.



Soy sauce 醤油

A fermented food item, known as *shoyu* in Japanese, made from soybeans, wheat, salt, water, and *koji* mold. In Japanese cuisine, *shoyu* is both a seasoning for *nimono* (dishes made by simmering or stewing) and a base for soups and sauces.

Senbei せんべい

A crunchy rice cracker made from rice flour typically flavored with soy sauce.



Tofu 豆腐

Soy milk solidified with an agent such as bitter. Different hardening methods produce different types such as firm tofu and “silken” tofu.

Agedashi tofu 揚げ出し豆腐



Tofu that has been drained then deep-fried and covered with *tsuyu*, a soy sauce-base seasoning sauce.



Yuba 湯葉

This thin layer that forms on the surface of heated soy milk is separated and then either dried or semi-dried as a sheet.

Yuba-sashi 湯葉刺し



Like sashimi, yuba is enjoyed dipped in soy sauce.



Natto 納豆

This superfood is made with soybeans fermented with a fungus called *natto-kin* (a kind of *Bacillus subtilis*). It has a consistency similar to peanut butter but packs a unique aroma.

Natto-maki 納豆巻

A sushi roll filled with natto, popularly sold at even convenience stores as well as sushi shops.



Abura-age 油揚げ

In this delicacy, firm tofu is thinly sliced, drained, then deep-fried. Often eaten in miso soup, as a side dish, or *nimono*.

Inari-zushi いなり寿司



A type of sushi with vinegar infused rice tucked into pockets of salty-sweet deep-fried tofu.

Please be aware that *dashi*, *tsuyu*, *senbei*, *inari-zushi*, and others may contain animal products.

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



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



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?

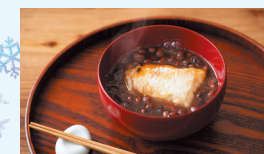
Chestnuts, sugar

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 2023-2024



 Welcome to TOKYO!