



# TOKYO

## Vegan & Vegetarian

Restaurant Guide 2024-2025



# 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.

satisfy your needs.  
will be every bit as tasty



## 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.

the broth or seasonings.

### Category 1

No animal ingredients in **ALL** menus



No meat



No fish



No crustacean



No shellfish



No egg



No dairy



No honey

### Category 2

No animal ingredients in **SOME** menus



No meat



No fish



No crustacean



No shellfish



No egg



No dairy



No honey

### Category 3

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



No meat



No fish



No crustacean



No shellfish



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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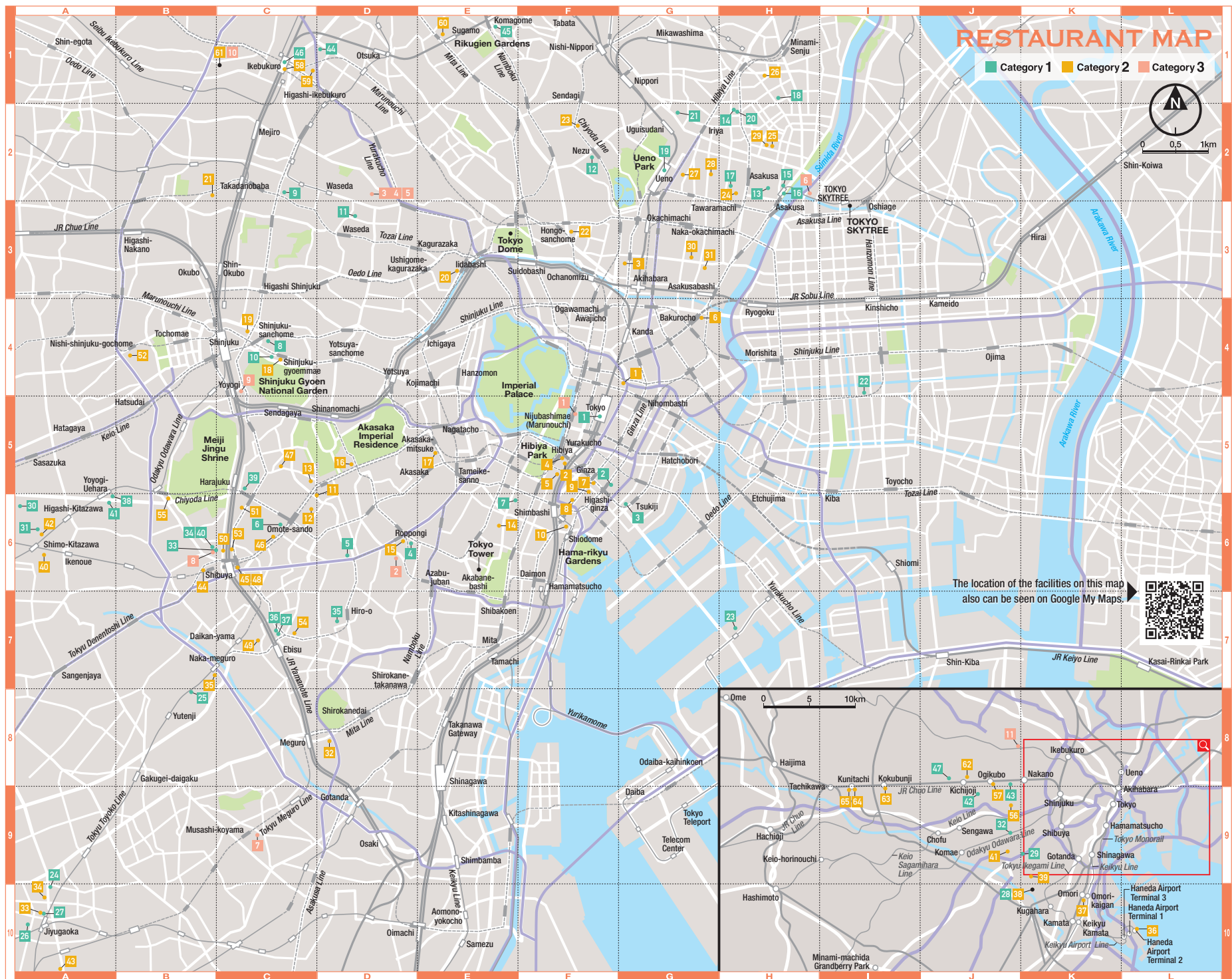
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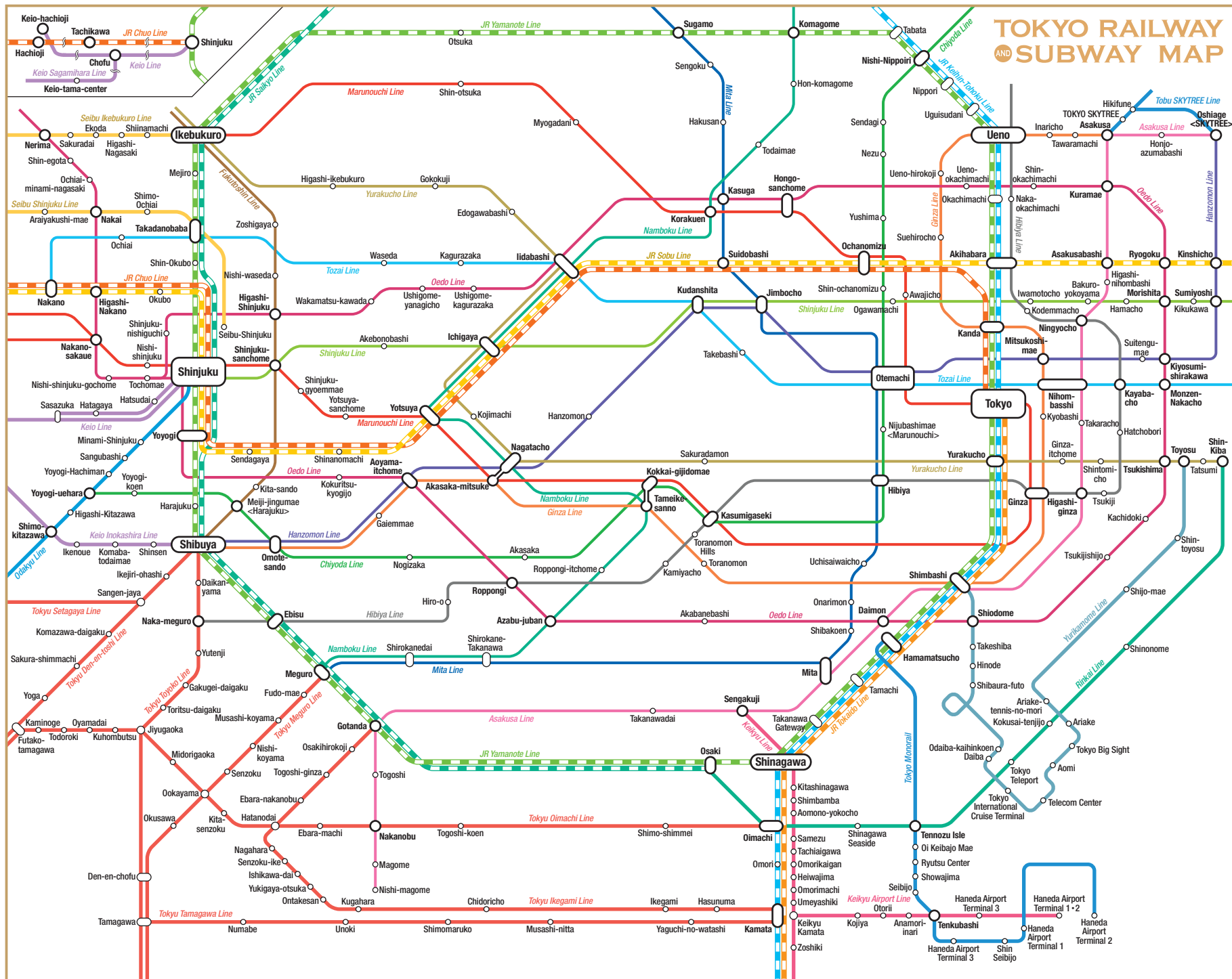
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# Category 1

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 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



WEBSITE



ACCESS MAP



## 2 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



WEBSITE



ACCESS MAP



## 3 KOMEDA is

コメダイズ

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

[www.komeda-is.com/](http://www.komeda-is.com/)

Hours: 7:00-22:00 (L.O. 21:30), Alcohol served 11:00-

22:00 (L.O. 21:30)

Closed days: Varies depending on the facility

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

Access: Higashi-ginza (Subway)



Café/Sweets  
MAP G-6



WEBSITE



ACCESS MAP



## 4 FALAFEL BROTHERS Roppongi

FALAFEL BROTHERS 六本木店

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

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



WEBSITE



ACCESS MAP



## 5 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 (Tue-Sat), 8:00-18:00 (Sun)

Closed days: Mon

Address: 2-13-13 Nishi-Azabu, Minato City

Access: Hiro-o (Subway), Roppongi (Subway)



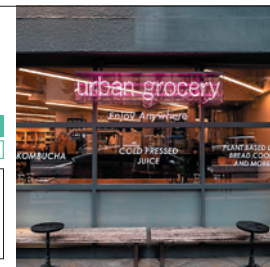
Café/Sweets  
MAP D-6



WEBSITE



ACCESS MAP



## 6 SO TARTE OMOTESANDO

SO TARTE 表参道店

☎03-6433-5159 ¥2,000

[https://www.instagram.com/sotarte\\_/](https://www.instagram.com/sotarte_/)

Hours: 11:00-19:00

Closed days: Open 365 days

Address: 3-10-14 Kita-Aoyama, Minato City

Access: Omote-sando (Subway)



Café/Sweets  
MAP C-6



WEBSITE



ACCESS MAP



## 7 TENZO

TENZO

☎03-6811-1183 ¥1,500

<https://ten-zo.net>

Hours: 11:00-15:00 (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



WEBSITE



ACCESS MAP



## 8 AIN SOPH. Journey Shinjuku

アインソフ ジャーニー シンジュク

☎050-5869-4158 Lunch ¥2,000 Dinner ¥3,500

<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



WEBSITE



ACCESS MAP



## 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)



## 10 marbre vegan

marbre vegan 新宿御苑本店

☎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)



## 11 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



## 12 Vegan Restaurant Nezunoya

ヴィーガンレストラン 根津の谷

☎03-3823-0030 Lunch ¥1,700

http://nezunoya.com/

Hours: 11:30–16:00 (L.O. 15:00)

Closed days: Wed, Thu, Sun

Address: Raain Nezu 1F, 1-1-14 Nezu, Bunkyo City

Access: Nezu (Subway)



## 13 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)



## 14 Fucha Vegetarian Cuisine BON

普茶料理 梵

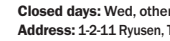
☎03-3872-0375 Lunch ¥3,450 Dinner ¥6,000

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



## 15 injoy

悦納

☎03-5830-2333 ¥5,000

https://tokyoinjoy.com/

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)



## 16 Marugoto Vegan Dining Asakusa

まるごとVeganダイニング浅草

☎03-5830-8134 Lunch ¥1,600

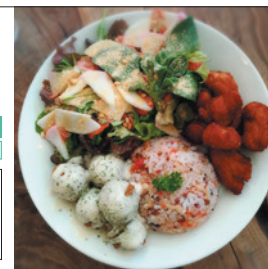
https://dining.marugotovegan.com/

Hours: 11:30–15:00 (Tue–Fri), 11:30–17:00 (Sat, Sun, holidays)

Closed days: Mon (If Monday is a national holiday, it will open)

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

Access: Asakusa (Subway, Tobu, TX)



## 17 Shochiku-en Café

松竹園カフェ

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

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

Hours: 9:30–16:30

Closed days: Open 365 days

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

Access: Asakusa (TX, Subway, Tobu)



Reservation recommended



## TOKYO MUSLIM Traveler's Guide

Around 180 restaurants and facilities for Muslim visitors!  
Muslim-friendly restaurants, shops, mosques, and hotels are here!

Check the Guidebook  
\*Available in English





## 18 Shochiku-en sweets house Vegan & Gluten-free

松竹園製菓所

☎03-6802-4804 ¥1,000

Hours: 8:00-17:00

Closed days: Sat, Thu

Address: 1-32-1 Nihonzutsumi, Taito City

Access: Minowa (Subway)



Take out only

Café/Sweets

MAP H-1



ACCESS MAP



## 19 T's TANTAN ecute Ueno

ティタタン 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



## 20 Vegan Cafe PQ's

Vegan Cafe PQ's

☎03-6877-1588 Lunch ¥2,000

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

Hours: 11:00-17:00 (L.O. 16:00) (Wed-Fri), 10:00-17:00 (L.O. 16:00) (Sat, Sun)

Closed days: Mon, Tue

Address: 1-1-2 Ryusen, Taito City

Access: Iriya (Subway)



Café/Sweets

MAP H-2



WEBSITE



ACCESS MAP



## 21 VEGAN GYOZA

ヴィーガン餃子

☎03-3871-7017 Lunch ¥1,700 Dinner ¥1,700

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

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

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



## 22 FruOats Factory

FruOats Factory

¥480

[https://shop.fruoats.jp/pages/shop-fruoats\\_factory](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



## 23 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



## 24 Plus Veganique JIYUGAOKA

プラスヴィーガニック自由が丘

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

[www.plus-veganique.com/](http://www.plus-veganique.com/)

Hours: 12:00-16:00, 18:00-23:00 (Please check the website)

Closed days: Tue, Wed

Address: 1-19-23 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



Order in advance for the five pungent vegetables

Other foods

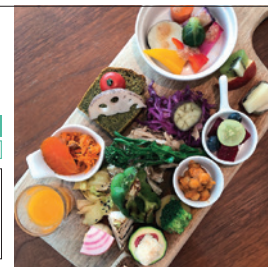
MAP A-10



WEBSITE



ACCESS MAP



## 25 Rainbow Bird Rendezvous

レインボーバードランデヴー

☎03-3791-5470 Lunch ¥1,300 Dinner ¥1,800

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

Hours: 11:30-15:00, 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



## 26 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

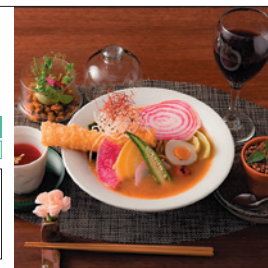
MAP A-10



WEBSITE



ACCESS MAP



## 27 T's Restaurant

T's レストラン

☎03-3717-0831 Lunch ¥1,400 Dinner ¥2,000

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

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

Closed days: New Year holidays

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

Access: Jiyugaoka (Tokyu)



French/Italian foods

MAP A-10



WEBSITE



ACCESS MAP



## 28 Maple Raw

Maple Raw

☎03-6715-6277 Lunch ¥1,500

<https://mapleraw.thebase.in/>

Hours: 13:00-19:00 (L.O. 18:30)

Closed days: Mon-Wed, not fixed on Sat-Sun

Address: Denenchofu Sankei Apartment 101, 1-35-9 Denenchofu, Ota City

Access: Tamagawa (Tokyu), Den-en-chofu (Tokyu)



Reservation recommended

Café/Sweets

MAP K-10



WEBSITE



ACCESS MAP



## 29 CORI. Vegan Food & Craft Beer

CORI. Vegan Food & Craft Beer

☎03-6450-7556 Lunch ¥2,000 Dinner ¥2,000

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

Hours: 12:00-15:00 (L.O. 14:00), 18:00-21:00 (L.O. 20:00)

Closed days: No fixed holiday

Address: 4-2-20 Kamiuma, Setagaya City

Access: Komazawa-daigaku (Tokyu)



Other foods

MAP K-9



WEBSITE



ACCESS MAP



## 30 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/>

Hours: 17:00-22:00

Closed days: Mon

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

Access: Shimo-Kitazawa (Odakyu, Keio)



Noodles/Ramen

MAP A-6



WEBSITE



ACCESS MAP



## 31 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>

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

Closed days: No fixed holiday

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

Access: Shimo-Kitazawa (Odakyu, Keio)



Reservation required 10 days in advance (from 4 persons) via email (klasina.hiro@gmail.com)

Japanese foods

MAP A-6



WEBSITE



ACCESS MAP



## 32 Universal bakes and café

ユニバーサルベイクスアンドカフェ

☎03-6335-4972 Lunch ¥1,300

Hours: 8:30-18:00

Closed days: Mon, Tue (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)



Other foods

MAP J-9



ACCESS MAP



## 33 2foods Shibuya LOFT shop

2foods 渋谷ロフト店

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

<https://2foods.jp/pages/store-shibuya-loft/>

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)



Café/Sweets

MAP B-6



WEBSITE



ACCESS MAP



## 34 FALAFEL BROTHERS PARCO

FALAFEL BROTHERS 渋谷パルコ店

☎03-5422-3188 ¥1,200

Hours: 11:30-21:30

Closed days: Varies depending on the facility

Address: SHIBUYA PARCO 7F, 15-1 Udagawacho, Shibuya City

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



Reservation recommended

Asian/Ethnic foods

MAP B-6



ACCESS MAP



## 35 hal okada vegan sweets lab

hal okada vegan sweets lab

¥750

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

Hours: 11:00-19:00

Closed days: Wed

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

Access: Hiro-o (Subway)



Café/Sweets

MAP D-7



WEBSITE



ACCESS MAP



## 36 HEMP CAFE TOKYO

ヘンプカフェトウキョウ

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

<http://hempcafetokyo.com/>

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

Closed days: Tue

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

Access: Ebisu (JR, Subway)



Other foods

MAP C-7



WEBSITE



ACCESS MAP



## 37 KO-SO CAFE BIORISE

KO-SO CAFE BIORISE

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

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

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

Closed days: Wed

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

Access: Ebisu (JR, Subway)



Café/Sweets

MAP C-7



WEBSITE



ACCESS MAP





## 38 SO TARTE YOYOGIUEHARA

SO TARTE 代々木上原店

☎03-6407-9260

¥2,000

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

Hours: 11:00-19:00

Closed days: Open 365 days

Address: 1-18-7 Uehara, Shibuya City

Access: Yoyogi-uehara (Subway, Odakyu)



Café/Sweets  
MAP A-6



WEBSITE



ACCESS MAP



## 39 VEGAN BISTRO JANGARA

ヴィーガンビストロじゃんがら

☎03-3404-5572

Lunch ¥1,200 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)



Harajuku branch is also nearby.

Other foods  
MAP C-5



WEBSITE



ACCESS MAP



## 40 Vegan Izakaya Masaka

ヴィーガン居酒屋真さか

☎03-5422-3020

Lunch ¥1,000 Dinner ¥2,000

<https://shibuya.parco.jp/e.aiv.hp.transer.com/shop/detail/?cd=025897>

Hours: 12:00-22:00

Closed days: Varies depending on the facility

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

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



Izakaya/Bar  
MAP B-6



WEBSITE



ACCESS MAP



## 41 Wa no Kashi Meguri

和のかし 巡

☎03-5738-8050

¥1,800

[https://www.instagram.com/wa\\_no\\_kashi\\_meguri/](https://www.instagram.com/wa_no_kashi_meguri/)

Hours: 12:00-18:00

Closed days: Mon, Tue, other non fixed holidays

Address: 3-2-1 Uehara, Shibuya City

Access: Yoyogi-uehara (Subway, Odakyu)



Café/Sweets  
MAP A-6



WEBSITE



ACCESS MAP



## 42 Pain de BRUN

パンドブラン

☎03-5941-3613

Lunch ¥1,000

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

Hours: 9:00-17:00

Closed days: Mon

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

Access: Kugayama (Keio)



Other foods  
MAP J-9



WEBSITE



ACCESS MAP



## 43 vege & grain cafe meu nota

ベジアンドグ레인カフェ メウノータ

☎03-5929-9422

Lunch ¥1,250 Dinner ¥1,750

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

Hours: 12:00-17:00 (L.O. 16:00)

Closed days: Mon, Tue

Address: RIC Koenji 2F, 3-45-11 Koenji-Minami,

Suginami City

Access: Koenji (JR)



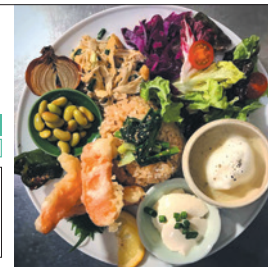
Café/Sweets  
MAP J-8



WEBSITE



ACCESS MAP



## 44 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



## 45 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



## 46 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



## 47 Macrobi Meal Hitokokyu

マクロビミール ひとこきゅう

☎0422-38-6566

¥1,800

<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, 17:30-23:00

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

☎03-3500-5514 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)



Harajuku branch is also in Tokyo.

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/](http://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 OKUROIJI

SOLEIL 日比谷 OKUROIJI 店

☎03-6205-8873 Lunch ¥1,100 Dinner ¥5,000

<https://soleil.kitchen/>

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

(L.O. 21:30) Closed days: New Year holidays

Address: HIBIYA OKUROIJI (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 FANCL BROWN RICE MEALS

ファンケル ブラウン ライス ミールズ

☎03-3289-0721 Lunch ¥1,850 Dinner ¥4,000

[www.fancl.jp/ginza-square/brm/index.html](http://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

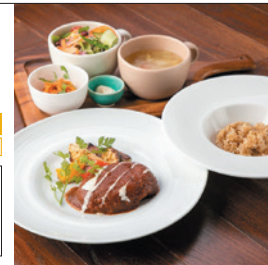
MAP F-5



WEBSITE



ACCESS MAP



### 8 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





## 9 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)



Akasaka branch is also in Tokyo.

Noodles/Ramen

MAP F-5



WEBSITE



ACCESS MAP



## 10 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: Tue Address: The Royal Park Iconic Tokyo

Shiodome Bldg. 1F, 1-6-3 Higashi-Shinbashi, Minato City

Access: Shinbashi (JR, Subway), Shiodome (Subway, Yurikamome)



CHAYA Cafe Organic Coffee & Bread is also in Haneda Airport.

French/Italian foods

MAP F-6



WEBSITE



ACCESS MAP



## 11 CITRON

CITRON

☎03-6447-2556 Lunch ¥1,500 Dinner ¥2,500

www.citron.co.jp

Hours: 8:00-21:00 (L.O. 20:30) (Mon-Fri),

8:00-19:00 (L.O. 18:30) (Sat, Sun)

Closed days: Open 365 days

Address: Minami-Aoyama 227 Bldg. 1F/2F, 2-27-21

Minami-Aoyama, Minato City

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



Reservation recommended

French/Italian foods

MAP C-6



WEBSITE



ACCESS MAP



## 12 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



## 13 LONGING HOUSE Kita Aoyama

野菜がおいしいダイニング LONGING HOUSE 北青山

☎03-6433-5808 Lunch ¥2,000 Dinner ¥5,000

www.longinghouse.com/

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

Closed days: No fixed holiday

Address: VORT Aoyama Leap B1F 001, 2-12-4 Kita-Aoyama,

Minato City

Access: Gaienmae (Subway)



French/Italian foods

MAP C-5



WEBSITE



ACCESS MAP



## 14 Shojin Cuisine DAIGO

精進料理 醍醐

☎03-3431-0811 Lunch ¥20,000 Dinner ¥25,000  
https://atago-daigo.jp/index\_en.html

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

Closed days: New Year holidays

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

Access: Kamiyacho (Subway), Onarimon (Subway)



Order in advance for the vegetarian/vegan menu

Japanese foods

MAP E-6



WEBSITE



ACCESS MAP



## 15 shojin SOUGO

shojin 宗胡

☎03-5414-1133 Lunch ¥2,000 Dinner ¥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



## 16 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



## 17 YASAIYA Teppanyaki yasai Akasaka

やさいや鉄板焼野菜 赤坂店

☎050-3188-8284 Lunch ¥4,000 Dinner ¥8,000

https://yasaiya.tokyo/

Hours: Please check the website

Closed days: Please check the website

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

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



Japanese foods

MAP E-5



WEBSITE



ACCESS MAP



## 18 & sandwich.

アンドサンドイッチ

☎03-6709-9455 Lunch ¥1,200

www.andsandwich.tokyo/

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

Closed days: Mon (or the following Tue when it falls on

a national holiday)

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

Access: Shinjuku-goenmae (Subway)



Café/Sweets

MAP C-4



WEBSITE



ACCESS MAP



## 19 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



## 20 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

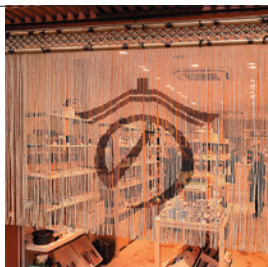
Address: 1-12-6 Kagurazaka, Shinjuku City

Access: Iidabashi (JR, Subway)



Other foods

MAP E-3



## 21 Taiwan Jiufen Yuyuan

台湾九份芋園

☎080-9696-7300 Lunch ¥550 Dinner ¥1,100

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

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

Closed days: Mon

Address: 4-18-12 Takadanobaba, Shinjuku City

Access: Takadanobaba (JR, Subway, Seibu)



Café/Sweets

MAP B-2



## 22 Shiboriya 935

搾り屋 935

☎03-3816-1071 Lunch ¥1,100

<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



## 23 tofuroom Dy's

豆腐 room Dy's

Lunch ¥1,850

<https://tofuroomdys.jimdofree.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



## 24 asakusa guraku

浅草たい焼き工房 求楽

☎03-6338-1809 ¥250

<https://guraku.jp>

Hours: 11:00-18:00

Closed days: No fixed holiday

Address: 2-3-2 Nishi-Asakusa, Taito City

Access: Tawaramachi (Subway)



Café/Sweets

MAP H-2



## 25 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

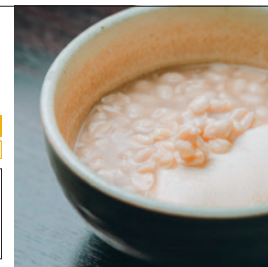
Address: 4-43-4 Asakusa, Taito City

Access: Asakusa (TX, Subway, Tobu)



Café/Sweets

MAP H-2



## 26 Fukuandon

福行燈

☎03-3873-8611 Dinner ¥2,150

<https://www.andon.co.jp/>

Hours: 17:00-19:00 (L.O. 18:30) (Reservation only)

Closed days: Mon, Sun

Address: 2-34-10 Nihonzutsumi, Taito City

Access: Minowa (Subway)



Reservation required



Japanese foods

MAP H-1



## 27 Guruatsu

ぐるあつ

☎03-5830-3700 Lunch ¥1,450

<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



## 28 Guruatsu Stand

ぐるあつ すたんど

Lunch ¥1,150

<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





## 29 Gyoza Bar Keisuke

Gyoza Bar けいすけ

☎090-2680-4013 Dinner ¥2,000

[https://instagram.com/gyoza\\_k?igshid=NzZiODBKWYE4Ng==](https://instagram.com/gyoza_k?igshid=NzZiODBKWYE4Ng==)

Café/Other foods

MAP H-2

Hours: 18:00-4:00 (L.O. 3:00)

Closed days: Mon, Tue

Address: Maison Fuji, 4-18-7 Asakusa, Taito City

Access: Asakusa (Subway, Tobu, TX)



WEBSITE



ACCESS MAP



## 30 Minoya

味農家

☎03-3866-3795 Lunch ¥5,000 Dinner ¥9,000

[www.minoyavege.com/english.html](http://www.minoyavege.com/english.html)

Japanese foods

MAP G-3

Hours: 11:30-14:00 (L.O. 12:30),

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)



WEBSITE



ACCESS MAP



## 31 SANDWICH LAB

SANDWICH LAB

☎070-8329-5618 ¥1,300

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

Café/Sweets

MAP G-3

Hours: 11:30-16:30 (L.O. 16:00), 11:30-22:00 (Takeout,

close when sold out)

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



WEBSITE



ACCESS MAP



## 32 CAFE MEGURO Indonesian Restaurant

インドネシア料理 チャベ目黒店

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

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

Asian/Ethnic foods

MAP D-8

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

Closed days: Sun, holidays

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

Shinagawa City

Access: Meguro (JR, Subway, Tokyu)



WEBSITE



ACCESS MAP



## 33 News Cafe

ニュースカフェ

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

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

Western foods

MAP A-10

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)



WEBSITE



ACCESS MAP



## 34 Noodle Dining TSURUSHIKO Jiyugaoka

麺ダイニングつるしこ 自由が丘店

☎03-6421-4412 Lunch ¥1,200 Dinner ¥1,200

<http://tsurushiko.jp/>

Noodles/Ramen

MAP A-10

Hours: 11:30-15:00 (L.O. 14:30), 18:00-21:00 (L.O. 20:30)

Closed days: Mon

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

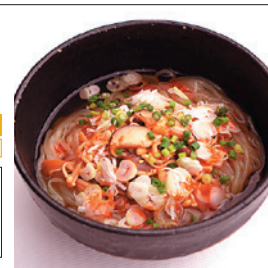
Access: Jiyugaoka (Tokyu)



WEBSITE



ACCESS MAP



## 35 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 ¥700

<https://gelato.organic/>

Café/Sweets

MAP B-7

Hours: 12:00-20:00

Closed days: Thu

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

Meguro City

Access: Naka-meguro (Subway, Tokyu)



WEBSITE



ACCESS MAP



## 36 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](https://tokyo-haneda.com/en/shop_and_dine/detail/tenant_00202.html)

Other foods

MAP L-10

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)



KEBAB STAND is also  
in Haneda Airport.



WEBSITE



ACCESS MAP



## 37 Mughlai Cuisine Restaurant Mashal

インド宮廷料理 Mashal

☎03-6450-0177 Lunch ¥1,600 Dinner ¥3,500

<https://mashal.jp/>

Indian Cuisine

MAP K-10

Hours: 11:00-15:00 (L.O. 14:30) (Mon, Wed-Fri), 11:00-16:00

(L.O. 15:30) (Sat, Sun, holidays), 17:00-21:30 (L.O.)

Closed days: Tue

Address: Luz Omori 3F, 1-10-14 Omori-Kita, Ota City

Access: Omori (JR)



WEBSITE



ACCESS MAP



## 38 QOL Cafe Mam Aina

QOL Cafe Mam Aina

☎03-6715-6277 Lunch ¥1,500

<https://mam-aina.studio.site/>

Café/Sweets

MAP K-10

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)



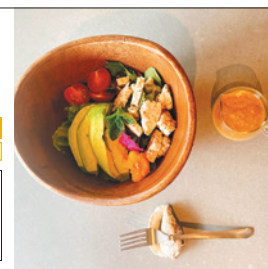
Reservation required



WEBSITE



ACCESS MAP



## 39 medel deli okusawa

メデルデリ 奥沢店

☎03-6425-8272 Lunch ¥1,750

<https://www.medeldeli.jp/>

Hours: 9:00-17:00

Closed days: Mon, Tue

Address: PARKSUWAROS 01-101,

2-41-17 Higashi-Tamagawa, Setagaya City

Access: Okusawa (Tokyu), Den-en-chofu (Tokyu)



Café/Sweets

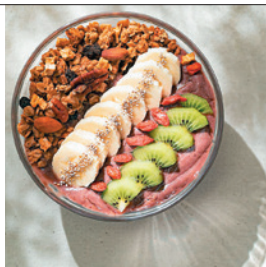
MAP K-10



WEBSITE



ACCESS MAP



## 40 cafe Stay Happy

カフェステイハッピー

☎03-3410-5959 Lunch ¥1,500 Dinner ¥2,000

[https://cafestayhappy.com/?page\\_id=273](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



## 41 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 (Tue-Sat)

Closed days: Mon

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



## 42 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



## 43 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



## 44 aburimiso ramen shinbusakiya

炙り味噌らーめん 麵匠真武咲弥渋谷店

☎03-6416-3778 Lunch ¥1,600 Dinner ¥2,200

<https://www.instagram.com/samurai.noodle/>

Hours: 11:00-3:30 (Mon), 11:00-4:30 (Tue-Thu, Sun),

11:00-6:30 (Fri, Sat)

Closed days: No fixed holiday

Address: 2-10-3 Dogenzaka, Shibuya City

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



Noodles/Ramen

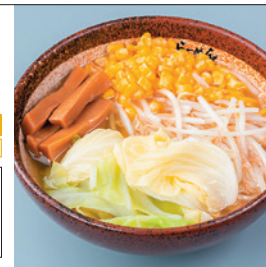
MAP B-6



WEBSITE



ACCESS MAP



## 45 CARVAAN TOKYO

CARVAAN TOKYO

☎03-6451-1772 Lunch ¥3,000 Dinner ¥5,000

<https://fareastinc.co.jp/>

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

Drink L.O. 22:00) Closed days: According to the facility's

closed days Address: SHIBUYA SCRAMBLE SQUARE

12F, 2-24-12 Shibuya, Shibuya City

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



Reservation recommended

Other foods

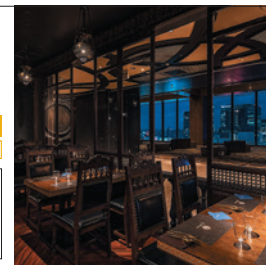
MAP C-6



WEBSITE



ACCESS MAP



## 46 F&P Smoothie Cafe AOYAMA

F&P スムージーカフェ 青山店

☎03-6805-0480 ¥990

<http://ficoandpomum.com/>

Hours: 8:00-21:00

Closed days: New Year holidays, Varies depending on

the facility

Address: Aoyama Oval Bldg. 1F, 5-52-2 Jingumae,

Shibuya City Access: Omote-sando (Subway)



Café/Sweets

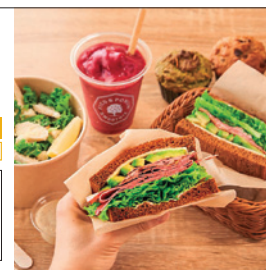
MAP C-6



WEBSITE



ACCESS MAP



## 47 FOOD CONCEPT SHOP MOMINOKI HOUSE

モミノキハウス

☎03-3405-9144 Lunch ¥1,500 Dinner ¥3,000

[www.mominoki-house.net/index\\_en.html](http://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)



Other foods

MAP C-5



WEBSITE



ACCESS MAP



## 48 haishop cafe SHIBUYA SCRAMBLE 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 SCRAMBLE SQUARE 7F, 2-24-12

Shibuya, Shibuya City

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



Café/Sweets

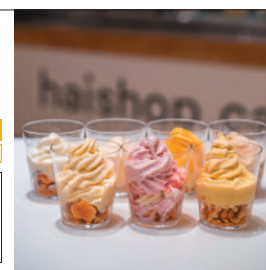
MAP C-6



WEBSITE



ACCESS MAP





## 49 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



WEBSITE



ACCESS MAP



## 50 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



WEBSITE



ACCESS MAP



## 51 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



WEBSITE



ACCESS MAP



## 52 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



WEBSITE



ACCESS MAP



## 53 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

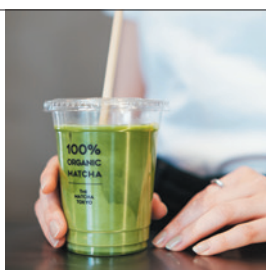
MAP C-6



WEBSITE



ACCESS MAP



## 54 Tokitarazu

Tokitarazu

☎03-6277-1577

Lunch ¥1,500

Dinner ¥5,000

<https://tokitarazu.com/en/>

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

17:30-23:00 (L.O. 22:00) (Mon-Sat)

Closed days: Mid-August (Obon), New Year holidays

Address: 1-4-10 Hiroo, Shibuya City

Access: Ebisu (JR, Subway)



Reservation required (course)

Japanese foods

MAP C-7



WEBSITE



ACCESS MAP



## 55 TREE by NAKED yoyogi park

TREE by NAKED yoyogi park

☎050-1743-2539

Lunch ¥2,000

Dinner ¥33,000

<https://tree.naked.works/yoyogi/>

Hours: 10:00-18:00 (L.O. 17:00), 19:00-22:00

Closed days: Wed

Address: 1-10-2 Tomigaya, Shibuya City

Access: Yoyogi-koen (Subway), Yoyogi-hachiman (Odakyu)



Reservation required

Other foods

MAP B-6



WEBSITE



ACCESS MAP



## 56 cru mar

ごはんカフェくるまる

☎03-6379-5388

Lunch ¥1,100

<https://crumar.jimdofree.com/english/>

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

Closed days: Please check the website

Address: 3-15-9 Izumi, Suginami City

Access: Eifukucho (Keio)



Other foods

MAP J-9



WEBSITE



ACCESS MAP



## 57 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



## 58 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



## 59 Saffron Ikebukuro

サフラン 池袋

☎03-5952-5676 Lunch ¥1,150 Dinner ¥1,800

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

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

Closed days: Open 365 days

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



Indian Cuisine

MAP C-1



WEBSITE



ACCESS MAP



## 60 TAKAGIYA

TAKAGIYA

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

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

Hours: 10:00-18:30 (L.O. 18:00), 10:00-19:00 (Take Out)  
Closed days: Mon (or the following Tue when it falls on a national holiday or an event is held)

Address: Mitsuwa Bldg. 102, 2-9-26 Sugamo, Toshima City  
Access: Sugamo (JR, Subway)



Café/Sweets

MAP E-1



WEBSITE



ACCESS MAP



## 61 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



## 62 ORIDO.

ORIDO.

☎070-3392-0101 Lunch ¥1,468

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



## 63 cafeSlow

カフェスロー

☎042-401-8505 Lunch ¥1,680

<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



## 64 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



## 65 nakaichi chienfu

中一素食店

☎042-577-3446 Lunch ¥980 Dinner ¥980

<https://www.nakaichifoods.co.jp/>

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

Closed days: Mon, Tue, Sun (not fixed)

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 ¥1,365 Dinner ¥1,365

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)



## 3 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 Lunch ¥12,650 Dinner ¥12,650

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

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

Closed days: Open 365 days

Address: 2-10-8 Sekiguchi, Bunkyo City

Access: Edogawabashi (Subway)



Reservation required / Italian Restaurant IL TEATRO is also in the hotel.



## 4 Japanese Restaurant Miyuki /Hotel Chinzanso Tokyo

日本料理「みゆき」/ホテル椿山荘東京

☎03-3943-5489 Lunch ¥16,560 Dinner ¥16,560

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

Hours: 11:30-13:30 (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 3 days in advance



## 5 Ryotei Kinsui /Hotel Chinzanso Tokyo

料亭 錦水/ホテル椿山荘東京

☎03-3943-5489 Lunch ¥24,360 Dinner ¥24,360

https://www.hotel-chinzanso-tokyo.com/dining/kinsui/

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

Closed days: Open 365 days

Address: 2-10-8 Sekiguchi, Bunkyo City

Access: Edogawabashi (Subway)



Reservation required 3 days in advance



## 6 LAND\_A

LAND\_A

☎03-5637-0107 Lunch ¥1,500 Dinner ¥4,000

https://land-a.jp/

Hours: 9:00-20:00 (L.O. 19:30) \*Lunch 11:00-14:30

(Mon-Fri), 11:00-15:30 (Sat, Sun, holidays)

Closed days: Open 365 days Address: 1-2-4 Mukojima,

Sumida City Access: Asakusa (Subway, Tobu, TX),

Honjo-azumabashi (Subway)



Reservation recommended



## 7 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)



## 8 IKEA Shibuya

IKEA 渋谷

☎050-4560-0494 ¥300

www.ikea.com/jp/en/

Hours: 10:00-21:00

Closed days: Depending on the building inspection days

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

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



## 9 irish Pub An SÓLÁS

アイリッシュパブ アンソラス

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

www.facebook.com/AnSolaisIrishPub/

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

(Sat, Sun)

Closed days: Open 365 days

Address: 5-22-3 Sendagaya, Shibuya City

Access: Yoyogi (JR, Subway)



The vegetarian menu is available everyday from 17:00.



## 10 Taiwan Zaocan Tengoku

台湾早餐天国

☎03-5927-8889 ¥1,000

https://www.instagram.com/taiwan\_zaoacan\_tengoku/

Hours: 7:30-12:00 (L.O. 11:30)

Closed days: Weekdays, New Year holidays

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

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

Kanamecho (Subway)



## 11 vegetable bar Nerima

練馬 八百屋バール

☎03-5912-0266 Dinner ¥3,200

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

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

Closed days: Tue

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

Nerima City

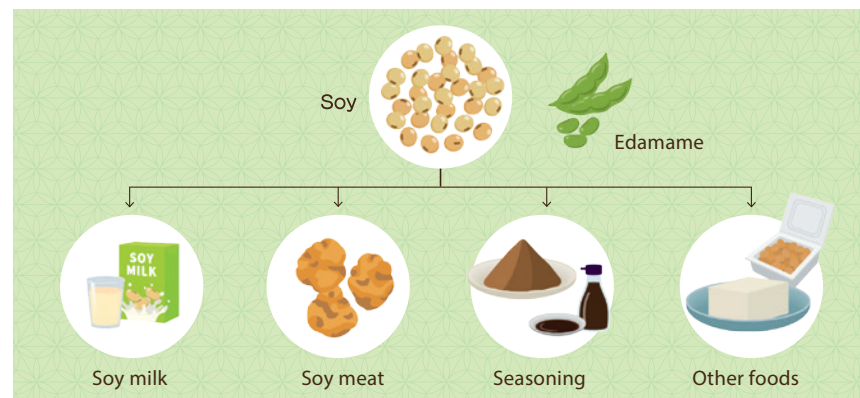
Access: Nerima (Subway, Seibu)





# 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 meat alternatives. 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 roasted, ground 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.

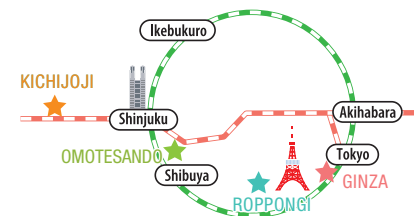
Please be aware that *dashi*, *tsuyu*, *senbei*, *inari-zushi*, and others may contain animal products.



# Tokyo's Latest Veggie Spots

*Now you should go!*

Vegan and vegetarian cuisine has been all the buzz in Japan recently, with new restaurants popping up one after another. Let's delve into four areas that have become hubs for plant-based cuisine.



## OMOTESANDO



Centering around Omotesando Hills, this neighborhood is at the heart of cutting-edge fashion and culture. Not surprisingly, new vegan and vegetarian restaurants are burgeoning in these areas. Within an easy walk from Harajuku and Shibuya stations, this hip area is a magnet for young people. Stop by a vegan or vegetarian diner while hunting for something special.



## GINZA

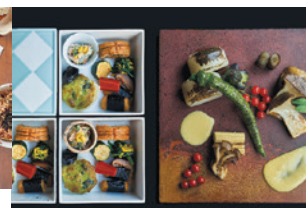


With long-established department stores, massive retail plazas such as GINZA SIX, and Tokyu Plaza Ginza, and streets lined with top-tier brand stores, Ginza is the heart of luxury. A day strolling through this amazing cityscape is so much fun. For restaurants offering slightly upscale vegan and vegetarian dishes, this is the place.

## KICHIJOJI



Just 15 minutes by train from Shinjuku or Shibuya stations, the Kichijoji neighborhood holds many spots of great natural beauty, including Inokashira Park. Plenty of plant-based restaurants offer dishes for take-out, so pick up that perfect treat for a picnic in the park! The area also promises plenty of intrigue with a maze of shopping streets, alleyways, and vintage clothing shops, for a town all ages will love.



## ROPPONGI



Roppongi is famous for its landmarks like Roppongi Hills and Tokyo Midtown. Day or night, this lively district holds a wealth of museums, shopping, and restaurants while also being a center of global business. A wide variety of stylish vegan and vegetarian restaurants abound, from affordable take-out joints to more luxurious establishments serving course meals of "shojin ryori," the vegetarian cuisine based on ancient Buddhist monastic traditions.

# 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.



Android



iOS

### Tokyo Metropolitan Government Disaster Prevention Website

Multilingual

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



### Japan Visitor Hotline

English, Chinese, and Korean

<https://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



In the event of a  
crime or an accident

Fire Department



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

## 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 others. Make sure to put your phone in silent mode. You should turn off your phone completely in the priority seating area on a crowded train. In inner-city areas, some train cars are exclusively for women during certain hours and days.



### In Town

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. When buying tickets, using transportation, and entering facilities or stores, stand in line and wait for your turn.



### Taking Photos

Taking photos while traveling in Japan can be a fun thing to do. However, be careful as Japan may have some different rules from those of your own country. Selfie sticks are not allowed in public places. Respect the rules and regulations of each facility. Avoid running out into the street or stepping into private properties such as residential areas or farmlands. When you decide to upload photos on social media and the like, first pause and consider whether there might be any possible invasion of people's privacy rights.



Put your phone  
in silent mode



Quiet please



Do not throw rubbish



No smoking



No photography



Photography  
permitted





# TOKYO Vegan & Vegetarian

Restaurant Guide 2024-2025

🌸 Welcome to TOKYO!