



# DYNAMISM AND DIVERSITY OF JAPAN'S FOOD

*-From Takoyaki To Kaiseki-*

## Tokyo, the "City of Gourmet"

The American "Food & Wine Magazine," famous for rating the most advanced cuisine and lively dining, selected Tokyo as the top "city for the gourmet" two years running, in 2008 and 2009. The reasons were the abundance of innovative restaurants and the excellence of the ingredients used. The magazine's travel editor Jen Murphy commented that "Tokyo is solidly a 'city for food'". She went on to say that "Tokyo is a place where chefs go to look for innovation, but at the same time it also has a history of traditional food", and rated the city as having an overwhelming lead.

Tokyo has already been selected as a "city for the gourmet" for over five years, and overseas assessments of Japanese food continue to soar. In December 2013, "Washoku, traditional dietary cultures of the Japanese" was registered by UNESCO as an intangible cultural asset. The lengthy north-south extent of the land of Japan, and the expressive extent of nature through seas, mountains, and villages, means that diverse ingredients with local roots are used in each part of the country. That diversity of ingredients has been accompanied by the development of preparation techniques and utensils to make the most of their flavors. The style of Japanese meals, based on soup and three side dishes, served with

rice, is said to have an ideal nutritional balance, and the skillful use of umami achieves a diet with little animal fat, which is known to help Japanese people live long and resist obesity.

The selection of Tokyo as the host for the 2020 Olympics has given a further boost to interest in Japanese food among foreigners visiting Japan. Over 13 million people visited Japan in 2014, and the country aims to welcome 20 million in 2020. Six out of ten foreigners visiting Japan list experiencing Japanese food as one of their greatest interests in Japan. From takoyaki (battered octopus balls), as Japan's fast food, to kaiseki, which is Japan's authentic ancient multi-course cuisine, Japan's food is starting to attract the passionate attention of the world.

There's something we want all friends from abroad to visit: The basement food stores of department stores, popularly known as "depachika". These basement food stores are the liveliest parts of department stores, and a treasure chest of foods gathered from around the world. The stores bring together the specialty foods of all parts of Japan and of the world, and they are an excellent place to nibble on excellent wares and delicacies while staying in one place.

# The Essence of Washoku

**W**ashoku (Japanese Food) was registered by UNESCO as an intangible cultural asset in December 2013. That means the traditional food culture of the Japanese people has been globally recognized as one of the leading intangible cultural assets of humanity. But what is the true essence of this washoku that Japan brings to the world?

There are many culinary techniques in Japanese food that make the most of the characteristics of the ingredients, and that has also led to unique developments in condiments. The basic condiments are shoyu (soy sauce), miso (fermented bean paste), komezu (rice vinegar), and mirin (sweet cooking rice wine). They are all fermented condiments that use koji (rice malt). Shoyu and miso, in particular, are produced in unique varieties in each region, just as nihonshu is, and becomes the center of local cuisine. The fact that fermented foods are used extensively while fats are hardly used at all has made a great contribution to the longevity and low obesity rates among Japanese people, and is a characteristic of the “Washoku, traditional dietary cultures of the Japanese” registered by UNESCO.

## Four Characteristics of Washoku

### 1. DIVERSE, FRESH INGREDIENTS, AND RESPECT FOR THEIR INDIVIDUAL FLAVORS



Japan is long from north to south, and is covered by an expressive expanse of nature through seas, mountains, and villages. Diverse ingredients with local roots are used in each part of the country, and preparation techniques and implements have been developed to make the most of their flavors.

### 2. NUTRITIONAL BALANCE TO SUPPORT A HEALTHY DIET



The style of Japanese meals, based on soup and three side dishes, served with rice, is said to have an ideal nutritional balance. The skillful use of umami achieves a diet with little animal fat, helping Japanese people live long and resist obesity.

### 3. EXPRESSION OF THE BEAUTY OF NATURE AND THE CHANGING SEASONS



Another characteristic is that washoku expresses the beauty of nature and the changing seasons on the meal table. Dishes are decorated with items such as seasonal flowers and leaves, and furnishings and utensils are used that match the season, to make a sense of the season part of the pleasure of the meal.

### 4. INTIMATE LINKAGE WITH NEW YEAR AND OTHER ANNUAL FESTIVALS



Japan's dietary culture has grown up in close linkage with its annual festivals. Sharing the food that is the blessing of nature, and sharing time for food, deepens family and community ties.

## 和食 <Washoku>

Taste the natural flavors of the seasonal ingredients



## Other Characteristics of Washoku

The basis of washoku is that it is the meals of ordinary homes, forming a four-part set of rice, soup, side dishes, and pickles. Soup, side dishes, and pickles are served as complementary dishes to enhance enjoyment of rice as the staple food. The meal, consisting of the staple food and complementary dishes, is eaten from bowls using chopsticks, picking each up in turn.

Washoku has always included the custom of enjoying ingredients gathered from the fields near the house, which is to say, foodstuffs that are close at hand. The sansai (wild plants) and other vegetables gathered from Japan's meadows and mountains are so abundant that there are over 300 varieties. On the coasts, diverse fish, shellfish, and seaweeds are gathered in abundance. Rural areas have expanses of paddy fields where rice is nurtured by rainfall at double the global average. Currents both warm and cold flow in the seas that surround Japan, providing plentiful sea produce. From that background, people have respected that nature that surrounds them, and created and nurtured cuisine that makes the most of the flavors of nature.

This custom of using nature's flavors leads to cuisine that draws on the original flavor. Ingredients are not processed or modified any more than necessary, and are not flavored, with condiments such as shoyu and wasabi (Japanese horseradish), until immediately before they are eaten. This makes the kind of food that tastes better because it is eaten together with rice as the staple food.

For example, in chirashi-zushi (ingredients scattered on sushi rice), the staple rice and the complementary seafood are placed in the same dish, but they are not mixed. To enjoy the abundant variations of the seafood, it is placed in the same dish to please the eye, and eaten in its natural, fresh form together with rice. Food that looks beautiful is eaten and enjoyed as it stands.

Shrimp tempura looks like rather a highly processed dish at first sight, but in fact the tastes of the ingredients are treasured. In tempura, the parts that form the crispy coating are fried in oil, but the shrimp in the middle is only steamed, to preserve the original flavor. When this tempura is eaten with tentsuyu dipping sauce, the umami of the oil unifies with the taste of the shrimp, to delicious effect.












## Dashi Stock, Shoyu, and Miso are Essential for Washoku

Miso and shoyu are decisive elements in “the taste of Japan”. Miso is used in miso soup, and in dishes of all kinds, as a flavoring for vegetables, fish, and meat. The same is true of shoyu, and its relationship to dashi must not be forgotten. The umami flavor of dashi is based on the glutamic acid of kombu (kelp) and the inosinic acid of katsuo (bonito). The umami that is born from these proteins is truly a flavor discovered by the Japanese people. It has been recognized around the world as a fifth flavor, alongside sweet, sour, salty, and bitter.



Left: kelp, Middle: bonito flakes, Right: dried small sardines

## Markings

-  Open hours and closing dates
-  Budget
-  Types of alcoholic drinks available
-  Types of menus available
-  Types of credit cards available
-  Reservation required or suggested
-  Vegetarian menus available on reservation in advance\*
-  Halal menus available on reservation in advance\*
-  Address and nearest station / exit
-  Website address
-  Only indicated if the restaurant is non-smoking

\*In many cases, reservations are required for vegetarian and halal menus. Please ask each restaurant for more information.

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# Takoyaki

-The culture of shared dish-



## Exclusive Interview: Gindaco CEO Morio Sase

### Q1: What is Takoyaki?

*Takoyaki* has been a leading example of dining culture among Japan's ordinary people since the Edo era. It is basically a dish derived from a snack, but it keeps evolving, as a main meal, a side dish with drinks, or a party menu item. *Takoyaki* is loved by everyone from kids to the elderly, in all kinds of situations.

Japan is one of the few countries in the world with a culture of eating octopus (*tako*). Other than Japan, octopus is eaten in countries such as Greece, Italy, and Spain, but it has been absent from the dietary cultures of other regions. But octopus is actually low in calories and high in protein, with high levels of vitamins and taurine, making it an excellent food ingredient. And the best way to eat that richly nutritious octopus is as *takoyaki*. Take octopus that has been boiled and cut into chunks, put it into batter made by adding tempura batter (as fat) into water and flour, and fry it in a ball shape. The

**"Each piece of takoyaki is small, so a tray of them is ideal for sharing, which makes it a uniquely Japanese 'kyoshoku' (shared dish)."**

idea of taking fat and protein and making it into a ball with carbohydrates is a worldwide basic principle of fast food, as seen in hamburgers, Chinese steamed dumplings, piroshki, and the like. A dish that can give a nutritional balance in a single meal is a global fast food, and *takoyaki* does an excellent job of meeting all the requirements.

Each piece of *takoyaki* is small, so a tray of them is ideal for sharing, which makes it a uniquely Japanese "*kyoshoku*" (shared dish). "*Kyoshoku*" is a way of eating that has long been handed down in Japanese culture. It means a single shared dish is eaten by everyone in a group, male and female, young and old. Families eat this way, of course, and so do neighbors, friends, and crowds gathered at festivals, so it is the core of a community. Gindaco is a chain that carries on that tradition, and evolves it further as culture.

### Q2: What are the Characteristics of Gindaco?

The combination of crispy batter, fried at the high temperature of 200 °C, with the chewy texture of octopus chunks, is the greatest pleasure of eating at Gindaco. The *takoyaki* is served with a sweet, rich sauce, of which 50% is dates, and the flavor is rounded out by sprinklings of *aonori* (green seaweed flakes) and *kezuribushi* (flakes of dried bonito). *Tako*, *aonori*, and *kezuribushi* are ingredients which had spread very little overseas, but they are rapidly taking their places in the market, boosted by the recent spread of *washoku* (Japanese food). The show of the *takoyaki* cook, using a pair of metal skewers to turn the round pieces of *takoyaki*, is gathering popularity as a "Japanese samurai performance". The popularity of *takoyaki* is now spreading through Asia, Europe, and further around the world, by word of mouth.

### Q3: What is most important about takoyaki?

Since I was about 15, I thought "I want to make Japanese fast food". Within Japanese fast food, *takoyaki* is a dish with high nutritional value and endless potential. Thinking it was the most suitable to spread around the world, I launched it, and it's now enjoying a worldwide boom. When it keeps spreading in future, the supply of octopus might become a problem, but we are working to maintain the balance of supply and demand. We provide guidance on how to farm or catch octopus, we are setting up local processing factories overseas, and so on.

We are rolling out *takoyaki* with new tastes, like *wasabi shoyu* (horseradish soy sauce) and *teriyaki* sauce, but we want to carry on protecting the original flavor of the basic *takoyaki* sauce, and we hope diners overseas will get to know that taste.



Tsukiji Gindaco CEO  
Morio Sase

### Message to Overseas Readers

When you come to Japan, you really should try *takoyaki*. It is one of the few foods that the Japanese people have loved so much, and it keeps on evolving. It's fair to say there's no point coming to Japan if you don't try *takoyaki*. Another part of the culture you really should try is *takoyaki* served as a snack with a whisky highball. The sensation of eating piping hot *takoyaki* with a chilled highball in the open air is now becoming a huge boom. Please try it at one of our highball bars in the heat of the Japanese summer.



## Restaurant Review:

# Ganko Yamano Aiko-tei

By Kayla Kremer

Explore the seasons of Japan with the refined and sensitive aesthetics of kaiseki. There are three seasonal themes in kaiseki: "shun" (currently in season), "nagori" (previously in season), and "hashiri" (soon to be in season). Dishes will combine these themes to provide diners with the experience of transition and change in the season.



Experiencing the pleasure of Japanese cuisine is a must for any Nippon-bound traveler. For an authentic meal rich in both tradition and taste, kaiseki is the best Japan has to offer. Similar to Western haute cuisine, kaiseki is a multi-course dinner that balances flavor with presentation. It truly is an art form where dishes are handcrafted by a chef and served one by one in a special order. This allows for each dish to be individually admired for its aesthetics and savored for its flavor.

So where is the best place to eat kaiseki while on a traveler's budget? Look no further than Ganko restaurant in Shinjuku, Tokyo. Just a three-minute walk from the Higashi-Shinjuku Station (Exit A1), Ganko's location is both convenient and easily accessible. It's traditional ryokan exterior and peaceful ambience is the perfect retreat from all the hustle and bustle that makes up Shinjuku. Each dining room features traditional tatami flooring, so diners are required to take off their shoes and store in lockers at the entryway. The rooms also all have window panels, allowing for the garden's beauty outside to



Masaki Okino, Head Chef of Ganko Yamano Aiko-tei

be appreciated. The female staffs wear kimonos and their service is both prompt and graceful. The overall atmosphere is reminiscent of Kyoto, the old capital of Japan.

Dining at Ganko was a truly memorable experience for me. Having never eaten kaiseki before nor knowing much about it, I wasn't sure what to expect from it. After being led into my own private tatami mat room, I had the pleasure of meeting the head chef, Masaki Okino, who explained to me the ingredients in each dish as well as the cultural significance of its presentation.

The first course was promptly served and I was impressed by how much detail and care had gone into its preparation. It consisted of bite-size pieces of several foods such as radish, okra, tofu, sushi, and grilled fish, which acted as a preview of later dishes to come. Most notable in terms of aesthetics was the jelly, a gelatin in the shape of a fishpond with carrots made to look like a goldfish inside it. The chef explained to me that only fresh seasonal ingredients are used in kaiseki dishes and that the overall theme for the aesthetics of the dishes centered on a flower currently in bloom called shoubu, a Japanese iris, outside in the garden. He then recommended that I eat the foods starting with the vegetables which are most subtle in flavor and building up to the foods, such as the grilled fish, which are most rich in it. I was glad I followed his advice because I believe the build-up of flavors accentuated each bite I took and allowed for me to appreciate the sophisticated balance of ingredients.

The course that followed consisted of a soup made with baby bamboo shoots and tougan (winter melon).



This was paired with a fish called aburame. The soup, while bland in flavor, had a nice thick texture and the warmth it provided was a welcome change to the cold vegetable and fish dishes served thus far. Next up was the sashimi course, which consisted of maguro, tai, hamo, and shima-aji. This was accompanied by yuba (tofu skin) mixed with crushed tofu. For those not wanting to consume raw food, take heed that sashimi is one of the standard course served in kaiseki. The selection of the fish and other dishes varies in accordance to the season. The selected items are either in season (shun), was in season (nagori), or would soon be in season (hashiri). This allowed for the diner to be able to enjoy the past, present, and future all at once in one dish. All of the sashimi was some of the freshest I had ever tasted and that is because all of the fish prepared at Ganko is purchased and delivered earlier on the same day it is served.

Following the sashimi course was eggplant and squid sushi made to resemble flowers of shobu and ajisai, respectively. Shobu represents the "shun" flower, while ajisai is the "hashiri" flower that will be in full bloom in June. Out of all the dishes served, I found the aesthetics of these flower sushi to be the most beautiful. So beautiful in fact that I did not want to pick it up with my chopsticks to ruin its intricate and delicate design. But I gave into the temptations, devoured each one, and enjoyed the subtle sweetness they provided. Accompanying the sushi was more tofu, only this time it was made from green soybeans. The chef informed me that all of the tofu served at Ganko was handmade at the restaurant and this particular variation was a definite favorite of mine.

After the sushi course was the highlight of the kaiseki,

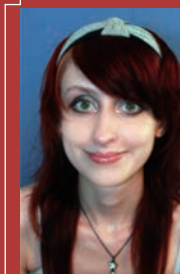
the main dish or dainomono. For the main event, I was served a large portion of isagi fish that sat atop a thick and creamy green sauce comprised of peas, and was topped with fried potato shavings. This dish was definitely the most filling and richest in terms of flavor. The potato shavings were salty and crisp, which complimented the fish quite well. The sauce had a nice texture and all the ingredients together melted harmoniously together in my mouth.

After feeling somewhat full by this point, it was nice to have a break and wait for a bowl of rice called kamameshi to cook in front of me. It took about twenty minutes before it was finished, but the timing seemed just right. The rice mixture consisted of more tai fish, carrots, and fried tofu. Red miso soup along with deep fried vegetables and fish called chia-yu (baby sweetfish) from Lake Biwa were quickly brought in soon afterwards to accompany the rice. Again, the balance of ingredients was

emphasized here as the rice helped the flavors of the fried food from becoming too overpowering.

No meal is complete without a dessert. For the finale, I was served annindofu, which is made from apricot kernel, agar, and sugar. Two slices of orange were served on either side of it. The dessert was light, satisfying, and the perfect conclusion to a meal set with this many courses.

Overall, my experience of eating kaiseki at Ganko was very satisfying and exceeded my expectations. I felt it was one of the most authentic Japanese restaurants I've dined at since moving to Japan. If you happen to be visiting Japan and are looking for an affordable and authentic meal with the highest quality ingredients that captures the true essence of Japanese cuisine, then make sure to check out Ganko during your stay.



Kayla Kremer

Graduated from George Mason University with BFA in Computer Game Design. She has called Tokyo home since 2014 and loves experiencing all the food and culture the city has to offer.



# Tradition & Culture of Japanese Cuisine

*Exclusive Interview with Hiroshi Nagashima, Goodwill Ambassador for Japanese Food*

## Goodwill Ambassador for Japanese Food

The Ministry of Agriculture, Forestry and Fisheries has appointed the actress Rei Dan as a Special Goodwill Ambassador for Japanese Food, as an effective PR method to spread the appeal of Japanese food and culinary culture in Japan and overseas. It also appointed 13 people involved with Japanese cuisine as Goodwill Ambassadors for Japanese Food, to give reliable advice on how to spread Japanese food and Japanese culinary culture.



Hiroshi Nagashima

*Born in 1946. Owner of the Yasai Kaiseki "Nagamine." Awarded "Great Craftsmen in the Edo" and "Great Craftsmen in the Present World" and others. Has written many publications on Japanese cuisine, including "The Encyclopedia of Japanese Culinary Tradition and Culture." Working as Goodwill Ambassador for Japanese Food since February 2015.*

## Q: Tell us about Japan's unique culinary culture

The kanji characters for the word "ryori" (cooking) mean measuring things and putting them in place. "Measuring" means not just measuring weights, but also gauging the guest's tastes, the sense of the current season, the surrounding environment, and other aspects, and the result that is served is "ryori".

The roots of Japanese cuisine lie in honzen ryori (set meals served on personal trays or tables). The shojin ryori (vegetarian dishes) cooked at temples are a variant of honzen ryori. That shojin ryori is, in turn, the basis for today's chakaiseki (light meals served with the tea ceremony).

Honzen ryori is served at ceremonial occasions. It is prepared in patterns such as one soup and three side dishes, one soup and five side dishes, or two soups and five side dishes, to fit a zen (tray) of predetermined size. Naturally, it was served cold. The idea of "serve cold things cold, and warm things warm" evolved from shojin ryori. After that the idea of "hugging a warmed stone to one's belly to temporarily assuage pangs of hunger" in chakaiseki turned into the serving of simple dishes to warm the stomach and relieve hunger before the tea is served.

## Q: What about the sequence for eating Japanese cuisine?

In honzen ryori, shojin ryori, and chakaiseki, the common element is to "eat the rice first". These are types of meals to serve to guests, so they are always served with alcohol. The Japanese understood long ago that drinking alcohol on an empty stomach is bad for the body.

Take the example of chakaiseki. Gohan (cooked rice), shiru (soup) and "omukou" (sashimi etc., literally items on the other side) are all served, but it's wrong to reach for the sashimi first. First, take a mouthful each of the rice and soup. Next, drink some of the alcoholic drink you are offered, and only then can you eat the sashimi. In this way, Japanese cuisine doesn't just provide a good nutritional balance, it also thinks about the body itself.

## Q: I hear that Japan uses a lot of fermented foods

"Mold culture" is essential to any discussion of Japanese food. This doesn't mean harmful mold, but the fermented foods that represent Japan, such as miso, shoyu, sake, and natto. These fermented foods give the digestive system beneficial stimuli, and improve physical health.

## Q: Tell us about consideration of the seasons in Japanese cuisine

I think Japanese cuisine means "seasonal cuisine equals eating with the season". Japan has four seasons, and we Japanese value them. In Japanese cuisine, in particular, the seasons are further divided into three parts: "hashiri", "shun", and "nagori", which are held as highly important.

Ingredients in the "hashiri" portion of their season are those that are produced early or are just starting to come out. They are unusual, and command high

prices. "Shun" ingredients have high nutritional values and are at the peak of their harvest season, so they are relatively cheap. Finally, "nagori" is perhaps the melancholy feeling that shun has passed and that ingredient will soon be gone.

## Q: What about the attention to utensils?

Japan has a unique culture of using utensils such as kitchen knives, chopping boards, and chopsticks.

The culture of "hocho" kitchen knives has a particularly long history. Documentary records indicate that their designs were perfected around 1,700~1,800 years, and the "hocho-shiki" ceremony was performed in which ingredients are cut and arranged into various forms with only the hocho and chopsticks, never touching them directly with the hands. The hocho-shiki performed by a hocho-nin (cook or chef, but literally written as "hocho-person") is now performed at events and ceremonies, such as offerings at local shrines.

## Q: What are the characteristics of Japanese hocho?

In contrast to double-edged blades that cut with a pushing stroke, Japanese hocho are single-edged and cut with a drawing stroke, so they cut without squashing the ingredients, and seal their umami constituents inside. Of course, different hocho are used for different ingredients, and the cutting techniques also differ. For example, tuna fish is cut thick, while sea bream is sliced thinly. If tuna is sliced thinly, it loses its flavor, so it is cut thick, but more chewy fish such as sea bream are sliced thinly to avoid unpleasant sensations when chewing them. Japanese people don't just know the most delicious ways to eat seasonal ingredients, they are also a people who know more skillful methods for finishing the preparation of those ingredients.

## Q: What about the attention to dishes?

Dishes are essential to Japanese cuisine. There are many different dishes, but I think the most outstanding among them is the lacquered bowl. Urushi lacquer is coated onto a thin bowl base, and when you drink from it, the liquid is hot, but the part you hold in your hand, and the part that touches your mouth, do not get hot. Besides the flavor of the food, its visual beauty is also important, and I think Japanese "care for the unseen parts" is manifested in this kind of bowl.

## Q: What about the attention to eating combinations?

Japan has valued eating combinations of ingredients since ancient times. Examples include "sashimi from the sea and wasabi (Japanese horseradish) from the mountains" and "soba (buckwheat noodles) from the mountains and grated daikon (Japanese radish) from the village". Yakumi (condiments) are prized in a culture of eating combinations. The kanji for yakumi mean "taste of medicine". They are not seen as so important nowadays, but it used to be thought that failure to eat these condiments had a bad effect on health. In that sense, Japanese cuisine is not just about delicate flavoring with seasonal ingredients and visual beauty. It's a perfect, health-conscious cuisine that is seen nowhere else in the world.



# NIHONSHU

The art and history of Japanese sake and Japanese culture

Nihonshu, or Japanese sake, is Japan's national drink, and the epitome of Japanese culture. Made from rice and water, the blessings of Japan's land and climate, it is made in all parts of Japan, and is intimately interconnected with Japan's unique beliefs, annual festivals, and way of life. Enjoy sake together with Japanese food while you're in Japan. Toast "kanpai" with nihonshu!

## What is Nihonshu?

Nihonshu is a fermented drink made from rice, water, and koji. The process draws on the ability of koji to turn the starch of the rice to sugar, then yeast converts that sugar to alcohol. There are few production processes in the world as complex as this one, and it requires advanced techniques. The production of alcoholic beverages from rice, the staple food of the Japanese people, is said to date back around 2,000 years. Over that time, specialist artisanal groups of toji (master brewers) and kurabito (brewers) have grown up, and have learned that the quality of water used in the brewing mix has a great impact on sake brewing.

Since the Meiji era, in which modern Japan was founded (the Meiji restoration occurred in 1868), rice varieties have been improved, brewing technologies have developed, and manufacturing equipment has advanced, taking sake brewing ahead with them. However, the intricate essential brewing process, in which koji converts rice starch to sugar, and yeast converts the sugar to alcohol in simultaneous processes of parallel complex fermentation\*, remains unchanged from its ancient form.

\*This fermentation method performs saccharification of rice and alcoholic fermentation of the resulting sugar simultaneously. Compared to separate processes of saccharification and alcoholic fermentation, the risk of spoilage is reduced and the final alcohol content is higher.

## The Diversity of Nihonshu, Born of Japan's Land and Climate

Even now, there are over 1,000 sake breweries throughout Japan, and their individual sake products are based on compatibility with local dietary customs. The Pacific coast lands large quantities of red-fleshed fish, the Seto Inland Sea coast has large catches of white-fleshed fish, the Sea of Japan coast has deep snows and oily fish in winter, inland regions have

薫酒 <KUNSHU>

High in Fragrance

[Fragrance] Clear and fruity, full  
[Taste] Average sweetness and impact, well balanced freshness and acidity  
[Mariage] Great as an aperitif, lightly seasoned food



爽酒 <SOSHU>

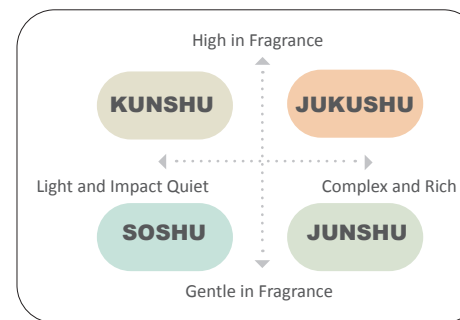
Smooth and Light

[Fragrance] Low and modest  
[Taste] Clear and refreshing  
[Mariage] Lightly seasoned foods, ingredients with natural sweetness



advanced food preservation techniques, and Edo (now Tokyo) in the Edo era (17th~19th centuries) was then the world's largest consumption center. Sake was made to suit all of these regions. Types of nihonshu tailored for the ways of life and dietary cultures of each region have been polished and advanced over many years to reach their present forms.

The Japanese cultural trait of respecting the changing seasons is strongly reflected in the sense of the seasons in how nihonshu is drunk even now. The "hiyaoroshi" of fall is characterized by a flavor that has matured to perfection over one summer. "Shinshu and shiboritate (new and fresh-pressed)" types, characterized by their fresh fragrances, come out in winter and early spring. "Namazake (pure or undiluted sake)" is served chilled on hot summer days. These varieties produce ways of enjoying nihonshu that are like seasonal traditions. Sake can be chilled in hot seasons, or served as "hiya"



熟酒 <JUKUSHU>

High in Fragrance, Full Body

[Fragrance] Strong and complex fragrance of spice and dried fruits  
[Taste] Perfect balance of rich sweetness and acidity  
[Mariage] Meat, rich flavor with high fat



醇酒 <JUNSHU>

Mild, Complex, and Full

[Fragrance] Forest, dairy  
[Taste] Well balanced sweetness, acidity, and bitterness. Mild and complex.  
[Mariage] Food with strong umami, rich taste



at room temperature, but between fall and spring the same variety can be served warm as "kanzake". Many people follow this traditional drinking pattern.

On the technical side, there are traditional "kimoto"\*<sup>1</sup> and "yamahai"\*<sup>2</sup> types with rich, strong, sharp flavors, and "daiginjo" types, which are brewed from extremely polished rice at low temperature for their fruity flavors. In recent years, advances in brewing technologies have yielded new types, including effervescent sake.

\*<sup>1</sup>: A traditional brewing method in which the lactic acid produced by naturally-occurring lactobacillus is accumulated, suppressing contaminating bacteria and nurturing yeast.

\*<sup>2</sup>: A kimoto-type method for nurturing sake yeast in which the "yamaoroshi" stage within the kimoto process (\*<sup>1</sup>) of grating the rice together is omitted.

## The Harmony Between Nihonshu and Washoku (Japanese food)

The types of fish that Japanese people favor include more minerals and calcium than the types commonly regarded as "yoshoku" (western food). Nihonshu is well suited to these condiments and mineral constituents, and have an excellent masking effect to conceal the odors of fresh fish. Many types are used as condiments, not just for drinking. That is why there is such a good harmony between nihonshu and washoku. The umami and the diversified liquor qualities of modern nihonshu sit well with high-fat meat dishes and many other diverse cuisines of the world, not just with Japan's various foods, and their range of compatibility is spreading.

## Nihonshu is Essential for Traditional Events and Commitment Ceremonies

Japan's culture is underpinned by farming, and Japan is at the northern limit of rice cultivation. The temperature, sunshine, wind, rain and other climatic conditions are harsh for cultivation, allowing only one harvest a year, making rice a precious staple food. The practice of using rice to make sake and offering it to the gods in thanks for the joy of a good harvest has continued since ancient times. By now, rice is available all year round as the staple food, but in the past the normal staple food was katameshi, made from rice blended with grains and other dry-field crops. Unadulterated rice was only used on auspicious days, such as ceremonial occasions. Nihonshu, which is hard work to make and uses particularly generous amounts of precious rice, took the most important position among offerings. People offered sake to the gods in rituals, and drank it with their own meals for a sense of unity with their gods, gaining protection and blessings. This approach carries on in the present day.

Since ancient times, sake has often been used as the glue to cement special relationships between people, and it retains that role in modern society. The most common ceremony at sakazuki-goto (celebrations or feasts) is called san-san-kudo, in which sake is poured into three cups of different sizes, and three sips are taken from each. The repetition reflects the expectation of greater deliberation, and the number three is believed to be lucky. It is most often used in celebrations at which nuptial pledges are exchanged before the gods in wedding ceremonies.

The article is prepared with the help of Sawanotsuru, established in 1717.  
<http://www.sawanotsuru.net>



# Japan: A Shopper's Paradise

From 100-yen Shops to  
High-end Department Stores

**Two of the top interests for foreign travelers visiting Japan are “to experience Japanese food” and “to shop in Japan.”**

The places commonly regarded around the world as “shopper’s paradises” are cities like Hong Kong, Seoul, New York, Paris, and London, but Japan always ranks high on the list too.

We want to introduce some hints and techniques for making foreign visitors to Japan 100% happy and satisfied with their time in Tokyo, under the heading of “Japan: Shopper’s Paradise”.

According to a recent survey of foreign visitors to Japan, their reasons for being satisfied with shopping in Japan are (1) cheaper prices, thanks to the weak Yen, (2) the high quality of Japan’s

customer service, and (3) the rich lineup of products. From 100-yen shop items to electrical appliances, products from pricey western brands, and more, many foreign tourists rate Japan as the only place that has everything on offer.

To quote a comment from a foreign tourist, a traveler from Asia said “Shopping in Tokyo is stress-free and very comfortable. The department stores are the ultimate shopping experience in Tokyo. Whichever department store you go to, you’re treated with attentive service worth of royalty. In Japan, the shop staff are always perfectly polite, whether you’re going to buy anything or not”.

The key shopping experiences for getting to know the excellence of shopping in Japan, and the variety and dynamism of shopping in Tokyo, are 100-yen shops, and department stores. First, let’s take a look at 100-yen shops.

**The Main Selling Points of 100-yen Shops are the Number of Products and Their Quality.**

Japan’s 100-yen shops are certainly world leaders in the number and quality of items they offer. Products like stationery items, cellphone accessories and daily utensils, which are not available in other countries, are sold for a flat price of 100-yen each. Japan’s extraordinary product procurement strength is recognized both in Japan and overseas. Products can be returned if there’s any problem with them, and even if there is nothing wrong with a product, the customer can return it just by asking and showing the receipt. That’s worry-free shopping. If they’re going to buy a small item, many Japanese people think “I’ll look in a 100-yen shop first”.

The leading 100-yen shop chain is Daiso. (<http://www.daisoglobal.com>). It has 2,680 branches in Japan, and 700 more in 25 countries overseas. The author knows some foreigners who often go to Daiso to buy drinks and snacks. “The same foods that are sold in supermarkets for

more than 100-yen are sold there for 100-yen, so there’s a direct feel of getting a bargain”, says one Daiso fan.

Other products on offer include crockery, cleaning and storage items, sewing equipment, kitchen utensils, stationery and office supplies, handicraft materials, cosmetics, party goods, and just about anything else. One foreigner studying Japanese was amazed to find vocabulary cards for studying kanji characters at a 100-yen shop. Anyone can see the wealth of the product lineup in Japanese 100-yen shops. 100-yen shops - you just have to go and see them!!

**Japan’s Department Stores Offer Outstanding Product Lineups**

Japan’s department stores have huge arrays of refined products. An American woman living in Tokyo says what she likes most about Japanese department stores is their extensive range of food-related products. There are various department stores all around Japan, and she says the fun of them is that they may have a selection of restaurants on the top floor, or a lot of stores that are hot topics in TV and magazines, and she can buy a splendid lunch or exquisite deli dishes.

Some department stores are staffed by “elevator girls”, as a uniquely Japanese service. Many foreigners say “It’s wonderful to have an elegant women, all dressed up in the store’s uniform, take you to your floor with a smile”.

Colorful displays of products and foods are a specialty of the department stores, prompting shoppers to buy on impulse. Fresh vegetables, custard-filled imagawayaki muffins, and western and Japanese-style cakes, are examples of products lineups that change with the seasons, or with differing regional specialties. Department stores offer many examples of products like these, which carry on traditions. Don’t miss the carefully-selected goods and unique service that department stores provide.



# Real Japan

## General Merchandising Stores and Convenience Stores



### General Merchandising Stores are the Place to See Japanese People's Lifestyles

General Merchandising Stores (GMS) are places for the masses, good for shopping and for eating out. How about adding a GMS to your urban sightseeing itinerary?

And if you're wondering what to eat in Japan, or you realize there's something you need, don't hesitate to step into your nearby convenience store. They are a powerful resource for ordinary people, stocked with the basic minimum things people need for clothing, food, and shelter.

### GMS, the Hidden Popular Tourist Spot

GMS handles everything people need in daily life, aiming to be large-scale, comprehensive supermarkets for the general public. Besides food and everyday essentials, their all-encompassing lineup extends to clothes, home electrical appliances, furniture, and more. They also include tenant stores with attractive product lineups, movie theaters, food courts, bookshops, and the like.

The top two GMS chains are Aeon and Ito Yokado. Aeon has 611 branches in Japan, while Ito Yokado has 184.

Japan's general supermarkets are characterized by good service, good food, and reasonable prices. Goods that run low on the shelves are restocked promptly, events to pique shoppers' curiosity are constantly planned and performed, staff are thoroughly knowledgeable about products, and the food is delicious and reasonably priced. It is amazing characteristic of Japan that whatever you eat, it will always

satisfy a certain level of food safety and peace of mind. You might think "isn't it only natural that service is good and everything tastes great?" But people who come to travel in Japan know that it's quite difficult to clear even these conditions in the rest of the world without going to a rather high-end supermarket.

If walking through the food floor and other floors of a GMS has you feeling hungry, you should head to the food court or the restaurant floor. You're certain to find a rich range of food on offer, from ramen, soba, and udon noodles to tonkatsu (pork cutlet), tempura, sushi, yakiniku (broiled meat), pasta, okonomiyaki (mixed pancakes), takoyaki (battered octopus), teishoku (set meals), and more. See you at GMS!

### Japan's Convenience Stores Have Everything In Stock

One word can be seen on signs wherever you look while walking around Tokyo. That word is "コンビニ" (conbini, short for "convenience store"). There are 54,000 convenience stores in Japan. Their average floor area is only 100 square meters, and they have 3,000 or more items, stocking only items that sell well.

The first convenience store opened in 1974. More than 40 years later, the market has grown to 10 trillion yen, and Japanese people visit convenience stores three or more times a week, on average. The convenience of conbini is that they are close at hand and always open. They also have ATMs and provide an agency for paying public utility fees. Recent convenience store innovations have been amazing. The big three chains, Seven Eleven, Lawson, and Family Mart, are intense rivals, and the flavors of their obento lunchboxes and side dishes are improving enormously. Their product lineups are abundantly varied, the fruits of ingenious creativity, and even if you ate at a convenience store every day of the week, you would not tire of the menu.

Convenience stores are stocked with onigiri (rice balls), sandwiches, oden, soba and udon noodles, pasta, sushi, rice-bowl dishes, salads, various obento, side dishes, desserts, drinks, and more. Pick any combination you like of things that take your fancy. Japan's convenience stores are even cheaper places to eat than its fast food restaurants. If you're thinking "I fancy eating something Japanese" or "I'd like to know what Japanese food is like", head for a convenience store. Check out a convenience store first! If you buy and try something there once and like it, like sushi, for example, go to a specialist sushi restaurant next. That's a smart way to use convenience stores.

### Some Food Items You Can Find in a Conbini



1. Onigiri: Rice ball. Wide variety of onigiri can be purchased at a low price.

2



2. Oden:

Ingredients such as eggs, konjac, daikon radish, and processed fishcakes stewed in soy sauce flavored dashi broth.



3. Donburi: Different types of toppings on a bowl of rice.

4



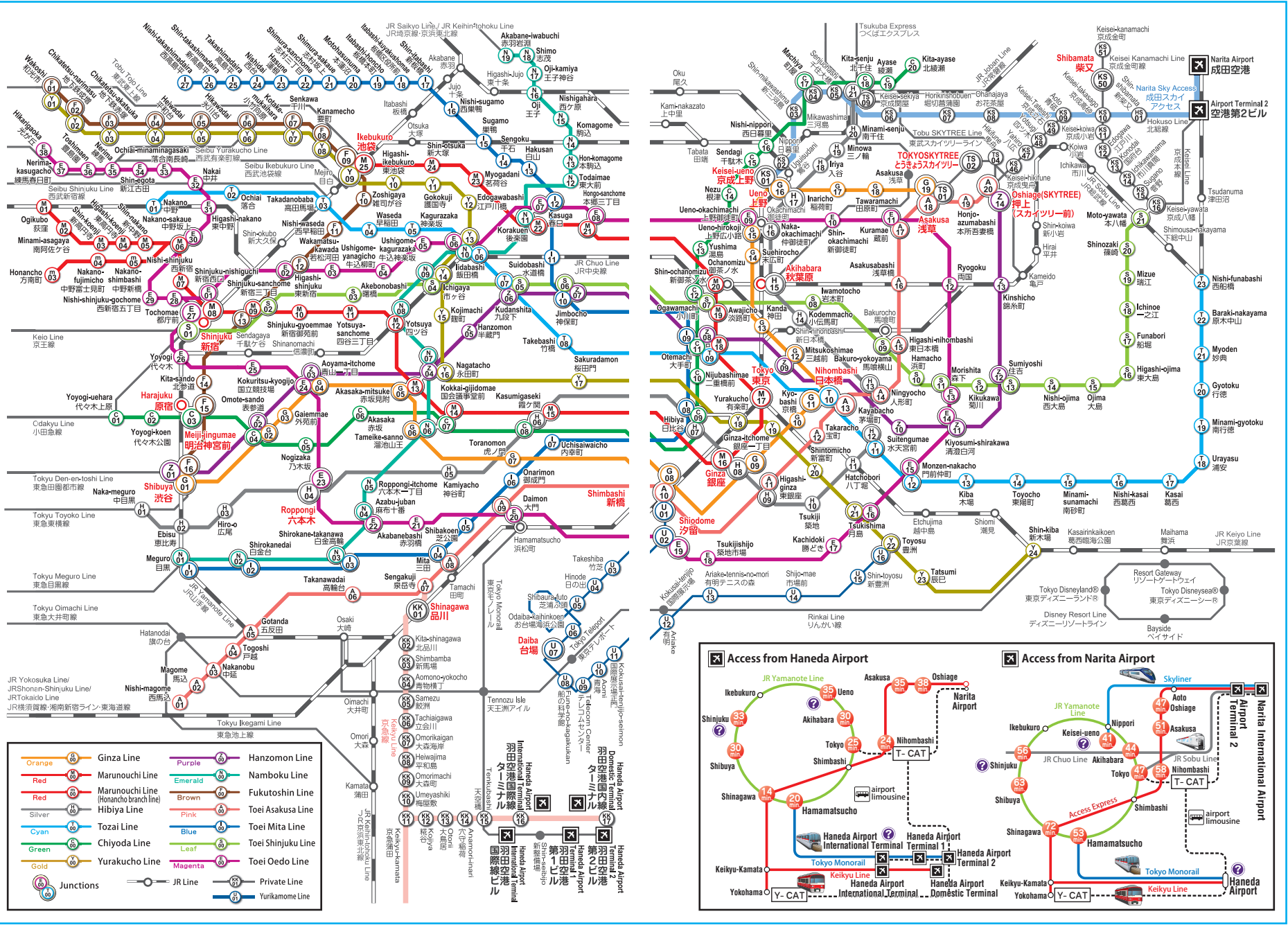
4. Bento: Boxed lunch

consisted of rice, main dish, and some vegetables.



5. Sushi: You can even buy sushi at a conbini!

Transportation

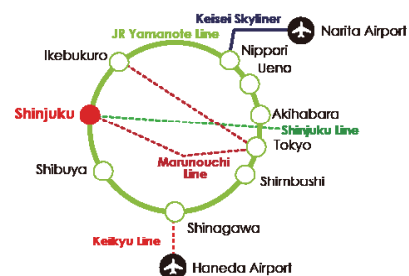




# Shinjuku

新宿

## Access



## City of Complex Culture

Shinjuku is the center of Tokyo's culture. JR Shinjuku Station is placed in the center as the hub of urban transportation. On the east side are the entertainment districts and on the west side are high-rise office buildings and the Tokyo Metropolitan Government Building. Being in Shinjuku feels like going to several different cities at once; next to the high-ended department stores and large electronics stores are the entertainment districts, and in a few minutes walk, you can also enjoy the panorama from skyscrapers or the nature of Shinjuku Gyoen National Park. Walk yourself through the city of Shinjuku and have an adventure that you can only experience there.

### 1 都庁 Tokyo Metropolitan Government

Tokyo Metropolitan Government ("Tocho") is one of the main symbols of western Shinjuku. The 243-meter Twin Towers are connected by the assembly building. The building was completed in 1991, after 13 years of construction at the cost of over 1 billion USD. It was the tallest building in Tokyo until Tokyo Midtown in Roppongi overtook that position in 2007. The panoramic views of TOKYO SKYTREE®, Tokyo Tower, Tokyo Dome, Meiji Shrine, and Mount Fuji can be seen from the free observation decks. The Tourist Information Center is located on the ground floor for your assistance in English.



🕒 9:30-23:00 🆓 Free 🌐 <http://www.metro.tokyo.jp/ENGLISH/>  
🚶 JR Shinjuku Station (west exit) Toei Oedo Line, Tochomae Station

### 2 新宿御苑 Shinjuku Gyoen



Shinjuku Gyoen, the largest and the most popular park in Tokyo, is known for the cherry blossoms in spring. Its history goes back to the Edo period when it was used by the imperial family for recreation and entertainment of guests. The park is an assemblage of three different styled gardens. The oldest Japanese landscape garden was built for the wedding of Emperor Hirohito (Showa). It features ponds and bridges of traditional Japanese culture. The other type is the English landscape garden featuring a wide and open atmosphere, and the French Garden with plane trees. There are many greenhouses where you can see various types of flowers. The park was redesigned and rebuilt after WWII in 1949 as a public park.

🕒 9:00 to 16:30 (entry until 16:00), Closed on Mondays (or following day if Monday is a national holiday), December 29 to January 3. No closing days from late March to late April and first half of November 🆓 200 yen  
🚶 JR / Keio / Odakyu Line, Shinjuku Station (West Exit) Marunouchi Line, Shinjuku Gyoenmae Station (Exit 1)  
Fukutoshin Line, Shinjuku-Sanchome Station (E5 Exit) Toei Shinjuku Line, Shinjuku-Sanchome Station (C1/C5 Exit)  
Seibu-Shinjuku Line, Seibu Shinjuku Station





### 3 歌舞伎町 Kabukicho

Kabukicho is the largest entertainment district located in the eastern side of Shinjuku. Known as the "Sleepless Town," Kabukicho is a red-light district full of host and hostess clubs and bars that are open throughout the night. During the day, you can enjoy shopping at large discount shops where you can find unique souvenirs. If you are looking for entertainment, try out the "Robot Restaurant" that opened in 2012. There are three hour shows every night, with burlesque dancers, giant robots, neon tanks, female cyborgs and lasers.

🚶 JR / Keio / Odakyu Line, Shinjuku Station (East Exit)

### 4 思い出横町 Omoide Yokocho

Omoide Yokocho, "Memory Alley", is a small street full of small bars and restaurants in which its history traces back to the immediate postwar years. Yakitori, soba, ramen, and sushi bars line up in the area. The street was known as "Piss alley" and "Cockroach Alley" in the past from its uncleanness, but it has been redeveloped. Get intoxicated with the nostalgic atmosphere that Omoide Yokocho inherits.

🚶 JR / Keio / Odakyu / Marunouchi Line, Shinjuku Station (East Exit)  
Seibu Shinjuku Line, Seibu Shinjuku Station

### 5 刀剣博物館 The Japanese Sword Museum

The Japanese Sword Museum welcomes you with the history and art of "Katana" (Japanese swords). It is located in a quiet neighborhood, just a few stations away from Shinjuku. The museum displays a wide variety of swords from the mid 19th century to the Meiji period (1868-1912). Japanese swords were not only used as a weapon by the Samurai during the Edo period, but also was considered as an artwork of the craftsman. Step yourself into the world of beautiful swords produced by the devotion of the craftsmen's heart and soul.

🕒 10:00-16:30 (Last entry 16:00, Closed on Monday)  
👤 Adults: 600 yen, Members/Students : 300 yen, Under 15 : Free  
🌐 <http://www.touken.or.jp/english/>  
🚶 Odakyu Line, Sangubashi Station Keio Shin Sen Line, Hatsudai Station

### 6 ゴールデン街 The Golden Town

The Golden Town is located in the east side of Shinjuku where tiny bars are squeezed into narrow streets. The Golden Town dates back to World War II when journalists and novelists gathered every night for discussions. Most ramshackle bars only have counter seats, usually only serving regulars. Some bars have just enough room for 5 or 6 people, if you don't mind rubbing shoulders with each other. Tininess, the main appeal of this town, creates warmth and a friendly atmosphere. Today, younger owners have increased and the Golden Town is becoming a famous spot in Shinjuku.

🚶 JR / Keio / Odakyu Line, Shinjuku Station (East Exit)  
Seibu Shinjuku Line, Seibu Shinjuku Station  
Toei Shinjuku / Marunouchi / Fukutoshin Line, Shinjuku-Sanchome Station (B3 / E1 Exit)



### 7 東宝ビル TOHO Building

A brand new, next generation building has just opened in spring of 2015. Godzilla has marked its 60th anniversary last year since its first outing in 1954. The 12-meter "Godzilla Head" built on the 8th floor of the Toho Building is becoming the new symbol of Shinjuku. When seen from Yasukuni Dori, one of the main streets of Shinjuku, it seems as if Godzilla has come to attack Shinjuku. The Toho building is 30 stories high, consisted of restaurants and amusement shops on 1-2 floors, Tokyo's largest TOHO Cinema on 3-6 floors, and Hotel Gracery on 8-30 floors with 970 guest rooms. Hotel Gracery welcomes you with a "Godzilla View Room" where you can fully enjoy the world of Godzilla that Japan boasts to the world!

🚶 JR / Keio / Odakyu Line, Shinjuku Station (East Exit)  
Seibu Shinjuku Line, Seibu Shinjuku Station

### 8 世界堂 Sekaido

Sekaido, established in 1940, is a well-known store in Tokyo for art and craft materials. The store provides you everything from pens and paints to useful everyday stationeries. Stationery lovers could easily spend a day in this building. Be ready to get overwhelmed by the variety of stationery goods at reasonable prices. Most of the products are 20% off regularly!

🕒 9:30-21:00 🌐 <http://www.sekaido.co.jp/index.html>  
🚶 Marunouchi / Toei Shinjuku Line, Shinjuku Sanchome Station JR / Keio / Odakyu Line, Shinjuku Station

### 9 神楽坂 Kagurazaka

Kagurazaka, full of apparel shops and restaurants, is becoming to be known as a fashionable street among the Japanese. It has a very long history as an entertainment district since Edo period. Awa Odori (traditional dancing of Tokushima) Festival is held in the summer.

🚶 Sobu Line / Chuo Line, Iidabashi Station (West Exit)  
Nanboku Line / Yurakucho Line, Iidabashi Station (B3 Exit)

### 10 グリーンプラザ新宿 Green Plaza Shinjuku

Capsule Hotel is a unique lodging facility in Japan. You literally stay in a capsule shaped container that is air-conditioned, prepared with TV, radio, alarm clock, and personal light. It has good reputations especially among business men for its cheapness and convenience. The capsule hotel and sauna facility is for men only so be careful if you are planning to stay there for an adventure. For women, Green Plaza Shinjuku provides accommodations and a "Le Luck Spa."

🌐 <http://www.hgshinjuku.jp/en/>  
🚶 JR / Keio / Odakyu Line, Shinjuku Station (East Exit)  
Seibu Shinjuku Line, Seibu Shinjuku Station



### 釣船茶屋ざうお 新宿店 Zauo Shinjuku

03-3343-6622 <http://www.zauo.com/>  
Washoku, Fresh Seafood, Izakaya

<About> Zauo is a type of amusement restaurant where you can eat the fish that you catch from a large fish tank located inside. A wide variety of people from businessmen to couples and families can have an exciting time. The taste of the fish that you catch yourself is superb. There are many overseas tourists too. Please come visit us.

<Comments from Restaurant> We are "Tsuribune-chaya Zauo," one of the hottest restaurants in Japan where you can enjoy fishing. In addition to the excitement of fishing, you can experience the pleasure of eating fresh fish. Our menu ranges from seafood to combo plates, appetizers, and food from Hakata region, all with love of our chefs.

☎ <Mon-Fri> Lunch 11:30-14:30 L.O.14:00 (no fishing during lunch hours) / Dinner 17:00-23:00 L.O.22:00 <Sat, Sun, Holidays> 11:30-23:00 L.O.22:00 <Closed> 12/31, 1/1, 1/2

🍷 Sake, Shochu, Beer, Liqueur, Wine

🍽 Lunch: 1,500 yen- / Dinner: 4,500 yen- / Course: 5,500 yen-

📖 English and photo menus available 📱 VISA, Master, AMEX

📍 JR Shinjuku Station (South Exit) 8 min. walk  
Shinjuku Washington Hotel 1F, 3-2-9 Nishi-Shinjuku, Shinjuku-ku



### レストラン&カフェ Manna 新宿中村屋 Restaurant & Cafe "Manna" by Shinjuku Nakamura

03-5362-7501 <http://www.nakamura.co.jp/manna>  
Yoshoku (Western Food)

<About> We were the first restaurant to serve Indian curry in Japan when it was opened in 1927. Today, we are visited by many foreign customers. We also have easy access because our restaurant is on B2F in Nakamura's building connecting to the Exit A6 of Shinjuku Station. At times, the waiting line may be long, but it will move quickly.

<Comments from Restaurant> Since the establishment of our restaurant, we have been serving Indian chicken curry that was created by our founder's encounter with a patriot of Indian independence movement. We also offer other traditional Nakamura's menu, which is being improved since the starting of our service. Regardless of numbers of visitors, we are ready to welcome all as customers. Please enjoy various unique meals. Vegetable curry contains no animal protein other than yogurt and butter. Enjoy omelette & rice, homemade hamburger steak, and small dishes with beer.

☎ 11:00-22:00 (L.O. 21:30) <Fri, Sat, Before Holidays> 11:00-22:30 (L.O. 21:45) <Closed> 1/1 🍷 Sake, Beer, Liqueur, Wine

🍽 Lunch: 2,000 yen- / Dinner: 2,000 yen- 📖 English and photo menus available 📱 VISA, Master, AMEX, UnionPay

📍 Marunouchi Line, Shinjuku Station (A6 Exit) 1 min. walk  
Shinjuku Nakamura Bldg. B2F, 3-26-13 Shinjuku, Shinjuku-ku



### 大かまど飯 寅福 ルミネ新宿店 Okamadomeshi Torafuku (LUMINE Shinjuku)

03-3344-1200  
Washoku

<About> Our restaurant is located on the 1st and 7th floor of LUMINE, which is connected directly from the station and has great access on rainy days. You can enjoy delicious steamed rice cooked in large iron rice pot together with Japanese household dishes. We also have Japanese sake and shochu that go well with our foods. Spend your time shopping at LUMINE, and come visit us for lunch and dinner.

<Comments from Restaurant> In the past, when there were no electric rice steamers, Japanese people used a large iron rice pot to cook rice. At Torafuku we serve steamed rice that is cooked in the traditional iron rice pot with freshly polished rice that is shipped from Nagaoka, Niigata Prefecture, one of the distinguished rice-producing districts. Please come and experience the delicious rice.

☎ 11:00-23:00 <Closed> When LUMINE is closed

🍽 Lunch: 1,050 yen- / Dinner: 1,414 yen- / Course: 3,500 yen-

🍷 Sake, Shochu, Beer, Liqueur, Wine, Fruit liquor

📱 VISA, Master, AMEX, UnionPay

📍 JR Shinjuku Station (South Exit) 5 min. walk  
LUMINE 1, 7F, 1-1-5 Nishi Shinjuku, Shinjuku-ku



### ロボットレストラン Robot Restaurant

03-3200-5500 <http://www.shinjuku-robot.com>  
Entertainment

<About> We have been ranked #16 for the most popular tourist attraction in Japan and #8 for the world's most unique tourist spot. You can enjoy the one and only entertainment of robot performances while having some dinner.

<Comments from Restaurant> Customers from over 65 countries around the globe visit Robot Restaurant. We have been on TV, movies, commercials, and magazines of 35 countries. As a Tokyo Night tourist facility, we welcome a wide range of customers from kids to adults, friends and families.

☎ <Mon-Fri> 16:00- <Sat & Sun> 15:00-

🍷 Sake, Beer, Liqueur, Wine, Cocktail

📖 English and photo menus available

📱 VISA, MASTER, AMEX

📍 JR Shinjuku Station (East Exit) 5 min. walk

1-7-1 Kabukicho, Shinjuku-ku



### 魚盛 新宿三丁目店 Uomori (Shinjuku 3-chome)

03-3354-4869 <http://www.dynac-japan.com/>  
Izakaya

<About> "Fresh, affordable, and delicious" seafood are shipped directly from the fishing port. Enjoy fresh and filling seafood, alcoholic beverages, side dishes, and special menus. Our daily sashimi special is a popular item. We also have seafood shumai and other varieties of dishes.

<Comments from Restaurant> We have a large fish tank in our restaurant where you can see fresh fish swimming. Our selling point is freshness! We take orders at the table so you can look at the photo menus as you order and check the total price right away. We are located on the 6th floor of the building annexed to the station. We welcome many foreign customers.

☎ <Mon-Sun> 11:30-15:00 (L.O. 14:00) <Mon-Thu & Sun> 17:00-23:00 (L.O. 22:00) <Fri & Sat> 17:00-23:30 (L.O. 22:30)

<Closed> Year end and New year

🍽 Lunch: 850 yen- / Dinner: 3,500 yen- / Course: 3,000 yen-

🍷 Sake, Shochu, Beer, Wine 📱 VISA, Master, AMEX

📖 English, Chinese, Korean and photo menus available

📍 Marunouchi Line, Shinjuku 3-chome Station (B2 Exit) 1 min. walk  
Keio Frente Shinjuku 3-chome 6F, 3-4-8 Shinjuku, Shinjuku-ku



### 三国一 東口店 Sangokuichi (Higashiguchi)

03-3354-3591 <http://www.sangokuichi.co.jp>  
Udon, Izakaya

<About> Only a 3-minute walk from Shinjuku station. From the standard Japanese udon to carbonara udon, mapo eggplant udon, and katsu (cutlet) curry udon, there is a variety of menus. You can try Japanese sake from 1 go (180ml).

<Comments from Restaurant> For customers in larger groups, we suggest you make a reservation to avoid waiting. Please come visit us.

☎ 11:00-23:00 (L.O. 22:20) <Closed> 1/1, 1/2, 1/3

🍽 Lunch: 900 yen- / Dinner: 2,000 yen- / Course: 4,400 yen-

🍷 Sake, Shochu, Beer, Liqueur, Wine

📱 VISA, Master, AMEX

📖 English, Chinese, Korean and photo menus available

📍 JR Shinjuku Station (East Exit) 3 min. walk

3-24-8 Shinjuku, Shinjuku-ku





ばんこ 山野愛子邸  
Ganko (Yamano Aiko-tei)

03-6457-3841 <http://www.gankofood.co.jp/shop/detail/ya-shinjuku/>  
Washoku, Kaiseki

<About>Aiko Yamano is known as the pioneer of the Japanese beauty industry. The house she lived in was opened as "Ganko Shinjuku Yamano Aiko-tei" on October 10, 2014 as the first "yashiki" (mansion) style restaurant in Tokyo. The semi-western style mansion is a perfect venue for different types of events from wedding to family gatherings. Please come and visit.

<Comments from Restaurant> It is located somewhat far from the heart of Shinjuku, but you can spend a relaxing time eating meals, while viewing the garden. The colors of kaiseki and bento (lunch boxes) change each month or season, so please come with your friends and family. All of our staff are looking forward to your visit. Please ask in advance for vegetarian menus.

- 🕒 11:00-23:00
- 🍽️ Lunch: 2,000 yen- / Dinner: 3,500 yen- / Course: 5,500 yen-
- 💳 VISA, Master, AMEX, JCB, DC, UC, Diners, UionPay
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 🌐 English, Chinese, Korean and photo menus available
- 🚶 Higashi Shinjuku Station (A1 Exit) 5 min. walk
- 1-1-6 Okubo, Shinjuku-ku



玄菜 本店  
Gensai

03-3371-7533 <http://gensai.co.jp/>  
Washoku

<About> Our restaurant's concept is modern "wa". We offer a relaxing time in the city of busy Nishi Shinjuku. Please enjoy a savory time with "omotenashi cuisine" made by our chefs.

<Comments from Restaurant> Our dishes using seafood shipped directly from Miyako, Hachinohe, Karatsu, and Kozushima and vegetables from Kuwana, Usui (Chiba), Aizu, and Yamatsuri will satisfy you with their savory tastes. Each visit would be a whole new experience.

<Sakana Gensai> We have another branch that specializes in anago (seawater eels) dishes. Address: Daini Nissin Bldg., 7-10-20 Nishi Shinjuku, Shinjuku-ku

- 🕒 <Mon-Fri> Lunch 11:30-14:00, Dinner 17:00-23:20 <Sat> 17:00-23:00 <Closed> Sundays and Holidays
- 🍽️ Lunch: 930 yen- / Dinner: 5,000 yen- / Course: 3,800 yen-
- 💳 VISA, Master, AMEX, JCB
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 🚶 JR Shinjuku Station (West Exit) 5 min. walk / Shinjuku Nishiguchi Station (Exit D5) 2 min. walk / Seibu Shinjuku Station (South Exit) 3 min. walk
- 7-10-11 Nishi Shinjuku, Shinjuku-ku



音音 新宿センタービル店  
Ootoo (Shinjuku Center Bldg.)

03-5908-2282 <http://www.otooto-gohan.jp/shop>  
Washoku

<About> Located 5 minutes away from JR Shinjuku South Exit where the high rise buildings stand, the gorgeous and stylish double height ceiling beautifully highlights the interior design inspired by Kyoto's bangasa (a coarse oilpaper umbrella). We offer a fusion of traditional washoku and the modern food culture. Discover for yourself why washoku has been approved as UNESCO Intangible Cultural Heritage.

<Comments from Restaurant> Japan is now on the rise with 2020 Olympics in Tokyo, and the world is in an unexpected boom of washoku. We offer a type of washoku that Japanese people have valued and inherited for a long time, such as sashimi, tempura, sushi, yakitori, and udon. We use carefully selected ingredients from Japan.

- 🕒 <Lunch> 11:30-15:30 <Dinner> Mon-Thu & Sat 17:00-23:00 / Fri & Before Holidays 17:00-23:30 / Sun & Hoildays 17:00-22:00
- 🍽️ Lunch: 1,500 yen- / Dinner: 6,000 yen- / Course: 5,500 yen-
- 💳 VISA, Master, AMEX, UC, DC, Diners, JCB, Nicos, Saison, UnionPay, MUFG
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 🌐 English, Chinese and photo menus available
- 🚶 JR Shinjuku Station (West Exit) 5 min. walk
- Shinjuku Center Bldg. Annex 1, 2F, 1-25-1 Nishi Shinjuku, Shinjuku-ku



KICHIRI 新宿  
KICHIRI Shinjuku

03-5919-2888 <http://www.kichiri.co.jp>  
Modern Japanese Dining

<About> We have arranged the refined beauty and sensitivity of traditional Japan into a modern style. We are a casual and modern Japanese-style restaurant with a sophisticated atmosphere. The carefully selected seasonal ingredients and original modern washoku can be enjoyed visually. Please feel the heart of "omotenashi" that we most cherish.

<Comments from Restaurant> Private rooms and rooms for large groups (up to 60 customers) are available. Enjoy your time at KICHIRI. We will offer the best "omotenashi." Please experience the Japanese style of taking your shoes off and relax.

- 🕒 17:00-26:00
- 🍽️ Dinner: 3,500 yen- / Course: 4,600 yen-
- 💳 VISA, Master, AMEX
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 🌐 English menu available
- 🚶 JR Shinjuku Station (Central East Exit) 1 min. walk
- Mirraza Shinjuku 4F, 3-36-10 Shinjuku, Shinjuku-ku



回転寿司 新宿沼津港  
Shinjuku Numazuko

03-5321-6008 <http://www.numazuko.com>  
Sushi

<About> Our main feature as a kaitenzushi (conveyor belt sushi) restaurant is the large and fresh toppings of our sushi. We put our heart into our selection of ingredients. Seafood is directly shipped from Numazu, Shizuoka Prefecture! In addition to sakura shrimp and young sardine from Suruga Bay, fresh seafood from all over Japan is available at a reasonable price.

<Comments from Restaurant> Counter seats are recommended if you want to see sushi chefs making your sushi. You can enjoy the seasonal and freshest special of the day. We are popular among not only men but also women and elderly.

- 🕒 11:00-23:00 (L.O. 22:30)
- 🍽️ Lunch: 1,500 yen- / Dinner: 2,000 yen-
- 💳 VISA, Master, AMEX
- 🍷 Sake, Sochu, Beer, Liqueur, Wine
- 🌐 English and Chinese menus available
- 🚶 Shinjuku Station (Central West Exit) 1 min. walk
- MY Shinjuku Bldg. B2F, 1-10-1 Nishi Shinjuku, Shinjuku-ku



築地銀座ハイボール酒場  
Gindaco Highball Sakaba

03-6205-5959 <http://www.gindaco.com>  
Standing Bar

<About> Gindaco Highball Sakaba is a standing bar where you can drink highball while eating takoyaki. We are located in the newly opened Shinjuku TOHO building and has become the largest Highball Sakaba in Tokyo. Many customers outside of Japan come and visit us. We are the flagship bar of Tsukiji Gindaco Highball Sakaba.

<Comments from Restaurant> In addition to the most popular "Zettai Umai Takoyaki" (Absolutely Tasty Takoyaki), we also prepare original snacks, drinks, and sweets that you can only taste here. Enjoy the best matching combination of takoyaki and highball in a lively atmosphere.

- 🕒 10:00-3:00 <Closed> When Shinjuku Toho Bldg. is closed
- 🍽️ Lunch: 500 yen- / Dinner: 1,500 yen-
- 🍷 Beer, Liqueur, Wine, Highball, Sour, others
- 🌐 English and photo menus available
- 🚶 Shinjuku Station (East Exit) 5 min. walk
- 1-19-1 Kabukicho, Shinjuku-ku





# Ueno / Akihabara

上野・秋葉原

## Access



## "Art and History" vs. "Otaku Culture"

Ueno Park, known as "Forest of Ueno," has cultural facilities such as art museums, Tokyo University of the Arts, and the Ueno Zoo as well as historical architectures such as shrines and temples. It is also known as the famous spot for the cherry blossom trees, and Shinobazu Pond where many migratory and stationary birds live. Right next to this city of art and history is Akihabara, the otaku cultural center and district of household electronic goods. Enjoy the gap between the two contrasting cultures of the hot spots in Tokyo.

### 1 アメ横商店街 Ameyoko

The busy street along the Yamanote Line connects Ueno and Okachimachi stations. The name "Ameyoko," a short term for Ameya Yokochō, derives from the word "Ame" (=candies) and "Yokochō" (=store alley) since there were many stores selling candies in the post war period. Today, various types of shops line up on the street selling fresh food, clothes, cosmetics, and imported goods. It has become the home of reasonable priced products and there are over 400 shops that open from 10AM to 7PM. Don't forget to check the calendar since the stores are mainly closed on Wednesdays.



10:00-19:00 JR Line, Ueno Station (Central Exit) JR Line, Okachimachi Station (North Exit) Hibiya Line / Ginza Line, Ueno Station (5B Exit) Hibiya Line, Nakaokachimachi Station (A2, A5, A7 Exit) Toei Oedo Line, Ueno-Okachimachi Station (A7 Exit)

### 2 電気街 Electric Town

Also known as the "Mecca of Gamers," Akihabara has become a town of electricity. The "Electric Town" of Akihabara is the biggest electronic market in the world full of shops that range from large retailers to small second-hand shops that sell electronic junk. The area literally sells thousands of technological goods from games and DVDs to computer parts and machineries.



JR / Hibiya Line, Akihabara Station





### 3 上野動物園 Ueno Zoological Gardens

Ueno Zoo opened in 1882 as the first zoo in Japan. Historically, the zoo was part of Kan-ei-ji, a five-story pagoda of Tokugawa Shoguns. The Japanese traditional touch still remains at the Park. Experience the thrill of the "Gorilla Woods" and "Tiger Forests" established in an effort to breed endangered species.



- 🕒 9:30-17:00 (tickets sold until 16:00) <Closed> Monday (Tuesday if Monday is a public holiday)
- 💰 Adults: 600 yen / Seniors (65+): 300 yen / Students (13-15): 200 yen / Children (under 12): Free
- 🌐 <http://www.tokyo-zoo.net/english/ueno/index.html>
- 🚶 JR / Keisei / Ginza / Hibiya Line, Ueno Station Chiyoda Line, Nezu Station

### 4 2k540 AKI-OKA ARTISAN 2k540 AKI-OKA ARTISAN

Located under the girder bridge between JR Akihabara and Okachimachi Station, 2k540 AKI-OKA ARTISAN is a shopping area that features items made by young craftsmen. 2K540 is a railway term that shows the distance of this bridge from Tokyo Station. Okachimachi used to be a city of artisans who inherited the traditional crafts of Edo Period. More and more artistic places such as galleries, cafes, and shops that offer a new type of sense and quality are gathering in this area. Try out the workshops that are located inside shops.

- 🕒 11:00-19:00 🌐 <http://www.jrtk.jp/2k540/>
- 🚶 JR / Hibiya Line, Akihabara Station Ginza Line, Suehirocho Station (Exit 2) JR Line, Okachimachi Station

### 5 メイドカフェ Maid Cafe

Walk by any street of Akihabara - there are maids standing all over wearing "maid - fuku (outfits)". Maid Cafe is a must see if you want to experience the otaku culture of Japan. Each cafe has its own concept, and don't forget to feel the term "mo-e" to show the unexplainable feeling in words. Step into one of the cafes and the maids will welcome you as the "master" and serve you with food and drinks, singing and dancing, even casting "mo-e" spells on foods to make it delicious. Just go, see, and experience the Akiba-kei otaku field for yourself.

- 🚶 JR / Hibiya Line, Akihabara Station



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### めいどりーみん 秋葉原 Heaven's Gate 店 Maidreamin (Akihabara Heaven's Gate)

📞 03-6206-8090 <http://maidreamin.com/MaidCafe>

<About> We are the No.1 maid cafe group, "Maidreamin." Of 18 locations worldwide, Akihabara Heaven's Gate has the largest area with a capacity of 83 seats maximum. It is located in a convenient place that only takes 10 seconds from Akihabara station! We welcome customers who are new to maid cafes, female customers, and families. The outstanding live performance on the 360 degrees stage is a must see for both small and large group customers.

<Comments from Restaurant> We welcome our masters with a wide variety of menus from the typical omurice (omelet rice) decorated by our maids to cute foods that would make you take a picture of.

- 🕒 <Mon-Fri> 11:30-23:00 <Sat, Sun & Holiday> 10:30-23:00
- 💰 Lunch: 2,000 yen- / Dinner: 2,500 yen- / Course: 2,980 yen-
- 🍷 English and photo menus available 📱 VISA, Master
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 🚶 Akihabara Station (Akihabara Electric Town Exit), 1 min. walk AK Bldg. 6F, 1-15-9 Soto-Kanda, Chiyoda-ku



### 酒亭じゅらく 上野店 Shutei Juraku (Ueno)

📞 03-3831-9640 [http://www.juraku.com/rest/genre\\_izakaya.html](http://www.juraku.com/rest/genre_izakaya.html)

<About> Fresh fish are shipped directly from several Japanese fishing ports such as Kyushu Goto Islands and Sendai! Fresh sashimi is our top selling menu! We also have juicy yakitori (grilled chicken) made with special Daisen-dori (Daisen chicken). We are an izakaya that serves cuisines from all over Japan. Please come any time, as we are open throughout lunch and dinner.

<Comments from Restaurant> We have a wide range of fresh fish. Enjoy the sashimi of seasonal fish. You can also try local Tokyo sake!

- 🕒 <Mon-Thu> 11:30-23:00 <Fri> 11:30-23:30 <Sat> 11:30-22:30 <Sun> 11:30-22:00
- 💰 Lunch: 1,000 yen- / Dinner: 2,500 yen- / Course: 4,000 yen-
- 🍷 English, Chinese and photo menus available
- 📱 VISA, Master, AMEX 🍷 Sake, Shochu, Beer, Liqueur
- 🚶 Ueno Station: JR (Shinobazu Exit) / Ginza Line (Exit 6), 2 min. walk 6-11-6 Ueno, Taito-ku



### かつくら アトレ上野店 Katsukura (atré Ueno)

📞 03-5826-5862 <http://www.fukunaga-tf.com/katsukura/Tonkatsu>

<About> Katsukura has been specializing in tonkatsu (pork cutlets) in the lands of Kyoto, which is refined and strict towards foods. Not only do we pursue the crispy and juicy deliciousness of tonkatsu, but also provide a healthy and high quality flavor with special tonkatsu sauce and dressing.

<Comments from Restaurant> We proudly present our original tonkatsu, our unique tonkatsu using seasonal ingredients and yuba (tofu skin) from Kyoto, a wide variety of menus, and ozen (set meals). You can get extra rice and cabbage without additional charge.

- 🕒 11:00-23:00 (L.O. 22:00)
- 💰 Lunch: 1,300 yen- / Dinner: 1,800 yen- / Course: 2,390 yen-
- 🍷 VISA, Master, AMEX 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 🍷 English, Chinese, Korean and some photo menus available
- 🚶 JR Ueno Station (Central Exit) 1 min. walk atré Ueno Retro Hall 2F, 7-1-1 Ueno, Taito-ku





## 虎連坊 秋葉原店 Torarenbo (Akihabara)

03-3526-3663 <http://www.dynac-japan.com/shop/torarenbou/>  
Washoku

<About> Enjoy the four seasons of Japan with seasonal ingredients. Spend your time with good food and good sake. Genshiyaki is a primitive way of grilling that has been inherited from the ancient times. The perfect distance from the fire brings out the flavor of the ingredients. The ingredients are crisp on the outside, while softness and sweetness is trapped inside. Taste the "art" of our chefs with the 50 types of Japanese sake that we serve with pride.

<Comments from Restaurant> Only a minute walk from Akihabara Station. You can see the night view of Akihabara from the 9th floor. Enjoy the 50 types of Japanese sake, seasonal ingredients, and the traditional genshiyaki. If you want to experience Japanese izakaya, visit us.

- <Mon-Sun> 11:30-14:30 (L.O. 14:00) <Mon-Sat> 17:00-23:00 (L.O. 22:00) <Sun & Holidays> 17:00-22:00 (L.O. 21:00)
- Lunch: 1,000 yen- / Dinner: 4,000 yen- / Course: 5,000 yen-
- Photo menu available VISA, Master, AMEX
- Sake, Shochu, Beer
- JR Akihabara Station (Akihabara Electric Town Exit), 1 min. walk Akihabara Ekimae Plaza Bldg. 9F, 1-18-18 Sotokanda, Chiyoda-ku



## 串かつでんがな 上野店 & 御徒町店 Kushikatsu Dengana (Ueno & Okachimachi)

Ueno: 03-5807-3900 Okachimachi: 03-5816-3511  
Izakaya, Kushikatsu

<About> You can enjoy "kushikatsu" from Shinsekai, Osaka. Inside, you can feel the good old days, while eating our top 2 menus: delicious "kushikatsu" with the taste of Osaka and "dote-yaki," a thick and stewed dish. Try our "kushikatsu" made with original yam batter freshly deep-fried and served with our original sauce.

<Comments from Restaurant> One of the only places you can enjoy hot and crispy Osaka style "kushikatsu" in Tokyo is "Kushikatsu Dengana." Since we use high quality lard from the Netherlands, you can eat as much as you like and not feel stuffed. Dote-yaki made with Saikyo-miso is also great! Come to eat, drink, and go off to explore Ame-Yoko streets!

- [Ueno] 12:00-23:30 (L.O. 23:00) [Okachimachi] <Mon-Fri> 11:30-23:30 (L.O. 23:00) <Sun, Sat & Holidays> 12:00-23:30 (L.O. 23:00)
- Lunch: 700 yen- / Dinner: 2,000 yen- English and Chinese menus available Sake, Shochu, Beer, Liqueur, Wine
- [Ueno] JR Ueno Station (Shinobazu Exit), 3 min. walk Nagafuji Bldg. 1F, 4-9-8 Ueno, Taito-ku
- [Okachimachi] JR Okachimachi Station (South Exit), 1 min. walk GYOTOC ONE Bldg. 1F, 3-20-7 Ueno, Taito-ku



## 鳥元 上野浅草口店 & 昭和通り店 Torigen (Ueno Asakusaguchi & Showa-dori)

Ueno Asakusaguchi: 03-3845-6663 Showa-dori: 03-3837-4888  
Izakaya, Yakitori

<About> [Ueno Asakusaguchi] We value our customer's health, safety, and security. Our motto, "direct from the producer" connects our customers with producers and Japanese ingredients. We aim to continue the Japanese tradition through washoku. [Showa-dori] Located next to Ame-Yoko and Marui shopping building. We have zashiki rooms. Aioi Toshin Bldg. B1F, 6-16-18 Ueno, Taito-ku

<Comments from Restaurant> Using Japanese ingredients such as Hina-jidori of Akita and Date-dori of Fukushima, we try our best to present the freshness of ingredients. Grilled with high-grade charcoals, our yakitori is juicy inside and crispy outside. Tsukune and Negima are popular. Please enjoy your meal with sake.

- <Lunch> Mon-Fri, Before Holidays 11:30-14:00 Sat, Sun & Holidays 11:30-16:00 <Dinner> 16:30-23:30
- Lunch: 800 yen- / Dinner: 3,500 yen- / Course: 3,800 yen-
- VISA, Master, AMEX, UC, DC, Diners, JCB, Nicos, Saison, UnionPay, MUFG Sake, Shochu, Beer, Liqueur, Wine, Fruits liquor
- English, Chinese and photo menus available
- JR Ueno Station (Asakusa Exit) 1 min. walk / Ueno Station (Subway) 3 min. walk Albergo Ueno 1F, 7-3-9 Ueno, Taito-ku



## おむすびの GABA 秋葉原店 Omusubi no GABA (Akihabara)

03-5298-5567 <http://www.kichiri.co.jp>  
Rice ball

<About> We specialize in Japanese fast food, "omusubi" (rice ball). Our omusubi made with GABA rice that highly contains GABA is nice and fluffy, while you can feel each grain of rice in your mouth. GABA is a gamma-aminobutyric acid that helps your body for beauty, health, and stress. We also prepare set menus, so please feel free to come in and relax. Buy an omusubi at the stand shop next to the restaurant and bring it along with while you explore the town of Akihabara.

<Comments from Restaurant> Enjoy the ingredients from all over Japan with our big omusubi fillings in addition to the rice. Please try omusubi!

- <Restaurant> 11:00-19:00 (L.O. 18:00) <Stand shop> 7:00-20:00
- Omusubi (rice ball): 150 yen- / Set menu: 580 yen-
- VISA, Master, AMEX
- Sake, Beer
- English, Chinese, Korean and photo menus available
- Ginza Line, Suehirocho (Exit 1) 1 min. walk Satake Tokyo Honsha Bldg. 1F, 4-7-2 Sotokanda, Chiyoda-ku



## おぼん de ごはん 上野店 Obon de Gohan (Ueno)

03-5826-4796 <http://obon-de-gohan.com>  
Washoku, Cafe

<About> Enjoy a well balanced healthy meal in cafe style. Tasty food and precious time of dining makes your heart and body cheerful. Our menu is thoughtfully considered of nutritional balance in your daily intakes. We offer 20 types of main dishes, and 3 different kinds of rice (white rice, black rice, and gomoku-hijiki rice). Meat, fish, udon, and other meals served are fully with vegetables and ready for you to enjoy. Dessert and drink menus are also popular among not only female customers but also male customers.

- 11:00-23:00 (L.O. 22:30) <Closed> When Uenonomori Sakura Terrace is closed
- Lunch: 1,000 yen- / Dinner: 1,100 yen-
- VISA, Master, AMEX Beer, Cocktail
- English and photo menus available
- Ueno Station (Shinobazu Exit) 1 min. walk Uenonomori Sakura Terrace 2F, 1-54 Ueno Koen, Taito-ku



## 築地銀だこ 上野アメ横店 Gindaco (Ueno Ame-Yoko)

03-5846-5391 <http://www.gindaco.com/>  
Takoyaki

<About> Gindaco is a well-known Takoyaki shop that has locations all over Japan. Our shop is located only 2 minutes away from Ueno Station. You can take your food outside or use our eating space on 1st and 2nd floors.

<Comments from Restaurant> Our top sellers are "Zettai Umai Takoyaki" (Absolutely Tasty Takoyaki). We use carefully selected octopus from all over the world that we process and boil in our own factory. Our takoyaki is crispy on the outside, creamy inside, and has a piece of octopus with springy palatability in the middle. We also have sweet "Croissant Taiyaki," (fish shaped croissant with red bean paste inside) which has become very popular nowadays. Please come and stop by for lunch or snack.

- 10:00-22:00
- 550 yen-
- English, Chinese, Korean and photo menus available
- Ueno Station 2 min. walk 4-9-15 Ueno, Taito-ku

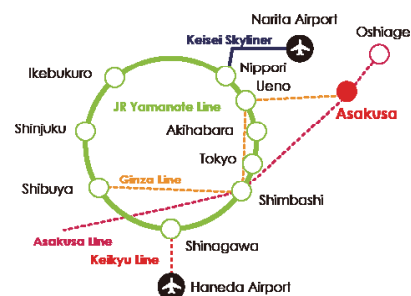




# Asakusa

浅草

## Access



## Traditional Entertainment District

Asakusa is a typical tourist spot that inherits the energetic downtown area of the Edo Period (1603-1867). Once you walk under the large lantern of Kaminarimon ("Thunder Gate"), there are gift shops selling various kinds of Japanese goods on the street of Nakamise-dori. Many traditional shrines and temples still remain in Asakusa, and there are seasonal events such as the Sanja-matsuri, Sumida River Fire Works, Tori-no-Ichi, and Hagoita-Ichi. If you want to try out true Tokyoite cuisine such as soba, loaches, tempura, and sukiyaki, Asakusa is exactly where you want to be!



### 1 浅草寺 Sensoji Temple

Sensoji Temple (Asakusa Temple) is the oldest temple in Tokyo. In 628, it was designed by Tokugawa Ieyasu as a government facility. When you walk through the Kaminarimon (Thunder Gate) colored with lacquer, a 250 meter long Nakamise shopping street will welcome you with traditional Japanese foods and goods. You would not be surprised to know that Nakamise has the oldest history as a Japanese shopping street.

🕒 6:30-17:00 🎫 Free 🚶 Tobu Skytree / Ginza / Tsukuba Express / Toei Asakusa Line, Asakusa Station

### 2 浅草花やしき Asakusa Hana Yashiki

The oldest amusement park in Tokyo opened in 1853. One of the main attractions of this park is the "Rollercoaster," the oldest rollercoaster in Japan. The speed only goes up to 42km/h but you might be thrilled by the old appearances of coaster. You can enjoy the view of Asakusa Five Story Pagoda that peeks in between the rides.



🕒 10:00-18:00 (Last entry 17:30) 🎫 Admission Fee: Age 13-64: 1000 yen / Age 7-12: 500 yen / Under 6 & physically disabled persons: Free (Admission Fee does not include fee for rides) 🌐 <http://hanayashiki.net/e/>  
🚶 Tobu Skytree / Ginza / Tsukuba Express / Toei Asakusa Line, Asakusa Station



### 3 カッパ橋道具街 Kappabashi Dougu Street

Kappabashi is the world's largest kitchenware town located near Asakusa. The street is about half a mile long, selling every kind of Asian and Western kitchen related equipments. One of the enjoyable shops would be plastic food sample shops. The food samples you see inside the shop windows of Japanese restaurants are something Japan treasures to the world.

🚶 Yamanote / Keihin-tohoku Line, Ueno Station or Uguisudani Station Ginza Line, Tawaramachi Station  
Hibiya Line, Iriya Station Toei Asakusa / Tsukuba Express / Tobu Isezaki Line, Asakusa Station





## 天井 葵丸進 Ten-don Aoimarushin

03-3841-0110 <http://www.aoi-marushin.co.jp/>  
Tempura, Ten-don

<About> "The taste of Asakusa, Edo-style tempura, Aoimarushin." Located on Kaminari-dori, 1 minute away from Sensoji Kaminari Gate, Aoimarushin has been operating for nearly 70 years since its establishment in 1946. Many customers enjoy our tempura as the taste of Asakusa. Ever since the time of our founder who was a fresh fish dealer, we have served tempura with fresh ingredients, high quality oil, and sauce made with our secret recipe. We continue the Edo-style flavor that abundantly uses carefully chosen dried bonito flakes from Tosa, Kochi Prefecture.

<Comments from Restaurant> "Visit the TOKYO SKYTREE®, eat at Asakusa tempura Aoimarushin." It only takes 5 minutes by car and 1 stop from TOKYO SKYTREE® Station to Asakusa Station by Tobu Isezaki Line. We have an allergy free menu and do not serve raw ingredients. Please ask for a vegetarian menu or if you have religious needs.

- 🕒 11:00-21:00 (LO: 20:00) <Closed> 2nd & 4th Monday
- 💰 Lunch: 2,000 yen- / Dinner: 2,500 yen- / Course: 4,000 yen-
- 🍷 English, Chinese and photo menus available 🍷 VISA, Master, AMEX, JCB, Diners ☺️ Sake, Shochu, Beer, Wine
- 🚶 Asakusa Station (Exit 1), 3 min. walk 1-4-4 Asakusa, Taito-ku



## 浅草今半 国際通り本店 Asakusa Imahan (Kokusai Street)

03-3841-1114 <http://www.asakusaimahan.co.jp/>  
Sukiyaki, Shabu-Shabu, Kaiseki

<About> Established in 1895, we have just celebrated our 120th anniversary this year. We carefully select female Japanese Black Beef breeds since they are savory. "Quickly simmering as if roasting" beef in shallow pot using a special sukiyaki stock is Imahan style. Other than sukiyaki, we serve shabu-shabu and kaiseki. We are also proud of our services. Inside, there are many types of seats such as private rooms, large banquet rooms, and table seats to meet different needs.

<Comments from Restaurant> We are the "Designated Registration Store for Kobe Beef" and have a full range of Kobe Beef dishes. You can enjoy specially chosen Kobe Beef as sukiyaki, shabu-shabu, or steak. If you would like to enjoy Imahan at a reasonable price, try our lunch menu. You can try our high-end flavor with "Meiji Sukiyaki-don" or "Sukiyaki Hiru-zen."

- 🕒 11:30-21:30 (L.O. 20:30) (Lunch 11:30-15:00)
- 💰 Lunch: 4,000 yen- / Dinner: 10,000 yen- / Course: 10,000 yen-
- 🍷 English menu available
- 🍷 VISA, Master, AMEX, UnionPay ☺️ Sake, Shochu, Beer, Wine
- 🚶 Tsukuba Express Line, Asakusa Station (A2 Exit), 1 min. walk 3-1-12 Nishi Asakusa, Taito-ku



## ふなわかふえ 浅草店 Funawa Cafe (Asakusa)

03-5828-2703 [http://funawa.jp/shop/contents?contents\\_id=228730](http://funawa.jp/shop/contents?contents_id=228730)  
Cafe

<About> Funawa, a long-standing Japanese sweets shop that was established in 1902, newly opened as Funawa Cafe. The exterior is western and in addition to drinks such as coffee and tea, we serve Japanese sweets such as our best selling "imo yo-kan" (sweet potato paste) or an-mitsu (red bean and fruits).

<Comments from Restaurant> Our ice cream and parfaits using imo-kan are very popular and highly recommended. We also have menus that use maccha (green tea). Please come visit us.

- 🕒 [Mon-Fri] 10:00-19:30 [Sat, Sun & Holidays] 10:00-20:00
- 💰 700 yen-
- 🍷 English and photo menus available ☺️ Beer
- 🚶 Toei Asakusa Line, Asakusa Station (A4 Exit), 1 min. walk Ginza Line, Asakusa Station (Exit 2), 0 min. walk 2-19-10 Kaminarimon, Taito-ku



## 浅草 BELL Asakusa BELL

03-3843-2781 <http://marubell.co.jp/belltop.html>  
Yoshoku (Western-style Food)

<About> Established in 1952, we have been offering western-style dishes for more than 60 years. The prices are reasonable and many local people come to enjoy the western-style Japanese food from the good old days. English and Chinese menus are available. We are waiting for your visit.

<Comments from Restaurant> Our feature is menus with eggs. Four kinds of omurice using brand eggs are very popular. Asakusa's local specialty, baked curry with cheese and soft boiled egg is also favored by many people. Please come and try!

- 🕒 11:30-20:30 (L.O. 19:30)
- 🔒 <Closed> Wednesdays (Thursday if Wednesday is a holiday)
- 💰 Lunch: 1,000 yen- / Dinner: 1,000 yen-
- 🍷 Sake, Shochu, Beer, Liqueur, Wine, Whisky, others
- 🍷 English, Chinese and photo menus available
- 📞 Reservation required for vegetarian menus
- 🚶 Asakusa Station 5 min. walk
- 🏠 Marubell Bldg. 1F, 1-29-9 Asakusa, Taito-ku



## 土風炉 浅草店 Tofuro (Asakusa)

03-5806-4455 <http://www.tofuro.jp>  
Izakaya

<About> Enjoy Washoku! We use seasonal ingredients directly shipped from the farm. We have English and Chinese menus, and many of our staff speak those languages. Many customers from overseas come and visit every day. We welcome you anytime!

<Comments from Restaurant> We prepare many kinds of washoku such as sushi, sashimi, tempura, nimono, seafood, beef, soba, and sake. The interior is designed to enjoy the atmosphere of traditional Japanese designs and Kabuki.

- 🕒 <Lunch> (Sat, Sun & Holidays) 11:30-17:00
- 🕒 <Dinner> 17:00-23:30 (L.O. 22:45)
- 💰 Lunch: 600 yen- / Dinner: 3,000 yen- / Course: 4,000 yen-
- 🍷 VISA, Master, AMEX, UC, DC, Diners, JCB, Nicos, Saison, UnionPay, MUFG
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 🍷 English, Chinese and photo menus available
- 🚶 Ginza Line, Tawaramachi Station 7 min. walk
- 🚶 Asakusa Line, Asakusa Station (A4 Exit), 5 min. walk
- 🚶 Tsukuba Express Line, Asakusa Station, 1 min. walk
- 🏠 Asakusa ROX2G 4F, 1-24-1 Asakusa, Taito-ku



## 築地銀だこ 浅草店 Gindaco (Asakusa)

03-5830-2333 <http://www.gindaco.com/>  
Takoyaki

<About> Gindaco is a well-known Takoyaki shop that has locations all over Japan. We are located only 1 minute away from Asakusa Station. Many customers from both in and out of Japan visits us in between their sightseeing or shopping.

<Comments from Restaurant> Our top sellers are "Zettai Umai Takoyaki" (Absolutely Tasty Takoyaki). We use carefully selected octopus from all over the world that we process and boil in our own factory. Our takoyaki is crispy on the outside, creamy inside, and has a piece of octopus with springy palatability in the middle. Please come visit us and try our takoyaki with draft beer.

- 🕒 10:00-21:00
- 💰 550 yen -
- 🍷 Beer, Highball
- 🍷 English, Chinese, Korean and photo menus available
- 🚶 Asakusa Station 1 min. walk
- 🏠 Daiichiya Bldg., 1-1-12 Asakusa, Taito-ku





# Oshiage / Ryogoku

押上・両国

## Access



## TOKYO SKYTREE® and Sumo, Symbols of Japan

Oshiage is a city with the old downtown atmosphere, located across the Sumida River from Asakusa. The newly opened TOKYO SKYTREE® in May 2012 is attracting many visitors as a new tourist spot. The commercial facility of Soramachi is a shopping mall with an aquarium and planetarium. Near Oshiage is Ryogoku, the mecca of sumo wrestling. In addition to Ryogoku Kokugikan (Ryogoku Sumo Hall) where the sumo tournaments are held, many sumo training quarters are concentrated in this area. If you are lucky, you might encounter a sumo wrestler on the street!

### 1 東京スカイツリータウン® TOKYO SKYTREE TOWN®

TOKYO SKYTREE® has marked the highest structure in Japan. Its height, 634m, stands for the historical name of this area, "mu(6)-sa(3)-shi(4)." Observation decks at 350m and 450m level are worth visiting to experience the panorama view of Tokyo. On base floors are planetarium, aquarium, and a large shopping street of TOKYO Solamachi® directly connected from both TOKYO SKYTREE Station and Oshiage Station.



🕒 Observation Deck: 8:00-22:00 (last entry 21:00) 🌐 <http://www.tokyo-skytree.jp/en/> 💰 Over 18: 2,060 yen / 12-17: 1,540 yen / 6-11: 930 yen / 4-5: 620 yen 🚶 Tobu Skytree Line, TOKYO SKYTREE Station Hanzomon Line, Oshiage Station

### 2 隅田公園 Sumida Park

Sumida Park has the best scenery in spring with over 1,000 Sakura trees lining up by the Sumida River. Try going out for a "hanami (flower-watching)" with foods and drinks under the sakura tunnel. Aside from the busy atmosphere of Asakusa, the park offers you relaxation.

🚶 Tobu Skytree / Toei Asakusa / Ginza Line, Asakusa Station



### 3 両国国技館 Ryogoku Kokugikan

Ryogoku Kokugikan is a Sumo Hall where tournaments are held in January, May, and September. During the season, you might spot sumo wrestlers on trains and on streets around the Ryogoku area. The back seats can be purchased at a reasonable price if you are interested in Japan's national sports. Sumo Museum is open during the off season.

🌐 <http://www.sumo.or.jp/en/index> 🚶 JR Ryogoku Station



©TOKYO-SKYTREE



## こだわりとんかつ かつ亭 Katsukitei

03-3625-9211 <http://www.pepper-fs.co.jp/katsukitei/>  
Tonkatsu

<About> Located at Honjo Azumabashi near the TOKYO SKYTREE®, we have been serving tonkatsu for a long time that is loved by the Japanese people. Sincerely preserving the tradition of 5 techniques, our tonkatsu is crispy and juicy! We have been preserving the taste of shitamachi (downtown).

<Comments from Restaurant> Try out our hottest menu, "The Tonkatsu Tree". As the name suggests, it is a 30cm tree of tonkatsu that weighs 700g. It serves about 3-4 people, so please enjoy for commemoration on your sightseeing shitamachi! 3790yen (plus tax)

- 🕒 11:00-22:30 (L.O. 22:00)
- 💰 Lunch: 1,100 yen- / Dinner: 1,500 yen-
- 📖 English, Chinese and photo menus available
- 💳 VISA, Master, AMEX 🍷 Sake, Shochu, Beer, Wine
- 📍 Honjo Azumabashi Station, 2 min. walk
- 3-6-15 Azumabashi, Sumida-ku



## 割烹 三州家 Sansyu-ya

📞 03-3622-1230 <http://sansyu-ya.co.jp/>  
Washoku, Kaiseki

<About> Established in 1889, we are a long-standing Japanese kappo restaurant. Please enjoy your meal at our private Japanese-style tatami room (private chair seats also available). Our main dish is kaiseki course of sashimi and tempura.

<Comments from Restaurant> If you want to experience the taste of Japan, we suggest our kaiseki courses. Kaiseki 7-dish course is 4,320 yen, Kaiseki 10-dish course is 7,560 yen (additional room charge is not included). Reservation is required.

- 🕒 11:30-21:00 (L.O. 20:00) <Closed> Mondays
- 💰 Lunch: 5,000 yen- / Dinner: 7,000 yen- / Course: 5,000 yen-
- 💳 VISA, Master, AMEX, Diners, JCB, Discover, UnionPay
- 🍷 Sake, Shochu, Beer, Wine, Whisky
- 📍 Honjo Azumabashi Station (A2 Exit), 7 min. walk
- 4-17-3 Honjo, Sumida-ku



## そばの里 みつまさ Mitumasa

03-3631-0294 <http://www.knet.or.jp/mitumas/mitum1.html>  
Washoku, Soba

<About> Only a 3-minute walk from the south exit of Kinshicho Station. Established in 1925, we are a member of Sumida-ku Meihin Meitenkai. All of our soba is nihachisoba (soba made with two parts udon flour to eight parts soba flour). "Bessei Seiro," limited 20 meals per day, is a specialty serving only with soba flour made in Japan. On every third Wednesday of odd months, a rakugo performance "Mitumasa Yose" is held by Sanyutei Kintoki. All of our meals are handmade.

<Comments from Restaurant> Ginjo-shu is a private brand sake of Uozu, Toyama Prefecture. Lunch set menus such as katsudon and soba set (1080 yen) are popular. You can enjoy reasonable course menus for dinner on weekdays (2200 yen- and 3300 yen-).

- 🕒 <Lunch> 11:00-15:00 <Dinner> 17:30-21:00 <Closed> Saturdays
- 💰 Lunch: 1,000 yen- / Dinner: 2,000 yen- / Course: 3,000 yen-
- 💳 VISA, Master, AMEX, SAISON 🍷 Sake, Shochu, Beer
- 📖 English and photo menus available
- 📍 Kinshicho Station (South Exit), 3 min. walk
- 4-20-4 Kotobashi, Sumida-ku



## 日本料理もちづき Mochizuki

📞 03-5608-5002 <http://www.alaska-net.co.jp/mochizuki/>  
Washoku, Kaiseki

<About> Located near Sensoji and TOKYO SKYTREE®, we stand on the 21st floor of Asahi Beer head office that is in a shape of a beer glass. This is a perfect location to enjoy the wonderful view of the Sumida River and TOKYO SKYTREE®. You can spend a slow and relaxing time in the modern Japanese atmosphere.

<Comments from Restaurant> With heart of "omotenashi" hospitality, we serve our customers with kaiseki courses that include sashimi, tempura, and seasonal ingredients. Since we are located inside the Asahi Beer Headquarters, we provide fresh draft beer.

- 🕒 <Mon-Fri> 11:30-15:00 (L.O. 14:00) , 17:00-22:00 (L.O. 20:00)
- <Sat, Sun & Holidays> 11:30-15:30 (L.O. 14:00), 17:00-21:00 (L.O. 20:00)
- <Closed> Year end and New year
- 💰 Lunch: 2,000 yen- / Dinner: 5,000 yen- / Course: 5,000 yen-
- 💳 VISA, Master, AMEX
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 📍 Asakusa Station (A5, A4 Exit), 5 min. walk
- Asahi Group Honsha Bldg. 21F, 1-23-1 Azumabashi, Sumida-ku



## 東京スカイツリー・ビューレストラン&バー 簾 (れん) REN

📞 03-5611-5591 [http://www.tobuhotel.co.jp/levant/restaurant\\_bar/ren.php](http://www.tobuhotel.co.jp/levant/restaurant_bar/ren.php)  
Washoku

<About> On the north side is the beautiful view of TOKYO SKYTREE® and on the south is the Tokyo Tower. Our head chef sincerely serves Japanese cuisines using seasonal ingredients and great techniques. Enjoy afternoon tea or the bar that opens at dinnertime. Have a precious time with your partner, family, and friends.

<Comments from Restaurant> In addition to our menus that emphasize the natural flavors of the ingredients, we use various types of plates to make our cuisines more enjoyable for our customers. Since we are expecting more tourists over the next few years, we hope to let more people know about the beauty of washoku. Enjoy both the food and culture of Japan along with the view of the TOKYO SKYTREE®.

- 🕒 <Lunch> 11:30-15:00 (L.O. 14:00) <Dinner> 17:30-21:30 (L.O. 20:30)
- <Bar> 17:00-23:00 (L.O. 22:30) <Tea Time> 11:30-16:30 (L.O. 16:00)
- 💰 Lunch: 4,000 yen- / Dinner: 8,000 yen- / Course: 8,000 yen-
- 💳 VISA, Master, AMEX, UC, DC, UFJ, Diners, JCB, Nicos, MUFG
- 🍷 Sake, Shochu, Beer, Liqueur, Wine, Cocktail, Champagne
- 📖 English and photo menus available
- 📍 Kinshicho Station (JR: North Exit / Hanzomon: Exit 3), 3 min. walk
- 1-2-2 Kinshi, Sumida-ku



## ももんじや Momonjiya

📞 03-3631-5596  
Washoku, Nabe

<About> Quadrupeds were not commonly eaten among the samurai community in the Edo Period. However, wild boar has been enjoyed by the commoners for a long time and we have been serving dishes using quadrupeds since then. We are a unique restaurant that serves wild animals.

<Comments from Restaurant> Having good meat is essential for "shishi-nabe" (wild boar hot pot). We do not use cultivated boars, and only serve high quality boar meat from Tanba-Sasayama in Hyogo Prefecture.

- 🕒 <Lunch> 11:30-14:30 <Dinner> 17:00-21:00 <Closed> Sundays
- 💰 Lunch: 1,500 yen- / Dinner: 8,500 yen- / Course: 6,000 yen-
- 💳 VISA, Master, AMEX
- 🍷 Sake, Shochu, Beer, Wine
- 📍 Ryogoku Station (West Exit), 5 min. walk
- 1-10-2, Ryogoku, Sumida-ku





焼酎 Bar 〔秘蔵〕  
Himekura☎ 03-3625-1856 <http://shouchubarhimekura.blog.fc2.com/>  
Bar, Dining

<About> Facing the TOKYO SKYTREE®, we are like a hiding place in the shitamachi residential area. 850 different brands of imo (sweet potato), mugi (barley), kome (rice), kokuto (brown sugar) shochu and awamori are ready for you to enjoy at our comfortable space. Access might be a little confusing, but we will offer you unusual experience. Please enjoy your luxurious time with our wide variety of alcoholic beverages.

<Comments from Restaurant> As the name suggests, we specialize in shochu. With plenty of numbers of different shochu, from ordinary ones to unusual ones, we are more than welcome to select the best shochu that would match your taste. Please enjoy the best shochu with your meal.

- ☎ 18:00-23:30 (L.O. 22:00) <Closed> Wednesdays
- ¥ Dinner: 3,500 yen- / Course: 4,000 yen-
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 📍 Oshiage Station (A3 Exit), 7 min. walk
- 4-26-6 Mukojima, Sumida-ku



## もんじゃ焼き CHICO

03-3622-7272  
Monja, Okonomiyaki, Teppanyaki, Washoku

<About> The second-generation owner of "CHICO-chan," a famous monjayaki restaurant that has been operating for 20 years in the shitamachi area, was involved in the opening of our restaurant. We hope that more customers from abroad will try monjayaki and okonomiyaki. Please feel free to make requests and we are more than welcome to answer as much as possible.

<Comments from Restaurant> Our specialty is monja, okonomiyaki, and seafood. Our owner goes to Tsukiji every day to purchase the freshest seafood. We aim to create a warm atmosphere that overcomes any language barriers.

- ☎ <Mon-Fri> 17:00-23:30 <Sat, Sun & Holidays> 11:30-23:30
- ¥ Lunch: 1,500 yen- / Dinner: 3,000 yen- / Course: 4,500 yen-
- 🍷 VISA, Master, SAISON
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 📺 English and photo menus available
- 📍 Honjo Azumabashi Station (A4 Exit) 2 min. walk
- 3-6-16 Azumabashi, Sumida-ku

ちゃんこダイニング安美 両国総本店  
Chanko Dining Ami (Ryogoku)03-5669-1570 <http://sakanaya-group.com/05ami/index.html>  
Chanko, Washoku

<About> Our recipes are directly transmitted from Isegahama-beya (Isegahama sumo wrestling house)! Try our delicious, filling, and healthy chanko of the sumo-beya (sumo house). "Hanare" has just opened on the fourth floor. We have large table and seats for 80 people!

<Comments from Restaurant> Other than chanko nabe (sumo wrestler's soul food), we also serve dishes using fresh ingredients from Tsukiji and pork shabu-shabu from Kagoshima Prefecture. We have a wide variety of local shochu and Japanese sake.

- ☎ <Mon-Sat, Holidays & Before Holidays> 11:00-26:00
- <Sun> 11:00-24:00
- ¥ Lunch: 860 yen- / Dinner: 4,000 yen- / Course: 4,000 yen-
- 🍷 Sake, Shochu, Beer, Liqueur
- 📺 English and photo menus available
- 📍 Ryogoku Station (East Exit) 1 min. walk
- Shinwa Bldg. 2 & 4F, 3-26-6 Ryogoku, Sumida-ku

魚菜 日本橋亭 両国店  
Gyosai Nihonbashitei (Ryogoku)☎ 03-5624-5665 <http://www.nihonbashitei.jp/>  
Washoku, Izakaya

<About> We are a washoku izakaya near Ryogoku Kokugikan and Edo Tokyo Museum. We have a wide variety of set menus, udon, pasta, and other menus. There are private rooms for parties or large group customers. Japanese-style tatami room is prepared with "hori-gotatsu". Enjoy the atmosphere, food, and drinks.

<Comments from Restaurant> We are located in a convenient area near Ryogoku Station and hotels. Our specialty is sashimi, grilled food, and fried food using ingredients delivered everyday from Tsukiji. We carefully choose the seasonal vegetables. Bagna cauda, old style Omu-soba (yakisoba noodles wrapped with omlette), tofu, and sashimi are some of our most ordered washoku dishes.

- ☎ <Mon-Fri> 16:00-23:30 <Sat, Sun & Holidays> 14:30-23:30
- ¥ Dinner: 2,800 yen- / Course: 3,000 yen-
- 🍷 VISA, Master, AMEX, UC, DC, Diners, JCB, Nicos, Saison, UnionPay, MUFG
- 🍷 Sake, Shochu, Beer, Liqueur, Wine, Fruits liquor
- 📺 English, Chinese and photo menus available
- Please ask in advance for vegetarian menus
- 📍 Ryogoku Station: (JR: East Exit) 1 min. walk, (Toei Oedo Line) 5 min. walk
- Ryogoku Bldg. 2 & 3F, 3-26-5 Ryogoku, Sumida-ku

いけす道楽 吾妻橋店  
Ikesu Doraku (Azumabashi)03-5608-3322 <http://douraku.co.jp/kanto/shop/ikesu/>  
Seafood, Sushi

<About> Have fresh seafood after visiting Asakusa Kaminari Gate and TOKYO SKYTREE®! At Ikesu Doraku, we have pride in our fish, shrimp, and sushi. Experience fishing lively fish out of the "ikesu" (fish tank) and have it prepared as sashimi or cooked in the way you like. Blowfish dishes are in season from September to March.

<Comments from Restaurant> We prepare many shrimp menus such as odori (live), sashimi, sumibiyaki (charcoal grill), and seiromushi (steamed). You can also enjoy live lobsters and homarus or miso soup with rich shrimp extract. Have a relaxing time sitting at hori-gotatsu (floor sunken kotatsu) seats around the ikesu. Some special seats provide perfect view of the TOKYO SKYTREE®.

- ☎ <Mon-Fri> 11:30-14:00, 17:00-22:00 <Sat, Sun & Holidays> 11:30-22:00
- ¥ Lunch: 1,000 yen- / Dinner: 5,000 yen- / Course: 4,000 yen-
- 🍷 VISA, Master, AMEX, UnionPay, JCB, Diners
- 🍷 Sake, Shochu, Beer, Wine, Fruits liquor, Whisky, Sour
- 📺 English, Chinese and photo menu available
- 📍 Asakusa Station (Exit 5) 3 min. walk, Honjo Azumabashi Station (A1, A3 Exit) 3 min. walk
- 1-23-30 Azumabashi, Sumida-ku

SASAYA CAFE  
SASAYA CAFE☎ 03-3623-6341 <http://www.sasaya-cafe.com>  
Vegan Cafe

<About> We are a vegan cafe that renovated a warehouse located near Ooyogokogawa Shinsui Park between TOKYO SKYTREE® and Kinshicho Station. We prepare vegan menus such as Indian curry, tempeh-katsu (cutlet), sandwiches, and washoku that do not use chemical seasonings or animal products. Please enjoy tart, scones, ice cream, and other sweets cooked with non-animal products.

<Comments from Restaurant> A gallery is annexed to the cafe where workshops and events are held every month. Please also check out our Twitter@sasayacafe.

- ☎ 8:30-18:00 <Closed> Mondays
- ¥ Lunch: 1,000 yen-
- 📺 English menu available
- 📍 Honjo Azumabashi Station (A2 Exit) 13 min. walk
- 1-1-10 Yokokawa, Sumida-ku





# Yanaka / Nezu / Sendagi

谷中・根津・千駄木

## Access



## Alleys of Retrospective Tokyo

This area known as “Yanesen,” named after the first letters of Yanaka, Nezu, and Sendagi, is a refined and relaxing area that concentrates the nostalgic landscape of downtown Tokyo. During the 17th century, many Buddhist temples were moved to this area and more than 70 Buddhist temples stand around this area today. Once you step into the small side roads, alleys, and curving hills, you can experience a trip to the past with peaceful sceneries of traditional cafes, public baths, houses, temples, and vegetable shops. If you talk to the local people, you might be able to feel the kindness of the traditional commercial and working class neighborhoods.

### 1 谷中ぎんざ Yanaka Ginza



Walking from Nippori Station, you can feel the nostalgic air guiding you to the “Yuyake Dan Dan” (Sunset Steps). The 36 steps were named after its beautiful view of the sunset, selected from the public subscription. As you walk down the steps, you can reach Yanaka Ginza, one of the main shopping streets with a traditional Japanese atmosphere. Some shops were founded in the Taisho era (1912-1926), presenting the warm taste of “shitamachi” (downtown). There are many finger foods sold on the street as you may spot some people walking down the street with something delicious in their hands.

<http://www.yanakaginza.com>  
JR Yamanote / Joban / Toei Toneri / Keisei Line, Nippori Station  
Chiyoda Line, Sendagi Station

### 2 根津神社 Nezu Shrine

The beautifully colored Nezu Shrine is one of the oldest shrines that was first established 1900 years ago. It was moved to the current location as a symbol of Tokugawa Tsunayoshi Shogunate choosing his successor. The Gongen Zukuri design was inspired by the Toshogu Shrine in Nikko. The main hall, two gates, and the wall of Nezu Shrine is now approved as an important cultural property for its admirable existence. Surrounding the shrine are more than 3,000 garden plants, including the famous azaleas (tsutsuji) and wisteria (fuji) gardens that bloom gorgeously in spring. The azalea festival is held in April and May, when the flowers are in full bloom. Today, the shrine is a popular venue for traditional Japanese-style wedding.



Free <http://www.nedujinja.or.jp>  
Chiyoda Line, Nezu Station Nanboku Line, Todaimae Station Mita Line, Hakusan Station



### 3 下町風俗資料館 Shitamachi Museum

Shitamachi Museum was established for the future generation to remember the Japanese traditional culture of "shitamachi." Shitamachi, often translated as downtown, refers to the actual land level of where the city was located. Since Edo was located in the low lands, this area was called the shitamachi. Japan has become very convenient in the rapidly changing world, but people hoped for the continuation and preservation of their culture and donated many items when the museum was established in 1980. Furniture and housewares of the Taisho and Meiji Era are on display and you can actually walk through the compact narrow allies that would make you feel as if you have wondered into the past. Materials from the war time up until today are available on the second floor. The more you know about the shitamachi culture, the more you would love it.



- 🕒 9:30-16:30 (last admission 16:00) Closed Monday (Open on holiday Mondays and closed on the following Tuesday)
- 💰 Adults: 300 yen / Primary, Junior High, Senior High School Students: 100 yen
- 🌐 <http://www.taitocity.net/taito/shitamachi/english/index.html>
- 🚶 JR / Keisei / Ginza / Hibiya Line, Ueno Station

### 4 子規庵 Shikian

This is the house of a writer called Masaoka Shiki, who has devoted his time into the modernization of literature in the late 1880s until his death in 1902. The residence has originally been a nagaya (long house) of the Maeda of Kaga clan. After it was rebuilt in 1951 due to the damage caused by WWII, the Shikian was declared as Tokyo Historical Landmark in 1952. Feel the quiet atmosphere of the garden and house, as you enjoy the birds that come visit the garden.

- 🕒 10:30-12:00, 13:00-16:00 <Closed> Monday (Tuesday if Monday is a national holiday)
- 💰 Adults: 500 yen
- 🚶 JR Uguisudani Station, JR Nishinippori Station

### 5 東京バイク 古民家自転車 Tokyobike Gallery

Tokyobike gallery is a bicycle shop that moved into a 80 year old sake store in 2013. Fashionable and colorful bicycles harmoniously array inside the old building. The brand made its success having shops overseas including New York, London, Berlin, Milano, and many other places. In addition to selling bicycle frames, the store also rents bicycles for a day ride. See how much you can discover by riding around the area. Feel the wind of downtown Tokyo and enjoy the slow life that you can only experience here.

- 🕒 <Mon-Fri> 11:00-19:00 (Bike Rental 10:30-18:30)  
<Sat, Sun & Holidays> 11:00-18:00 (Bike Rental 10:30-17:30)  
<Closed> Wednesday, Thursday (Friday if the store is open on holiday) 🌐 <https://www.tokyobike.com/store.html>
- 🚶 JR Yamanote Line, Nippori Station Chiyoda Line, Sendagi Station (Exit 1)

### 千駄木露地イタリアン Sendagiroji Italian

📞 03-5814-8087 <http://sendagiroid.com/Italian>

<About> Located in Sendagi, an area known as "Yanesen," we have renovated an old Japanese-style housing built 80 years ago. Lattice doors, stairs, and big stains give the taste of the old days in Japan. We use ranma (transom windows) and old materials for a modern wall design. Please enjoy our homemade Italian dishes in the warm Japanese atmosphere.

<Comments from Restaurant> At Sendagiroid, we serve homemade Italian dishes. Our menu changes everyday depending on the seasonal ingredients. Our friendly staff will welcome you with the warmth and hospitality of "shitamachi" (downtown). Please enjoy our delicious Italian foods.

- 🕒 11:30-15:00 (L.O. 14:30) , 18:00-23:00 (L.O. 22:00)  
<Closed> 1st & 3rd Tuesdays, Wednesdays
- 💰 Lunch: 1,300 yen- / Dinner: 4,000 yen- / Course: 3,800 yen-
- 💳 VISA, Master, AMEX
- 🍷 Shochu, Beer, Liqueur, Wine
- 🚶 Chiyoda Line, Sendagi Station (Exit 1), 5 min. walk  
2-42-2 Sendagi, Bunkyo-ku



### 吉里 谷中店 Kiri (Yanaka)

📞 03-5834-2081  
Washoku, Unagi

<About> Our restaurant is inside an old-fashioned house located in a distant area from central Tokyo. A beautiful small garden will welcome you once you step into the entrance.

<Comments from Restaurant> We prepare pure Japanese-style menus besides our unagi dishes. We are sure to fulfill your five senses.

- 🕒 11:30-22:30
- 💰 Lunch: 2,000 yen- / Dinner: 3,000 yen- / Course: 3,000 yen-
- 💳 VISA, Master, AMEX
- 🍷 Sake, Shochu, Beer, Wine
- 📷 Photo menu available
- 🚶 Chiyoda Line, Sendagi Station (Dangosakashita Exit), 3 min. walk  
3-2-6 Yanaka, Taito-ku



### HAGI CAFE HAGI CAFE

📞 03-5832-9808 <http://hagiso.jp>  
Cafe

<About> Our cafe is located on the first floor of HAGISO, a 60-year-old wooden apartment that we have renovated. HAGISO is a micro cultural complex that has a cafe and gallery on the first floor, a hair salon, atelier, and architectural design office on the second floor. The gallery holds an exhibition every month by different artists.

<Comments from Restaurant> Our specialty is HAGISO original blend coffee that is dripped by hand. Fried mackerel sandwiches and geema curry are popular meals. For sweets, we recommend our original cakes and seasonal parfaits.

- 🕒 12:00-21:00 (L.O.20:30)
- 🕒 <Closed> Mondays (Tuesday if Monday is a holiday)
- 💰 Lunch: 1,300 yen- / Dinner: 2,000 yen- / Course: 2,500 yen-
- 🍷 Beer, Liqueur, Wine
- 📷 English and illustration menus available
- 🚶 Nippori Station (West Exit) 5 min. walk  
Sendagi Station (Exit 2) 5 min. walk  
HAGISO, 3-10-25 Yanaka, Taito-ku





# Marunouchi / Ginza / Nihonbashi

丸の内・銀座・日本橋

## Access



## The Center of "Modern Tokyo"

Major banks and company buildings stand in Marunouchi, the center of Japanese finance and economy. This area is beginning to attract more attention as a fashionable area due to its recent redevelopment. In the refined shopping area of Ginza, you will spot worldwide brands, boutiques, and high-class restaurants. But don't miss out on the Imperial Palace and Kabukiza. Nihonbashi, the commercial center of Edo Period, inherits the tradition of long standing department stores and restaurants.

## 1 東京駅 Tokyo Station

Tokyo Station, which opened in 1914, marked its 100th anniversary in 2014. As the starting point of Japan's railway, Tokyo Station has become the symbol of modern Tokyo. Built in front of the Imperial Palace, Tokyo Station has been a symbolic architecture of Japan. Tokyo Station, or the Marunouchi station building, was designed by Kingo Tatsuno, the most famous architect at the time. He is also known for designing the Bank of Japan. The European style building has been inspiring people over years with its beauty and refinement. Inside Tokyo Station is the "ekinaka," a commercial facility where you can enjoy shopping for goods and delicious foods.

JR / Marunouchi Line, Tokyo Station



## 2 日本橋 Nihonbashi

Nihonbashi was the first wooden bridge built in 1603. The bridge is also known as "point zero" since all the calculation of maps and distances were made from here. Near the bridge is the Ningyocho area where many long-established Japanese shops still remain. "Cultural Experience Tour" and "Best of Japan Gourmet Tour" are available on Saturdays to walk you through Nihonbashi and Ningyocho in English.

Ginza / Hanzomon Line, Mitsukoshimae Station  
Tozai Line, Nihonbashi Station (B12 Exit)



### 3 皇居 Imperial Palace

Tokyo Imperial Palace, known as "Kokyo," is located on the old site of Edo Castle in the center of Tokyo. In addition to the residence of the imperial family, there is a park, museum, an archive, and administrative offices that is surrounded by water moats and stone walls giving a historical view of Japan. Kokyo Gaien (Imperial Palace Park) is popular among tourists for its beautiful scenery. Niju-Bashi (double bridge) that stretches over the moat reaching the inner palace grounds is a famous photo spot. Touring inside the palace itself is allowed under a reservation, but Gardens and Parks are open for public free of charge.



<http://www.kunaicho.go.jp/e-event/higashigyoen02.html>

JR / Marunouchi Line, Tokyo Station Hanzomon / Chiyoda / Tozai / Mita / Marunouchi Line, Otemachi Station

### 4 黒塚横丁 Kurobei Yokocho

Kurobei Yokocho is an alley inside Tokyo Station surrounded by black walls, warm light, and a classy atmosphere. The price is set higher than other yokocho; it might be a place to come and relax for a few minutes to give yourself a break from the busy crowds of Tokyo.

JR / Marunouchi Line, Tokyo Station

### 5 甘酒横丁 Amazake Yokocho

Amazake Yokocho is a 400 meters long side alley at Ningyocho. The name Amazake Alley came from back in Meiji Period when an amazake (sweet-sake) shop located at the starting point of the alley. Since this neighborhood was not destroyed by WWII, a peculiar "shitamachi" atmosphere remains. Amazake festival is held every march with free distribution of amazake for your enjoyment.

Asakusa / Hibiya Line, Ningyocho Station



### 6 日比谷公園 Hibiya Park

Hibiya Park is the first western styled park opened in 1903. Before it opened to public, it was the grounds of military parade during the Meiji Period. The symbol is the large 30 meters diameter fountain in the center of the park that remains since its construction in 1961. Colorful flowers bloom throughout the entire year. Hibiya Kokaido Hall locates inside the park where you can enjoy concerts and orchestra under blue sky and green trees.

<http://www.tokyo-park.or.jp/english/>

Marunouchi / Chiyoda Line, Kasumigaseki Station Hibiya / Toei Mita Line, Hibiya Station

### 7 銀座四丁目 Ginza 4-chome Intersection

Two landmark buildings, Wako Department Store and San-ai Building stand on the intersection of Ginza, known as Ginza 4-chome. All of the highlights of Ginza start from this crossing street. Wako is considered as the most exclusive department store in Japan for its original luxury goods. The clock tower of the building has a dial on all four sides, being recognized as a remarkable symbol of Ginza. San-ai building appears in many tourist guidebooks for its appealing cylindrical shape. Be sure to walk around the fascinating town of Ginza for other large Japanese department stores lining along Chuo Street and Harumi Street.

Hibiya / Marunouchi / Ginza Line, Ginza Station



### 8 有楽町産直飲食街 Yurakucho Sanchoku Inshokugai

Yurakucho Sanchoku Inshokugai is a new type of alley compared to other yokochos; it is rather a project than just a food street. Sanchoku, or "direct from the producing area," is the main concept of this street. There are and should be tons of delicious foodstuffs outside of Tokyo that people have not yet heard of. Especially, small scale industries often times have less chance to enter the market in Tokyo. The "izakaya" (Japanese-style pub) offer many kinds of food menus with ingredients that you have never heard of or rarely tasted before. This alley aims to become the bridge for producers and consumers.

<http://www.sanchoku-inshokugai.com/yurakucho/>

Ginza / Marunouchi / Hibiya Line, Ginza Station (C1 Exit) Hibiya / Chiyoda Line, Hibiya Station (A4 Exit) JR / Yurakucho Line, Yurakucho Station (Ginza guchi / D6 exit)

### 9 ギンザグラフィックギャラリー Ginza Graphic Gallery

Nicknamed "ggg," Ginza Graphic Gallery was established in 1986 as an expert gallery for graphic designs. The gallery is presented by one of Japan's largest printing company Dai Nippon Printing as a part of cultural activity. Numbers of different exhibition are held each month by famous graphic designers of Japan and overseas.

11:00-19:00 (18:00 on Saturdays)  
<Closed> Sundays and holidays Free

<http://www.dnp.co.jp/gallery/ggg/>

Ginza / Hibiya / Marunouchi Line, Ginza Station  
JR Yurakucho Station JR Shinbashi Station

### 10 三井記念美術館 Mitsui Memorial Museum

The Mitsui Memorial Museum holds collection of the Mitsui family from the past three centuries. Built in 2005 inside the Mitsui Main Building, the westernstyle structure was approved Important Cultural Property by the Japanese government. You can enjoy both the exhibitions and building.

10:00-17:00 (Entrance until 16:30)

<Closed> Mondays

Adults 500 yen / High School and College Students 200 yen

<http://www.mitsui-museum.jp/english/english.html>

Ginza / Hanzomon Line, Mitsukoshimae Station (Exit A7)



# Nihonbashi Yukari

Where you can experience the essence of Japanese cuisine at a reasonable price

Nihonbashi Yukari is an illustrious name in Japanese cuisine. Established in 1935, it has had access to the Imperial Household Agency for three generations. Carefully-picked seasonal ingredients combine with the expert skills and inspiration of the cooks as it strives to serve the very finest dishes. Following the spirit of treasuring every moment, it also takes great care over its tableware and atmosphere. While rooted in tradition, Yukari is keen to bring in the fresh air of new times. It wants its customers to experience the essence of Japanese cuisine at a reasonable price. That's the character of Nihonbashi Yukari.

## Talking to the third-generation young master of Yukari

One feature of Yukari is that we serve cuisine across the counter. We see the counter as a stage for the cooks' performance. It's a stage for presenting our own PR, our own appeal. When a customer orders a draft beer, the norm in any restaurant is to pour the beer into a glass and take it out. At Yukari, we serve it in a handmade pottery mug fired in Kyoto. Our sake containers are original pieces made of tin, which you can't see anywhere else. That's an example of how we strive to offer the best hospitality. We want our customers to enjoy a show that no other restaurant offers. We ask our customers, particularly those from overseas, about their food taste preferences and allergies in advance. If it seems like here are some things they would particularly like or dislike among the dishes we serve, we can change the cooking method or the flavoring, to serve custom cuisine to suit the individual diner's taste.

Hospitality is about getting ready behind the scenes, and how much preparation you put into the food, based on the customer's feelings. I think it should never just be "work", serving dishes in sequence, one, two, three.



### Kimio Nonaga

Born in 1972. Trained in Japanese cuisine at "Kikunoi", then became the third-generation young master of Yukari. Won the "Iron Chef Japan Cup 2002".

Selected by the New York Times as the young chef to represent Japan, and was the first person recognized as a "World Chef". Widely active in various media and magazines, and overseas, in diverse fields. Preserves tradition while spreading new Japanese cuisine.



## 日本橋ゆかり Nihonbashi Yukari

Washoku  
03-3271-3436  
3-2-14 Nihonbashi, Chuo-ku  
<http://nihonbashi-yukari.com/>

- <Lunch> 11:30-14:00 (L.O. 13:30)
- <Dinner> 17:30-22:00 (L.O. 21:30)
- <Closed> Sundays and Holidays
- ¥ Lunch: 3,500 yen- / Dinner: 10,000 yen-
- ☑ VISA, Master, AMEX
- ☑ Sake, Shochu, Beer, Liqueur, Wine
- ☑ English and photo menus available
- ☑ JR Tokyo Station 3 min. walk
- Ginza Line, Nihonbashi Station 1 min. walk

## 権八 G-Zone 銀座 Gonpachi (G-Zone Ginza)

☎ 03-5524-3641 <http://www.gonpachi.jp/gzone/>  
Washoku

<About> We are a branch of Gonpachi (Nishi Azabu), known as the model of the movie, "KILL BILL". In the atmosphere of an old Japanese-style housing, we serve creative Japanese menu using healthy, beautiful, and seasonal ingredients such as kushiyaki grilled by charcoal and handmade soba made from soba flour grounded at our restaurant. We also have ethnic Monsoon Café, Tex-Mex cuisine Zest Cantina, and Italian Café La Bohème located in our premises.

<Comments from Restaurant> All of our menus are written both in Japanese and English, and many of our staffs are available in English and other languages. With reservation in advance, vegetarian and vegan menus are available. Other than the popular tempura and kushiyaki, we serve our original menu. Please come visit us to enjoy your meal with sake and shochu delivered from all over Japan.

- ☎ 11:30-24:00
- ☎ Lunch: 850 yen- / Dinner: 4,000 yen- / Course: 5,000 yen-
- ☑ VISA, Master, AMEX, JCB, Diners, UnionPay
- ☑ Sake, Shochu, Beer, Liqueur, Wine ☑ English menu available
- ☑ Ginza 1-chome Station (Exit 6) 5 min. walk / Kyobashi Station (Exit 3) 3 min. walk 1-2-3 Ginza, Chuo-ku



## 山本山 日本橋本店 Yamamotoyama (Nihonbashi)

☎ 03-3281-0010 <http://www.yamamotoyama.co.jp>  
Nori (seaweed) & Tea Shop, Cafe

<About> Yamamotoyama sells tea and seaweed to our customers with care and hospitality that reflects the good old days of Edo when our store was established, and for the satisfaction of our customers. Also, our stores have a cafe space where you can order sencha or maccha along with seasonal Japanese sweets. We hope to serve our customers who visit Tokyo, Nishinbashi to "feel Edo" and feel that they would "want to come again."

<Comments from Restaurant> We have a cafe space in our store. We will serve you with a wagashi set (Japanese sweets set) that includes maccha or sencha of your choice with wagashi.

- ☎ 10:00-18:00 (L.O. 17:30) \*Jun-Jul & Nov-Dec: 9:30-19:00
- ☎ Set of tea & Japanese sweets: 700 yen-
- ☑ VISA, Master, AMEX ☑ English, photo menus available
- ☑ Nihonbashi Station (C4 Exit) 12 min. walk 2-10-2 Nihonbashi, Chuo-ku



## 銀座 佐藤養助 Ginza Sato Yosuke

03-6215-6211 <http://www.sato-yosuke.co.jp/shop/ginza.html>  
Udon, Akita Prefecture Cuisine

<About> Our Inaniwa udon is called a handmade masterpiece from its smoothness and strength. Ginza Sato Yosuke is the first branch in Tokyo. The "recommendation of the day" is very popular among our guests. Feel the beautiful four seasons of Akita by trying Hatahata fish, Hinai chicken, mountain vegetables, and mushrooms available at dinner time.

<Comments from Restaurant> We also serve you dishes such as Kiritampo pot and Hinai chicken pot using pastured Hinai Chicken. Our course menu uses wonderful ingredients from Akita that you can enjoy with business partners or your own party. Enjoy the taste of Akita in Ginza by trying sake, traditional foods, and udon. We also have a souvenir shop where you can buy Inaniwa udon.

- ☎ <Mon-Fri> 11:30-15:00 (L.O. 14:45) 17:00-26:00 (L.O. 25:30)
- <Sat, Sun & Holidays> 17:00-22:00 (L.O. 20:45) <Closed> End of the year, New Year, summer holidays
- ☎ Lunch: 1,300 yen - / Dinner: 5,000 yen - / Course: 5,000 yen -
- ☑ Sake, Shochu, Beer, Wine ☑ VISA, Master, AMEX
- ☑ English and photo menus available ☑ Ginza Station (C2 Exit) 3 min. walk Ideihonkan Bldg. 1F, 6-4-17 Ginza, Chuo-ku





**ばんて 銀座1丁目店**  
**Ganko (Ginza 1-chome)**

 ☎ 03-3567-6789 <http://www.gankofood.co.jp/>  
 Washoku, Kaiseki

<About> Since our restaurant faces Ginza Chuo-dori, transportation is very smooth if you come by bus. We change our kaiseki menu every month based on the season. Please enjoy our "Special Lunch Kaiseki" and "Mini Kaiseki, Sushi Kaiseki, Hon-Kaiseki" to feel the Japanese culture. We are #1 in Ginza for the number of menus. We have a total of 15 large and small private rooms for a party of 2, 10, 20, 30, and up to 80 people. You can relax your feet at all of our seats as they are either chair seats or hori-gotatsu. We also hold events under the concept of "preserving Japanese culture through food." One is the "Sushi Competition," an event where you can eat the sushi you make. Another is "Traditional Japanese Dance Show," an event held every Sunday to enjoy traditional Japanese dancing while having lunch.

- 🕒 11:00-23:00
- 💰 Lunch: 2,000 yen- / Dinner: 3,000 yen- / Course: 4,000 yen-
- 💳 VISA, Master, AMEX ☎ Sake, Shochu, Beer, Liqueur, Wine
- 🌐 English, Chinese, Korean and photo menus available
- Please ask in advance about halal and vegetarian menus
- 📍 Ginza 1-chome Station (Exit 7), 1 min. walk / Kyobashi Station (Exit 3), 4 min. walk Hulin Bldg. B1F, 1-7-10 Ginza, Chuo-ku


**焼肉居酒屋 銀座まるし**  
**Ginza Marushi**

 ☎ 03-3562-2941 <http://www.daitohkigyo.com/brand/marushi.html>  
 Izakaya, Yakiniku

<About> Our professional staffs carefully choose the Japanese Black beef we serve at our restaurant. We only use A5 and A4 ranked rare female cows for its beautiful taste. Our special is the quickly roasted "rib-shin", which is the center of premium sirloin spencer rolls. Please enjoy it with our special wasabi and feel the meat melt in your mouth.

<Comments from Restaurant> By not intervening any intermediaries, we put effort into serving you the best taste at an "unbelievable" price.

- 🕒 <Mon-Fri > 17:00-23:30 <Sat, Sun & Holiday> 17:00-22:00
- 💰 Dinner: 5,000 yen- / Course: 5,000 yen-
- 💳 VISA, Master, AMEX, Diners, UnionPay
- ☎ Sake, Shochu, Beer, Liqueur, Wine
- 🌐 Photo menu available
- 📍 JR Yurakucho Station (Kyobashi Exit) 5min. walk / Ginza 1-chome Station (Exit 5-6) 2min. walk/Ginza Station (Exit A13) 5 min. walk Ginza First Five Bldg. 8F, 1-5-10 Ginza, Chuo-ku


**日月火**  
**NICHIGEKKKA**

 ☎ 03-3538-7788 <http://www.nichigekka.jp>  
 Washoku

<About> We have easy access from the stations and shopping areas: only 2-minute walk from Ginza Station and Ginza 1-chome Station. Also 5-minute walk from Yurakucho Station. We have 250 seats ready for you to enjoy our seasonal menu in your favorite type of room from Japanese-style to table seats. We also have over 30 brands of sake from dry to sweet. Also limited seasonal menus are available.

<Comments from Restaurant> You can select the appetizer, sashimi, tempura, and main dish for our "Kaiseki" course, which uses seasonal ingredients of Japan. Prices range from 3,800 yen to 12,000 yen. We have English menu and English speaking staffs, so please feel free to come and visit us.

- 🕒 <Mon-Fri & Before Holidays> Lunch 11:30-15:00, Dinner 17:30-23:30 <Sat> Lunch 11:30-17:00, Dinner 17:00-23:00 <Sun & Holidays> Lunch 11:30-17:00, Dinner 17:00-22:00
- 💰 Lunch: 1,500 yen- / Dinner: 6,000 yen- / Course: 6,000 yen-
- 💳 VISA, Master, AMEX, UC, DC, Diners, JCB, Nicos, Saison, UnionPay, MUFG
- 🌐 English, Chinese, and photo menus available ☎ Sake, Shochu, Beer, Liqueur, Wine
- 📍 Ginza Station (Exit C6, 8, 9), 2 min. walk / Ginza 1-chome Station (Exit 4) 2 min. walk ZOE Ginza 6F, 3-3-1 Ginza, Chuo-ku



## Enjoy the Luxury of Eating Really Delicious Vegetables at Nagamine

Nagamine of Tsukiji, which has had a good eye for vegetables as a wholesaler for over 60 years, has opened a shop in Ginza. It serves innovative but sound kaiseki ryori, built on discerning care for vegetables. Diners can delight in eating really delicious vegetables, in their best seasons, and in their most suitable forms.

The array of rare and high-priced traditional vegetables is grown organically, or in other special ways. The rice is organic rice of the Nanatsuboshi variety, grown in Hokkaido. A selection of sake, carefully picked to match the seasonal produce of the sea and the mountains, is also on offer.

The casual interior is mainly arranged into individual rooms, so diners have space to really relax. It's just the right venue for a meeting with someone important, a private chat, a meal with the family, or many other situations.



To our guests,  
 I am Mamoru Kuroiwa, the chef. I entered the culinary world at the age of 20, 13 years ago. I put my heart into serving traditional Japanese cuisine. I want to serve my diners washoku that is flexible enough to hold onto the classics while also bringing in new things. I serve dishes across a counter of plain wood. The space at that plain wood counter is the communication area where I connect with my customers. When you come to the restaurant, please ask for me. I'll serve a special surprise dish for guests who call on me. I look forward to your visit.


**八菜懐石 長峰**  
**Yasai Kaiseki Nagamine**

 Washoku, Kaiseki  
 03-3547-8083  
<http://www.nagamine.co.jp/>  
 Ginsho Bldg. B1F, 4-9-5 Ginza, Chuo-ku

- 🕒 <Lunch> 11:00-17:00 <Dinner> 17:00-22:30
- <Closed> Sunday, End of the year & New Years
- 💰 Lunch: 2,380 yen- / Dinner: 6,380 yen- / Course: 8,000 yen-
- 💳 VISA, Master, UC, DC, UFJ, Diners Club, AMEX, JCB, Nicos
- ☎ Sake, Shochu, Beer, Liqueur, Wine
- 🌐 English and photo menu available
- 🚭 No smoking (There is a smoking space outside)
- 📍 Ginza line, Ginza station (A6 Exit) 3 min. walk Hibiya / Asakusa Line, Higashi Ginza station (A2 Exit) 1 min. walk



# Akasaka / Roppongi

赤坂・六本木

## Access



## Innovative City

Akasaka is an upscale district similar to Ginza, often used for business entertainment, and where many long-established stores stand. Next to Akasaka is Roppongi, an area with concentrated nightspots that celebrities from overseas go to. Recently, new types of facilities such as Roppongi Hills and Tokyo Midtown that comprise a package of offices and shopping centers are the trend. Relaxing gardens and 3 art museums that create the "Art Triangle Roppongi" are also worth a visit.

### 1 六本木ヒルズ Roppongi Hills

In the center of Roppongi stands the Roppongi Hills. The Tokyo City View open-air observation deck is located in the 238-meter 54-story complex Mori Tower. The movie premieres are often held here. Illuminations are beautiful in winter and you might be lucky to see bon-odori (a traditional Japanese folk dance) in summer!

[Shop] 11:00-21:00 [Restaurant] 11:00-23:00  
<http://www.roppongihills.com/>  
Hibiya / Toei Oedo Line, Roppongi Station Toei Oedo / Nanboku Line, Azabu Juban Station Chiyoda Line, Nogizaka Station



### 2 恵比寿ガーデンプレイス Yebisu Garden Place

The Yebisu Garden Walk will take you to another "city within a city," the Yebisu Garden Place. The Central Square has a unique arch that is sloped over open space full of boutiques. If you love drinking beer, visit the Museum of YEBISU BEER that opened in 2010 to celebrate the 120th anniversary of the Yebisu brand. The 40 minutes tour costs 500 yen served with two tasting cups of draft beer.

<http://gardenplace.jp/> JR / Hibiya Line, Ebisu Station (East exit)

### 3 赤坂サカス akasaka Sacas

Akasaka Sacas, the headquarters of TBS (Tokyo Broadcasting System), was named with the hope to bloom ("sakasu" in Japanese) a new cultural trend in Akasaka and because this place is full of "saka" (=slope). When "akasaka Sacas" read from the right, it's "saca saka saka." The atmosphere is rather casual than Tokyo Midtown or Roppongi Hills, and more entertainment fairs and events are held especially in summer.

<http://sacas.net/> Chiyoda Line, Akasaka Station





## 4 東京ミッドタウン Tokyo Midtown

Tokyo Midtown, known as a "city within a city," is like a small city town developed in Roppongi. It is a complex of high quality shops, restaurants, and galleries with the concept of "high-quality daily life." The top floor occupies the Ritz-Carlton Hotel, offering a sophisticated atmosphere that also welcomes non-staying guests.

- 🕒 Shop 11:00-21:00 / Restaurant 11:00-24:00
- 🌐 <http://www.tokyo-midtown.com/en/>
- 🚶 Toei Oedo / Hibiya Line, Roppongi Station (8 exit) Chiyoda Line, Nogizaka Station (3 exit) Nanboku Line, Roppongi 1-chome Station (Exit 1)



## 5 アートトライアングル六本木 The Art Triangle Roppongi

For the purpose of promoting art in Roppongi, "The National Art Center, Tokyo," the "Suntory Museum of Art," and the "Mori Art Museum" formed what is called "The Art Triangle". The triangle comes from the shape on the map where each museum is located across Roppongi crossing street. "ATRo map" was first published in 2006 that became popular with ATRo saving; visitors with an entrance ticket of either museum can have discount on the other two museums. "The National Art Center, Tokyo" is the largest museum in Japan designed by Kisho Kurokawa, the designer of Exhibition Wing of the Van Gogh Museum. Not having its own collection, it has been a venue for many exhibitions of modern art. The "Suntory Museum of Art" links ancient art and modern art, desires for "art in life". Beautiful tea ceremony room is located inside the museum where you can experience "the way of the tea". The museum guide is available in Japanese, English, French, Chinese, and Korean. "Mori Art Museum" is located on the 53rd floor of Mori Tower, Roppongi Hills building.

- 🕒 10:00-18:00 (Last entry 17:30) Until 20:00 on Fridays (Last entry 19:30)
- 🔒 <Closed> Tuesday, Year-end, New Year holidays <http://www.nact.jp/english/index.html>
- 🚶 Chiyoda Line, Nogizaka Station (6 exit) Hibiya Line, Roppongi Station (Exit 4a) Toei Oedo Line, Roppongi Station (Exit 7)



- 🌐 <http://www.tokyo-park.or.jp/english/>
- 🚶 Marunouchi / Chiyoda Line, Kasumigaseki Station Hibiya / Toei Mita Line, Hibiya Station

## 6 芝公園 Shiba Park

Surrounded by a 110-meter high key-hole shaped mound, Shiba Park is one of the oldest parks in Japan. It gives you the perfect view of Tokyo Tower. Originally part of the Zojoji Temple, a family temple of Tokugawa Iyeyasu, Shiba Park separated after the war due to political and religious reasons. The park is ring shaped with large trees of cherry blossom, zelkova, ginkgo, camphor, and others grown around the pond giving the beautiful sceneries in spring and autumn. Momijidani, autumn leaf valley, is famous for its artificial 10-meter high water fall.

## 7 恵比寿横丁 Ebisu Yokocho

Ebisu Yokocho was established in 1998 for a redevelopment of the old shopping centre Yamashita. The line of Akachochin (red lantern) is a unique characteristic of this alley. It is quite an unexpected place in the fashionable Ebisu area. Try the "meat sushi," a popular dish among the regulars.

- 🌐 <http://www.ebisu-yokocho.com/top.html> 🚶 JR / Hibiya Line, Ebisu Station (East exit)

## 権八 西麻布 Gonpachi (Nishi Azabu)

📞 03-5771-0170 <http://www.gonpachi.jp/nishiazabu/>  
Washoku

<About> In the atmosphere of an old Japanese-style housing, we serve creative Japanese menu using healthy, beautiful, and seasonal ingredients such as kushiyaki grilled by charcoal and handmade soba made from soba flour grounded at our restaurant. We are famous for being the restaurant model for "KILL BILL" and for "Izakaya meeting" by former President Bush and Prime Minister Koizumi. Today, more than half of our customers are from overseas.

<Comments from Restaurant> All of our menus are written both in Japanese and English, and we have many staff who can speak English and other languages. With reservation in advance, vegetarian and vegan menus are available. Other than the popular tempura and kushiyaki, we serve our original menus. Please come visit us to enjoy your meal with sake and shochu delivered from all over Japan.

- 🕒 11:30-27:30
- 🍽️ Lunch: 800 yen- / Dinner: 4,000 yen- / Course: 6,500 yen-
- 💳 VISA, Master, AMEX, UnionPay, JCB, Diners
- 🍷 Sake, Shochu, Beer, Liqueur, Wine 🇺🇸 English menu available
- 🚶 Roppongi Station (Exit 2) 10 min. walk  
1, 2F, 1-13-11 Nishi Azabu, Minato-ku



## 個室会席北大路 赤坂茶寮 Kitaohji Akasaka Saryo

📞 03-5512-3737 <http://www.kitaohji.co.jp/akasakasaryo/>  
Washoku

<About> All of our 28 rooms (240 seats) are completely privatized. We have a large banquet hall for 90 people. We serve for receptions, anniversary, meetings, and many other occasions. Our chefs order ingredients from all over Japan.

<Comments from Restaurant> Under supervision of the head chef, we serve different menus every month using ingredients such as abalone, blowfish, Japanese Black beef, matsutake mushroom, crab, lobster, and other food ingredients in accordance with the four seasons. We are welcome to answer your request of shabu-shabu, sukiyaki, and sushi according to your budget. Please enjoy the traditional "wa."

- 🕒 <Mon-Fri> 11:30-14:30 (L.O. 13:00), 17:00-22:30 (L.O. 21:00)  
<Sat> 11:30-15:00 (L.O. 13:30), 17:00-22:00 (L.O. 20:30)  
<Closed> Sundays 🍽️ Lunch: 3,000 yen- / Dinner: 10,000 yen- / Course: 10,000 yen-
- 💳 VISA, Master, AMEX, Diners, JCB, UC
- 🍷 Sake, Shochu, Beer, Liqueur, Wine, Whisky, Sour
- 🇺🇸 English, Chinese and photo menus available
- 🚶 Akasakamitsuke Station (Exit 11) 1 min. walk / Nagatacho Station (Exit 8) 4 min. walk / Akasaka Station (Exit 2) 5 min. walk  
Akasaka Eight One Bldg. B1F, 2-13-5 Nagatacho, Chiyoda-ku



## ぬる爛 佐藤 Nurukan Sato

📞 03-3405-4050 <http://www.tokyo-rf.com/restaurants/r03/index.html/>  
Washoku

<About> We offer a relaxing atmosphere in the busy area of Roppongi. The entrance welcomes you with numbers of sake bottles lined up by the wall. We prepare washoku with seasonal ingredients and more than 120 kinds of carefully selected sake that can be enjoyed warm, hot, cold, or at room temperature. Don't miss your chance to try out sake in different styles.

<Comments from Restaurant> We have private rooms for relaxation and counters to enjoy watching the chefs prepare your meals. We serve a wide range of tastes from household dishes to professional kaiseki, and Yonezawa beef and red king crab that perfectly matches with sake. Please enjoy comparing sake to discover how different they taste.

- 🕒 Lunch 11:30-14:00 (L.O. 13:30), Dinner 17:00-23:30 (L.O. 22:30)  
<Closed> Sundays 🍽️ Lunch: 900 yen- / Dinner: 8,000 yen- / Course: 6,600yen- 💳 VISA, Master, AMEX
- 🍷 Sake, Shochu, Beer, Liqueur, Wine 🇺🇸 English menu available
- 🚶 Hibiya Line, Roppongi Station (Exit 2) 2 min. walk  
Oedo Line, Roppongi Station (Exit 7) 2 min. walk  
Roppongi Business Apartments 1F, 7-17-12 Roppongi, Minato-ku





## 六本木 炉端や Roppongi Robotaya

03-3408-9674 www.roppongi-robotaya.com  
Robatayaki (Japanese BBQ)

<About> Robatayaki is traditional Japanese barbeque. We only select the ingredients that we have pride in and our experienced chefs are sure to satisfy you with the special dishes. Enjoy the market-like atmosphere while having a conversation and drinking some alcoholic beverages. Robotaya has everything that you have never experienced before. In addition to customers inside and outside of Japan, Hollywood celebrities also love our atmosphere and flavor. Enjoy the ultimate robatayaki at Robotaya.

- 🕒 17:00-23:00
- 💰 Dinner: 12,000 yen- / Course: 12,000 yen-
- 💳 VISA, Master, AMEX, Diners, UnionPay
- 🍷 Sake, Shochu, Beer, Liqueur, Wine and others
- 📍 Roppongi station (Exit7) 2 min. walk  
Kyowa Bldg. West 1F, 4-4-3 Roppongi, Minato-ku



## DO-ZO 赤坂 Biz タワー店 DO-ZO (Akasaka Biz Tower)

03-5545-6873 http://www.koujigura.jp/  
Washoku

<About> Try representative washoku at a reasonable price. Set menus are 550-1,680 yen, a la carte menus are 380-980 yen, and course menus are available from 1,980 yen. We have seats for group customers from 20 to a maximum of 80. All seats are barrier free, so please do not hesitate to come with your wheelchairs.

<Comments from Restaurant> There are no worries even on rainy days since we are located in Akasaka Biz Tower, directly connected to Akasaka Station. Our English speaking staff will be more than happy to assist you. We are supported by many foreign customers who visit this area for sightseeing. We have a wide range of washoku menus from the popular tofu dishes to yakitori. Our No.1 menu is Tsukune (meatballs) made with Kurobuta Pork from Kagoshima Prefecture!

- 🕒 <Mon-Fri> Lunch 11:00-16:30 / Dinner 16:30-23:30
- 🕒 <Sat, Sun & Holidays> Lunch 11:00-16:30 / Dinner 16:30-22:00
- 💰 Lunch: 800 yen- / Dinner: 3,000 yen- / Course: 3,500 yen-
- 💳 VISA, Master, AMEX, UC, DC, Diners, JCB, Nicos, Saison, UnionPay, MUFG
- 🍷 Sake, Shochu, Beer, Liqueur, Wine
- 🌐 English, Chinese and photo menus available
- 📍 Akasaka station (Exit3A/3B) 1 min. walk  
Asakaka Biz Tower B1F, 5-3-1 Akasaka, Minato-ku



## 料理屋三船 Ryouriya Mifune

03-6804-5548 http://mifune-project.com/en/index.html  
Washoku

<About> Inspired by the famous Japanese actor, Toshiro Mifune, the restaurant seems like a scene of a movie. We serve menus with selected seasonal ingredients cooked dynamically, but in a simple way that brings out the natural flavors. Our rich variation of sake and shochu from all over Japan have a favorable reputation.

<Comments from Restaurant> The restaurant atmosphere feels as if a samurai will appear in front of you. It is perfect for someone who wants to feel Japan. Menus are specialized in washoku that Toshiro Mifune loved. Our specialty, nabe (hot pot) and sashimi, are prepared by our chefs with great care. We recommend not only our dinner menus, but also our filling lunch menus. One-person customers are always welcome at the counter seats!

- 🕒 <Lunch> 11:30-14:00 (L.O. 13:30) <Dinner> 17:00-23:30 (L.O. 22:30) <Closed> Sundays
- 💰 Lunch: 900 yen- / Dinner: 6,000 yen- / Course: 5,000 yen-
- 💳 Sake, Shochu, Beer, Liqueur, Wine
- 💳 VISA, Master, AMEX
- 🌐 English menu available
- 📍 Hibiya Line, Roppongi Station (Exit 2) 1 min. walk / Oedo Line, Roppongi Station (Exit 4b) 1 min. walk  
Nankai Bldg. 1F, 7-18-7 Roppongi, Minato-ku



## 天婦羅ほり川 ホテルニューオータニ店 Tempura Horikawa (Hotel New Otani)

03-3221-4166 www.newotani.co.jp/en/tokyo/restaurant/horikawa\_temp/index.html  
Tempura

<About> We invite you to try the traditional tastes of Japan, made with carefully selected ingredients and highly trained techniques. We are perfect for business meetings and gatherings as we have a variety of different course menus of our superb tempura accompanied with seasonal dishes. Our thin and crispy tempura batter is healthy. Enjoy the seasonal flavor at our restaurant.

<Comments from Restaurant> Fresh seafood and vegetables are deep fried with specially selected oil. Counter seats will appeal to our five senses, but relaxing table seats and other private rooms are also available. We will welcome you at Horikawa, a long-standing restaurant that has 50 years of history in Hotel New Otani.

- 🕒 <Mon-Sat> 11:30-14:30 (L.O.), 17:00-21:30 (L.O.)
- 🕒 <Sun & Holidays> 11:30-21:30 (L.O.)
- 💰 Lunch: 2,000 yen- / Dinner: 5,000 yen- / Course: 5,000 yen-
- 💳 VISA, Master, AMEX, Diners, JCB
- 🍷 Sake, Shochu, Beer, Wine
- 🌐 English and photo menus available
- Please ask in advance for vegetarian and halal menus
- 📍 Akasaka-mitsuke Station / Yotsuya Station / Kojimachi Station 7 min. walk  
Hotel New Otani Tokyo The Main Bldg. Lobby Fl., 4-1 Kioi-cho, Chiyoda-ku



## 久兵衛 ザ・メイン店 Kyubey (The Main)

03-3221-4144 www.newotani.co.jp/en/tokyo/restaurant/kyubey\_main/index.html  
Washoku, Sushi

<About> Highly acclaimed as one of the best sushi restaurants in Japan, Kyubey offers the ultimate experience. The preparation of sushi, supported by its history of more than a thousand years, is often regarded as a form of art. Enjoy a friendly conversation over the counter with the chef while relishing sushi made from fresh and seasonal ingredients. There is also another Kyubey restaurant within the hotel in the Garden Tower (Tel: 03-3221-4145).

<Comments from Restaurant> The counter is, so to speak, our "stage." We are high-spirited to provide fresh sushi in a stylish way. We sincerely aim to offer a pleasant "stage" at Kyubey. Please come to experience the modern and genuine Japanese sushi built on top of tradition.

- 🕒 <Lunch> 11:30-14:00 <Dinner> 17:00-21:30
- 💰 Lunch: 3,000 yen- / Dinner: 10,000 yen- / Course: 15,000 yen-
- 💳 VISA, Master, AMEX, Diners, JCB
- 🍷 Sake, Shochu, Beer, Liqueur, Wine, Champagne, Whisky
- 🌐 English and photo menus available
- 📍 Yotsuya Station (Kojimachi Exit) 8 min. walk / Akasaka-mitsuke Station (Exit D) 3 min. walk / Nagatacho Station (Exit 7) 3 min. walk  
Hotel New Otani Tokyo The Main Bldg. Lobby Fl., 4-1 Kioi-cho, Chiyoda-ku



## 石心亭 Sekishin-tei

03-3238-0024 www.newotani.co.jp/en/tokyo/restaurant/sekishin/index.html  
Teppanyaki

<About> The restaurant stands in a quiet Japanese garden with a history of over 400 years. As you dine, take in the beautiful scenery beyond the wide window or watch the chef's precise movements preparing your meal. We serve Kobe Beef, seasonal seafood, and vegetables, carefully selected and grilled to perfection by our chefs.

<Comments from Restaurant> Enjoy the celebrated Kobe Beef grilled to bring out its rich flavor and juicy texture to their fullest extent. We serve top quality Kobe Beef approved by the Kobe Beef Marketing & Distribution Promotion Association, as well as other acclaimed wagyu brands from around Japan.

- 🕒 <Lunch> Mon-Fri 11:30-14:00 / Sat, Sun & Holidays 11:30-15:00
- 🕒 <Dinner> 18:00-21:00
- 💰 Lunch: 5,000 yen- / Dinner (Course): 15,000 yen-
- 💳 VISA, Master, AMEX, Diners, JCB, UnionPay
- 🍷 Sake, Shochu, Beer, Liqueur, Wine, Champagne, Whisky
- 🌐 English menu available
- 📍 Yotsuya Station (Kojimachi Exit) 8 min. walk / Akasaka-mitsuke Station (Exit D) 3 min. walk / Nagatacho Station (Exit 7) 3 min. walk  
Hotel New Otani Tokyo Japanese Garden, 4-1 Kioi-cho, Chiyoda-ku





# Tsukiji / Shiodome

築地・汐留

## Access



## Gate of Tokyo Bay

If you want to have good food in Tokyo, don't forget to visit Tsukiji. More than 450 kinds of seafood are handled from early morning in the vibrant market of Tsukiji. You can enjoy freshest ingredients around the area. After a morning walk in Tsukiji, try visiting Hamarikyu Gardens to see the seasonal plants in the afternoon. In Shiodome, you can see the Tokyo Bay from a restaurant on high floors. Tokyo Bay cruising starts from this area.

### 1 築地場外市 Tsukiji Market

The world's largest wholesale fish market is quite an attraction. It handles over 2,000 tons of 450 kinds of fresh marine products every day. If you like sushi, don't leave Japan without eating one in Tsukiji. The famous "tuna seri (auction)" begins at 5AM and observation is allowed each day but be sure to arrive at around 4AM. Don't forget to check the calendar for closing days.

<http://www.tsukiji.or.jp/english/index.html>  
Toei Oedo Line, Tsukiji Shijo Station (A1)  
Hibiya / Toei Asakusa Line, Higashi Ginza Station (5 or 6 exit)



### 2 汐留シオサイト イタリア街 Italian Town



Italian Town is located in a quiet part of Shiodome imitating the Italian neighborhood. Pretty colored buildings designed by Italian designers are lined up along with restaurants, leather goods, and antique shops featuring Italy. During the pizza festival, pizza is baked in stone ovens from the area. Have a small trip to Italy!

<http://www.sio-site.or.jp/>  
JR, Hamamatsu-cho Station Toei Oedo Line, Shinbashi Station  
Yurikamome, Shiodome Station Toei Mita Line, Onarimon Station

### 3 日テレタワー Nippon Television (NTV)

Shiodome is the headquarters of The Nippon Television (NTV). Many of the broadcasted programs can be observed outside of the see-through window glasses. The fancy NTV clock might be attractive for fans of Hayao Miyazaki, a famous animator and designer of the clock. The shop "Nittere Ya" sells items of characters promoted by NTV. Fun events are held during the summer.

<http://www.ntv.co.jp/shiodome/>  
JR / Yurikamome / Asakusa / Ginza Line, Shinbashi Station  
Toei Oedo Line, Shiodome Station





### ダイナミックキッチン&バー 響 カレッタ汐留店 Hibiki (Caretta Shiodome)

03-6215-8051 <http://www.dynac-japan.com/hibiki>  
Washoku

<About> Feel the warmth of the woods in the modern Japanese atmosphere as you enjoy washoku and the view of Tokyo Bay. Our carefully selected ingredients are shipped from all over Japan. Our simple cooking style brings out the best flavors of each ingredient. Please make early reservations for our popular window seats.

<Comments from Restaurant> The night view of Tokyo Tower and other representative buildings of Tokyo is a masterpiece when you see it from 200 meters off the ground. The scenery of Mt. Fuji behind the Tokyo Tower is highly impressive even to the Japanese people. Please have an unforgettable and elegant time with your partners, friends, and families. Koshihikari (Niigata brand rice) cooked in the stove oven is a must try item.

- <Mon-Sun> 11:30-14:30 <Mon-Fri> 18:00-23:00 (L.O. 22:00)
- <Sun & Holidays> 17:00-22:00 (L.O. 21:00)
- Lunch: 1,200 yen- / Dinner: 5,500 yen- / Course: 6,000 yen-
- VISA, Master, AMEX Sake, Shochu, Beer, Liqueur, Wine
- English, Chinese, Korean and photo menus available
- Yurikamome, Shiodome Station 1 min. walk
- Caretta Shiodome 46F, 1-8-1 Higashi Shinbashi, Minato-ku



### 美寿思 Misuji

03-6218-4100 <http://www.misuji.info/index.html>  
Sushi

<About> We were first established in 1855 as "Misuji" in Kobikicho, Edo. The Chinese character of "shi" was different from the current name. "Beautifully serving delicious sushi to our customers forever." Our founder's passion towards sushi is inherited up to this day. We value techniques and spirits of the good old days, and select the freshest ingredients that perfectly suit the new generation.

<Comments from Restaurant> Depending on the sushi topping, we use red or white vinegar in the sushi rice. You can enjoy 2 different tastes with the same topping. In addition to our chef's special that consist of nigiri sushi using the seasonal seafood, we also have a kaiseki course of seasonal dishes, grilled fish, and desert.

- <Lunch> 11:00-15:00 (L.O. 14:30) <Dinner> 17:00-22:30 (L.O. 22:00) <Closed> When Caretta Shiodome Bldg. is closed
- Lunch: 2,800 yen- / Dinner: 10,000 yen- / Course: 8,000 yen-
- VISA, Master, AMEX Sake, Shochu, Beer, Liqueur, Wine
- English menu available JR Shinbashi Station (Shiodome Exit) 5 min. walk / Oedo Line, Shiodome Station 1 min. walk
- Caretta Shiodome 46F, 1-8-1 Higashi Shinbashi, Minato-ku



### 築地 すし一番 築地場外市場中央店 Tsukiji Sushi Ichiban (Tsukiji Jogai Shijo)

03-3524-7188 <http://sakanaya-group.com/04sushiichiban/00top/main.html>  
Sushi

<About> We have more than 300 fish filleting shows in a year! We regularly hold tuna filleting shows. Please come and try the freshly filleted tuna!

<Comments from Restaurant> Seasonal ingredients and freshest tuna fish! Delicious sake! Please have a precious time at Sushi Ichiban...

- 7 days/24 hours
- Lunch: 980 yen- / Dinner: 2,800 yen-
- VISA, JCB
- Sake, Shochu, Beer, Liqueur, Wine
- English, Chinese, Korean and photo menus available
- Toei Oedo Line, Tsukiji Shijo Station (A1 Exit) 2 min. walk
- 4-13-15 Tsukiji, Chuo-ku



### 天空焼肉 星遊山 Seiyuzan

03-3569-2929 <http://www.seiyuzan.jp>  
Yakiniku

<About> Enjoy your meal on the high-rise building. Our meat is carefully selected by our chef. We serve raw meat as yukhoe and sushi, as well as aged cow tongue and Matsuzaka beef.

- <Lunch> 11:30-15:00 (L.O. 14:00)
- <Dinner> 17:30-23:30 (L.O. 22:30)
- Lunch: 2,000 yen - / Dinner: 11,000 yen - / Course: 12,500 yen-
- VISA, Master, AMEX
- Sake, Shochu, Beer, Liqueur, Wine
- English and photo menus available
- JR Shinbashi Station (Shiodome Exit) 5 min. walk
- Shiodome City Center Bldg. 41F, 1-5-2 Higashi Shinbashi, Minato-ku



### VENGA VENG カレッタ汐留店 VENGA VENG (Caretta Shiodome)

03-3569-1122 <http://www.vengavenga.jp>  
Spanish Bar

<About> If you want to have professional Spanish meals, we are the perfect place for you. "VENGA VENG" is a Spanish term meaning "welcome, welcome". Please enjoy our Spanish specialties and alcoholic beverages under our high ceiling dining hall.

<Comments from Restaurant> "Seafood Paella" cooked with specially prepared soup and our original soup "Zarzuela" are popular dishes. You can enjoy the seasonal seafood with many of our menus. We also have all you can drink party courses. We welcome both small and large groups for casual dining or large events.

- <Mon-Fri & Before Holidays> Lunch 11:00-15:00, Dinner 17:00-23:30 <Sat, Sun & Holidays> Lunch 11:00-15:00, Dinner 16:00-22:30
- Lunch: 1,000 yen- / Dinner: 2,800 yen- / Course: 3,980 yen-
- VISA, Master, AMEX, UC, DC, Diners, JCB, Nicos, Saison, UnionPay, MUFG Beer, Wine, Whisky, Cocktail
- English, Chinese and photo menus available
- Toei Oedo / Yurikamome Line, Shiodome Station (Exit 6) 2 min. walk Asakusa Line, Shinbashi Station (Exit 1D) 5 min. walk
- Caretta Shiodome B2F, 1-8-2 Higashi Shinbashi, Minato-ku



### 四季食楽 三木屋 カレッタ汐留店 Sanjiya (Caretta Shiodome)

03-6253-7155 [http://www.kamon-fs.co.jp/izakaya, Seafood, Nabe \(Hot pot\)](http://www.kamon-fs.co.jp/izakaya, Seafood, Nabe (Hot pot))

<About> Enjoy the seasonal flavor at Sanjiya that serves under the motto of "Sorry if our fish are sold out. Nabe is available everyday." We put our effort into serving seasonal fish and rare fish in different ways. We have a special heart toward nabe (hot pot). Five types of nabe such as chanko nabe are available throughout the year. Depending on the season, you can try other types of nabe too. Enjoy seasonal vegetable dishes, basashi (horse meat sashimi), and chef's recommendation of the day that matches well with Japanese sake.

<Comments from Restaurant> Come and try Godai-nabe and recommendation of the day that uses fresh ingredients. We have some staff who can speak English and Chinese.

- <Lunch> 11:00-15:00 <Dinner> Mon-Fri 17:00-23:00 / Sat, Sun & Holidays 17:00-22:00
- Lunch: 900 yen- / Dinner: 3,000 yen- / Course: 3,000 yen-
- VISA, Master, AMEX, JCB Sake, Shochu, Beer, Liqueur, Wine
- English, Chinese and photo menus available
- JR Shinbashi Station (Shiodome Exit) 5 min. walk
- Oedo Line, Shiodome Station (Shinbashi Station Exit) 1 min. walk
- Caretta Shiodome B2F, 1-8-2 Higashi Shinbashi, Minato-ku





# Shibuya / Harajuku / Omotesando

渋谷・原宿・表参道

## Access



## Youth Fashion Trends Start Here!

Shibuya and Harajuku are cities of popular culture. You can find the newest trends of young fashion in Japan. The scramble crossing in front of Shibuya station is a must-see. Omotesando in a walking distance from Shibuya has refined boutiques and restaurants. Omotesando Hills that opened in 2006 is a fancy and elegant place for shopping. If you get tired of walking, take a rest in the green of Meiji Shrine or Yoyogi Park.

### 1 スクラブル交差点 & ハチ公 Scramble Crossing & Hachiko



One of the famous meeting places for Japanese people, "Hachiko," is a well known sightseeing spot for visitors. There are thousands of people waiting and chatting in front of the bronze statue of "Hachi" everyday. Right next to it is the scramble crossing – one of the busiest intersections in the world. It is suggested that maximum of 3,000 people cross this street during a single green light and a total of 500,000 people walk by each day. Try crossing the street and you will be amazed that not a single person bumps into each other without speeding down. Whenever you go, there are visitors with phones or cameras in their hands to get a snap of this marvelous moment. The large electric scoreboard is also a feature of Shibuya located on the top of Starbucks, a perfect place to relax and watch the people of Shibuya crossing the streets.

JR / Hanzomon / Ginza / Fukutoshin Line, Shibuya Station

### 2 ヒカリエ Hikarie

Hikarie, a new commercial tower that opened in 2012, is now the new trend of Shibuya. When you go up the escalator from the east side of Shibuya, the touch panel direction board and electric panel welcome you with the latest information of Shibuya. The restrooms are called "switch-rooms"; each floor designed in a different style by famous artists. Shibuya today has become the fashion district for younger generations and Hikarie was built under a concept of bringing back more sophisticated women to Shibuya. With Hikarie, Shibuya tries to escape from the strong image of young and hope for another urban development to be loved by all generations.

Shop 10:00-21:00 / Restaurant 11:00-23:00  
<http://www.hikarie.jp/en/index.html>  
JR / Hanzomon / Ginza / Fukutoshin Line, Shibuya Station





### 3 竹下通り Takeshita Dori

Takeshita Dori stands as a symbol of Harajuku where people browse around for "kawaii" (cute) fashion. The now famous Kyary Pamyu Pamyu comes to find her daily outfits here. Sunday might be the day to come and see many people cosplaying or wearing extreme outfits. Harajuku ALTA has just opened in March 2015, attracting many youths. Crepe is one of the main symbols of Takeshita Dori and so are purikura (photo sticker booth). There is an underground area filled with many types of purikura machines where you can add digital make up, change hair colors, and end up looking nothing like yourself! At some purikura areas, you can borrow cosplay outfits to add to the fun. Don't miss this chance to save your memory in Harajuku.



- <http://www.takeshita-street.com/>
- JR Line, Harajuku Station (Takeshita guchi exit) Chiyoda / Fukutoshin Line, Meiji Jingumae Station

### 4 のんべい横丁 Nonbei Yokochi

Nonbei is a slang term for heavy drinker in Japanese. The alley is full of people who love to drink alcohol. Located on the street corner of Shibuya, Nonbei Yokochi stands for more than 60 years with its taste of Showa Period (1926-1989) still remaining in the atmosphere. Many of the regulars come and soak in their childhood memories.

- <https://www.facebook.com/nonbei.fes>
- JR / Hanzomon / Ginza / Fukutoshin Line, Shibuya Station



### 5 明治神宮 Meiji Shrine

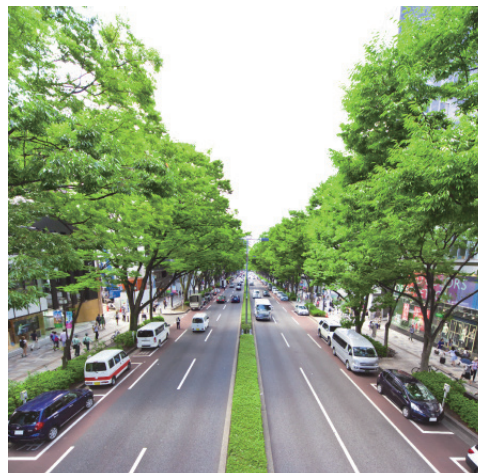
Meiji Shrine (Meiji Jingu) was built in 1920, dedicated to Emperor Meiji and his wife Empress Shoken. The great forest surrounding Meiji Shrine is made of 100,000 trees that were donated by the Japanese people and many others from abroad to commemorate the virtues of the Emperor and Empress forever. It was later destroyed during WWII but was reconstructed in 1958. More than 300,000 people visit the shrine on New Years Day, making Meiji Shrine the number one place for "hatsumode" (first shrine visit of New Year) in Japan for many consecutive years. Events are held throughout the year in Meiji Jingu Gaien (garden) and Meiji Jingu Kyujo (stadium). Beer Garden in spring, firework display in summer, and maidenhair tree festival in autumn are all popular events.

- Gate opens at sunrise and closes at sunset  
Jun. 5:00-18:30 / Sep. 5:20-17:20 / Dec. 6:40-16:00 / Mar. 5:40-17:20
- <http://www.meijijingu.or.jp/english/index.html>
- JR, Harajuku Station (Harajuku guchi exit)  
Chiyoda / Fukutoshin Line, Meiji Jingumae Station  
JR / Toei Oedo Line, Yoyogi Station Odakyu Line, Sangubashi Station

### 6 表参道 Omotesando

Omotesando Street, a wide avenue lined with Zelvoka trees, is a great place to experience the beautiful illumination colors of each season. While located near Takeshita Dori, the two areas are completely different. Boutique stores of upscale designer brands lining up along the streets add to the elegant atmosphere of Omotesando. Omotesando Hills is the symbol complex of the area since 2006 featuring more than 100 shops. Max Brenner Chocolate Bar that opened in 2013 still has a long waiting line even on the week days. Walking along the street of Omotesando will let you forget that you are in the middle of Tokyo.

- <http://omotesando.or.jp/en>
- Chiyoda / Ginza / Hanzomon Line, Omotesando Station



### 7 根津美術館 Nezu Museum

Standing in the quiet area of Omotesando, Nezu Museum is popular for its marvelous Japanese-style garden and modern designed building. It was built in 1914 for a private collection and now holds over 7,000 objects of Japanese and oriental art. The surrounding nature makes it difficult to believe that you are the in the center of Tokyo. Nezu Café is recommended if you have time for a tea break; seasonal scenery can be fully enjoyed in all seasons through the wide window front. Heal your busy heart at the oasis of central Tokyo.

- 10:00~17:00 (Last entry 4:30) Closed on Mondays
- ¥ 1,000 yen - 1,200 yen (price differs depending on the exhibition)
- <http://www.nezu-muse.or.jp/en/index.html>
- Ginza / Hanzomon / Chiyoda Line, Omotesando Station (A5 exit)

### 8 肉横丁 Niku Yokochi

Niku Yokochi, an alley of meat, is located on the 2nd and 3rd floors of an ordinary building in Shibuya. It is the large meat restaurant area with a total of 24 restaurants. Some are open until 5AM offering draft beer. The atmosphere will make your stomach growl!

- <http://shibuyayokocho.com/>
- JR / Hanzomon / Ginza / Fukutoshin Line, Shibuya Station

### 9 メゾン・ド・ジュリエッタ Maison de Julietta

If you are interested in trying on the cute and unique clothes in Japan, Maison de Julietta might be the place you want to be. It is located in the 1.5F of a fashion building LaForet Harajuku. At the beginning, this salon was planned to be opened for a limited time period. When it soon became so popular among Lolita fans that reservation were full 2 months ahead, they had decided to become a permanent salon. Lolita clothes are often times very expensive, but here, you can have a full experience Lolita fashion along with professional hair styling and make-up. You can take home the data of the photos you took at the photo booth!

- 11:00-21:00 (Last Order 19:40)
- Basic menu: 9,980 yen
- <http://www.maison-de-julietta.net/english/>
- Chiyoda / Fukutoshin Line, Meiji Jingumae Station (Exit 5)



## キャラクレ！ Characre!

03-6455-4154 <http://www.chara-cre.com/>  
Crêpes

<About> Character x Crepe = "Chara-Cre!" We provide a new type of service that combines characters and crepes, similar to the idea of a latte art. Our products have been strictly checked and certified by the character's copyright holder. "Marion Crepe," the oldest crepe chain in Japan is developing our crepe recipes. Enjoy by looking and tasting! You get to experience two surprises in a single crepe.

<Comments from Restaurant> The number of existing characters is the number of times you can enjoy Chara-Cre! Every visit will be a different experience since we collaborate with several different characters depending on the season. In the past, we have challenged ourselves to make a character's favorite food into Chara-Cre! One example is the "Very Hot Mapo-tofu Chara-Cre!" We continue to explore the wide possibilities of crepes and provide you with different types of fillings from sweets to salads and meals.

- 🕒 10:30-19:30 📍 450 yen –
- 📷 Photo menu available
- 🚶 JR Harajuku Station (Takeshita Exit) 5 min. walk
- Moshi Moshi Box 1F, 3-23-5 Jingumae, Shibuya-ku



## dining & bar KITSUNE dining & bar KITSUNE

🕒 📍 03-5766-5911 <http://www.kitsune-web.jp>  
French & Japanese Fusion Restaurant, Sushi Bar

<About> We are located right in between Shibuya and Ebisu. Our concept is "SUSHI" and "FUN." While our food is based on French cuisines, we have added the essence of "SUSHI," which is now a global dish, and developed an original menu called "SUSHINE (SUSHI + TERRINE)." We also serve Japanese sake. You can experience our concept of being "FUN" from our other menus and interior design.

- 🕒 <Sun-Thu & Holidays> 18:00-27:00
- <Fri, Sat & before Holidays> 18:00-29:00
- 📍 Dinner: 3,500 yen-
- 📷 VISA, Master, AMEX, Diners, Discover, UnionPay, JCB
- 🍷 Sake, Shochu, Beer, Liqueur, Wine, Champagne
- 📷 English menu available
- 🚶 JR Shibuya Station (South Exit)
- JR Ebisu Station (East Exit) 10 min. walk
- Chatelet Shibuya B1F, 2-20-13 Higashi, Shibuya-ku



## 京橋千足屋 表参道原宿店 Kyobashi Senbikiya (Omotesando Harajuku)

🕒 📍 03-3403-2550 <http://www.senbikiya.co.jp/harajuku.html>  
Fruits Shop, Cafe

<About> Ever since our establishment, we have been specializing in fruits and have served the best fruits under the reliance of our customers. As customers are looking for more valuable and authentic items these days, we put effort into offering you natural fruits with the highest quality and ripeness. Please enjoy the high aroma and taste of the seasonal fruits. We have variety of menus using our best fruits abundantly.

<Comments from Restaurant> If you want to try our different fruits in one plate, we recommend our fruit assortment. We are sure to offer you a precious time with our beautifully arranged fruits. We also recommend parfaits and waffles that plentifully use the seasonal fruits. Fruit sandwiches and cakes are available too. Our leaf pie that resembles lined up trees of Omotesando is perfect for a souvenir.

- 🕒 10:00-22:00 (L.O. 21:00)
- 📍 Lunch: 1,400 yen- / Dinner: 2,000 yen- / Course: 3,500 yen-
- 📷 VISA, Master, AMEX 🍷 Beer, Wine 📷 Photo menu available
- 🚶 JR Harajuku Station (Omotesando Exit) 5 min. walk
- Meiji Jingumae Station (Exit 5) 1 min. walk
- 1-11-11 Jingumae, Shibuya-ku



## 麵の坊 Toride

03-3780-4450 <https://www.facebook.com/toride01?ref=hl>  
Ramen (noodle)

<About> Established in 2001, we have been serving tonkotsu (pork born broth) ramen in Shinsencho, Shibuya for 15 years. We make our white and creamy soup that is full of vitamin B, calcium, and collagen, by cooking pork bone for 20 hours at high heat. We also make our noodles everyday in our kitchen. Besides our tonkotsu ramen, we have other types of ramen that are available for a limited time.

<Comments from Restaurant> Karashi Takana (spicy pickles), red ginger, garlic, and ground sesame seeds are available for you at each table to add flavor to your ramen. Our most popular menu is ramen with seaweed and soft boiled egg (880 yen). We also recommend 10-piece gyoza (520 yen) and mentaiko (marinated cod roe) sauce omusubi (rice ball) (220 yen). You can choose the thickness of your ramen (1mm or 2mm) and how you want it to be boiled (hard, normal, or soft).

- 🕒 11:00-27:00 <Closed> End and beginning of the year
- 📍 Lunch: 900 yen- / Dinner: 1,400 yen- 🍷 Sake, Shochu, Beer, Whisky, Sour 📷 English and photo menus available
- 🚶 Keio Inogashira Line, Shinsen Station (South Exit) 3 min. walk
- 20-23 Shinsencho, Shibuya-ku



## 的い屋 表参道店 Matoiya (Omotesando)

🕒 📍 03-6418-2871  
Washoku, Bar

<About> We serve washoku featuring sumibiyaki (charcoal grill), organic vegetables, and wines. Please enjoy beef, pork, lamb, chicken, and other types of meat grilled by charcoals. Our vegetables are pesticide-free and we consider healthiness of the meals. Try out washoku with our wine collection of over 60 types!

<Comments from Restaurant> We have no cover charges or service fees. Feel free to come and enjoy the washoku wine bar. Some of our specialties are charcoal grilled Date-dori (Date-chicken), homemade tsukune (meat ball), beef fillet, and steamed or grilled organic vegetables. Our wine is very reasonable too, 450 yen- (glass) and 1,800 yen- (bottle). We also serve beers, shochu, and other cocktails!

- 🕒 <Fri & Before Holidays> 11:30-15:00, 17:00-27:00 <Mon-Thu> 11:30-15:00, 17:00-23:30 <Sat> 11:30-17:00, 17:00-27:00
- <Sun & Holidays> 11:30-17:00, 17:00-23:30 <Closed> 12/31, 1/1
- 📍 Lunch: 850 yen- / Dinner: 3,000 yen- / Course: 3,000 yen-
- 📷 VISA, Master, AMEX, UC, DC, Diners, JCB, Nicos, Saison, UnionPay, MUFG
- 🍷 Sake, Shochu, Beer, Liqueur, Wine, Fruit Liqueur 📷 English, Chinese and photo menus available
- 🚶 Omotesando Station, 1 min walk
- Nakajima Bldg. B1F, 5-50-6 Jingumae, Shibuya-ku



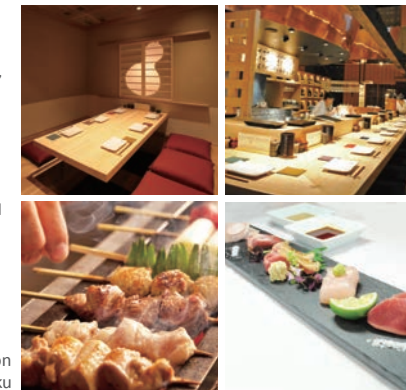
## 観音坂 鳥幸 Kannonzaka Toriko

🕒 📍 03-6412-8248 <http://j-toriko.com/kannonzaka/index.html>  
Yakitori

<About> Our chef put their hearts in seasoning and grilling the yakitori one by one in a refined atmosphere of "wa." Charcoal grill brings out the natural flavors of the chicken and allows the yakitori to be juicy and less oily. In addition to standard negima and tsukune, we prepare chouchin (immature egg), sot l'y laisse (chicken oyster), kokoronokori (heart) which all are rare parts of chicken that other restaurants do not regularly serve.

<Comments from Restaurant> The first floor has counter seats and the second floor has private rooms. For foreign visitors, we recommend the counter seats where you can watch the process of yakitori being grilled in front of you. Some customers say, "I felt like I was in a theater. Fantastic!" We will serve you with hospitality and a wide range of menus.

- 🕒 17:00-23:30 (L.O. 22:30) <Closed> Sundays
- 📍 Dinner: 6,000 yen- / Course: 4,500 yen-
- 📷 VISA, Master, AMEX, UnionPay
- 🍷 Sake, Shochu, Beer, Liqueur, Wine 📷 English menu available
- 🚶 JR Ebisu Station (West Exit) 4 min. walk Hibiya Line, Ebisu Station (Exit 5) 2 min. walk
- EBISU393, 3-9-3 Ebisu Minami, Shibuya-ku





# Ikebukuro

池袋

## Access



## Town for Shoppers of All Ages

Ikebukuro is a sub-center of Tokyo next to Shinjuku and Shibuya, and a train terminal where 8 different lines cross. Two major department stores are connected to the station. Sunshine City 60, a large shopping facility with a theme park, aquarium, and planetarium is now one main symbol of Ikebukuro. Ikebukuro is a gourmet city where you can enjoy your food at reasonable prices. Many multinational restaurants gather around this area, and Ikebukuro is also known as a highly competitive area for ramen restaurants. In addition to traditional theaters and cultural facilities, there are many spots where game fans and anime fans gather.



## 1 サンシャインシティ Sunshine City

Sunshine City is a huge complex located on the east side of Ikebukuro. Many of the "city within a city" has been established these days, but Sunshine City was the first opened in 1978. Other than shops and restaurants, various facility including Sunshine Aquarium reopened in 2011, Sunshine 60 Observation Deck to watch Mt. Fuji and Tokyo Bay, Planetarium, and Ancient Orient Museum. On the second floor is an indoor theme park NanjaTown supported by Japan's famous game creator Namco. The town is filled with stand shops specialized in gyoza dumpling and unique style desserts.

<http://www.sunshinecity.co.jp/english/index.html>  
JR / Marunouchi / Yurakucho / Fukutoshin Line, Ikebukuro Station

## 2 いけふくろう Ikebukuro

Ikebukuro is an owl statue standing on east exit of Ikebukuro like Hachiko in Shibuya and also known for a famous meeting spot. It was built in 1987 for its memorial of JR line foundation. The Japanese word for owl is "fukuro" and believed to be a bird that brings happiness to people. Someone mixed the two words of Ikebukuro and fukuro into ikebukuro for its name of the statue. Japanese people love homonyms. The Ikebukuro has been the guardian of Ikebukuro for almost 30 years.

JR Line, Ikebukuro Station



### 3 巢鴨地藏通り商店街 Sugamo Jizo Dori Shotengai

Sugamo is one of the districts by the JR line full of elderly. The Sugamo area is also known as "Harajuku of the seniors" reflecting the liveliness of the elderly chatting and shopping together. While walking through the area, you might realize that the street is full of red products. The color red is believed to attract good luck; especially, aka-pantsu (red underwear) is something you might want to check out.

- 📍 <http://www.sugamo.or.jp/>
- 🚶 JR / Toei Mita Line, Sugamo Station



### 4 池袋駄菓子バー Ikebukuro Dagashi Bar

Dagashi is Japanese cheap candies and snacks in low quality that has been around since 1700s. Some only cost 5 yen. It was first referred to as a contrast to high quality sweets and became common as candies and snacks that could be bought by children on a limited budget. At Dagashi Bar in Ikebukuro, drinks cost separately but you can try as many dagashi as you want only with 500 yen. They might not have the best taste, but it should be worth trying Japanese dagashi.

- 📍 Mon-Thu & Sun, Holidays 17:00-24:00 (L.O.23:00)  
Fri, Sat & Before Holidays 17:00-28:30 (L.O.27:30)
- 📍 <http://www.dagashi-bar.com/>
- 🚶 JR / Marunouchi / Yurakucho / Fukutoshin Line, Ikebukuro Station

### 5 乙女ロード Otome Road

Ikebukuro's Otome Road ("Girls' Road") is a place you cannot miss if you are into Japanese anime and manga. As the name indicates, the whole street is full of second-hand shops selling CDs, DVDs, manga, doujinshi, cosplay items, action figures, and many other anime goods that are aimed at female fans!! You can also sell your anime goods and manga at the shops and buy some more with the money you have earned.

- 📍 JR / Marunouchi / Yurakucho / Fukutoshin Line, Ikebukuro Station

### 6 切手の博物館 Philatelic Museum

Philatelic Museum is a museum for postal stamps of both Japan and overseas. The number of stamps adds up to 350,000 including the very first postal stamp of Japan, "jo-mon stamp," published in 1871 and the first postal stamp of England, "penny black," published 1840. The first floor displays the history of stamps where event themes change every 3 months. The second floor is a library storing more than 10,000 stamp related books. Various unique designed memorial stamps can be purchased at the stamp shop. The entrance fee is free on the day of 23, which could be read as "2 (fu) - 3 (mi)" in Japanese meaning letters. This would be a great chance to write and send a letter to someone using beautiful memorial stamps.

- 📍 10:30~17:00 (Closed on Mondays, year-end holidays, for exhibition preparation) ¥ 200 yen
- 📍 <http://www.yushu.or.jp/museum/english/index.html>
- 🚶 JR Line, Mejiro Station JR / Tozai / Seibu Shinjuku Line, Takadanobaba Station

### 和食贅美 あやの Washokusanbi Ayano

03-5952-0413 <http://wasyokusanbi-ayano.com>  
Washoku

<About> The main feature of our washoku is rice and "obanzai" (side dish of Kyoto). For lunch, we have set meals using fish or meat and course menus. For dinner, we serve a la carte menus and kaiseki courses. Please come for family gatherings, events, parties, and other occasions. We are built in a maisonette style so each floor has a different type of atmosphere. Spend a relaxing time in our restaurant with an atmosphere that resembles a ryokan (Japanese-style Inn).

- 📍 <Mon-Fri> 11:00-14:30, 17:00-23:00 (L.O.22:00)  
<Sat, Sun & Holidays> 11:00-15:00, 17:00-23:00 (L.O.22:00)  
<Closed> When Esola is closed
- 📍 Lunch: 1,200 yen- / Dinner: 5,000 yen- / Course: 6,000 yen-
- 📍 VISA, Master, AMEX, UC, DC, UFJ, Diners, JCB, Nicos, MUFG
- 📍 Sake, Shochu, Beer, Liqueur, Wine
- 📍 English menu available
- 📍 JR Ikebukuro Station (Metropolitan Exit, South Exit) 1 min. walk  
Esola 8, 9F, 1-12-1 Nishi Ikebukuro, Toshima-ku



### レストラン リビエラ東京 RESTAURANT RIVIERA TOKYO

03-3981-3233 <http://www.riviera-rt.jp/>  
Washoku

<About> Located near Ikebukuro Station, we offer a relaxing dining space. "Riviera Cuisine" inherits the tradition "wa" of the former restaurant, "Hakuunkaku". The seasonal ingredients are selected by our head chef who browse all over Japan for the best ingredients. Our chef brings life to the freshly picked vegetables delivered from contracted farmers and seafood directly shipped from fishing ports.

<Comments from Restaurant> Our sincere heart towards cooking has not changed from the time of "Hakuunkaku". At RESTAURANT RIVIERA TOKYO, our chefs turn each ingredient into professional washoku. Please enjoy the seasonal flavors while viewing the beautiful gardens.

- 📍 Lunch 11:30-15:00 (L.O. 13:30) Cafe 11:30- (L.O. 15:00) Dinner 16:30-21:30 (L.O. 19:30) \*Reservation required for dinner  
<Closed> Saturdays, Sundays and Holidays
- 📍 Lunch: 1,500 yen- / Dinner: 10,000 yen- / Course (lunch): 5,000 yen-
- 📍 VISA, Master, AMEX, JCB, Diners 📍 Photo menu available
- 📍 Sake, Shochu, Beer, Wine, Champagne, Sparkling wine
- 📍 Ikebukuro Station (West Exit / C3) 1 min. walk  
5-9-5 Nishi Ikebukuro, Toshima-ku



### 麵屋武蔵 二天 Menya Musashi Niten

03-6914-2034 [http://www.menya634.co.jp/tenpo\\_ichiran/niten/](http://www.menya634.co.jp/tenpo_ichiran/niten/)  
Ramen

<About> Opened in September 2012, we serve a collaboration of deep-fried foods and noodles! Our main feature is "deep-fried foods". The "buta-ten" (pork tempura) and "tori-ten" (chicken tempura) deep-fried with our special fryer matches perfectly with our tsukemen (dipping noodle).

<Comments from Restaurant> We have many kinds of deep-fried items that you can only enjoy for a limited time. Please try our special, "Niten Tsukemen" with "buta-ten" and "tori-ten" toppings. It has quite an impact.

- 📍 11:30-22:30
- 📍 Lunch: 1,000 yen- / Dinner: 1,000 yen-
- 📍 Beer
- 📍 Photo menu available
- 📍 Ikebukuro Station (East Exit / Exit 35) 2 min. walk  
T-II Bldg., 1-2-4 Higashi Ikebukuro, Toshima-ku





# Odaiba

お台場

## Access



## Amusement Area of the Tokyo Bay

Odaiba is a large amusement area. Riding the "New Transit Yurikamome," an automated guide way transit that connects Shinbashi and Toyosu, you can reach the water front area of Odaiba, a popular spot for families, couples, and tourists. Surrounded by large-scale commercial facilities, you not only can enjoy shopping and food, but also get more than enough entertainment at amusement parks and movie theaters. The night view of the Tokyo Bay from the Rainbow Bridge and areas around Odaiba is certainly worth seeing.

### 1 レインボーブリッジ Rainbow Bridge

Opened to traffic in 1993, the bridge over the Port of Tokyo is called the Rainbow Bridge and looks like a rainbow as the name suggests. The 1.7 kilometers promenade walk connecting Shibaura Wharf and Odaiba waterfront area can be walked on. It takes about half an hour to cross the whole bridge. The two routes, north route and south route, provide different sceneries, but the south route is recommended if you only plan to walk one way. The vision from the bridge is too beautiful to miss especially during the night illumination as the illumination color changes depending on events and even on days and hours for viewers to enjoy the outstanding time of the day.



🕒 Promenade open hours: 4/1-10/31 9:00-21:00, 11/1-3/31 10:00-18:00 🚶 Shibaura side: Yurikamome, Shibaura Futou Station 5 min. walk / Daiba side: Yurikamome, Odaiba Kaihinkoen Station 10 min. walk

### 2 パレットタウン Palette Town

The large Ferris Wheel, one of the symbols of town, is located in Palette Town. Enjoy the view of Tokyo Tower, TOKYO SKYTREE®, Tokyo Gate Bridge, and Rainbow Bridge. Palette Town includes a large shopping mall called Venus Fort opened in 1999. It was designed featuring 17th century Europe townscape where you can not only enjoy your shopping but also the design of the mall itself. Also, you can experience car riding at the TOYOTA's city show case theme park, "MEGA WEB," under a concept of 'look', 'ride' and 'feel' automobiles. 60 car models including current and new models are available for a test ride. Tokyo Leisureland, a game arcade open 24 hours, and the largest standing live house, Zepp Tokyo that welcomes many overseas artists is also located in Palette Town. You can experience the Tokyo Cruise from Palate Town to Hinode Pier and enjoy other marine sports and birdwatching.

🕒 <http://www.palette-town.com/> 🚶 Rinkai Line, Tokyo Teleport Station 3min. walk / Yurikamome, Aomi Station



### 3 東京ビッグサイト Tokyo Big Sight

Tokyo International Exhibition Center, familiar with the name of Tokyo Big Sight, is the largest convention center in Japan. The event calendar is full throughout the year. The exhibition area has 10 exhibition halls with the area of 80,000 square meters welcoming more than 10 million people every year since its opening in 1996. It is the finish line for the Tokyo Marathon and a venue for many major events including Design Festa, Comiket (comic market), and International Gift Show. An unbelievable number of industry trade shows are held everyday. Tokyo Big Sight has been the planned venue for fencing, wrestling, and taekwondo in the 2020 Tokyo Olympics.



- <http://www.bigsight.jp/>
- Rinkai Line, Kokusai Tenji Station 7 min. walk
- Yurikamome, Kokusai-tenji-seimon Station 3 min. walk

### 4 大江戸温泉物語 Oedo Onsen Monogatari

Oedo Onsen Monogatari is Japan's first and only natural "onsen" (hot spring) theme park with 14 kinds of indoor and outdoor baths pumped up from 1400 meters deep. The concept and theme is based on the Edo period. It is a perfect place for people experiencing onsen for the first time. What is also exciting is the rental of yukata (summer style kimono) that you can wear to wander around the bathing facilities. If you are not comfortable enough to be in a public bath, massage and games are also available but first try ashi-yu (foot bath) and enjoy the views of the Japanese-style garden. Overnight stays are available.

- 11:00-9:00 of next day (Final entry 7:00) <http://www.oedoonsen.jp/daiba/>
- Admission fee varies depending on date and season Rinkai Line, Tokyo Teleport Station (free shuttle bus 7 min. ride) / Yurikamome, Telecom Center Station 2 min. walk

### 5 日本科学未来館 National Museum of Emerging Science and Innovation

National Museum of Emerging Science and Innovation is more well-known as Mirai-kan meaning place of the future. The appearance of the museum itself is already high-tech as if stepping into the different world of the near future. This bilingual science museum is Japan's high-tech showcase with many fascinating exhibitions of science and technology of today including robots, space shuttles, and submarines. There is a large "Geo-Cosmos" hanging from the entrance ceiling giving spherical video display of the earth viewed from the space.



- 10:00-17:00 <Closed> Tuesdays (Open if Tuesday is a holiday)
- <http://www.miraikan.jst.go.jp/> Rinkai Line, Tokyo Teleport Station 15 min. walk Yurikamome, Fune-no-kagakukan 5 min. walk Yurikamome, Telecom Center Station 4 min. walk

### がぜん デックスお台場店 Gazen (DECKS Odaiba)

03-3599-2355 <http://www.gazen.net/>  
Washoku, Izakaya, Teppanyaki

<About> We have window seats with beautiful view of the Odaiba area. Have a wonderful and relaxing time while you enjoy the scenery. Horigotatsu (tatami room with sunken space under the table for you to relax your feet) rooms are also available. We serve meat and fish grilled on the 2 m long, 20 mm thick teppan (hot iron plate) that traps the flavor of the ingredients. Counter seats are available if you are interested in watching our chef prepare your meals. From genuine washoku to creative washoku, we are rich in menu variations.

- <Lunch> 11:00-15:00 (L.O. 14:00) <Dinner> 17:00-24:00 (L.O. 22:30)
- Lunch: 850 yen- / Dinner: 3,300 yen- / Course: 2,500 yen-
- VISA, Master, AMEX, ORICO, Saison, Diners, JCB, UnionPay
- Sake, Shochu, Beer, Wine, Sour, Whisky, Highball, Cocktail, Fruits Liquor
- English, Thai, Korea, Chinese and photo menus available
- Yurikamome, Odaiba Kaihin Koen Station 2 min. walk
- Rinkai Line, Tokyo Teleport Station 5 min. walk
- DECKS Tokyo Beach Seaside Mall 6F, 1-6-1 Daiba, Minato-ku



### ダイナミックキッチン&バー 響 お台場店 Hibiki (Odaiba)

03-3599-5500 <http://www.dynac-japan.com/hibiki>  
Washoku

<About> Feel the warmth of the woods in the modern Japanese atmosphere as you enjoy washoku and the view of Tokyo Bay. Our carefully selected ingredients are shipped from all over Japan. Our simple cooking style brings out the best flavors of each ingredient. You can experience the great flavors of Japan. Please make early reservations for our popular window seats.

<Comments from Restaurant> Enjoy the gorgeous night lights of all the representative buildings of Tokyo such as the Tokyo Tower, TOKYO SKYTREE®, and Rainbow Bridge together with the ocean view! There are no high buildings around to block the impressive 180-degree scenery of Odaiba. Have an unforgettable elegant time with your partners, friends, and families. Our specialty, Koshihikari (Niigata brand rice) cooked in stove oven, is a must-try dish.

- <Lunch> 11:00-15:00 (L.O. 14:30) <Dinner> 17:00-23:00
- Lunch: 1,200 yen - / Dinner: 4,800 yen - / Course: 4,800 yen -
- VISA, Master, AMEX Sake, Shochu, Beer, Liqueur, Wine
- English, Chinese, Korean and photo menus available
- Yurikamome, Daiba Station 2 min. walk
- Aqua City Odaiba 6F, 1-7-1 Daiba, Minato-ku



### シーフードレストラン メヒコ 有明店 Seafood Restaurant MEXICO (Ariake)

03-3529-2337 <http://www.mehico.com/>  
Seafood

<About> Established in 1970, we have been serving western style seafood to our customers. In addition to our traditional crab pilaf, we have a variety of seafood menus. Our "crab cream croquette," filled with rich crabmeat, is another popular dish that we have been serving since our first opening. It has received the gold medal from Japan Croquette Association for 2 years in a row. You can also enjoy watching our colorful and lovely fish swimming in our large aquariums while having your meal.

- <Mon-Fri> 11:30-23:00 (L.O. 22:00)
- <Sat, Sun & Holidays> 11:30-22:00 (L.O. 21:00)
- Lunch: 1,080 yen- / Dinner: 2,500 yen- / Course: 5,000 yen-
- VISA, AMEX, Diners, JCB Photo menu available
- Sake, Shochu, Beer, Wine, Sour, Cocktail, Highball
- Yurikamome, Kokusaitenji Station 2 min. walk
- Yurikamome, Ariake Station 2 min. walk
- Rinkai Line, Kokusaitenji Station 2 min. walk
- Ariake Park Bldg. 2F, 3-7-11 Ariake, Koto-ku







**Odaiba,  
A must go for Gundam Fans!**

©SOTSU • SUNRISE

**1/1 Scale, Life-Sized  
Gundam Statue in Odaiba!**



©SOTSU • SUNRISE

Don't miss your chance to see the 1/1 scale, life-size Gundam Statue located in Diver City Tokyo Plaza!! Both Gundam fans and those who are not familiar with the series would be surprised at the size of the statue. Don't forget to stop by at GUNDAM FRONT TOKYO and GUNDAM Café.



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### ガンダムフロント東京 GUNDAM FRONT TOKYO

At GUNDAM FRONT TOKYO, you can experience the world of Gundam, from 1979's Mobile Suit Gundam into the uncharted future! It's been three years since the Green Tokyo Gundam Project, erected to mark the 30th anniversary of Mobile Suit Gundam's broadcast, drew over four million visitors to Shiokaze Park in Odaiba in just 52 days. Now, a new way to experience Gundam in 1/1 real scale opens, creating a landmark which will draw Gundam fans from Japan, all across Asia, and beyond!

- 🕒 10:00-21:00 (Last Entry 20:00)
- 💰 In advance: 1,000 yen (Middle, Elementary School: 800 yen)  
At the gate: 1,200 yen (Middle, Elementary School: 1,000 yen)  
\*Ticket reservation suggested
- 🌐 <http://gundamfront-tokyo.com/en>
- 🚶 Yurikamome, Daiba Station 5 min. walk  
Rinkai Line, Tokyo Teleport Station 3 min. walk



## GUNDAM Café

A "base of operations" designed to entertain all types of fans with the world of GUNDAM!!



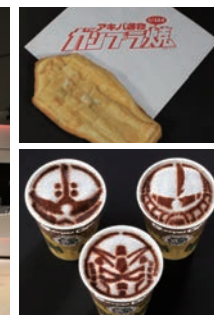
### GUNDAM Café ダイバーシティ東京 プラザ店 GUNDAM Café (DiverCity Tokyo Plaza)

☎ 03-6457-2778 <http://g-cafe.jp/EntertainmentCafe>

The Diver City Plaza location offers special "Jaburo Coffee" using South American coffee beans and an exclusive "Gunpla-yaki" in the shape of the first Gunpla. We also sell original gift items.

"Gunpla-yaki Federation Cheese Hamburg" is only available in our Odaiba cafe. The Hamburg steak is made with 2 kinds of cheese. Also, the 3 Mobile Suit "GUNDAM Caffe Latte" of Gundam, Char's Zaku, and Acguy are popular for their cute designs. \*Designs are provided randomly. All foods and drinks can only be taken out.

- 🕒 10:00-21:00 <Closed> When DiverCity Tokyo is closed
- 🍽 Lunch: 600 yen- / Dinner: 600 yen- 📶 VISA, Master, AMEX
- 🍺 Beer 🌐 English, Chinese and photo menus available
- 🚶 Rinkai Line, Tokyo Teleport Station 3 min. walk  
Yurikamome, Daiba Station 5 min. walk  
DiverCity Tokyo Plaza 2F, 1-1-10 Aomi, Koto-ku



### GUNDAM Café 秋葉原店 GUNDAM Café (Akihabara)

☎ 03-3251-0078 <http://g-cafe.jp/EntertainmentCafe>

The Akihabara location offers "JABURO Coffee" and other menus with famous scenes and characters of GUNDAM. We also have "Gunpla-yaki" and other items to go.

Try our No.1 "Char's Zaku Rice ver.2 -Chicken Omurice-!! Another popular menu is "GUNDAM Curry Kai -Butter Chicken Curry with Baked Cheese-"

- 🕒 10:00-22:30 (Food L.O. 21:30, Drink L.O. 22:00)  
<Takeout Items> 11:30-19:30
- 🍽 Lunch: 1,000 yen- / Dinner: 1,500 yen- 📶 VISA, Master
- 🍺 Shochu, Beer, Liqueur 🌐 English and photo menus available
- 🚶 JR Akihabara Station (Denkigai Exit) 1 min. walk  
1-1 Kanda Hanaokacho, Chiyoda-ku



### GUNDAM Café 東京駅店 GUNDAM Café (Tokyo Station)

☎ 03-6273-4328 <http://g-cafe.jp/EntertainmentCafe>

The Tokyo Station location specializes in hamburgers using carefully selected ingredients. We offer quarter pound (115g) patty sandwiched with soft, fluffy buns. For all of our menus, you can either eat inside or take it outside.

Our No. 1 menu is "Cheese Burger," a creamy and savory hamburger that uses roasted cheese. The cute "Halo White Chocolate Latte" is only available in the Tokyo Station location. "Jaburo Coffee Pancake" using Jaburo coffee in the batter is also highly recommended.

- 🕒 10:00-21:30 (L.O. 21:00) <Closed> When First Avenue Tokyo Station is closed
- 🍽 Lunch: 1,000 yen- / Dinner: 1,000 yen- 📶 VISA, Master, AMEX, JCB, UJ, UC, Nicos, VIEW, Saison, DC, Discover
- 🍺 Beer 🌐 English and photo menus available
- 🚶 JR Tokyo Station (Yaesu Chika Chuo Exit) 1 min. walk  
First Avenue Tokyo Station, 1-9-1 Marunouchi, Chiyoda-ku



### Special Offer to deliciousJapan readers!!

At time of purchase, show this page at any 3 locations of GUNDAM Café and get a **FREE MINI-BAG!!**  
\*1 mini-bag per person. Only a limited number of mini-bags are available.

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## Japanese Food Terms You should Know!



### Food Categories

#### ■ Washoku (和食)

Japanese-style food culture that had been approved as UNESCO's Intangible Cultural Heritage. Generally, any kind of "Japanese-style," not limited to food, are often referred to as "wa." Wa (Japanese-style) + shoku (food) represents Japanese food culture.

#### ■ Yoshoku (洋食)

Opposite from washoku, Japan refers "western style" as "yo." Yoshoku represents western style food arranged into Japanese-style.

#### ■ Kappou (割烹)

Genre of Japanese cuisine. Main washoku dish that can be enjoyed as a la carte.

#### ■ Kaiseki (懐石/会席)

Kaiseki-ryori is a proud part of the Japanese culinary tradition using the freshest seasonal ingredients and skillful cooking techniques along with an inviting presentation.

#### ■ Izakaya (居酒屋)

Japanese-style pub. The secret behind the popularity of Izakaya is the energy, casual atmosphere, and diversity of menus. The dishes are usually small and affordably priced.

#### ■ Kushiyaki (串焼き) / Yakitori (焼き鳥)

##### Kushikatsu (串カツ)

These are very popular as they provide an easy way to enjoy many different ingredients. Most kushiyaki is grilled with charcoals. You can also enjoy the combinations and seasonings unique to each restaurant.

#### ■ Tempura (天婦羅)

Tempura is made by deep-frying seafood, vegetables, and other ingredients coated with flour and egg. It has been said that the name for tempura originates either from the Spanish word for "temple" or the Portuguese word for "cooking".

#### ■ Nabe (鍋)

Hot pots. They are very popular in the winter. Various ingredients are placed into a big pot, boiled with a special soup, and placed at the center of the table for everyone to share. Kyoto-style boiled tofu is also a popular ingredient for hot pots and this dish is a must try for any tofu lovers.

#### ■ Teppanyaki (鉄板焼き)

Originally, teppanyaki refers to a way of eating food ingredients grilled on a hot iron plate. Okonomiyaki and monjayaki are common types of teppanyaki restaurants as well as exclusive restaurants that serve seasonal vegetables and brand beefs. The chef grills in front of you depending on the restaurant.

#### ■ Udon (うどん) / Soba (蕎麦) / Ramen (ラーメン)

Types of Japanese noodle

#### ■ Tonkatsu (とんかつ)

Japanese-style pork cutlets

### Food Categories

#### ■ Sukiyaki (すき焼き) / Shabu-shabu (しゃぶしゃぶ) / Yakiniku (焼肉)

Three types of eating meat.

<Sukiyaki> Kind of nabe flavored in soy sauce and sugar. Compared to other nabe, sukiyaki is cooked in a shallow pot. Main ingredients are sliced beef and vegetables that are eaten with raw beaten egg.

<Shabu-shabu> Dipping thinly sliced pork or beef in boiling water with your chop sticks, and eating with different kinds of sauce.

<Yakiniku> Japanese-style Korean barbeque.

#### ■ Monjayaki (もんじゃ焼き) / Okonomiyaki (お好み焼き)

Monjayaki is flour based batter pan-fried with ingredients such as cabbage, seafood, meat, and cheese. It is flavored with Worcestershire sauce. Children ate monjayaki for snack in the 1930's-60's and they drew words and pictures using the batter. Okonomiyaki is a round shaped pancake made with ingredients such as flour, cabbage, eggs, seafood, meat, yam, and spring onions. Once cooked, it is topped with bonito flakes, dried seaweed, mayonnaise, okonomiyaki sauce (similar to Worcestershire sauce).

#### ■ Unagi (鰻)

High in protein and easily digested, unagi (eel) has become an important food in Japan. There are now many "unagi-ya" restaurants specializing in eel. Eating eel in the summer is very common as it has the nutrition needed to overcome the dog days of this season.

### General Terms

#### ■ Omotenashi (おもてなし)

Japanese heart of hospitality

#### ■ Yaki-, -yaki (焼き)

Grilled, baked, roasted (e.g. Yakitori, Yakiniku, Kushiyaki, Teppanyaki, Okonomiyaki, Sukiyaki, etc.)

#### ■ -age (揚げ)

Deep-fried (e.g. Kushi-age: Skewered ingredients deep-fried with batter coated by bread crumbs)

#### ■ Kushi- (串)

Skewers (e.g. Kushiage: Mentioned above/ Kushikatsu: Skewered cutlets of meats and vegetables/ Kushiyaki: Meat, Fish, shellfish, vegetables and other items placed on skewers and grilled, etc.)

#### ■ -don (丼)

Bowl dish with main and rice (e.g. Ten-don: Bowl of rice and tempura/ Katsu-don: Bowl of rice and tonkatsu (pork cutlet) with egg)

## Useful Phone Numbers

### Emergency Calls (Toll free number that can be dialed from any phone)

Police ..... 110 (English: 03-3501-0110)

Fire/ambulance ..... 119

### Tourist information

Japan National Tourism Organization ..... 03-3201-3331

Tokyo Metropolitan Government Building Headquarters ..... 03-5321-3077

Haneda Airport Branch ..... 03-6428-0653

Keisei Ueno Branch ..... 03-3836-3471

Tourism Information Center Tokyo ..... 03-5220-7055

### Transportation

Flight Information (Haneda Airport) ..... 03-5757-8111

Flight Information (Narita Airport) ..... 0476-34-8000

Toei Transportation (Subway) ..... 03-3816-5700

JR-EAST (Railway) ..... 050-2016-1603

Tokyo Metro (Subway) ..... 0120-104106

Nihon Kotsu (Taxi) ..... 03-5755-2336 (English)

### Lost and Found

The Tokyo Metropolitan Police Department Lost and Found Center ..... 03-3814-4151

Tokyo Metro (Subway) ..... 03-3834-5577

Taxi ..... 03-3648-0300

JR-EAST (Railway) ..... 050-2016-1603

### Hospitals & Clinics (English Services Available)

St. Luke's International Hospital ..... 03-5550-7166

American Clinic Tokyo ..... 03-6441-0969

Tokyo British Clinic ..... 03-5458-6099

International Clinic ..... 03-3582-2646

The King Clinic ..... 03-5458-6099

Tokyo Midtown Clinic ..... 03-5413-7911





Area	Hotel	Contact Information	Room	Price Range		Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Shinjuku	Hyatt Regency Tokyo	2-7-2 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 160-0023 Tel: +81-3-3348-1234 Email: tokyo.regency@hyatt.com http://tokyo.regency.hyatt.com	744	¥¥¥		○	8	English	○	○	○	○	△	×	○	○
	Park Hyatt Tokyo	3-7-1-2 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 163-1055 Tel: +81-3-5322-1234 Email: tokyo.park@hyatt.com http://tokyo.park.hyatt.com	177	¥¥¥¥		○	7	English, Korean, French, Russian, Spanish, German, Portuguese, Dutch, Ukrainian	○	○	○	○	○	×	○	○
	E-Hotel Higashi Shinjuku	2-3-15 Kabuki-cho   Shinjuku-ku   Tokyo 160-0021 Tel: +81-3-5287-3588 Email: info@shinjukuhotel.co.jp http://www.shinjukuhotel.co.jp/eng/	253	¥¥		○	1	English, Chinese, Korean	×	×	×	×	○	×	×	○
	Shinjuku Washington Hotel	3-2-9 Nishi-Shinjuku   Shinjuku-ku   Tokyo 160-8336 Tel: +81-3-3343-3111 http://www.shinjuku-wh.com/	1634	¥¥		○	3	English, Chinese, Korean	×	×	×	×	×	×	○	○
	Hilton Tokyo	6-6-2 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 160-0023 Tel: +81-3-3344-5111 http://tokyo.hilton.com	811	¥¥¥		○	6	English, Chinese, French, Spanish, Korean, Portuguese	○	○	○	×	○	×	○	○
	Keio Plaza Hotel Tokyo	2-2-1 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 160-8330 Tel: +81-3-3344-0111 http://www.keioplaza.co.jp/	1437	¥¥¥		○	25	English, Chinese	○	○	○	○	○	×	○	○
	Shinjuku Prince Hotel	1-30-1 Kabuki-cho   Shinjuku-ku   Tokyo 160-8487 Tel: +81-3-3205-1111 http://www.princehotels.co.jp/shinjuku/	571	¥¥¥		○	3	English, Chinese, Korean	×	×	×	×	○	×	○	○
	Shinjuku Granbell Hotel	2-14-5 Kabuki-cho   Shinjuku-ku   Tokyo 160-0021 Tel: +81-3-5155-2666 http://www.granbellhotel.jp/en/shinjuku/	380	¥¥		○	3	English	○	×	×	×	△	×	×	○
	Hotel Century Southern Tower	2-2-1 Yoyogi   Shibuya-ku   Tokyo 151-8583 Tel: +81-3-5354-0111 http://www.en.southerntower.co.jp/	375	¥¥¥		○	4	English	×	○	×	×	○	×	×	○
	Citadines Central Shinjuku Tokyo	1-2-9 Kabukicho   Shinjuku   Tokyo 160-0021 Tel: +81-3-3200-0220 E-mail: enquiry.central-shinjuku@the-ascott.com http://www2.citadines.com/en/japan/tokyo/citadines_central_shinjuku_tokyo.html	206	¥¥		○	3	English, Chinese, Spanish	×	×	×	×	△	×	○	○
Ueno Akihabara	Mitsui Garden Hotel Ueno	3-19-7 Higashi-ueno   Taito-ku   Tokyo 110-0015 Tel: +81-3-3839-1131 http://www.gardenhotels.co.jp/eng/ueno/	245	¥¥		○	1	English	×	×	×	×	○	×	×	○
Asakusa	The Gate Hotel Asakusa Kaminarimon	2-16-11 Kaminarimon   Taito-ku   Tokyo 111-0034 Tel: +81-3-5826-3877 http://www.gate-hotel.jp/english/	136	¥¥¥		○	1	English, Chinese, Korean	×	×	×	×	○	×	×	○
	Richmond Hotel Asakusa	2-7-10 Asakusa,Taito-ku, Tokyo, 111-0032 Tel: +81-3-5806-0255 http://richmondhotel.jp/asakusa	140	¥¥		○	1	English	×	×	×	×	○	×	×	○
	Dormy Inn Express Asakusa	1-3-4 Hanakawado   Taito-ku   Tokyo 111-0033 Tel: +81-3-3845-1122 http://dormy-inn.partner.booking.com/en/hotels/dormy-inn-asakusa-jp/	76	¥¥		○	×	English, Chinese, Korean	×	×	×	○	×	○	×	○
	Andon Ryokan Tokyo Japan	2-34-10 Nihonzutsumi   Taito-ku   Tokyo 111-0021 Tel: +81-3-3873-8611 Email: ryokan@andon.co.jp http://www.andon.co.jp/	24	¥		○	×	English	×	×	×	×	×	×	×	○

Area	Hotel	Contact Information	Room	Price Range		Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Oshiage Ryogoku	Tobu Hotel Levant Tokyo	1-2-2 Kinshicho   Sumida-ku   Tokyo 130-0013 Tel: +81-3-5611-5511 http://www.tobuhotel.co.jp/levant/	383	¥¥		○	3	English	×	○	×	×	×	×	×	○
	Lotte City Hotel	4-6-1 Kinshicho   Sumida-ku   Tokyo 130-0013 Tel: +81-3-5619-1066 http://www.lottecityhotel.jp/en/	213	¥¥		○	3	English	×	×	×	×	○	×	○	○
Yanaka Nezu Sendagi	Ryokan Sawanoya	2-3-11 Yanaka   Taito-Ku   Tokyo 110-0001 Tel: +81-3-3822-2251 E-mail: ryokan@sawanoya.com http://www.sawanoya.com/	12	¥		○	×	English	×	×	×	×	×	×	×	○
Marunouchi Ginza Nihonbashi	Four Seasons Hotel Tokyo at Marunouchi	1-11-1 Marunouchi   Chiyoda-ku   Tokyo 100-6277 Tel: +81-3-5222-7222 http://www.fourseasons.com/tokyo/	57	¥¥¥¥		○	1	English, Chinese, Hindi	○	○	×	○	○	×	○	○
	Palace Hotel Tokyo	1-1-1 Marunouchi   Chiyoda-ku   Tokyo 100-0005 Tel: +81-3-3211-5211 http://en.palacehoteltokyo.com/	290	¥¥¥¥		○	10	English, Chinese, Korean, Spanish, Portugese, French, Tagalog, German, Romanian, Sinhalese, Malay, Burmese	○	○	○	○	○	△	○	○
	Imperial Hotel Tokyo	1-1-1 Uchisaiwai-Cho   Chiyoda-Ku   Tokyo 100-8558 Tel: +81-3-3504-1111 http://www.imperialhotel.co.jp/e/index.html	931	¥¥¥¥		○	17	English, Chinese, Korean, Spanish, French	○	○	○	×	○	△	○	○
	The Tokyo Station Hotel	1-9-1 Marunouchi   Chiyoda   Tokyo 100-0005 Tel: +81-3-5220-1111 Email: info@tokyostationhotel.jp http://www.thetokyostationhotel.jp/	150	¥¥¥¥		○	10	English, Chinese, Korean	○	×	×	○	○	×	×	○
	Hotel Metropolitan Tokyo Marunouchi	1-7-12 Marunouchi   Chiyoda-ku   Tokyo 100-0005 Tel: +81-3-3211-2233 Email: info@hm-marunouchi.jp http://www.hotelmetropolitanmarunouchi.jp/	343	¥¥¥		○	1	English	○	○	×	×	○	×	○	○
	Shangri-La Hotel, Tokyo	Marunouchi Trust Tower Main, 1-8-3 Marunouchi Chiyoda-ku   Tokyo 100-8283 Tel: +81-3-6739-7888 http://www.shangri-la.com	200	¥¥¥¥		○	3	English, Chinese, Korean, Italian, German, French, Indonesian, Malay, Spanish, Dutch	○	○	○	○	○	△	×	○
	The Peninsula Tokyo	1-8-1 Yurakucho   Chiyoda-ku   Tokyo 100-0006 Tel: +81-3-6270-2888 http://www.peninsula.com/tokyo	314	¥¥¥¥		○	6	English, Chinese	○	○	○	○	○	×	○	○
	Mitsui Garden Hotel Ginza Premier	8-13-1 Ginza   Chuo-ku   Tokyo 104-0061 Tel: +81-3-3543-1131 http://www.gardenhotels.co.jp/eng/ginza-premier/	361	¥¥¥		○	2	English	×	○	×	×	○	×	×	○
Akasaka Roppongi	The Ritz-Carlton Tokyo	9-7-1 Akasaka   Minato-ku   Tokyo 107-6245 Tel: +81-3-3423-8000 http://www.ritzcarlton.com/en/Properties/Tokyo/Default.htm	248	¥¥¥¥		○	6	English, Chinese, Italian, Spanish, German, French	○	○	○	○	○	×	○	○
	Grand Hyatt Tokyo	6-10-3 Roppongi   Minato-Ku   Tokyo 106-0032 Tel: +81-3-4333-1234 Email: tokyo.grand@hyatt.com http://tokyo.grand.hyatt.jp/en/hotel/home.html	387	¥¥¥¥		○	10	English, Chinese, Korean, Italian, Spanish, German, French,Portuguese, Hindi, Tagalog, Nepalese	○	○	○	○	○	×	○	○
	ANA InterContinental Tokyo	1-12-33 Akasaka   Minato-ku   Tokyo 107-0052 Tel: +81-3-3505-1111 http://www.anaintercontinental-tokyo.jp/e/	844	¥¥¥		○	11	English	○	○	○	×	○	×	○	○
	Hotel New Otani Tokyo	4-1 Kioi-Cho   Chiyoda-Ku   Tokyo 102-8578 Tel : +81-3-3265-1111 http://www.newotani.co.jp/en/tokyo/	1479	¥¥¥		○	38	English, Chinese, Spanish	○	○	○	○	○	×	○	○
Tsukiji Shinbashi Shiodome	Andaz Tokyo Toranomon Hills	1-23-4 Toranomon   Minato-ku   Tokyo 105-0001 Tel: +81-3-6830-1234 Email: tokyo.toranomonhills@andaz.com http://www.andaztokyo.com	164	¥¥¥¥		○	5	English, Chinese, German, French	○	○	○	○	○	×	×	○



Area	Hotel	Contact Information	Room	Price Range	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Tsukiji Shinbashi Shiodome	The Prince Park Tower Tokyo	4-8-1 Shibakoen   Minato-ku   Tokyo 105-8563 Tel: +81-3-5400-1111 http://www.princehotels.com/en/parktower/	603	¥¥¥	○	13	English	○	○	○	○	○	×	○	○
	Conrad Tokyo	1-9-1 Higashi-Shinbashi   Minato-ku   105-7337 Tokyo Tel: +81-3-6388-8000 http://conradhotels.com	290	¥¥¥¥	○	5	English	○	○	○	○	○	×	×	○
	Royal Park Hotel The Shiodome, Tokyo	1-6-3 Higashi-Shinbashi   Minato-ku   Tokyo 105-8333 Tel: +81-3-6253-1111 http://www.rph-the.co.jp/shiodome/en/	487	¥¥¥	○	5	English, Nepalese	×	○	×	○	○	×	×	○
	Park Hotel Tokyo	1-7-1 Higashi Shimbashi   Minato-ku   Tokyo 105-7227 Tel: +81-3-6252-1111 http://en.parkhoteltokyo.com/	273	¥¥¥	○	5	English, Korean, Spanish, Hindi	○	○	×	○	○	×	×	○
Shibuya Harajuku	Shibuya Excel Hotel Tokyu	1-12-2 Dogenzaka   Shibuya-ku   Tokyo 150-0043 Tel: +81-3-5457-0109 http://www.shibuya-e.tokyuhotels.co.jp/ja/index.html	408	¥¥	○	3	English	○	○	×	×	○	×	○	○
	Cerulean Tower Tokyu Hotel	26-1 Sakuragaoka-cho   Shibuya-ku   Tokyo 150-8512 Tel: +81-3-3476-3000 https://www.ceruleantower-hotel.com/en/	411	¥¥¥	○	8	English	○	○	○	○	○	△	○	○
Ikebukuro	Hotel Metropolitan Tokyo Ikebukuro	1-6-1 Nishiikebukuro   Toshima-ku   Tokyo 171-8505 Tel: +81-3-3980-1111 http://www.metropolitan.jp/e/	807	¥¥¥	○	11	English, Chinese, Thai	○	○	×	×	○	×	×	○
Odaiba	Tokyo Bay Ariake Washington Hotel	3-7-11 Ariake   Koto-ku   Tokyo 135-0063 Tel: +81-3-5564-0111 http://tokyobay.washington-hotels.jp/	830	¥¥	○	13	English, Chinese, Korean	×	○	×	×	○	×	○	○
	Grand Pacific Le Daiba	2-6-1 Daiba   Minato-ku   Tokyo 135-8701 Tel: +81-3-5500-6711 http://www.grandpacific.jp/eng/	884	¥¥¥	○	9	English, French	○	○	○	×	○	×	○	○
	InterContinental Hotels Tokyo Bay	1-16-2 Kaigan   Minato-Ku   Tokyo 105-8576 Tel: +81-3-5404-2222 http://www.interconti-tokyo.com/en/	328	¥¥¥	○	9	English	○	○	×	×	○	△	×	○
Others	Hotel Chinzanso Tokyo	2-10-8 Sekiguchi   Bunkyo-ku   Tokyo 112-8680 Tel: +81 3 3943-1111 Email: info@hotel-chinzanso.com http://www.hotel-chinzanso-tokyo.com/	260	¥¥¥¥	○	9	English, Chinese, Korean, French, German, Portuguese, Tagalog, Italian	○	○	○	○	○	○	×	○
	Hilltop Hotel	1-1 Surugadai Kanda   Chiyoda-ku   Tokyo 101-0062 Tel: +81-3-3293-2311 http://www.yamanoue-hotel.co.jp/eng/index.html	35	¥¥¥	○	7	English	○	×	×	×	×	×	×	○



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In the Los Angeles office we offer travel advice, itinerary planning assistance, and print materials to anyone traveling to Japan.

As well we have a very informative website and offer phone or e-mail assistance.

Feel free to contact us with any of your travel questions.

**Japan National Tourism Organization Los Angeles Office**

340 E. 2nd Street, Suite 302, Los Angeles, CA 90012

Email: [info@jnto-lax.org](mailto:info@jnto-lax.org) Tel: 213-623-1952

Website: <http://us.jnto.go.jp>