



From the Editor

Food Diversity

With the growth in numbers of foreign travelers to Japan in recent years, “food diversity” has become a hot keyword in industries such as tourism, food manufacturing, and food service, as they look to deal with food tourism. Of course, with differences in culinary culture, dietary habits, religion, and other aspects around the world, there is a huge variety of characteristic foods and dishes. Other than religious and geographic characteristics, there are also health-based preferences and medical restrictions. Food diversity means developing an environment that respects and accepts those differences. It means taking action to broaden the range of meal options available to foreign tourists, by developing and providing diverse menus that consider the various constraints.

Halal foods for Muslims have been in the spotlight in Japan, but compared to the growth in numbers of foreign travelers to Japan and the diversification of domestic culinary culture, support for food diversity in general hotels and restaurants etc. has been lagging behind. The Japan Tourism Agency and the Ministry of agriculture, Forestry and Fisheries have prepared and published a manual on the subject, to promote the spread of food diversity.

In that context, the second “Natural Food: Audition to Discover New Recipes” event took place as a program highlight at the 47th International Hotel and Restaurant Show. The event’s slogan was “Creating healthy and delicious recipes to offer in bars, restaurants and stores”, and its Grand Prix, determined by judges and general show attendees, was joined by the “Judges’ Special Recognition Award”

for vegetarian and vegan recipes. In this issue, we have devoted the largest share of our pages to this event.

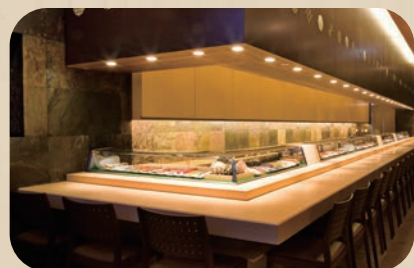
The Cabinet Secretariat canteen has been offering a vegan menu since April 2017. The Cabinet Secretariat canteen has even been featured on the “Meat Free Monday” (Eat vegetarian / vegan once a week), which is promoted by Paul McCartney. From this May, it has jumped from “veggie once a week” to “veggie twice a week”. The canteen at Tokyo Metropolitan Government Office started offering a vegan set menu in October 2018.

Mr. Norio Kojo of the Cabinet Secretariat, appearing at a special talk session of the audition event, said “Events like this are valuable opportunities for the government side to demonstrate its position of working together with the private sector. It was also good for the Cabinet Secretariat and the Metropolitan Government to appear together and get our message across directly. Vegetarian / vegan food may appear inaccessible and hard to understand, but it’s nothing special and can be eaten without worrying, so I hope people will all relax and enjoy trying vegetarian / vegan food”.

FUKUSUKE HORIKAWA

The Restaurant Chain That Carries On the Spirit of the ORIGINATOR OF CALIFORNIA ROLL

The California Roll is now the best known “Japanese food” around the world. To get Americans to accept Sushi, California Rolls have the raw ingredients and nori, which might be visually off-putting, folded into the interior. The result is sushi that retains the flavor and sensation of makizushi (sushi rolls) while being readily acceptable to foreigners. But very few people know that Fukusuke was the birthplace of the California Roll. There are various theories about the origins of the California Roll, but there is documentation attesting that the marriage of sushi and avocado was first devised by the founder of Fukusuke in California, where he had a branch in 1971. Now, as a group company, Fukusuke Horikawa Chain continues to disseminate representative elements of Japan’s food culture, such as tempura, Japanese cuisine, and teppanyaki, as well as sushi. Evolving between tradition and the changing demands of the times, it will go on creating new value, just like the California Roll triggered innovation in the sushi industry.



Sushi Ginza Fukusuke *The Main*

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The first branch of Ginza Fukusuke opened in 1960. Ginza Fukusuke-The Main, now the main branch, opened in 2010 in the Ginza Trecious Building on Ginza Chuo-dori. As a sushi restaurant it offers a rich array of fresh neta (sushi topping), chosen by season and source in a way that only a place directly managed by a Tsukiji fish market wholesaler can achieve. For a high-end sushi restaurant in Ginza, however, its pricing is reassuringly casual. The interior space, with a strong flavor of natural materials, has a counter, table seats, and private rooms, suitable for hospitality, group dining, and many other situations.

Sushi Ginza Fukusuke *Sunshine 60*

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Sushi Ginza Fukusuke-Sunshine 60 is located on the 59th floor of Sunshine 60, the super-high-rise building that represents the Ikebukuro district. The interior is a natural Japanese-style space, in white wood and stone. Its finest point is that diners can take in the view from 220m up, while enjoying authentic Edo-mae-style sushi in a refined space. Another attraction is the combination of a night view over Tokyo with fresh neta shipped directly from Tsukiji fish market.



Tempura Horikawa *Hotel New Otani Tokyo*

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Tempura Horikawa is a specialist tempura restaurant that has been the pride of the Fukusuke Horikawa chain since the Hotel New Otani was first founded. The crisp and thinly-battered tempura, plucked from the oil at just the right moment by skilled cooks, is both delicious and healthful. Diners at the counter seats can enjoy seeing and hearing the process as carefully-selected seasonal ingredients are fried to crispness in the finest clear oil. The combination with the New Otani’s spacious Japanese garden is certain to delight all your senses.

Japanese Restaurant Horikawa *Odakyu Hotel Century Southern Tower*

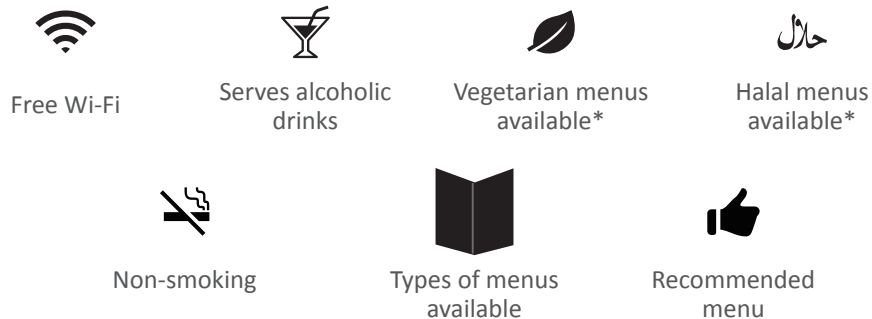
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“Japanese Restaurant Horikawa” on the 19th floor of a high-rise building in front of Shinjuku station, offers many ways to taste Japan’s four seasons amid the refined atmosphere of a hotel, away from hubbub of the world 100m below. This restaurant brings together the quintessential elements of washoku, delicately prepared from strictly selected ingredients: Japanese cuisine, selected Japanese black beef and fresh fish cooked as teppanyaki (on a hotplate) at a counter, and Edomae sushi directly managed by a Tsukiji fish market wholesaler. We recommend it to ambitious diners, who are keen to sample three genres of washoku at their best in one sitting.



*Information on this booklet was updated May 2019. Some information may change without notice.

Markings



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

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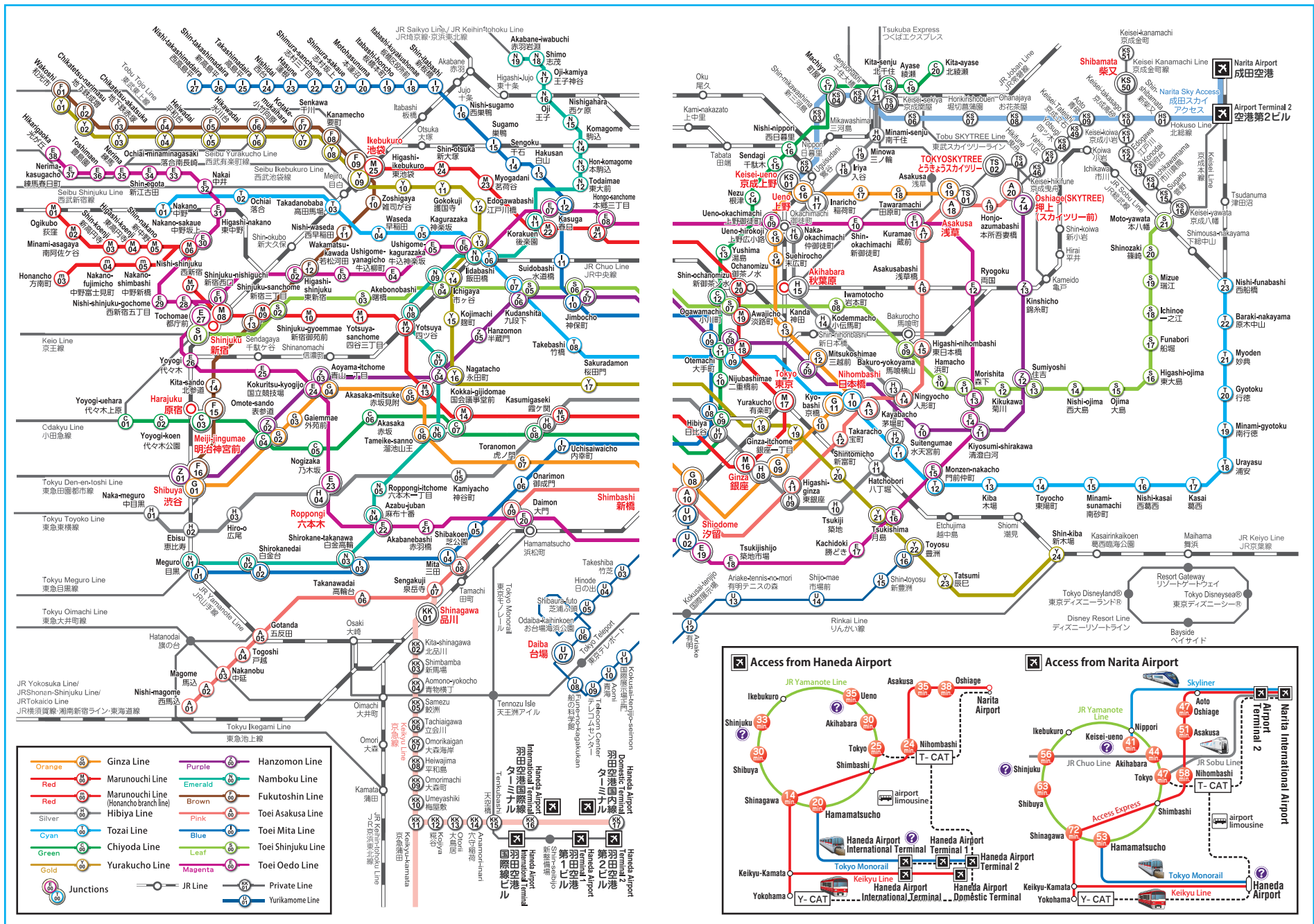
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Atsushi Kojima

Chairman, Ganko Food Service Co., Ltd.



Ganko reaches its 56th anniversary this year. Where do you get the drive to keep pushing forward?

I'm a bit of a glutton and I love to eat, and also I love to do business. My foundations are in those two loves. The family business was a general store. Family circumstances suddenly made me the store manager when I was a sophomore in high school, so trading in general goods became my main business. That experience made me love trading, and gave me a great opportunity for my future.

What made you change course from that general store to food service?

I graduated from university at 27, and a year later, I decided to start my own business. With no capital, no credit, and no social experience, what could I do by my own efforts alone? I came to the conclusion that food service was what I could do with so little capital.

Within food service, why did you choose sushi first?

I thoroughly investigated about 50 restaurants. I stood outside them and watched their customer segments from opening time to closing time. I researched the differences between sales on weekdays and at weekends. I went to the markets and checked the cost price ratios of the raw materials. I also calculated personnel and utility costs. I did that for all kinds of business. All that led me to a sushi business as the answer. In those days, food hygiene laws allowed the sale of sushi from street stalls. A sushi business that I could do without much capital looked good to me. In 1963, I started a restaurant with 7.3m² of floor area.



Back then, what did you take the most care over when developing your restaurant?

While I was managing the family store for five years after taking it over as a sophomore in high school, I had nobody to teach me, so all I could do was learn from the customers and have them teach me my job. I learned that if I did my best, people would help me out, and for those five years, I studied trade and people's hearts. I worked earnestly with the customers who came to our store, and what that taught me was to "provide goods that are better than anywhere else, for less than anywhere else". That became my principle in business. I also strove to provide Japanese food at prices that would allow people of any kind of family to come and eat.

Looking back, what was your greatest struggle or ordeal?

There was a period when we were expanding a chain of takeout sushi stores. We added seats to more spacious stores. We expanded by 26 stores in two years. Around that time, it was thought that the chain headquarters had to have planning power and overall control and management of all stores, and it would be no good unless every store was managed to the same standards. So I brought in three outside experts and the four of us operated the business. Those three were excellent people, hardworking and passionate. But in pursuing management efficiency to excess, they thought things like raising the seat heights in eat-in restaurants would make it less comfortable for diners to sit for long, and that would improve turnover. It made logical sense. But it didn't match the reality of business. People with no real-world experience have ways of thinking as traders that are radically different from mine, and their ideas come from

different starting points. I thought that like that, the true character of Ganko was fading away. Just as I was thinking that, we were asked about a merger, and we resolutely sold off those chain stores. We kept the street-level stores and the busiest store, sold the rest, and put the capital into making our new main branch at Juso. That appears to have been a strategically successful move. But it was tough to let the employees go together with those branches. Together with the branches, I had to give away the people who had said "let's work with Kojima of Ganko" or "let's make a branch together". There were times when I couldn't settle down to work. As I kept losing relationships of trust with employees, I thought that was the end.

Over 56 years, what psychological changes have there been in your restaurant management, and in the philosophy of food service?

There are fashions and preferences that change with the times, but the principles do not change. "Provide goods that are better than anywhere else, for less than anywhere else" doesn't change. That's what I learned and understood from customers in the store. There's a difference between what has permeated into your body and soul and what you picked up from a book. I think it's the responsibility of a manager to make a decision and then support it until it succeeds. The world is changing, and there are many things that must change. I think about those separately from principles. I think a company first becomes mature when it has continued for 100 years. I'm 83 now, and it has gone by in a flash. How far will the next generation take it? I want to keep on trying my best for a bit longer, as long as I don't do any harm.

What do you think is the most important thing for your employees?

Products and services equal making the customer important, and I tell them to never forget those two things. The product is food and the service is hospitality. The next thing is to polish up the premises. I advise them to think of the restaurant as their own, and don't make it into something generic. By working with ambition, you experience failure and have things pointed out to you. When you get those pointers is the first time you realize that you have yet to reach that skill or level. That awareness becomes a growth factor.



What kinds of food experiences do you want overseas customers to have at Ganko?

The wonder of Japanese culture is in the shifting of the four seasons. It's Japanese culture to get close to nature and to unify with it. The arts derive from that, as well as haiku with its seasonal words. Religious faith in Japan also has its elements of nature worship. At Kumano Nachi Taisha shrine in Wakayama Prefecture, the object of worship is the Nachi Waterfall. At Omiwa Shrine in Nara, it's Mt. Miwa. When foreign visitors look at Shimogamo Shrine in Kyoto, it appears to be very plain and simple. But they feel the strength in it. That is Japanese culture, and I want visitors to taste the Japanese culinary culture that was born from it.

In your view, what is the omotenashi (hospitality) at Ganko?

Welcoming and serving customers who come to our restaurants, with proper discipline. That's Ganko hospitality.

I heard that you are expanding franchises to Taiwan. Is that the first step in an overseas strategy for the future?

I think basically we can do well enough with just our domestic business. Someone consulted me, and I have great confidence in the person who was introduced to me. I thought that the greatest opportunities come from being blessed with people, so I accepted the business. I think that expanding to Europe and North America in future will be a natural outcome. It's very important to have goals but I think setting numerical targets and getting led around by numbers of branches and by sales numbers should be avoided, because it impedes the essence of the business.

Carrying on the Spirit

The Originator of California Roll

Hiroshi Horikawa
President, FukuSuke Corporation

Please tell us about your company's roots.

My grandfather Kenji (father of the founder Yasuo Horikawa) founded Tsukuken Shoten, a fresh fish wholesaler, in 1916. Before the war, the company flourished as a high-end specialist fish wholesaler, mainly handling tai (sea bream) in the districts between Nihonbashi and Tsukiji. After that, Yasuo also joined Tsukuken Shoten. In 1960, the manager of FukuSuke, a sushi restaurant, asked him "I'm thinking of quitting this restaurant, but Tsukuken handles fish, and I can trust you, so would you please take over from me?" That request was the trigger.

That restaurant was located in Ginza 2-chome. After hearing this request, it took Yasuo only 24 hours to make up his mind, choosing to remodel the restaurant and open it as "Uogashi Chokuei FukuSuke", serving a la carte fish dishes as well as sushi. That became the first FukuSuke restaurant in May 1960. Tsukuken Shoten still operates as a long-established fresh fish wholesaler, even now that the market has relocated to Toyosu.

After your first restaurant in 1960, you opened a succession of restaurants in hotels from 1963. What led you to make hotels into your business partners?

We got into expanding our business in hotels because an executive of Tokyo Hilton Hotel back then took a liking to our first restaurant and went there often. FukuSuke's reputation for taste and service at Hilton Hotel spread in a flash, and we were then able to expand to the Hotel New Otani and Hotel Okura. Other than the Hotel New Otani, we currently have restaurants in the Odakyu Century Southern Tower in Shinjuku, and the Hotel Metropolitan in Ikebukuro.

Back then, what did you take the most care over when developing restaurants?

Other than honest and transparent billing, we aimed to make restaurants that would be praised for the variety and freshness of fish cuts, made possible by direct management by Uogashi, and for the excellent attitude of hospitality among the staff.

"Equality in service". Whether our customers are newcomers or regulars, they all come to FukuSuke to eat sushi. Our motto is our spirit of always valuing the customer, so we must not discriminate between them under any circumstances. Thoroughly applying that principle is still the most important thing in our management today.

In 1971 you managed to expand to America. What kind of restaurant did you open? And how did Americans look at Japanese food at that time?

On the advice of the president of a major construction company, Yasuo started thinking seriously about opening a restaurant in America. He had just entered his 40s. Before opening the restaurant, Yasuo went all over America, studying it closely. He noticed that even if a restaurant called itself "Japanese cuisine", it was not the real thing, and that the idea of "just taking Japanese cuisine and serving it there" involved almost no consideration of Americans' preferences. The first restaurant, in Los Angeles, was a huge 1,300m².

The first thing inside the entrance was a cocktail lounge. Going further inside, there was a sushi bar, a steak room alongside it, a dinner room further back, and a banquet room past that.

Yasuo modeled after the American style, so customers started by stimulating their appetites at the bar before their meal, and picked up sushi while eating steak, or enjoyed a full-course meal of real Japanese cuisine. Americans could freely choose how to enjoy their meal, in an environment they were familiar and comfortable with, so the layout was really designed to match Americans' tastes.

At that time, Americans who ate meat all the time were being told in the Health White Paper to "eat fish, because it's bad for your health to carry on eating just meat". That was

one factor behind a sushi boom, and the restaurant became very busy, as it was visited by people from all over the country. After that, we opened our second restaurant (1,000m²) at Santa Ana in 1974. We closed our American restaurants in 1996, but we were operating restaurants there for 26 years. Over that period, Yasuo went back and forth between Japan and America over 200 times.

Is it true that the California roll was thought up by Restaurant Horikawa?

These days, sushi is known all around the world, but when we opened there (1971), Americans still had the strongly ingrained idea that "raw fish is smelly". At first, the 22-seat sushi counter, which was the centerpiece of the restaurant, did not fill up as we would have liked. So Yasuo thought of a new kind of roll sushi with local avocado and king crab as the fillers. The nori (dried laver seaweed) was rolled on the inside, where it's hidden, not on the outside, for the sake of the appearance. He also considered the flavor aspect, making sure the fragrance of the nori would not obliterate the delicate taste of the avocado. When we reverse-imported California rolls into Japan in 1976, some of the sushi cooks resisted, saying "What? Fruit in sushi?", and we had to talk them round, but what we served in our main FukuSuke branch in Tokyo's Ginza district was the debut of California rolls in Japan.

People say it's not easy to educate employees in the world of sushi and Japanese cuisine. What do you think is the most important thing?

Japan is short of craftspeople in general, not just in cooking. You can say that about any business type. In customer service, there are many words and actions to memorize, and it's not something you can learn in a day. The old approach of mimicry doesn't work any more, and of course, it doesn't go as described in the manual. There are always going to be differences between people, so all you can do is spend time on it.

It's important for people to be personally interested in food, and to know the joy of eating. Of course, there is an undeniable shortage of people, but rather than pushing too hard to increase our workforce, we strive to value the people who are with us now, and those who will join us later, and make a workplace where each individual can work with enthusiasm.

There's no point lowering quality standards to increase the workforce. People first become craftspeople once they maintain high quality.

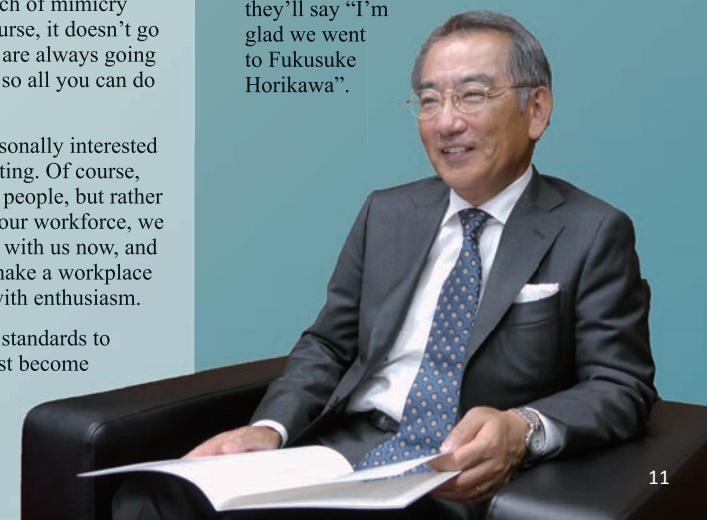
What kinds of food experiences do you want overseas customers to have at FukuSuke Horikawa?

"Washoku" was designated as world intangible cultural heritage in 2013, and the Tokyo Olympics and Paralympics will take place in 2020. As restaurants specializing in sushi, Japanese cuisine, tempura, and teppanyaki, which are the representatives of Japan's culinary culture, we will strive to deliver high-quality performance. Other than flavor, of course, the real charm of washoku is also in beautiful presentation and the selection of tableware. We want customers to enjoy washoku to the full, with all their senses, and to learn that it is not a stiffly formal thing, but rather, something to relax and enjoy.

Tell us about the "omotenashi" (hospitality) at FukuSuke Horikawa.

The customers who come to our restaurants aren't just there to fill their stomachs. Most of them come with some particular motivation, such as a special occasion or event. We see the greatest hospitality as being about creating restaurants that meet that kind of customer expectation, to enjoy conversation in a relaxed atmosphere, while eating delicious food.

To that end, we see it as vitally important to treat all our customers, whether they are newcomers or regulars, with identical hospitality. The hospitality at FukuSuke Horikawa is characterized by providing diners with cuisine and service that will make a lasting impression on them, so they'll say "I'm glad we went to FukuSuke Horikawa".



Akira Takahashi

Yokohama Royal Park Hotel Executive Chef

What are the features of the Yokohama Royal Park Hotel?

The Royal Park Hotels chain includes three full-service hotels, in Hakozaki, Sendai, and Yokohama. The one in Yokohama particularly values the feel of resort living and the urban environment, and has features to delight guests from all areas, from metropolitan to rural. Of all its features, the hotel's greatest selling point is the view from the Sirius Sky Lounge on the 70th floor. The lounge serves a range of dishes that provide beautiful and Instagrammable appearance alongside great taste, to appeal to female diners. On the 68th floor, there is a trio of restaurants, French, Japanese, and Chinese, all vying to provide the best flavor. Flora, on the first basement level, offers a universal menu, including halal, vegan, and other options, which is also available from room service.

As an executive chef, what do you strive for every day?

What I always tell the chefs is that they must never serve half-hearted dishes, thinking "this is probably good enough". That attitude leads to complaints and degrades the restaurant's reputation. I instruct them that if they are not personally satisfied with a dish, they must make it again before serving, even if they must apologize to the customer.

Please tell us the story behind the universal restaurant "Flora" that recently opened.

The World Cup (2019) and the Olympics (2020) are coming up, so we started refining the concept four or five years ago. By now, foreign guests are around 30% of the customers using the Yokohama Royal Park Hotel. So one reason is that we'd like to raise that proportion. We were certain that the halal market would grow in future, and we wanted to compete in a way that was different from others. We also wanted to raise awareness of Flora and increase its sales, so we made a very deliberate shift in its type of business.

How difficult is it to get halal certification and run a halal restaurant?

We got certified by the Japan Halal Foundation. All our dishes are halal compliant, but we serve alcohol in the form of beverages, so the content of our certification is "all food halal". We were a bit nervous about operations at first, but there's no problem now. Halal customers themselves are aware of our service, so in most cases they understand if we explain in English.

Other than halal, Flora can support gluten free, vegetarian, and vegan needs. How do you go about developing menus and recipes?

I devise the Grand Menu, but in order to serve a wide range of dishes, I have each head chef work on new menu development. In future, we want to add new menu items in addition to the classics.

How do you go about sourcing the ingredients for a universal restaurant?

We check all the ingredients and condiments used at Flora with the Japan Halal Foundation in advance, and then we buy approved items through our purchasing department.

Most of the ingredients we use are local from Kanagawa. We want our guests from overseas to enjoy universal cuisine that uses a wide variety of delicious ingredients.

What does "omotenashi" (hospitality) mean to you?

At this hotel, we have Japanese, French, and Chinese restaurants and a teppanyaki grill, so that we can serve many people. Adding a universal restaurant to that lineup lets us serve our cuisine to everyone. To me, "omotenashi" means welcoming people from around the world with the delicious cuisine of the Yokohama Royal Park Hotel.



The 47th International Hotel and Restaurant Show held from February 19th to 22nd, 2019 at Tokyo Big Sight presented the Second "Natural Food: Audition to Discover New Recipes" as one of its showcase events.

This unprecedented new initiative to use natural food recipes to link cooks with companies has been attracting more attention every year. The 2019 event featured a white-hot high-level showdown between a total of eight finalists, four in the Main Dishes Division and four in the Sweets Division, who passed through the preliminary review.

The aim of this unique event program is to boost Japan's natural foods market and raise the quality of natural food products. Behind this background, in addition to the changing lifestyles of Japanese people and a growing orientation towards health,



the growth in numbers of foreigners visiting Japan is promoting much greater diversification in dietary habits. In 2018 the number of foreign travelers visiting Japan exceeded 31.19 million, so it is said to be essential to meet their food needs. Natural foods, which includes a diverse range of items, is a category that will be much more in demand from now on in hotels, *ryokan* inns, and the food service industry.

Among the judges, Toshiyuki Kato of Take & Give Needs Co., Ltd. commented that "Natural food still doesn't have a culture or a form as a cuisine, in the way that French or Italian food have. It is necessary to establish natural cuisine as a new genre, including its definition, and in that regard, this event has extraordinary value going forward. It would be wonderful if it prompted more people to think about, and reconsider, health, the environment, and their lifestyles."

To Serve Diversifying Dietary Habits From Health to Environmental Protection

The most closely-watched talk session, entitled "Government Agency vegetarianism: Sending a message from the administration - A new vegetarian and vegan culinary culture spread from the government to the private sector", was a dialog between Mr. Norio Kojo of the Cabinet Secretariat and Mr. Katsuhiko Kunimatsu of Tokyo Metropolitan Government Personnel Support Foundation. The canteen at the Cabinet Secretariat took the lead in offering vegan menus since April 2017. The Cabinet Secretariat canteen was featured on the Meat Free Monday site (which calls for eating vegetarian once a week), promoted by Paul McCartney. It serves a vegetarian lunch of vegan cuisine every Friday. From this May, it stepped up from vegetarian once a week to twice a week. In October 2018, the employee canteen on the 32nd floor of Tokyo Metropolitan Government Office started offering a new vegetarian set menu, using only vegetables and plant-based foods, for Monday lunches. It is available to all diners, so it is increasingly gathering attention.

Describing the background to the Cabinet Secretariat's vegan menu, Mr. Kojo says "In 2006, the Food and Agriculture Organization (FAO) announced a report entitled 'The State of Food and Agriculture 2006'. Since then, the trend of recommending that people refrain from eating meat from the perspective of environment protection has been growing stronger around the world. Within that movement, the government is also taking action, aiming to stimulate and invigorate society with measures such as introducing vegan menus for the sake of environmental



NORIO KOJO
Cabinet Secretariat

protection. The IPCC (Intergovernmental Panel on Climate Change) met in South Korea last year and specified refraining from buying meat and dairy products as actions individuals can take to avoid worsening the environment. In international agencies, the relationship between livestock and the environment is treated as a natural fact".

Mr. Kunimatsu of the Metropolitan Government said "For the sake of diversity for Tokyo 2020, we aim to make this a city where vegetarians and many other types of people can enjoy their stay in safety and comfort. We started with the aim of doing what we can at the Metropolitan Government canteen first. We serve a vegetarian menu every Monday, in the staff canteen on the 32nd floor of No.1 Government Offices. Anyone can eat there, so please come and try it".

As for the "Meat Free Monday" activities that prompted the introduction of the vegan menu, Mr. Kojo says "That is something that Paul McCartney is calling for to protect the global environment etc. By practicing vegetarianism/veganism for just one day a week, each of us can act to stop climate change, protect irreplaceable resources, save countless animal lives, and make our own bodies healthier. Last year, Governor Koike met Sir Paul, generating huge buzz around Meat Free Monday".

By publicizing the meat-free mind, the Cabinet Secretariat is spreading it nationwide, with the aim of "establishing vegetarianism/veganism and inbound tourism" for the Tokyo 2020 Olympic and Paralympic Games.



KATSUHIKO KUNIMATSU
Tokyo Metropolitan Government
Personnel Support Foundation

The Second "Natural Food: Audition to Discover New Recipes"

Main Dishes Division and Sweets Division

The eight finalists who passed the preliminary review were divided into two divisions, for main dishes and sweets. The four finalists chosen for each category worked on cooking demonstrations at the same time.

The five assessment criteria were (1) Originality, (2) How natural ingredients are used, (3) Finished appearance (photogenic appeal), (4) Nutritional balance, (5) Unit price and costs, with an actual tasting review by nine professional judges.

MAIN DISHES DIVISION GRAND PRIX



**Milk potage of black sesame
and sprouted brown rice
with powdered konjac
by ARI TAKANASHI**

MAIN DISHES DIVISION SPECIAL RECOGNITION AWARD



**Vegan calamari rings in a
sauce excluding the five
pungent roots of Buddhism
by NAOMI TAKAHASHI**

SWEETS DIVISION GRAND PRIX AND SPECIAL RECOGNITION AWARD



**Strawberry unicorn raw
cheese cake
by RITSUKO NARUSHIMA**

In the Main Dishes Division, "Milk potage of black sesame and sprouted brown rice with powdered konjac" by food coordinator Ari Takanashi took the Grand Prix, and "Vegan calamari rings in a sauce excluding the five pungent roots of Buddhism", by macrobiotic stylist Naomi Takahashi took the Special Recognition Award. In the Sweets Division, the Grand Prix and the Special Recognition Award went to "Strawberry unicorn raw cheese cake" by raw food meister Ritsuko Narushima, in a dazzling double win.

"Natural Food: Audition to Discover New Recipes" is already decided to continue in February 2020. This unprecedented natural food event is certain to gather much more attention next year in line with the opening of Tokyo 2020 Olympic and Paralympic Games. It is hoped that it will continue to serve to strengthen and stimulate Japan's natural food industry, bringing more variety in natural foods to Japan's dining tables.

REFLECTIONS

FROM MODERATORS

MAIN DISHES DIVISION

EMIKA IWATA, Vegan Food Analyst

What was your take on “Natural Food: Audition to Discover New Recipes”?

There are countless recipe contests, but I felt that this contest was aligned with our times, in its perspective on health and related issues of food safety and trust, and its background in areas such as care for the environment. Some of the contestants addressed veganism, which links to dealing with growing inbound demand, as well as allergies. I thought that this was an event that met all kinds of demand around the world. I also think there's no other contest so strong in the thought and feeling the finalists put into their cookery. They all had ideas they wanted to convey, such as food diversity and the importance of health through food, and I could tell that they were addressing those ideas in this event.

What impression did you get from the contents and taste testing of the recipes offered by the four finalists (in the Main Dishes Division) at this event?

I think all the finalists expressed their own world views.

For Omata, it's “the beauty and art of cooking”. Her offering was like a single work of art that also includes flavor. She addresses anti-aging and women's hormone balance with food, and also wants to provide emotional stimulation with the visual beauty of food.

For Takahashi, it's “universal food”. Her calamari-style recipe is an idea that can be arranged to suit vegans, as well as “oriental vegetarians” (who exclude the five pungent roots of Buddhism and are numerous in Taiwan) and gluten-free people, so it is “barrier-free” for all kinds of food. It was also



barrier-free in the sense that it can taste good to anyone, regardless of flavor preferences, likes and dislikes.

For Takanashi, it's thoughtfulness. It's no simple thing to take diverse ingredients, some of them with slightly odd flavors, and finish them into something delicious. I could feel that she looks at each individual ingredient with love, thoroughly understands their characteristics, and combines them in ways that make them suit each other well. I saw her kindness in the way that she cooks with constant thoughtfulness for the ingredients and for the people who eat them.

For Quiles, it's “pursue the essence”. She took tiger nuts as an ingredient and comprehensively communicated their appeal. Tiger nuts are grown without using chemicals, and the pulp that is left after squeezing them for nut milk is used in various kinds of cookery. The background to the widespread adoption of natural food goes beyond the perspective of healthful ingredients, as people have come to think more broadly about the social issues of the environment and food losses.

In Quiles' recipe I could see the good characteristics of natural foods, as kinder to people and the Earth, as well as tasting their delicious flavors.

What would you like to see the finalists do in future?

I expect demand for natural food to grow much further in future. There are many ingredients that people are generally unfamiliar with, and those who say there are high hurdles in the way of using natural foods in bar and restaurant menus have a point. Simple and tasty. I'd like them to try harder to create menu items that are simplified to be easier to offer in bars and restaurants.

Next year will be the third time for this event. What are your expectations for it?

The ways people experience meals are shifting towards “kindness to people and the Earth”.

If there were more healthy people, this world would be more emotionally tranquil and free of conflict. If there's food that everyone can eat, like vegan food, everyone can sit around the same table and start talking, and there will be more smiling faces. If the food is also made from environment-friendly ingredients, the Earth we live on would also be happier. The dishes that were offered at this event are the kind that make everyone happy.



This was the second “Natural Food: Audition to Discover New Recipes” event. What is your frank appraisal of it?

I've been watching since the first event, and I think it's a very well-timed project, blazing a trail in Japan's modern era. I see it as a wonderful opportunity for all kinds of people to take on the challenge of discovering new natural recipes, and to raise their interest and concern about natural foods.

What impression did you get from the contents and taste testing of the recipes offered by the four finalists (in the Sweets Division) at this event? How did you go about assessing and scoring them?

The finalists all offered wonderful recipes, and I felt that these were visually vivid and ideal as natural confectionery items. It was difficult to rank them, but in my personal assessment, they all had delicious flavors in common, so I scored them for their appearance and reproducibility.

Which of the recipes made the most lasting impression on you? Why was that?

Raw cheese cake has a good reputation with everyone, it tastes good, and is easy to make. The Unicorn Raw Cheese Cake that took the Grand Prix this time had just the right coloring for spring, which was very exciting and made an excellent impression.

It's fun in a way that will trick, in a good sense, men and women, young and old, and people who are trying animal-free confectionery for the first time, and that's a great thing.

The finalists are rivals, competing on stage for the Grand Prix. But they were also comrades, with the common theme of world peace through food in their hearts.

“Natural Food: Audition to Discover New Recipes” is a place where high-minded people with such ideas can participate, and in future I want it to continue to be also a forum for disseminating those ideas to the masses.

SWEETS DIVISION

MAYUMI MUROYA, Representative Director, Beauty Food Association

Is there anything you would like the finalists to move towards in future, or expectations for them?

Getting to be a finalist from among so many entrants is a fine thing, and I'm very grateful to them for taking the challenge. I want even those who did not win to draw great self confidence from being among the finalists, and from the value of that experience. I very much hope that they will use that in future to take on further challenges and do great things.

Next year will be the third time for this event. What are your expectations for it? How do you think it should be?

Within the range of natural foods, some combine different categories, such as vegan and gluten-free, and some do not. I think that the general judges should have the knowledge necessary to take aspects such as being vegan, or raw, or gluten-free, as points for assessment. I think it is also important to see these recipes as a separate genre, rather than comparing them against ordinary confectionery that uses ingredients like dairy products, eggs, and white sugar. Also, to develop the genre of vegan confectionery, I very much want the entrants to study and to strive with veganism in mind in future.





KEIKO
QUILES

TigerNuts & TigerNuts Cooking Researcher
Maestro Horchata
NPO TigerNuts Promotion Association Founder

How did you like competing with everyone on a specially-built stage?

I was very happy to be one of the finalists. It was an honor to add mine the exquisite recipes of highly-experienced pros from this field. I was worried because my recipes are too simple and plain, so I have no highlights to show off.

You provided konjac ingredients as one of support companies for this event. What kinds of recipes did you anticipate from the cooks?

We provided three items: sweet potato konjac, konjac noodles with pearl barley, and konjac powder. We were really excited to see what kind of recipes people would produce. Noodles are easy to arrange in soups or as fried noodles, and the sweet potato konjac has a strongly Japanese character, so we were thinking it would be interesting to see some novel Japanese-style stews. As for konjac powder, our company applied for this audition event as a contestant last year, with a recipe of konjac mochi using konjac powder. For this year's audition, we thought it would be interesting if someone made some konjac that would be delicious to eat raw.

When you saw the recipes that were actually offered, and tasted them, how were they?

All the recipes were very original and we were surprised. The lineup was packed with body-conscious, healthy ideas.

For this audition, finalists used three in the Main Dishes Division and one in the Sweets Division. The chili con carne with sweet potato konjac was a tasty recipe made with nutritional value in mind. You can enjoy the different sensations of various ingredients, like soybeans, cloud ear

What is "Tiger Nut Pulp Salad"?

The crumbly residue that's left after tiger nuts are squeezed to make horchata is called "pulp". The pulp left after squeezing is excellent stuff, with a subtle sweetness left in it. You can sprinkle it on salads, blend it into sauces, and mix it with other ingredients. You can add it to burger patties, gyoza dumplings, cookies and crackers, and bread, and it's good in tekka-miso (seasoned and fried miso paste) and as a sprinkled topping.

What are the characteristics of the superfood tiger nuts?

They originated in Africa and are the world's oldest vegetable. Murals and offerings placed inside sarcophagi are proof that people in ancient Egypt enjoyed tiger nuts. They crossed over to cultivation in Spain a few thousand years ago, and evolved into the drink called horchata about 800 years ago. Since then, horchata has grown into Spain's national drink.

These days, tiger nuts fit into all kinds of

mushrooms, and konjac, and the konjac was a very good match for the western-style sauce.

The vegan calamari rings didn't just make konjac into rings. Instead, the rings were temporarily frozen so the konjac finished up just like real squid. It's healthy even though it's fried, and ideal for snacking. I'm sure that would be a popular recipe overseas.

The milk potage of black sesame and sprouted brown rice with powdered konjac, which won the Grand Prix in the Main Dishes Division, was made particularly delicious by the depth of its soup flavor. The compatibility with powdered konjac was outstanding. We plan to present it on our recipe site.

The kimoto sake konjac cake had konjac powder kneaded into it, and that addition of konjac powder gave it a moist and fluffy texture.

The konjac powder also has a lumpy texture, while the sake has mild fragrance, to make a Japanese-style design with a new sensation. These were all recipes that none of the people directly involved in producing the ingredients could have imagined, and we were impressed by how good they all tasted.

As a producer, what aspect of konjac would you like people to concentrate on?

Konjac is a processed food with over 1,500 years of history. Long ago, it was used as a medicinal food, and the tradition of using it as

REFLECTIONS FROM FINALIST & EXHIBITOR

diets, including vegetarian, vegan, halal, kosher, and paleo, and they are even used in Ayurveda as a shamanic food.

What about their nutritional value?

They are high in dietary fiber, and are particularly rich in resistant starch and valuable fatty acids. Mineral content such as natural iron, magnesium, and zinc shouldn't be overlooked. Resistant starch is effective for weight loss, and is a "beneficial prebiotic" which is expected to increase numbers of good microbes in the digestive tract. It has an abundance of unique dietary fiber which is said to be effective for intestinal regulation and preventing lifestyle diseases.

a gastric cleanser, for its detox effect, has been handed down. Outside Japan, konjac root was used in Ayurveda, the Indian traditional system of medicine. In India it is called "elephant yam".

There are few researchers of konjac, so little is known about it, but it is known to be high in dietary fiber and low in calories. That's why it's in the spotlight as a health food as well as an ingredient in washoku. It is also effective in dieting for weight loss, but more than that, I think bringing it gradually into everyday meals provides detox effects, contributing to a more healthful diet. Having no flavor of its own, it never clashes with other ingredients, so you can enjoy it with any cooking method you can dream up.

Many cooks created konjac recipes this time. What did you learn that will be useful in future development?

The common thread in all the recipes was that they were free of the characteristic smell of konjac but made good use of its mouth feel. That unusual smell is a disadvantage of konjac, but it can be greatly reduced with proper pre-treatment. For example, the vegan calamari rings temporarily froze and then thawed the konjac had the same effect as akunuki (soaking or boiling to remove unpleasant flavors), as well as removing moisture to give a fluffy texture. It was very instructive to see the good properties of konjac being drawn out so skilfully in the cooking process.

I heard recently that you published a book of recipes that use tiger nuts, called "Ouchi de Horchata (Horchata at Home)".

Yes, it's Japan's first book of tiger nut recipes. We also started a workshop called "Horchata at Home" four or five years ago. It started from the idea that with an unknown ingredient like tiger nuts, it's better to try it and see rather than just hearing descriptions. We have reproduced parts of the workshop as a book.

This book is also used as one of the textbooks for the Maestro Horchata certificate course. <https://tigernuts.official.ec/items/17613932>

What are you looking forward to next?

I want to use tiger nuts to create and expand a rich culinary culture that transcends all existing food genres. I have a feeling that tiger nuts will make that possible. Firstly, I think maybe tiger milk (horchata) could revive children's health and spirits.

We often hear from overseas people that the smell of konjac bothers them, so we want to examine the entrants' ideas to see whether they can be incorporated into manufacturing processes.

What is IA Foods planning to do next?

Konjac Innovation! We want to carry on the old traditions of konjac while bringing in new ideas and techniques as we continue to plan and deliver appealing products. As the times change, people's needs diversify, but we want konjac to remain an essential part of their lives.

To that end, as well as selling konjac as it stands, we need to try new things in its processing and forms, and to reconsider standards for konjac as an ingredient that's easy to process and simple to cook with. We want to keep on looking for more and creating better products.



SAYURI
YOSHIDA

President, IA-Foods Co., Ltd.

FRESH FROM THE FARM

TASTE AUSTRALIA

What is “Taste Australia”?

Taste Australia is the national brand that represents the Australian horticulture industry and aims to support and drive demand for fresh produce through a range of activities in key export markets including Japan such as trade shows and retail marketing campaigns.

Please tell us about yourself and your mission at “Taste Australia”.

As the Trade Events Manager I work with fruit and vegetable growers and industry to attend a number of trade shows around the world including Foodex. Japan is a key market for Australia and this year our delegation almost doubled with 40 delegates representing 27 businesses and industries. Foodex provided growers and exporters with the opportunity to understand the market, meet potential buyers and engage with existing buyers and other food producers.

What are the main products which are imported from Australia to Japan?

Japan is a very important market for Australia and is our third-largest export

market. Enhancing the trade relations is the Japan-Australia Economic Partnership Agreement (JAPEA) which allows improved access for goods and services including a large range for fresh fruit and vegetables.

Australia exported just under AU\$204 million* of fresh fruit, vegetables and nuts to Japan in 2017-18 with oranges, macadamias, table grapes, asparagus, almonds and potatoes proving to be our main export products into the Japanese market.

*Source: IHS Global Trade Atlas (2019)

What are the features of Australian food products that you want to tell Japanese consumers?

Australia has a solid reputation for delivering high-end produce that has undergone the most rigorous food safety inspections along all stages of the supply chain – so our products are very safe and clean. Our growing conditions are favourable which allows us to produce product which is full of flavour, and our close proximity to Japan means our product is also very fresh.

How were the results of exhibiting at Foodex Japan this time?

Foodex provided a great opportunity to meet and network with potential and existing buyers as well as other Australian exhibitors. Through market tours, visiting other exhibitors at the trade show and attending sessions and seminars, the delegation gained insights into the Japanese market, trends, new product ideas and valuable intel that they could bring back to Australia to help with their export strategies. Overall it was a very successful show for us to participate in, and we will be supporting Foodex again next year.

What do you see as chances (opportunities) and difficulties of the Japanese market?

Japan is a very competitive market and buyers can be very price sensitive. Consumers are eating less fresh fruit and vegetables and looking for more convenient and ready-to-eat products. In the short term, these will prove to be challenges along with the declining population growth in Japan.

However, we see opportunities for all of our products as Japanese production of fresh produce is in decline. Value-added products are also becoming increasingly important and easy to prepare products like cauliflower rice and zucchini noodles will do well in Japan. Australia for the first time can send avocados to Japan – avocado is the new tuna – and it is growing in popularity as the flavor profile matches well with Japanese cuisine. There are a multitude of opportunities in Japan over the long-term – and we need to continually build our brand and reputation among consumers and be innovative and adaptive.

What are your plans and strategies in order for your products to take further root into Japanese market?

Education is key for consumers– we need to provide them with a reason to buy our products and ideas about how to cook and use them. We will continue to attend trade shows like Foodex to build relationships with our key buyers and importers, and also undertake Taste Australia retail marketing campaigns to promote our products in-store.



Can you tell us one or two typical Australian dishes?

We are a very multicultural country – so we have a very broad range of dishes from a multitude of countries to choose from. With our beautiful weather and lifestyle, we do enjoy a barbeque (barbie) – cooking up the traditional meat, sausages, vegetable skewers and seafood – served with an abundance of salad – we grill fruit like nectarines, bananas and mangoes on the barbie as well. Anything goes!

Can you also tell us about Australian alcoholic beverages in general?

Australia produces some of the best wine, cider, beer and gin in the world (of course we are not biased). Craft beer and botanical gin in particular has become very popular in recent years.

Last question. Did you try any Japanese cuisines during your stay this time?

We all loved Japanese food – we tried sushi, sashimi, teppanyaki, Michelin-star ramen, tempura and an array of fabulous delicacies from a few izakayas. It was totally food heaven.



JULIE WILLIS
TRADE EVENTS
MANAGER
HORT INNOVATION

渋谷 109 SHIBUYA 109

Shibuya 109 (ichi-maru-kyu) is a department store operated by Tokyu Malls Development. Referred to as "maru (zero) - kyu (nine)" by its shoppers, the department store attracts young women who are looking for the hottest trends at an affordable price. The 8-story building has shops that handle fashionable items such as cosmetics, accessories, shoes, bags, apparel, and daily commodities.

Shops 10:00AM-9:00PM, Restaurants 10:00AM-10:00PM
<https://www.shibuya109.jp/SHIBUYA/>

🚶 Shibuya (JR Line/G01/F16/Z01)



明治神宮 Meiji Shrine

¥ FREE

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 120,000 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 3 million people visit the shrine during the first three days of the new year, making Meiji Shrine the number one place for "hatsumode" (first shrine visit of the year) in Japan for many consecutive years. Seasonal events are held throughout the year in Meiji Jingu Gaien (garden) and Meiji Jingu Kyujo (stadium).



Gate opens at sunrise and closes at sunset. June 5AM-6:30PM, September 5:20AM-5:20PM, December 6:40AM-4:00PM, March 5:40AM-5:20PM
<http://www.meijijingu.or.jp/english/index.html>

🚶 Harajuku (JR Line), Meiji Jingumae (C03/F15)

ヒカリエ Hikarie

Hikarie is a commercial tower that opened in 2012. 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 female shoppers to Shibuya.

Shop 10:00AM-9:00PM / Restaurant 11:00AM-11:00PM
<http://www.hikarie.jp/en/index.html>

🚶 Shibuya (JR Line/G01/F16/Z01)



071 鮨 ます田 Sushi MASUDA Sushi



Lunch Course: ¥35,000-
Dinner Course: ¥35,000-

📍 BC Minamiaoyama Property B1F, 5-8-11, Minamiaoyama, Minato-ku
Omotesando (C04/G02/Z02) B1 Exit, 2 min. walk

The "Edomae-zushi", Edo (ancient name for Tokyo) style traditional sushi, succeeding the heritage of one renowned three-star sushi restaurant. Opened in 2014, this sushi restaurant is run by a young and energetic chef that trained for 9 years at three-starred Sukiyabashi Jiro in Ginza. From the way it is cooked and arranged, to its size and tenderness, the chef pays particular attention to the rice. It is a perfect restaurant for those who seeking special meals.

11:30AM-2:00PM, 5:00PM-11:00PM

<Closed> Sunday, Holiday

Credit card: VISA, MASTER, DINERS

<http://sushimasuda.jp/>



072 フロリレージュ Florilege French



Lunch Course: ¥10,000-
Dinner Course: ¥18,000-

📍 SEIZAN Gaen B1F, 2-5-4 Jingumae, Shibuya-ku
Gaenmae (G03) Exit 3, 5 min. walk
Aoyama 1-chome (E24/G04/Z03) Exit 7, 15 min. walk

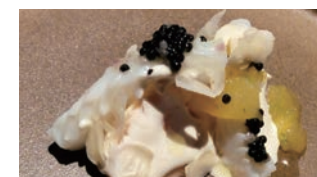
A French restaurant led by Chef Kawate, who trained and flourished at the renowned and distinguished Tokyo restaurants Le Bourguignon and Quintessence. From the cuisine to the service and interior design, the chef's dedication to detail can be seen everywhere, to provide each and every customer, whether a first-time visitor or a regular, a divine dining experience. Every single item on the menu will take your breath away with delight and surprise.

12:00PM-1:30PM, 6:30PM-8:00PM

<Closed> Wednesday, Irregular

Credit card: VISA, MASTER, DINERS

<http://www.aoyama-florilege.jp/>



073 リストランテ ホンダ Ristorante HONDA Italian



Lunch Course: ¥12,000-
Dinner Course: ¥23,000-

📍 Roppongi Kojima Building 1F, 2-12-35 Kita-Aoyama, Minato-ku
Gaenmae (G03) Exit 3, 5 min. walk

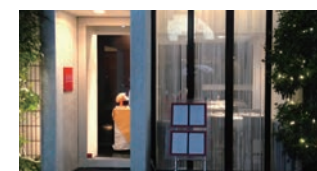
Classic Italian enjoyed in a mature and elegant space. Owner-cum-chef Honda completed his training in Italy and France. He then worked as Sous-Chef de Cuisine at Al Porto in Nishi-Azabu before opening this restaurant. Honda's style is based on classic Italian, into which he incorporates the Japanese sensibility for seasonal ingredients. His signature dish is tagliolini with Hokkaido sea urchin (uni). This cozy restaurant has all the ambience of a hideaway.

12:00PM-3:30PM (L.O. 2PM), 6:00PM-11:30PM (L.O. 10:00PM)

<Closed> Monday (Tuesday if Monday is national holiday)

Credit card: VISA, MASTER, DINERS

<http://ristorantehonda.jp/>



001dining & bar KITSUNE
dining & bar KITSUNE

Sushi, French & Japanese Fusion Restaurant

☎ 03-5766-5911
Dinner: ¥3,500-2-20-13-B1F Higashi, Shibuya-ku
JR Shibuya (South Exit) 10 min. walk
JR Ebisu (East Exit) 10 min. walk

Located between Shibuya and Ebisu, KITSUNE is one of the hideout restaurants you should check out. Their concept is "SUSHI" and "FUN." Try their original menu, "SUSHINE (SUSHI + TERRINE)" that adds an essence of "SUSHI" to their French based cuisines. Various kinds of Japanese sake are also available. You can experience "FUN" from their widely ranged menus and inspiring interior design.

👍 Special KITSUNE Sushi of the Day (7 Kinds) ¥1,200 (+tax)

<Sun-Thu & Holiday> 6:00PM-3:00AM

<Fri, Sat & Public Holiday Eve> 6:00PM-5:00AM

Credit Card: VISA, Master, AMEX, JCB, Discover, others
<http://www.kitsune-web.info/en/>#
003串カツ田中 渋谷百軒店
Kushikatsu Tanaka (Shibuya Hyakkendana)

Washoku, Udon, Izakaya, Kushiage, Takoyaki

☎ 03-6416-9453
Dinner: ¥2,400-2-18-7 Dogenzaka, Shibuya-ku
Shibuya (JR Line) Hachiko Exit, 8 min. walk
Shibuya (F16/G01/Z01) Exit 1, 4 min. walk

The recipe of Kushikatsu Tanaka was first developed in Nishinari-ku of Osaka. Their original batter, oil, and sauce that was created by the founder can be enjoyed in all 160 locations (as of October 2017) across Japan. Their chefs are passionate about providing the taste of Tanaka and the culture of Osaka to people around the globe. Order some Highball and test your luck by tossing two dice! You can get a discount if you are lucky!

👍 5 Assorted Skewers

<Mon> 5:00PM-1:00AM <Tue-Fri> 5:00PM-2:00AM

<Sat> 12:00PM-2:00AM <Sun & Holiday> 12:00PM-1:00AM

<Closed> Irregular Holiday

<http://kushi-tanaka.com>#
004キャラクレ! C.A.P 原宿店
Characre! (C.A.P Harajuku)

Crepes

Harajuku ALTA 3F, 1-16-4 Jingumae, Shibuya-ku
Harajuku (JR Line) Takeshita Exit, 5 min. walk

"CHARACRE!" serves a unique collaboration of the latest anime series and crepe. "Marion Crepe," the oldest crepe chain in Japan is developing their character crepe recipes. At the newly established C.A.P (Culture Amusement Park) Harajuku, you can purchase and trade character items, enjoy live performances, and stages. Experience the Japanese pop culture at C.A.P Harajuku!

👍 Character crepes of each season

10:30AM-8:00PM <Closed> Irregular Holiday
(Corresponds to Harajuku ALTA)<http://www.chara-cre.com/capharajuku>

Crepe: ¥300- / Drink: ¥300-

#
091魚魯魚魯 渋谷宮益坂店
Gyorgyoro (Shibuya Miyamasuzaka)

Washoku, Izakaya

☎ 03-5774-8811
Lunch: ¥900- / Dinner: ¥4,000-
Course: ¥4,000-Kaleido Shibuya Miyamasuzaka 5F, 1-12-1, Shibuya, Shibuya-ku
Shibuya (JR Line/Tokyu Toyoko Line) 3 min. walk

Gyorgyoro serves simple and delicious cuisines that brings out the natural flavors of the ingredients. Their menus using seasonal ingredients and blow fish are a perfect match with alcoholic beverages. The restaurant is very calm and relaxing with a basic tone of black. Private rooms are also available.

👍 Bluefin tuna head and green onion hot pot -uses a very rare part of the tuna

<Mon-Thu> 11:30AM-2:30PM, 4:30PM-11:30PM

<Fri & Before Holiday> 11:30AM-2:30PM, 4:30PM-5:00AM

<Sat> 2:30PM-11:30PM <Sun & Holiday> 2:30PM-11:00PM

Credit Card: VISA, Master, AMEX, JCB, UnionPay

<http://www.gyorgyoro.jp/>#
006肉炭バル MATOI-YA 表参道店
Matoiya (Omotesando)

Charcoal Grill, Bar

☎ 03-6418-2871
Lunch: ¥850- / Dinner: ¥3,500-
Course: ¥3,500-5-50-6-B1F, Jingumae, Shibuya-ku
Omotesando (C04/G02/Z02), 1 min walk

Matoiya serves sumibiyaki (charcoal grill), organic vegetables, and wines. Enjoy beef, pork, lamb, chicken, and other types of meat grilled with charcoal. Their vegetables are pesticide-free and consider healthiness of the meals. Try out their cuisines with a wine collection of over 60 types! Wine is very reasonable too, ¥500- (glass) and ¥2,000- (bottle).

👍 Exciting Butcher plate roast with charcoal

<Mon-Thu> 11:30AM-3:00PM, 5:00PM-11:30PM <Sat> 11:30AM-5:00PM, 5:00PM-3:00AM <Fri & Before Holiday> 11:30AM-3:00PM, 5:00PM-3:00AM <Sun & Holiday> 11:30AM-5:00PM, 5:00PM-11:30PM <Closed> 12/31, 1/1

Credit Card: VISA, Master, AMEX, JCB

<http://matoiya.jp/>

HOTERES JAPAN 2020
CATEREX JAPAN 2020
HCJ2020 JAPAN FOOD SERVICE EQUIPMENT SHOW 2020

To Serve Diversifying Dietary Habits

NATURAL FOOD PRODUCTS

HCJ2020 will expand the space allocated to the exhibition zone for natural foods. In addition to the changing lifestyles of Japanese people and a growing orientation towards health, the growth in numbers of foreigners visiting Japan is promoting greater diversification in dietary habits. Natural foods, which include a diverse range of items, is a category that will be much more in demand from now on in hotels, ryokan inns, and the food service industry.

February 18 - 21, 2020 | 10am-5pm (last day till 4:30pm) | Makuu Messe
<http://www.jma.org/hcj/en>

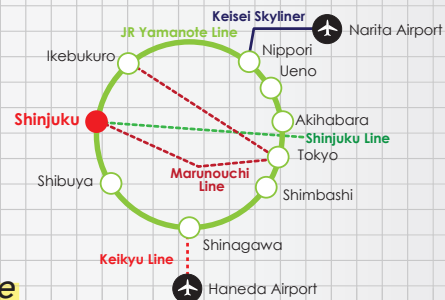


新宿

Shinjuku

City of Complex Culture

Shinjuku is the center of Tokyo's culture. On the east side of JR Shinjuku Station 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 for an adventure.



東京都庁

¥ FREE

Tokyo Metropolitan Government

Tokyo Metropolitan Government ("Tocho") is one of the main symbols of Nishi-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.

9:30AM-11:00PM

<Closed> Every 2nd & 4th Monday or following day if Monday is a national holiday, December 29 to January 3
<http://www.metro.tokyo.jp/ENGLISH/>

🚶 Shinjuku (JR Line/E27/M08/S01), Tochomae (E28)



新宿御苑

¥ 200

Shinjuku Gyoen National Garden

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 as a Daimyo residence. In Meiji period, it came to be used as an agricultural experiment station, then was turned into a botanical garden, and reopened as an Imperial garden in 1906. The park is an assemblage of three different styled gardens: French formal garden with an avenue of plane trees, English landscape garden which features wide and open atmosphere, and Japanese traditional garden with ponds and bridges of traditional Japanese culture. In the first half of November, an impressive chrysanthemum exhibition is held annually.

9:00AM-4:30PM (entry until 4:00PM). Closed on Monday (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

🚶 Shinjuku (JR Line/E27/M08/S01) South Exit, Shinjuku Gyoenmae (M10) Exit 1
 Shinjuku-Sanchome (F13) E5 Exit, (S02) C1 or C5 Exit



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 a 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!

9:30AM-9:00PM

<http://www.sekaido.co.jp/index.html>

🚶 JR Shinjuku (East Exit), Shinjuku Sanchome (M09/S02) C4 Exit



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.

🚶 Shinjuku (JR Line/E27/M08/S01)



ゴールデン街

The Golden Gai

The Golden Gai is located in the east side of Shinjuku where tiny bars are squeezed into narrow streets. The Golden Gai 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 Gai is becoming a famous spot in Shinjuku.

🚶 Shinjuku (JR Line/E27/M08/S01)
Shinjuku-Sanchome (F13/M09/S02) B3 or E1 Exit



ニューマン

NEWoMan

NEWoMan is a shopping facility that opened in 20 that targets "mature women who are looking for truly fine items". They have over 100 shops that handle women's fashion, men's fashion, accessories, glasses, shoes, bags, cosmetics, restaurant and café, food & sweet treats, and Japanese souvenirs. They even have specialized clinics and facilities to hold events.

Shops 11:00AM-9:30PM
Restaurants (Food Hall) 7:00AM-2:00AM

🚶 Shinjuku (JR Line/E27/M08/S01)
Shinjuku-Sanchome (F13) connected to building, (M09/S02) Exit 10



新宿東宝ビル

SHINJUKU TOHO BLDG.

A next generation building opened in spring of 2015 amid Kabukicho. 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. The 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!

🚶 Shinjuku (JR Line/E27/M08/S01)

#074

新宿割烹 中嶋

Shinjuku Kappo NAKAJIMA

Washoku Kappo



Dinner Course: ¥15,000-



Nichihara Building B1F, 3-32-5 Shinjuku, Shinjuku-ku
Shinjuku (JR Line) East or South Exit, 3 min. walk
Shinjuku 3-chome (F13/M09/S02) A1 Exit, 2 min. walk

A first-rate Japanese restaurant, dedicated to progress while preserving its long standing tradition. While offering cuisine rooted in Japanese culinary tradition, made with seasonal ingredients, they also serve innovative new dishes. The current owner's grandfather was the talented ex-head chef of Hoshigaoka Saryo, the restaurant run by Rosanjin Kitaoji. The restaurant has a calm atmosphere, very different from the bustle of the Shinjuku 3-Chome area.

<Mon-Sat> 11:30AM-2:00PM (L.O. 1:30PM),
5:30PM-9:30PM (L.O. 8:00PM) <Closed> Sunday, holiday
Credit Card: VISA, MASTER, DINERS
<http://www.shinjuku-nakajima.com/>



#075

四谷 うえ村

Yotsuya Uemura

Washoku Kappo



Dinner Course: ¥22,000-



Nemoto Building 1F, 8-1 Arakicho, Shinjuku-ku
Yotsuya 3-chome (M11) Exit 4, 5 min. walk

A washoku restaurant established by owner chef who trained in famous restaurants in Kyoto and Tokyo. Offering nothing but omakase (chef's choice) course, the restaurant features cuisine that brings out the umami flavor of seasonal ingredients across the board. Dishes prepared with eggplant are its specialty, and many customers come yearning for their eggplant topped with sea urchin and their herring and eggplant.

<Mon-Sat> 6:00PM-11:00PM (L.O. 9:00PM)
<Closed> Sunday, holiday
Credit Card: VISA, MASTER, DINERS



#087

がんこ 西新宿店

Ganko (Nishi-Shinjuku)

Washoku, Kaiseki



☎ 03-5322-7011
Lunch: ¥2,000- / Dinner: ¥3,500-
Course: ¥5,500-



1-10-2-10F, Nishi-Shinjuku, Shinjuku-ku
Shinjuku (JR Line) West Exit, 2min. walk

Ganko's greatest appeal is its diverse menu of all kinds of affordable Japanese cuisine. You could take the "Gozen" set menu to enjoy a full-course meal of seasonal dishes, or you could order a la carte to share dishes among a large group. There's sushi, there's tempura, and there are unagi (eel) dishes. There's sukiyaki and shabushabu. People who aren't keen on raw fish are covered by the extensive menu of meat dishes and fried items.

👍 Sushi (large platter)

<Mon-Fri> 11:00AM-3:30PM, 5:00PM-11:00PM
<Sat, Sun & Holiday> 11:00AM-11:00PM
Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others
<http://www.gankofood.co.jp/shop/detail/wa-shinjukuwest/>



*Halal & vegetarian menus may require reservation in advance

007

گانکو 新宿 山野愛子邸

Ganko (Shinjuku Yamano Aiko-tei)

Washoku, Kaiseki



☎ 03-6457-3841

Lunch: ¥2,000- / Dinner: ¥3,500-
Course: ¥5,500-📍 1-1-6 Okubo, Shinjuku-ku
Higashi Shinjuku (E02/F12) A1 Exit, 5 min. walk

Ganko Shinjuku Yamano Aiko-tei is the first “yashiki” (mansion) style restaurant in Tokyo. Located somewhat far from noisy center of Shinjuku, you can spend a relaxing time eating meals while viewing the beautiful garden. The semi-western style mansion is a perfect venue for different types of events from wedding to family gatherings.

👍 Kuroge Wagyu (Japanese Black) Shabu-shabu

11:00AM-11:00PM (L.O. Food 10:00PM, Drinks 10:30PM)

Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others

<http://www.gankofood.co.jp/shop/detail/ya-shinjuku/>English
Chinese
Korean
Photo#
008

李宮 新宿アイランドタワー

RIKYU (Shinjuku i-Land Tower)

Yakiniku



☎ 03-5323-6177

Lunch: ¥1,000-1,500
Dinner: ¥5,000-6,000
Course: ¥3,300-7,300📍 6-5-1-B1F Nishi-Shinjuku, Shinjuku-ku
Nishi-Shinjuku (M07) 1 min. walk
Shinjuku (JR Line) West Exit, 10 min. walk

RIKYU provides high-grade meat and refined atmosphere in the sophisticated town of Nishi Shinjuku. Since they purchase a whole Japanese Black, their prices are reasonable and they are able to provide rare parts of the meat. Enjoy their course menus and all you can eat menus in a relaxing atmosphere.

👍 Nikuno Kiwami Course, Tokusen Course

11:30AM-3:00PM (L.O. 2:30PM)

<Mon-Sat> 5:00PM-11:00PM (L.O. 10:00PM)

<Sun & Holiday> 5:00PM-10:00PM (L.O. 9:00PM)

<Closed> New Year Holiday & when the building is closed

Credit Card: VISA, Master, AMEX, JCB, UnionPay

<http://www.create-restaurants.co.jp>English
Photo#
009

雛鮨 新宿アイランドタワー

HINASUSHI (Shinjuku i-Land Tower)

Sushi



☎ 03-5323-2380

Lunch: ¥1,000- / Dinner: ¥4,000
Course: ¥5,200-📍 6-5-1-B1F Nishi-Shinjuku, Shinjuku-ku
Nishi-Shinjuku (M07) 1 min. walk
Shinjuku (JR Line) West Exit, 10 min. walk

HINASUSHI is an all you can eat sushi restaurant serving about 60 types of sushi at all times! In addition to standard sushi they have a wide variety from their dynamic “whole anago sushi” to gunkan-maki of crab innards and monkfish liver. You can order your favorite sushi as many times as you want! Sushi toppings will change depending on the season.

👍 Premium Sushi All-You-Can-Eat

<Mon-Sat> 11:30AM (Sun & Holiday 12:00PM)-3:00PM (L.O. 2:30PM)

<Mon-Fri> 5:00PM-11:00PM (L.O. 10:00PM)

<Sat, Sun & Holiday> Closes 30 min-1.5 hour earlier

<Closed> New Year Holiday & when the building is closed

Credit Card: VISA, Master, AMEX, JCB, UnionPay

<http://www.create-restaurants.co.jp>English
Chinese
Photo#
077

魚や一丁 新宿三光町店

Uoya Iccho (Shinjuku-Sankocho)

Washoku, Sushi, Nabe, Izakaya



☎ 03-3225-2030

Lunch: ¥800- / Dinner: ¥3,000-
Course: ¥3,500- (all you can drink)📍 2-19-1-B1, Shinjuku, Shinjuku-ku
Shinjuku Sancho-me (F13/M09/S02) C6 Exit, 1 min. walk
JR Shinjuku (East Exit) 10 min. walk

Founded in Hokkaido as a sashimi izakaya, Uoya Iccho offers cuisines from Hokkaido such as sashimi, sushi, and crabs at a reasonable price. Their chefs will serve the freshest seafood from all over Japan and best ingredients of the season from Hokkaido. The restaurant has 240 seats and banquet rooms for different purposes and number of guests.

👍 Assorted Sashimi -enjoy fresh sea fish, shellfish, shrimp, etc. at a reasonable price

11:30AM-2:00PM (L.O. 1:30PM) Weekday only

4:00PM-11:00PM (L.O. 10:30PM)

Credit Card: VISA, Master, AMEX, JCB

movie.jp.com/shops/info/182322English
Chinese
Photo#
011

個室居酒屋 番屋 西新宿店

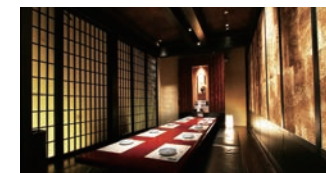
Banya (Nishi Shinjuku)

Izakaya



☎ 03-5381-5757

Dinner: ¥4,000- / Course: ¥4,000-

📍 2-6-1-49F Nishi-Shinjuku, Shinjuku-ku
Nishi-Shinjuku (M07) Exit 2, 5 min. walk
Tochomae (E28) A6 Exit, 1 min. walk

With respect to traditional Japanese style of “wa”, Banya offers relaxing privatized rooms that can be used for different purposes. Beautiful night view of Tokyo can be seen from 200 meters up in the sky. Private rooms can be used from 2 persons up to a group of 80.

👍 10 Types of Fresh Sashimi

5:00PM-11:30PM <Closed> New Year Holiday

Credit Card: VISA, Master, AMEX, Others

<http://www.banya-group.jp/>English
Photo#
012

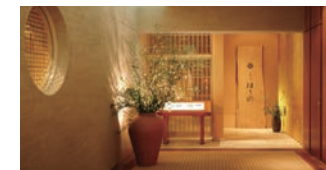
四季の味ほり川小田急ホテルセンチュリーサザンタワー店

Japanese Restaurant Horikawa

Washoku, Sushi, Shabu-shabu, Nabe, Teppanyaki



☎ 03-3320-6552

Lunch: ¥3,200- / Course: ¥4,500-
Dinner: ¥8,000- / Course: ¥6,480-📍 Odakyu Hotel Century Southern tower 19F 2-2-1-Yoyogi, Shibuya-ku
Shinjuku (JR Line) Southern Terrace Exit, 2 min. walk
Shinjuku (E27/M08/S01) A1 Exit, 1 min. walk

Located only 3 minutes away from Shinjuku Station on foot, Japanese Restaurant Horikawa provides you a luxurious atmosphere that will make you forget the hustle and bustle of Shinjuku. You can enjoy 3 types of Washoku: Japanese cuisines such as delightful course menus and shabu-shabu, Teppanyaki of Japanese Black and fresh seafood at the counter seats, and fresh Sushi using ingredients from the Tsukiji Fish Market.

👍 Sankai Okonomi Course ¥6,000 + service charge + tax

<Mon-Fri> 11:30AM-2:30PM (L.O. 2:30PM), 5:00PM-10:30PM

(L.O. 9:30PM) <Sat, Sun & Holiday> 11:00AM-3:30PM (L.O.

3:30PM), 3:30PM-10:30PM (L.O. 9:30PM)

Credit Card: VISA, Master, AMEX, JCB, Others

English
Chinese
Photo

*Halal & vegetarian menus may require reservation in advance

Saigo Takamori Statue (Ueno Park)



上野・秋葉原

Ueno Akihabara

"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.



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 Yokocho, derives from the word "Ame" (=candies) and "Yokocho" (=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.



10:00AM-7:00PM
www.ameyoko.net

Ueno (JR Line) Central Exit, (G16, H17) 5B Exit
Okachimachi (JR Line) North Exit
Nakaokachimachi (H16) A2, A5, A7 Exit
Ueno-Okachimachi (E09) A7 Exit



上野恩賜公園 Ueno Park

Ueno Park is a large public park that has numerous shrines, temples, and museums. It is also famous for the Ueno Zoo, which is Japan's oldest zoo that opened in 1882. In addition, Ueno Park is one of the most popular cherry blossom spots in Tokyo.

Temples & Shrines - Kaneiji Temple, Kiyomizu Kannon Temple, Toshogu Shrine, Bentendo

Museums - Tokyo National Museum, National Museum of Nature and Science, Tokyo Metropolitan Art Museum, National Museum of Western Art, Shitamachi Museum

5:00AM-11:00PM
<https://www.tokyo-park.or.jp>

Ueno (JR Line) Park Exit

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.

Akihabara (JR Line/H15)



MAIDREAMIN©Neodelightinternational Inc.

鳥良 上野駅前店
013 **Toriyoshi (Ueno Ekimae)**
Washoku, Izakaya, Yakitori



☎ 03-5812-2424
Lunch: ¥1,300-
Dinner: ¥3,800-
Course: ¥5,000-



📍 1-57-B2F Ueno Koen, Taito-ku
Ueno (JR Line) Shinobazu Exit, 3 min. walk

A 3-minute walk from Ueno Station, Toriyoshi is surrounded by many sightseeing destinations such as the Ueno Park, zoo, and museums. The interior is made in a traditional Japanese style and the display of agricultural tools may be inspiring for foreign visitors. Enjoy eating chicken dishes and a wide variety of Japanese cuisines.

👍 5 Assorted Yakitori & Daiginjo Tofu

<Lunch> 11:00AM-3:00PM
<Dinner> 3:00PM-12:00AM (L.O. 11:00PM)
Credit Card: VISA, Master, AMEX, JCB, UnionPay
<http://www.toriyoshi.jp>

上野の森 PARK SIDE CAFE
014 **Ueno no mori PARK SIDE CAFE**
Café



☎ 03-5815-8251
Lunch: ¥1,200- / Dinner: ¥1,200-



📍 8-4 Ueno Koen, Taito-ku
Ueno (JR Line) Park Exit, 3 min. walk

PARK SIDE CAFE provides "relaxation" by serving seasonal vegetables and fresh herb tea. The menus using seasonal vegetables are prepared under the concept of "maximizing the natural flavors and tastes of the vegetables." Their outdoor seats are also recommended to feel tranquil scenery of Ueno Park.

👍 Special Sandwich Platter -You can enjoy vegetables, meat, fruits, and sweets on one plate.

<Mon-Fri> 10:00AM-9:00PM (L.O. Food 8:00PM, Drink 8:30PM)
<Sat, Sun & Holiday> 9:00AM-9:00PM (L.O. Food 8:00PM, Drink 8:30PM)
Credit Card: VISA, Master, AMEX, JCB
<http://www.create-restaurants.co.jp>

Bistrot Taka
078 **Bistrot Taka**
Bistrot, French



Dinner Course: ¥9,000-



📍 2-33-1, Yushima, Bunkyo-ku
Yushima (C13) Exit 5, 3 min. walk | Ueno-Hirokoji (G15)
10 min. walk | Ueno-Okachimachi (E09) 10 min. walk

Located in a quiet residential area near Yushima shrine, the chef serves authentic flavors of France where he gained his experiences. The chef and manager teamed up together and opened an enjoyable cuisine house in a homey atmosphere. This restaurant is suitable for a meal with a close friend, or even a formal situation like entertaining clients. Achieved the Bib Gourmand award by Michelin in 2016 guide for Tokyo.

<Lunch> Tue-Fri 11:30AM-3:00PM (L.O. 2:00PM) Sat-Sun 12:00PM-3:00PM (L.O. 2:00PM) <Dinner> Tue-Sun 6:00PM-10:30PM (L.O. 9:00PM) <Closed> Monday, 1st & 3rd Tuesday
Credit Card: VISA, MASTER, DINERS
<http://bistrot-taka.com/>

秋葉原 LIVE RESTAURANT Heaven's Gate
016 **Akihabara LIVE RESTAURANT Heaven's Gate**
Maid Cafe



☎ 03-6206-8090
Lunch: ¥1,050- / Dinner: ¥3,500-
Combo: ¥3,710- (Not including tax and ¥500 table charge per 1 hour)

📍 AK Bldg. 6F, 1-15-9 Soto-Kanda, Chiyoda-ku
Akihabara (JR Line) Electric Town Exit, 1 min. walk

Enter the world of Maid culture and MOE experience casting special spells on foods and drinks! "maidreamin" is the No.1 maid cafe group with 17 locations worldwide, and Akihabara LIVE RESTAURANT Heaven's Gate has the largest capacity with 80 seats maximum. Pretty maids with charming smiles welcome each of their customers as a master. Don't miss out the outstanding live performance held on the stage!

👍 KAWAII HAPPINES COMBO ¥3,710+tax
1) Main dish, 2) dessert, 3) drink, 4) gift, 5) souvenir photograph
*All foods and drinks will be given a spell by maid

<Mon-Fri> 11:30AM-11:00PM <Sat, Sun & Holiday> 10:30 am-11:00pm
Credit Card: VISA, Master | <http://maidreamin.com>
<Facebook page> <https://www.facebook.com/maidcafe.maidreamin/>



神田炎蔵 秋葉原UD X
017 **Kanda Enzo (Akihabara UDX)**
Yakiniku



☎ 03-5289-8480
Lunch: ¥1,020- / Dinner: ¥4,000-
Course: ¥5,000-

📍 4-14-1-3F Soto Kanda, Chiyoda-ku
Akihabara (JR Line) Electric Town Exit, 1 min. walk

On the third floor of Akihabara UDX is Kanda Enzo, a Yakiniku restaurant where you can enjoy carefully selected domestic beef along with a wide variety of shochu and other types of alcoholic beverages in the Edo Townhouse-style interior. More than 10 types of shochu are ready to be served with juicy beef!

👍 Enzo Course, Boneless Short Rib, Seafood Korean Pancake, Stone-Roasted Bibimbap

<Mon-Fri> 11:00AM-3:00PM (L.O. 2:30PM), 5:00PM-11:00PM (L.O. 10:00PM) <Sat, Sun, Holiday> 11:00AM-5:00PM (L.O. 4:30PM), 5:00PM-10:00PM (L.O. 9:00PM) <Closed>
When Akihabara UDX is closed | Credit Card: VISA, Master, AMEX, JCB | <http://www.create-restaurants.co.jp>



GUNDAM Café 秋葉原店
018 **GUNDAM Café (Akihabara)**
Entertainment Cafe



☎ 03-3251-0078
Lunch: ¥1,000- / Dinner: ¥1,500-

📍 1-1 Kanda Hanaokacho, Chiyoda-ku
Akihabara (JR Line) Electric Town Exit, 1 min. walk

Explore the world of "Mobile Suit Gundam," a Japanese anime classic, at "Gundam Café." This information base of Gundam will be sure to entertain all types of fans. Café menus are based on scenes or characters of the Gundam series. Experience the legend of the Japanese animation in the city of otaku, Akihabara.

👍 "Char's ZAKU rice ~Chicken omelet rice~"

10:00AM-10:30PM
(Food L.O. 9:30PM, Drink L.O. 10:00PM)
Credit Card: VISA, Master
<http://g-cafe.jp/>



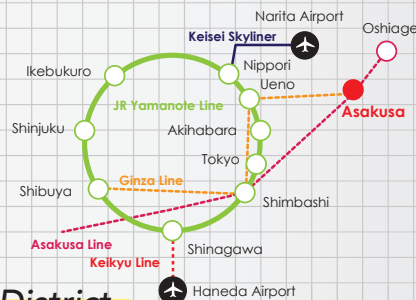


浅草

Asakusa

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!



浅草寺

Sensoji Temple

¥ FREE

Sensoji Temple is the oldest temple in Tokyo. The origin of Sensoji dates back to 628. Later in 1590, 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.

6:30AM-5:00PM
<http://www.senso-ji.jp>

🚶 Asakusa (A18/G19/TS01)

浅草花やしき

Asakusa Hana Yashiki

¥ Age 13-64: 1000 yen / Age 7-12 & 65+: 500 yen / Under 6 & physically disabled persons: Free (Fee for rides not included)

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.

10:00AM-6:00PM (Last entry 5:30PM) | <https://hanayashiki.net/e/> 🚶 Asakusa (A18/G19/TS01)

浅草 飴細工あめしん

Asakusa Amezaiku Ameshin

Ameshin is an amezaiku (candy art) store founded in 2013. Amezaiku is one of the traditional Japanese arts crafts. The candy is softened by heating to around 90 degrees C (almost 200 degrees F), and is finely crafted with bare hands and traditional Japanese scissors. Amezaiku is created by cutting, pulling, and bending candy, which is attached at the top of stick. Ameshin holds workshops at their head office in Asakusa. You can learn how to make a rabbit. They also have a Solamachi Store located in Tokyo Skytree Town.

10:30AM-6:00PM, Closed Thursday
<http://www.ame-shin.com/en/>

🚶 Asakusa (A18/G19/TS01) 7 min. walk

浅草 きんぎょ

Asakusa Kingyo

Asakusa Kingyo provides you opportunity to enjoy "kingyo sukui" (goldfish catch), which is one of the most widely loved summer activities in Japan. For 300 yen, visitors are allowed to catch and release some small goldfish. There are also goldfish-inspired souvenirs such as wind-bells and coin purses.

9:00AM-4:30PM
<http://asakusa-kingyo.crayonsite.net>

🚶 Asakusa (A18/G19/TS01) Exit 5

かつば橋道具街

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 equipment. 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.

<http://www.kappabashi.or.jp/en/index.html>

🚶 Tawaramachi(G18), Iriya (H18), Asakusa (A18/G19/TS01)

浅草今半 国際通り本店
019 **Asakusa Imahan (Kokusai Street)**
Sukiyaki, Shabu-shabu, Kaiseki

☎ 03-3841-1114
Lunch: ¥4,000- / Dinner: ¥10,000-
Course: ¥10,000-



📍 3-1-12 Nishi Asakusa, Taito-ku
Asakusa Station (Tsukuba Express Line) A2 Exit, 1 min. walk

Established in 1895, Asakusa Imahan is known as a long-standing Sukiyaki restaurant. They carefully select savory female Japanese Black Beef breeds. "Quickly simmering as if grilling" beef in shallow pot using their special sukiyaki sauce is Asakusa Imahan style. Shabu-shabu and kaiseki are also recommended. There are many types of seats such as private rooms, large banquet rooms, and table seats to meet different needs.

👍 Kobe Beef Sukiyaki Gozen

<Lunch> 11:30AM-3:00PM

<Dinner> 3:00PM-9:30PM (L.O. 8:30PM)

Credit Card: VISA, Master, AMEX, UnionPay

<http://www.asakusaimahan.co.jp/>

ふなわかふえ 浅草店
020 **Funawa Café**
Wa-Café

☎ 03-5828-2703
¥700-



📍 2-19-10 Kaminarimon, Taito-ku
Asakusa (A18) A4 Exit, 1 min. walk / (G19) Exit 2, 0 min. walk

Funawa, a long-standing Japanese sweets shop established in 1902, newly opened a wa-café (hybrid of traditional Japan and the West) called Funawa Café. While you can order coffee and tea, they also serve traditional Japanese sweets such as their best-selling "imo-yokan" (sweet potato paste) or an-mitsu (red bean and fruits).

👍 Traditional imo-yokan and hybrid sweets using imo-yokan

<Mon-Fri> 10:00AM-7:30PM

<Sat, Sun & Holiday> 10:00AM-8:00PM

<http://funawa.jp/shop/>

やきとりの扇屋 浅草店
021 **Yakitori Ohgiya (Asakusa)**
Izakaya, Yakitori, Kushiage, Kamameshi

☎ 03-5806-2410
Dinner: ¥2,300-
Course: ¥3,000- (all you can drink)



📍 2-1-15 Asakusa, Taito-ku
Asakusa (A18/G19/TS01) Exit 6, 2 min. walk

The "grilling masters" of Ohgiya put their hearts into charcoal grilling each yakitori (from ¥100 / skewer) using "secret teriyaki sauce recipe" and "special salt." Other menus include kamameshi, deep-fried chicken wings, kushiage, and stewed dishes. Ohgiya is located near Sensoji and only takes 2 minutes walk from Asakusa station.

👍 Yakitori ¥100 / skewer (Teriyaki & Salt) -Grilled with charcoal fire, outside of the chicken is crispy while inside is juicy.

<Mon-Fri> 4:00PM-12:00AM (L.O. 11:00PM)

<Sat, Sun & Holiday> 1:00PM-12:00AM (L.O. 11:00PM)

Credit Card: VISA, Master, AMEX, JCB

movia.jp.com/shops/info/032250

土風炉 浅草店
022 **Tofuro (Asakusa)**
Washoku, Sukiyaki, Shabu-shabu, Nabe, Soba, Udon, Izakaya, Robata

📍 1-24-1 ROX2G 4F Asakusa, Taito-ku
Asakusa (Tsukuba Express Line) Exit 4, 5 min. walk
Tawaramachi (G18) Exit 3, 7 min. walk

Tofuro serves wide variety of washoku using carefully selected ingredients that are directly shipped from farms all across Japan. Popular menus are fresh seafood and vegetables grilled with charcoal, fresh sashimi, soba using buckwheat from Hokkaido, and tofu is made from domestic soy milk and natural bitter from Okinawa. And we choose different domestic beans to make soy milk seasonally. The interior is designed to enjoy the atmosphere of traditional Japanese designs and Kabuki.

👍 Kushiyakki -skewered meat and vegetables

<Lunch> Sat, Sun & Holiday 11:30AM-5:00PM

<Dinner> 5:00PM-11:30PM (L.O. 10:45PM)

Credit Card: VISA, Master, AMEX, JCB, UnionPay

<http://www.tofuro.jp>



天丼 葵丸進
023 **Ten-don Aoimarushin**
Tempura, Ten-don

📍 1-4-4 Asakusa, Taito-ku
Asakusa (A18/G19/TS01) Exit 1, 3 min. walk

Aoimarushin has been operating for nearly 70 years since its establishment in 1946. Many customers enjoy their tempura as the taste of Asakusa. They continue the Edo-style flavor that abundantly uses carefully chosen dried bonito flakes from Tosa, Kochi Prefecture. Vegetarian menus are also available.

👍 Tempura Course "Ume" ¥4,000 + tax -Appetizer, assorted tempura, small mixed tempura with shrimp, rice & soup, dessert

11:00AM-9:00PM (L.O. 8:00PM)

<Closed> 2nd & 4th Monday

Credit Card: VISA, Master, AMEX, JCB, UnionPay

<http://www.aoi-marushin.co.jp>



磯丸水産 浅草新仲見世通り店
024 **Isomaru Suisan (Asakusa Shin Nakamise Dori)**
Washoku, Sushi, Izakaya, Hamayaki

📍 1-23-7-1F&2F Asakusa, Taito-ku
Tawaramachi (G18) 4 min. walk
Asakusa (A18/G19/TS01) 8 min. walk

Isomaru Suisan stocks fresh seafood every day and provides it at a reasonable price! You can enjoy hamayaki (grilling at beach) and have shellfish and squids cooked right in front of your eyes. It feels as if you are dining at the beach.

👍 Kaisen Isomaru Hamayaki -Enjoy grilling fresh seafood at your table. Taste the natural flavors of the seafood.

<Mon-Fri> 11:00AM-5:00PM (L.O. 5:00PM), 5:00PM-11:00PM

<Sat, Sun & Holiday> 12:00PM-12:00AM

Credit Card: VISA, Master, AMEX, JCB, UnionPay

<http://www.isomaru.jp>



☎ 03-5806-4455
Lunch: ¥1,500- / Dinner: ¥3,500-
Course: ¥3,800-



☎ 03-3841-0110
Lunch: ¥2,000- / Dinner: ¥2,500-
Course: ¥4,000-



☎ 03-5806-5817
Lunch: ¥1,200-
Dinner: ¥3,000-
Course: ¥5,000-



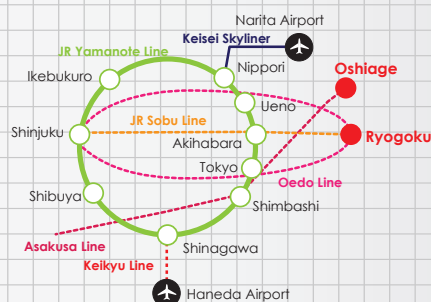


押上・両国

Oshiage Ryogoku

TOKYO SKYTREE® and Sumo, Symbols of Japan

Located across the Sumida River from Asakusa, Oshiage has the old downtown atmosphere. TOKYO SKYTREE® became one of the landmarks of Tokyo after opening in May 2012. The commercial facility of TOKYO Solamachi® 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.



025 ちゃんこダイニング安美 両国総本店
Chanko Dining Ami (Ryogoku)
Chanko, Washoku



☎ 03-5669-1570
Lunch: ¥860- / Dinner: ¥4,000-
Course: ¥4,000-

📍 3-26-6-2F&4F Ryogoku, Sumida-ku
Ryogoku (JR Line) East Exit, 1 min. walk

Chanko is a special kind of nabe that is particularly served to Sumo wrestlers. Try Chanko Dining Ami's delicious, filling, and healthy chanko using recipes transmitted from Isegahama-beya (Isegahama sumo wrestling house)! They also serve dishes using fresh ingredients from Tsukiji and pork shabu-shabu from Kagoshima Prefecture. Don't forget to try out the wide variety of local shochu and Japanese sake.

👍 ISEGAHAMABEYA-chanko (¥2,200 + tax)

<Mon-Sat & Before Holiday> 11:00AM-2:00AM

<Sun & Holiday> 11:00AM-12:00AM

Credit Card: VISA, JCB

<http://sakanaya-group.com/05ami/index.html>

English Photo



030 ビバ ナポリ
VIVA NAPOLI
Italian



☎ 03-5610-3190
Lunch: ¥2,000- / Dinner: ¥3,000-
Course: ¥5,000-

📍 TOKYO Solamachi 6F, 1-1-2-6F Oshiage, Sumida-ku
Oshiage (Z14) B3 Exit, 1 min. walk
Tokyo Sky Tree (Tobu Sky Tree Line) 0 min. walk

Enjoy authentic Italian food in the stylish area under the TOKYO SKYTREE®. Stone oven baked pizza and pasta using carefully chosen ingredients are served at VIVA NAPOLI. Lunch menus include all you can eat antipasto (appetizer), salad, soup, and freshly made pizza along with pasta or main dish of your choice. You can enjoy a la carte for dinner on weekdays. Wide variety of wine is also available.

👍 Stone oven baked pizza -Fresh from the oven!

<Lunch> 11:00AM-4:00PM (L.O.3:30PM) <Tea Time>
4:00PM-5:00PM <Dinner> 5:00PM-11:00PM (L.O.10:00PM)
<Closed> When the building is closed | Credit Card: VISA,
Master, AMEX, JCB | <http://www.create-restaurants.co.jp/>

English Chinese Photo



027 スカイツリー®ビューレストラン 簾(れん)
REN
Washoku (Japanese style cuisine), Charcoal grill steak



☎ 03-5611-5591
Washoku
Lunch: ¥2,000- / Dinner: ¥6,500-
Charcoal Grill Steak Dinner: ¥10,000-

📍 Tobu Hotel Levant Tokyo 1-2-2 Kinshi, Sumida-ku
Kinshicho (JR Line) North Exit / (Z13) Exit 3, 3 min. walk

Located in the highest floor of the hotel building, providing an excellent view of TOKYO SKYTREE® on the north side and Tokyo Tower on the south. Using superb techniques they serve traditional Japanese cuisines with seasonal ingredients filled with love, pride and creativity. A wonderful place to have a precious time with your loved ones. They also offer (WAGYU) steak, Japanese (SAKE) wine by a sake sommelier and french cuisine such as charcoal grilled steak.

👍 Flambe dessert

<Lunch> 11:30AM-3:00PM (L.O. 2:00PM)

<Dinner> 5:30PM-10:00PM (L.O. 9:00PM)

Credit Card: VISA, Master, AMEX, UC, DC, UFJ, Diners, JCB,
Nicos, MUFG | <https://www.tobuhotel.co.jp/levant-restaurant-bar/ren/>

English



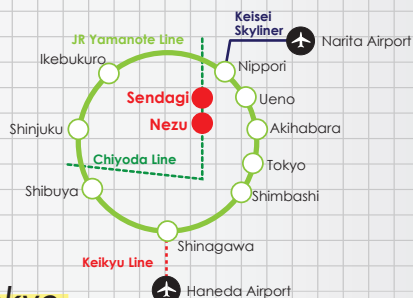


谷中・根津・千駄木

Yanaka Nezu Sendagi

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.



031 千駄木露地イタリアン Sendagi Roji Italian Italian



☎ 03-5814-8087
Lunch: ¥1,300- / Dinner: ¥4,000-
Course: ¥3,800-

📍 2-42-2 Sendagi, Bunkyo-ku
Sendagi (C15) Exit 1, 5 min. walk

Sendagi Roji Italian is an Italian restaurant that renovated an old Japanese-style housing built 80 years ago. "Roji" means "small passage between houses." Lattice doors, stairs, and big stains give the taste of the old days in Japan. Do not hesitate walking into a "Roji" and you will find some delicious homemade Italian dishes in the warm Japanese atmosphere.

👍 Acquapazza of fresh fish

11:30AM-3:00PM (L.O. 2:30PM), 6:00PM-11:00PM (L.O. 10:00PM)
<Closed> 1st & 3rd Tuesday, Wednesday
Credit Card: VISA, Master
<http://sendagi-roji.com/>



032 おにぎり café 利さく Onigiri Café Risaku Rice ball



☎ 03-5834-7292
¥800-

📍 2-31-6 Sendagi, Bunkyo-ku
Sendagi (C15) Dangosaka Exit, 30 sec. walk

If you want to have a light meal in Yanesen, try Risaku's rice ball made with koshihikari rice shipped directly from the farm and steamed in a traditional rice cooking stove. They make each rice ball after they receive the orders. From traditional to unique ones, you can choose from 28 types of fillings. Don't forget the healthy seasonal soups that go well with the rice balls!

👍 Shiokobu Takuan

8:00AM-8:00PM
<Closed> Wednesday
<http://risaku.jimdo.com/>



033 HAGI CAFE HAGI CAFE Café



☎ 03-5832-9808
Lunch: ¥1,300- / Dinner: ¥2,000-
Course: ¥2,500-

📍 HAGISO, 3-10-25 Yanaka, Taito-ku
Nippori (KS02) West Exit, 5 min. walk
Sendagi (C15) Exit 2, 5 min. walk

HAGI CAFE is located on the first floor of HAGISO, a 60-year-old wooden apartment that has been renovated. HAGISO is a micro cultural complex that has a cafe and gallery on the first floor, a hotel reception, atelier, and architectural design office on the second floor. You can feel the atmosphere of good old days in the aged wooden cozy apartment.

👍 Fried mackerel sandwich ¥850

Breakfast menu 8:00AM-10:30AM (L.O. 10:00AM)
12:00PM-9:00PM (L.O. 8:30PM)
<Closed> Irregular
<http://hagiso.jp>



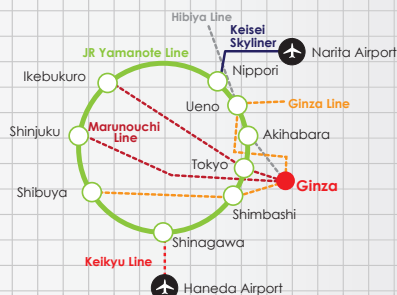


銀座

Ginza

Refined Shopping Area

Ginza is a gorgeous shopping city in Tokyo where you can enjoy both the latest trends and traditional shops of Japan. Shop around in department stores where you will spot well-known brands of the world. There also are theaters and over 200 galleries introducing the world of art. Kabuki-za, where kabuki (a type of traditional Japanese performing art) performances are held, has been one of the landmarks in Ginza. On Saturdays, Sundays, and Holiday from noon to sunset, Ginza dori is a pedestrian paradise! Walk along the street to check out the shops and galleries. After a long walk, try some of the finest dishes at high-end restaurants.



ギンザシックス

GINZA SIX

The concept of GINZA SIX is New Luxury. The floors from the 2nd basement to the 6th floor, as well as the 13th floor, which is the restaurant floor, hold stores selling precious foods and drinks gathered from Japan and around the world, alongside global fashion brands and specialty stores to enliven shoppers' lifestyles. Of the 241 premises, 67 are food-related shops, cafes, and restaurants. The all-in-one appeal of GINZA SIX is rounded out with facilities ranging from a theater for Noh, Japan's traditional performing art, to a rooftop garden that commands a superb view of Ginza.

Shops 10:30AM-8:30PM, Restaurants 11:00AM-11:00PM
<https://ginza6.tokyo.e.abf.hp.transer.com>

🚶 Ginza (G09/H08/M16) Exit A2
 Higashi-Ginza (A11/H08) Exit A1
 Ginza-itchome (Y19) Exit 9



東京ミッドタウン日比谷

Tokyo Midtown Hibiya

Tokyo Midtown Hibiya is a shopping facility with nearly 50 shops and restaurants. Located in Hibiya, which is an area that holds a great history of innovative international business, art, and culture, their concept is "Future-oriented new values and experiences."

Shops 11:00AM-9:00PM
Restaurants 11:00AM-11:00PM
<https://www.hibiya.tokyo-midtown.com/jp/sp/>

🚶 Hibiya (C09/H07/I08)
 Yurakucho (JR Line/Y18)
 Ginza (G09/H08/M16)



歌舞伎座

Kabukiza

Kabukiza is a theater specialized to Kabuki performances that was established in 1889. After burning down several times from fire and WWII, it was rebuilt in 1950. It has been loved by all Kabuki fans and is known as a landmark of Ginza. Experience the traditional Kabuki world at the mecca of Kabuki! You can also make use of English portable subtitle devices that cost ¥1000. On B2F, there is a shopping area (souvenir shop, boxed lunch shop, cafe, convenience store, food stand, event space) called "Kobiki-cho" where you can enjoy the kabuki atmosphere. Open hours are from 9:30AM-5:30PM.

<https://www.kabukiweb.net/theatres/kabukiza/information/index.html>

🚶 Ginza (M16/H08/G09) A7 Exit
 Higashi Ginza (A11/H09) Exit 3



日比谷公園

Hibiya Park

¥ FREE

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/>

🚶 Kasumigaseki (M15/H06/C08), Hibiya (I08/C09/H07)



035 焼肉居酒屋 マルウシミート 銀座本店
Maruushi Meat (Ginza Honten)
Izakaya, Yakiniku

1-5-10-8F Ginza, Chuo-ku
Ginza-itchome (Y19) Exit 5-6, 2 min. walk
Ginza (G09/H08/M16) A13 Exit, 5 min. walk

Maruushi is a restaurant in Ginza where you can enjoy Japanese beef and wine. By not intervening any intermediaries, they are able to serve you the best taste at an "unbelievable" price. They only serve rare female Japanese Black beef that are A5 and A4 ranked. Try the beef with their special wasabi and feel the meat melt in your mouth. Collaboration of wine and Japanese beef is a perfect match!

👍 Premium Ioin

<Mon-Fri> 5:00PM-11:30PM

<Sat, Sun & Holiday> 5:00PM-10:00PM

Credit Card: VISA, Master, AMEX, Diners, Others

<http://www.daitohkigyo.com/brand/marushi.html>



☎ 03-3562-2941
Dinner: ¥5,000- / Course: ¥5,000-



036 鮨処 銀座 福助 本店
Sushi Ginza Fukusuke (The Main)
Sushi

2-6-5 10F Ginza, Chuo-ku
Ginza-itchome (Y19) Exit 8, 1 min. walk
Ginza (G09/H08/M16) A9 Exit, 4 min. walk

Enjoy fresh sushi using a wide range of seasonal seafood! With thorough preparation and highly skilled technique, Fukusuke maximizes the natural flavors of the seafood and provides the authentic taste of sushi. The warm interior of the restaurant is made from wood and stones. You can choose to sit at a lively counter seat, a relaxing table seat, or private rooms that seat 4-14 people.

👍 Hamakaze Course ¥6,000 + tax

<Mon-Fri> 11:30AM-3:00PM (L.O. 2:30PM),
5:00PM-10:00PM (L.O. 9:30PM)

<Sat, Sun & Holiday> 11:00AM-10:00PM (L.O. 9:30PM)

<Closed> Jan. 1st

Credit Card: VISA, Master, AMEX, JCB, Others



037 がんこ 銀座1丁目店
Ganko (Ginza-itchome)
Washoku, Kaiseki

1-7-10-B1F Ginza, Chuo-ku
Ginza-itchome (Y19) Exit 7, 1 min. walk
Kyobashi (G10) Exit 3, 4 min. walk

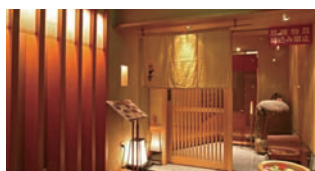
Ganko changes their kaiseki menu every month based on the season. Try their "Special Lunch Kaiseki" and "Mini Kaiseki, Sushi Kaiseki, Hon-Kaiseki" to feel the Japanese culture. Don't miss out on their cultural events: "Sushi Competition," an event where you can eat the sushi you make and "Traditional Japanese Dance Show," an event held every Sunday to enjoy traditional Japanese dancing while having lunch.

👍 Jo-nigiri

11:00AM-11:00PM (L.O. 10:30PM)

Credit Card: VISA, Master, AMEX, JCB, Diners, UnionPay

<http://www.gankofood.co.jp/>



☎ 03-3567-6789
Lunch: ¥2,000- / Dinner: ¥3,000-
Course: ¥4,000-

079 銀座シェ・トモ
GINZA Chez Tomo
French

11-12F, POLA Ginza Bldg. 1-7-7 Ginza Chuo-ku
Ginza-itchome (Y19) Exit 7, 1 min. walk | Ginza (G09/H08/M16) A9
Exit, 6 min. walk | Yurakucho (JR Line) Kyobashi Exit, 5 min. walk

One's five senses are stimulated by its location, interior and presentation at this French restaurant in Ginza. The store is uncompromising in its pursuit for finest ingredients. Freshness, its origin, aroma, and texture are emphasized in equal measures and only the best ingredients from around the world are selected. A spacious dining area overlooking the Ginza's main street, the finest hospitality and service attracts guests from all over the world.

<Tue-Sun> 11:30AM-3:00PM, 6:00PM-10:30PM

<Closed> Monday (Tuesday if prior Monday is national holiday)

Credit Card: VISA, MASTER, DINERS

<http://www.chez-tomo.com/ginza/index.html>



Course (Dinner): ¥13,500-



039 ザ・ローズ&クラウン 有楽町店
The Rose & Crown (Yurakucho)
Beer Pub

1-7-1 Yurakucho, Chiyoda-ku
Yurakucho (JR Line) 2 min. walk

The Rose & Crown is a fashionable English-style pub that stands 2 minutes away from Yurakucho station with a gorgeous interior and exterior. Roasted Beef is the specialty of this restaurant. Enjoy yourself casually in the British atmosphere with a variety of alcoholic drinks from malt whisky to their original Rose Beer.

👍 Roast Beef Rose Plate-Rose cut 180g with 3-Garnish Plate

<Mon-Fri> 11:00AM-2:30PM (L.O. 2:00PM), 3:00PM-11:30PM
(L.O. 10:30PM) <Sat, Sun & Holiday> 11:30AM-2:30PM
(L.O. 2:00PM), 3:00PM-11:00PM (L.O. 10:00PM)

Credit Card: VISA, Master, AMEX, JCB, UnionPay

<http://www.dynac-japan.com/rose/>



040 土風炉 銀座コリドー街店
Tofuro (Ginza Corridor Street)
Washoku, Sushi, Sukiyaki, Shabu-shabu, Nabe, Soba, Udon, Izakaya, Robata

8-2-1F&2F Ginza, Chuo-ku
Shimbashi (JR Line) Ginza Exit, 7 min. walk
Yurakucho (JR Line) 8 min. walk

Tofuro serves wide variety of washoku using carefully selected ingredients that are directly shipped from farms all across Japan. Popular menus are fresh seafood and vegetables grilled with charcoal, fresh sashimi, soba using buckwheat from Hokkaido, and tofu is made from domestic soy milk and natural bitter from Okinawa. And we choose different domestic beans to make soy milk seasonally. The interior is designed to enjoy the atmosphere of the traditional Japanese style of Edo.

👍 Hand-made soba

<Lunch> 11:30AM-2:00PM (Sat & Sun until 5:00PM) <Dinner> 4:00PM-
11:30PM (Sat & Sun from 5PM) (L.O. 10:50PM, drink 11:05PM)

Credit Card: VISA, Master, AMEX, JCB, UnionPay

<http://www.tofuro.jp>



*Halal & vegetarian menus may require reservation in advance



Marunouchi
Nihonbashi

Marunouchi is an area located between Tokyo station and the Imperial Palace. It is regarded as the center of Japanese finance and economy where numbers of major companies and banks are headquartered. Next to Marunouchi is Nihonbashi, the center of Edo. The Edo Shogunate designed the bridge Nihonbashi as the center of Tokyo and five main roads leading to other regions of Japan were made to cross at Nihonbashi. All kinds of goods gathered in this area and a lot of stores flourished. You can find some long-standing stores that still has the taste of the old days.



🚆 Tokyo (JR Line/M17), Otemachi (C11/I09/M18/T09/Z08)

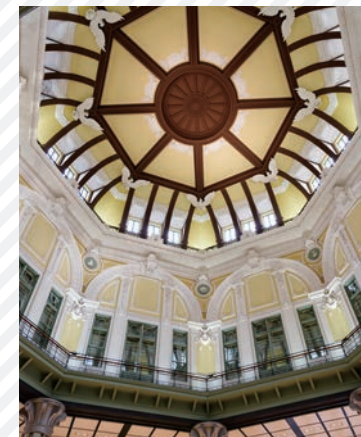


東京駅

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.

 Tokyo (JR Line/M17)



日本橋三越本店

Nihombashi Mitsukoshi Main Store

Mitsukoshi is Japan's oldest department store chain that opened in 1673 as a kimono store. While there are many branches of Mitsukoshi around, the flagship store in Nihonbashi is known for their Renaissance-style building and its central hall with marble patterned floor. You can also see the lion statues sitting in front of the main entrance as the symbol of Mitsukoshi. The stores offer fashion, foods, cosmetics, restaurants and other services including assistance for foreigners. Reservation for in-store interpretation and attendant service is available.

Shops 10:00AM-7:00PM, Restaurants 11:00AM-10:00PM
<https://www.mitsukoshi.mistore.jp/nihombashi.html>

● Mitsukoshimae (G12/Z09) 1 min. walk
Nihombashi (A13/G11/T10) C1 Exit, 5 min. walk



日本銀行 Bank of Japan

The head office of the central bank, Bank of Japan, stands in the center of Tokyo. The building was designed and built in 1896 by Kingo Tatsuno, the designer of Tokyo Station who is known as the father of modern architecture. Inspired by the National Bank of Belgium, it still boasts the majestic appearance of the Baroque style. The red bricks appearance is marvelous being approved as important cultural property in 1974. Bank vaults and business offices can be visited under reservation.

📍 Mitsukoshimae (G12/Z09) B1 Exit



日本橋 Nihonbashi

Nihonbashi was built in 1603 as a wooden bridge. Amid the crowded city of Edo, it was often chosen as the subject of ukiyoe (woodblock printing). Because of the frequent fire during the Edo era, Nihonbashi burnt down many times. The double arch stone bridge you see today was completed in 1911 and now is approved as an important cultural property.

📍 Mitsukoshimae (G12/Z09) B6 Exit
Nihombashi (A13/G11/T10) B12 Exit

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 you to enjoy.

<http://amazakeyokocho.jp>

📍 Ningyocho (H13/A14)

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.

日本橋ゆかり
041 Nihonbashi Yukari
Washoku



☎ 03-3271-3436
Lunch: ¥3,500- / Dinner: ¥10,000-

📍 3-2-14 Nihonbashi, Chuo-ku
Tokyo (JR Lines) Yaesu Exit, 3 min. walk
Nihombashi (A13/G11/T10) B3 Exit, 1 min. walk

11:30AM-2:00PM (L.O. 1:30PM)
5:30PM-10:00PM (L.O. 9:30PM)
<Closed> Sunday & Holiday
Credit Card: VISA, Master, AMEX
<http://nihonbashi-yukari.com/>

English
Photo



Talking to Kimio Nonaga, 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 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.

042

ACORN 東京駅グランルーフ フロント店
ACORN (TOKYO Station Gran Roof Front)
Bar, Yoshoku (Western Food)



☎ 03-5220-2527
Lunch: ¥880- / Dinner: ¥3,500-
Course: ¥4,000-



GRANROOF FRONT B1 Tokyo Station
Tokyo (JR Lines) Yaesu South Exit, 1 min. walk
Tokyo (M17) Yaesu North Exit, 5 min. walk

ACORN is a new type of bar that is stylish and casual. In addition to tapas dishes, you can eat dry-cured ham and wide variety of cheese. Their chefs specializing in French cuisines will prepare healthy dishes using vegetables cultivated with low agricultural chemicals along with dishes made with fresh seafood and meat. Try their original local beer and wine carefully chosen from all over the world.

👉 Dry-cured ham platter -3 types of ham

<Lunch> 11:00AM-4:00PM (L.O. 3:00PM)
<Dinner> 4:00PM-11:00PM (L.O. 10:15PM)
Credit Card: VISA, Master, AMEX, JCB, UnionPay
<http://acorn-bar.jp/>

English
Photo#
080

ウルフギャング・ステーキハウス 丸の内店
Wolfgang's Steakhouse Marunouchi
Steak



Course (Lunch & Dinner): ¥21,000-



MY PLAZA Meiji Seimeikan B1F, 2-1-1, Marunouchi Chiyoda-ku
Tokyo Station (JR Lines/M17) Marunouchi South Exit, 5 min. walk
Yurakucho (JR Lines) International Forum Exit, 5 min. walk

The Marunouchi branch of a popular steakhouse in the United States. They use "USDA Prime" grade meat, which has been marked with the highest level of quality by the United States Department of Agriculture, and aged long-term in a specialized aging warehouse to concentrate the flavor. We then roast it in a 900C oven so you can enjoy a crisp exterior and a juicy interior. They also stock more than 1,000 bottles of wine, offering the possibility to enjoy wine pairings.

<Mon-Sun> 11:30AM-11:30PM (L.O. 10:30PM)
Credit Card: VISA, MASTER, DINERS
<http://wolfgangsteakhouse.jp/>

English
Photo#
081

玄治店 濱田家
Genyadana Hamadaya
Washoku, Kaiseki



Course (Dinner): ¥46,000-



3-13-5 Nihonbashi Ningyo-cho, Chuo-ku
Ningyocho (A14/H13) 1 min. walk | Suitengumae (Z10)
8 min. walk | Hamacho (S10) 8 min. walk

A long-standing restaurant that was founded in 1912 on the site of a famous kabuki theater, Genyadana. The restaurant allows guests to get a taste of the changing seasons, with the strictly selected seasonal ingredients that arrive every morning, in private rooms looking out on a beautiful garden. The establishment is built with "sukiya" style, a method of construction that is rarely seen these days involving building multiple floors without use of a single nail.

<Wed, Thu, Sat> 11:30AM-3:00PM
<Mon-Sat> 5:30PM-10:00PM
<Closed> Sunday & Public Holiday
Credit Card: VISA, MASTER, DINERS
<http://www.hamadaya.info/>

English
Photo#
088

common cafe 丸の内センタービル店
common cafe (Marunouchi Center Bldg.)
Cafe, Yoshoku (Western Food)



Marunouchi Center Building 1F 1-6-1 Marunouchi, Chiyoda-ku
Tokyo (JR Lines/M17) Marunouchi North Exit, 3 min. walk
Otemachi (C11/I09/M18/T09/Z08) B1 Exit, 1 min. walk

The café's logo design is based on the traditional pattern of the indigenous group, Ainu. Ainu values the "connection of the heart" by sharing and coexisting with nature and showing care to their peers. The café was named "common" from the wish of the founders to create a place that inherits the warm Ainu culture of sharing and bonding. Their specialty is the original coffee that is freshly brewed and hand dripped.

👉 Hamburger - with special buns and patty

<Mon-Fri> 8:00AM-11:30PM (L.O. 10:30PM)
<Sat, Sun & Holiday> 11:30AM-11:00PM (L.O. 10:15PM)
<Closed> When Marunouchi Center Building is closed
Credit Card: VISA, Master, AMEX, JCB, UnionPay
<http://www.common-cafe.jp/>

English
Photo

☎ 03-6551-2511
Lunch: ¥1,000- / Dinner: ¥3,000-
Course: ¥3,500-
*Smoking space available

#
089

SAMURAI dos Premium Steak House 八重洲鉄鋼ビル店
SAMURAI dos Premium Steak House (Yaesu Tekko Bldg.)
Steak, Yoshoku (Western Food)



Tekko Building B1F, 1-8-2 Marunouchi, Chiyoda-ku
Tokyo (JR Lines/M17) Yaesu North Exit, 2 min. walk
Otemachi (C11/I09/M18/T09/Z08) B10 Exit, 2 min. walk

Enjoy the pairing of aged beef and wine in a private dining room with modern and relaxing atmosphere. In addition to steaks, their chefs will serve western cuisines using carefully chosen seasonal ingredients cooked with special skills. Have an adventure in the world of the samurai (Japanese chefs) cooking with swords (knives).

👉 Premium Steak Course -you can choose the main steak dish

<Lunch> 11:30AM-3:00PM (L.O. 3:00PM) <Dinner> 3:00PM-11:30PM (Food L.O. 10:30PM / Drink L.O. 11:00PM)
Credit Card: VISA, Master, AMEX, JCB, UnionPay
<http://samurai-dos.jp/>
*Please make a reservation 3 days in advance to dine on weekends

English
Photo

☎ 03-6256-0805
Lunch: ¥3,800- / Dinner: ¥20,000-
Course: ¥20,000-
*Smoking space available

#
096

フィンマクールズ丸の内パレスビル店
Finn McCool's (Marunouchi Palace Bldg.)
Irish Pub



Palace Bld. B1F, 1-1-1 Marunouchi, Chiyoda-ku
Otemachi (C11/I09/M18/T09/Z08) C13 Exit, 3 min. walk
Tokyo (JR Line) Marunouchi Central Exit, 10 min. walk

The pub offers Irish whiskey, cocktails, and Guinness beer in an exotic atmosphere. Stop by after work or on your way to explore Tokyo. Whether you are alone or in a group, come at ease because they have multiple English speaking staff. They also have a wide selection of whiskey from around the world. Vegan menus are also available for lunch.

👉 Vegan plate - fried soy meat with rice, pickled vegetables, and salad

<Mon-Fri> 11:00AM-11:30PM <Sat> 11:00AM-9:30PM
<Sun & Holiday> 11:00AM-10:30PM <Closed> Irregular
Credit Card: VISA, MASTER, AMEX, JCB, Diners

English
Photo

☎ 03-6273-3997
Lunch: ¥1,000- / Dinner: ¥2,000-
Course: ¥4,000-





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. "Roppongi Art Triangle 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. You can download the map from their website or get it at Mori Art Museum. "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.

Suntory Museum of Art | http://www.tokyo-midtown.com/en/design_art/suntory.html
The National Art Center Tokyo | <http://www.nact.jp/english/>
Mori Art Museum | <http://www.mori.art.museum/en/index.html>



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 "saka 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/>
Akasaka (C06)



恵比寿ガーデンプレイス

Yebisu Garden Place

The Ebisu Skywalk starting from the East Exit of Ebisu Station 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/index.html>
Ebisu Station (JR Line/H02) East Exit

048

個室会席 北大路 虎ノ門茶寮

Japanese Kaiseki cuisine KITAOHJI TORANOMON SARYO

Washoku, Tempura



3-17-1 Toranomon, Minato-ku
Kamiyacho (H05) Exit 3, 1 min. walk
Toranomon (G07) Exit 4, 8 min. walk

Experience the seasonal Japanese cuisines at KITAOHJI TORANOMON SARYO's private dining rooms. It has just newly opened on September 14, 2015 reflecting the needs of many foreign visitors coming to the Toranomon area. The special vegetarian kaiseki and other vegetarian menus are available to meet the foreign customers' expectations.

👍 Vegetarian-kaiseki

<Mon-Fri> 11:30AM-2:00PM (L.O. 1:00PM), 5:00PM-10:30PM (L.O. 9:00PM) <Sat> 11:30AM-3:00PM (L.O. 1:00PM), 5:00PM-9:00PM (L.O. 7:00PM) <Closed> Sunday, Holiday
Credit Card: VISA, Master, AMEX, JCB, others
<http://www.kitaothji.co.jp/toranomonsaryo/>

English
Photo#
049

リオグランデグリル 六本木

Rio Grande Grill Roppongi

Churrasco Brazilian Barbecue



6-6-9-1F Roppongi, Minato-ku
Roppongi (E23/H04) Exit 3, 2 min. walk

Rio Grande Grill Roppongi is a Brazilian BBQ (churrasco) restaurant that is located 2 minutes away from Roppongi Station. Skewered beef, other types of meat, and seafood are slowly grilled in a special oven. Listen to the upbeat samba and feel the Brazilian atmosphere as you enjoy your food.

👍 Lunch time (weekdays) Grilled chicken, Today's beef steak / Dinner time Churrasco (all you can eat)

<Mon-Fri> 11:30AM-3:00PM (L.O. 2:00PM), 6:00PM-11:00PM (L.O. 10:00PM) <Weekend & Holiday> 11:30AM-3:30PM, Sat & Before Holiday 5:30PM-11:00PM (L.O. 10:00PM), Sun & Holiday 5:00PM-10:30PM (L.O. 9:30PM)
Credit Card: VISA, Master, AMEX, JCB, UnionPay
<http://riogrande.creatorestaurants.com/en/>

English

#
095

だし秀

DASHIHIDE

Washoku, Kappo, Shabu-shabu, Izakaya



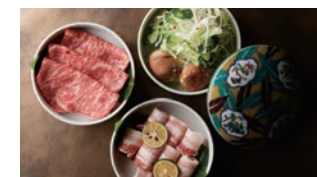
1F, 1-15-7 Nishi-Azabu, Minato-ku
Nogizaka (C05) 5 min. walk
Roppongi (E23/H04) 7 min. walk

Soup at Dashihide contains Sōdabushi (dried bullet mackerel), Sadabushi (dried blue mackerel), Nagasaki-produced Iriko (dried sardine), baked Flying Fish, Natural Kombu from Hidaka, flavourful seasonal vegetables, all slowly boiled together over time. The 'Dashi-Shabu' is a combination of finely sliced beef or pork, seasonal seafood and fresh vegetables, to simmer in their special house-made Washoku Dashi soup.

👍 Ishigaki Beef Dashi-Shabu

5:30PM-11:30PM (L.O. 11:00PM)
<Closed> Sunday, first Monday of each month
Credit Card: VISA, Master, AMEX, JCB, DINERS, Discover
<http://dashihide.com/en/>

English



*Halal & vegetarian menus may require reservation in advance

Hotel New Otani Tokyo
www.newotani.co.jp/en/tokyo/restaurant

Yotsuya Station (Kojimachi Exit) 8 min. walk
Akasakamitsuke Station (D Kioicho Exit) 3 min. walk
Address: Hotel New Otani Tokyo, 4-1 Kioi-cho, Chiyoda-ku

久兵衛 ザ・メイン店
Kyubey (The Main)
Washoku, Sushi



☎ 03-3221-4144
Lunch: ¥3,000- / Dinner: ¥10,000-
Course: ¥15,000-

Highly acclaimed as one of the best sushi restaurants in Japan, Kyubey offers the ultimate experience of dining sushi that is 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. Another Kyubey restaurant is located in the Garden Tower of the hotel (Tel: 03-3221-4145).

👍 Kyubey Course ¥15,000 + service charge + tax

11:30AM-2:00PM
5:00PM-9:30PM
Credit Card: VISA, Master, AMEX, JCB, Others

English
Photo



石心亭
Sekishin-tei
Teppanyaki



☎ 03-3238-0024
Course Lunch : ¥6,000-
Course Dinner: ¥18,000-

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

👍 Ryokuin Course with Kobe Beef ¥24,000 + service charge + tax

<Mon-Fri> 11:30AM-2:00PM, 6:00PM-9:00PM
<Sat, Sun & Holiday> 11:30AM-3:00PM,
6:00PM-9:00PM
Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others

English



天婦羅ほり川 ホテルニューオータニ店
Tempura Horikawa
Tempura



☎ 03-3221-4166
Lunch: ¥2,000- / Dinner: ¥5,000-
Course Lunch ¥3,800-
Course Dinner ¥5,000-

Try the traditional tastes of Japan, made with carefully selected ingredients and highly trained techniques. Their thin and crispy tempura batter is healthy and amazingly light. Horikawa is perfect for business meetings and gatherings as they have a variety of different course menus of their superb tempura accompanied with seasonal dishes.

👍 Tsuki Course ¥6,500 + service charge + tax

<Mon-Sat> 11:30AM-2:30PM, 5:00PM-9:30PM
<Sun & Holiday> 11:30AM-2:00PM, 2:00PM-9:30PM
Credit Card: VISA, Master, AMEX, JCB, Others

English
Photo



ÉdiTioN Koji Shimomura
ÉdiTioN Koji Shimomura
French



Lunch Course: ¥15,500-
Dinner Course: ¥23,909-

📍 Roppongi T-CUBE 1F, 3-1-1 Roppongi, Minato-ku
Roppongi Icchome (N05) 3 min. walk

A French restaurant located on the ground floor of a skyscraper, directly connected to Roppongi-icchome Station. The chef, Mr. Shimomura who trained at a three-star restaurant in France, currently organizes several international cooking events. Although he creates elegant dishes with French cooking techniques, their taste does not depend on excessive fat and sugar contained in butter and cream.

12:00PM-3:00PM (L.O. 1:30PM)
6:00PM-11:00PM (L.O. 9:00PM) <Closed> Irregular
Credit Card: VISA, MASTER, DINERS
http://www.koji-shimomura.jp/

English



ウニ
#uni
Seafood



☎ 03-6447-4832
Lunch: ¥1,000-
Dinner: ¥6,000 - ¥8,000

📍 Roppongi Fortuna Bldg. 1F, 7-12-23 Roppongi, Minato-ku
Roppongi (E23) Exit 7, 3 min. walk / (H04) Exit 4a, 3 min. walk

Experience the joy of selecting from a wide choice of seafoods. Their fresh ingredients are directly shipped from all over Japan ranging from Hokkaido, the northern end of Japan, to Okinawa, the southern end. You can see and choose from the carefully selected seafoods displayed on the ice bed and have it cooked to your taste. Enjoy the fish market style dining in a more casual way.

👍 SEAFOOD PLATTER (includes oyster, clam, mussel, squid, crab, shrimp, lobster, etc. -subject to change depending on the season)

11:30AM-2:00PM (L.O. 1:30PM)
6:00PM-11:30PM (L.O. 10:30PM)
Credit Card: VISA, MASTER, AMEX, JCB, DINERS
http://uni-seafood.com

English



熟成焼肉 肉源
JYUKUSEI YAKINIKU NIKUGEN
Yakiniku



☎ 03-5797-7390
Lunch: ¥1,000- / Dinner: ¥5,500-
Course: ¥5,000-

📍 2-14-33-2F Akasaka, Minato-ku
Akasaka (C06) Exit 2, 1 min. walk

If you like to have a delicious gourmet yakiniku, Nikugen is the place. Nikugen, which was opened as a flagship restaurant of a largest national chain in the industry, became one of the most popular restaurants in Akasaka, the highly competitive area of yakiniku restaurant. Nikugen serves the Prime CAB of Black Angus beef at an unbelievably low price! Their wine cellar carries over 70 kind of selected wines for you to choose to enjoy with delicious beef.

👍 Wet Aged Beef Steak

11:00AM-3:00PM (L.O.2:30PM) Closed for lunch on Sundays
5:00PM-12:00AM (L.O.11:30PM) <Closed> Dec.31, Jan.1
Credit Card: VISA, Master, AMEX, JCB, DINERS
http://www.nikugen.jp

English



*Halal & vegetarian menus may require reservation in advance



新橋・汐留

Shinbashi Shiodome

Gate of Tokyo Bay

Shinbashi has a public image of a platform for so-called "salary-man" (male office workers). Hundreds of casual and reasonable izakaya are open until late hours. When you see a drunk salary-man interviewed on TV, that's probably at Shinbashi. Walking through Shinbashi will lead you to a stylish city of Shiodome. Tall buildings make up the city to have great night view at restaurants in high floor buildings. Explore the starting point of Tokyo Bay cruising! Feel the different seasons at the Hamarikyu Garden, a famous Japanese garden near the ocean.



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>

📍 Hamamatsu-cho (JR Line)
Shimbashi (A01/G08/U01)
Shiodome (E19/U02)



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/>

📍 Shimbashi (JR Line/A10/G08/U01)
Shiodome (E19/U02)

浜離宮恩賜公園 Hama-rikyu

¥ 300 (Elementary school children and over 65: free)

Hama-rikyu is one of the most recommended Japanese gardens in Tokyo, which includes a tidal pond, duck hunting sites, traditional teahouses, and a Japanese black pine that is more than 300 years old. First established in the Edo Era as a household villa of the Shogunate, it came to be an Imperial villa during the Meiji Era, and later was granted to Tokyo as a public park. The tidal pond shows you different faces according to the ebb and flow of a sea tide. Walking through the charming bridge over the tidal pond will provide you a relaxing time with the harmonious view of water and trees. You can feel the Japanese seasons through various flowers like cherry blossoms, rape blossoms, peonies, cosmoses, and so on. The view that gives a contrast between typical Japanese garden and high-rise buildings is also impressive. Hamarikyu can be visited from Asakusa by sea bus.

9:00AM-5:00PM (Final admission 4:30PM) <Closed> December 29 - January 1
<http://teien.tokyo-park.or.jp/en/hama-rikyu/index.html>

📍 Shimbashi (JR Line/A10/G08/U01) | Shiodome (U02/E19)

美寿思
057 MISUJI
Sushi



☎ 03-6218-4100
Lunch: ¥2,500- / Dinner: ¥10,000-
Course: ¥8,000-



Caretta Shiodome 46F, 1-8-1 Higashi Shinbashi, Minato-ku
Shimbashi (JR Lines) Shiodome Exit, 5 min. walk
Shiodome (E19/U02) Exit 10, 1 min. walk

Experience the taste of Edo together with the fantastic view of Tokyo 200 meters up in the sky. You can watch the chefs making sushi right in front of your eyes if you sit at the counter seats. Private counter seat rooms are also available. Red vinegar is used for sushi toppings with a rich taste like tuna. White vinegar is used for shellfish or fish with white flesh that has a lighter taste.

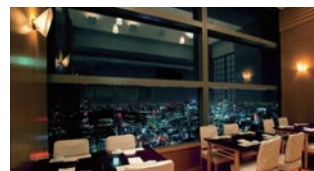
👍 Edomae-Kaiseki-course

11:00AM-3:00PM (L.O. 2:30PM)

5:00PM-10:30PM (L.O. 10:00PM)

<Closed> When Caretta Shiodome Bldg. is closed

Credit Card: VISA, Master, AMEX, JCB, UnionPay



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



☎ 03-3524-7188
Lunch: ¥980- / Dinner: ¥2,800-



4-13-5 Tsukiji, Chuo-ku
Tsukiji Shijo (E18) Exit A1, 2 min. walk

There are so many restaurants in the outer market (Jogai Shijo) to choose from. Tsukiji Sushi Ichiban is one of the recommended Sushi restaurants there. They regularly hold tuna filleting shows and have more than 300 shows in a year. Enjoy and experience the freshest fish by your eyes and tongue!

👍 Changes daily, please ask staff

7 days/24 hours

Credit Card: VISA, JCB

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



過門香新橋店 ~ GoldFin ~
094 Kamonka Shimbashi GoldFin
Chinese



☎ 03-6206-1151
Lunch: ¥1,200- / Dinner: ¥5,000-
Course: ¥6,000-



Perusa 115 4F, 1-15-5 Shinbashi, Minato-ku
Shimbashi (JR Line) Hibiya Exit, 1 min. walk
Shimbashi (A10/G08/U01) Exit 7, 1 min. walk

Try all the flavors of China at Kamonka. Their concept is "to go beyond centuries and borders by serving Chinese cuisines that takes pride in their 5000-year history." Their luxurious interior and beautiful dishes and cutlery will welcome all guests. Excluding vegetables that are only grown in China, they use ingredients from Japan.

👍 Shark's Fin Sashimi - ¥12,000*, Chongqing Style Braised Tofu & Minced Pork with Hot Sauce -¥1,800*

*Excluding tax & service fee

11:00AM-2:30PM (L.O. 2:00PM), 5:00PM-11:00PM
(L.O. 10:00PM) <Closed> Irregular Holiday

Credit Card: VISA, Master, AMEX, JCB, UnionPay, DINERS
<http://kamonka-tokyo.jp>



さくら廻 新橋店
060 Sakurakouji Shinbashi



Washoku, Sukiyaki, Shabu-shabu, Nabe, Izakaya



1-18-12-B1F, Shinbashi, Minato-ku
Shimbashi (JR Lines) Hibiya Exit, 3 min. walk
Uchisaiwai-cho (I07) Exit A1, 3 min. walk

Try local Kyushu dishes at Sakurakouji! There are over 150 types of shochu and local sake from all over Japan that you can enjoy with chicken dishes that use local ingredients such as Satsuma Native Fowl and Kagoshima Berkshire Pig. Carefully selected shochu lined up inside the restaurant are a perfect match with the seasonal Kyushu cuisines. Experience the taste of southern Japan!

👍 Okinawa-pork Shabu-shabu

<Mon-Fri, Before Holiday> 11:30AM-3:00PM, 4:30PM-11:30PM (L.O. 10:50PM, Drink 11:00PM) <Sat> 2:30PM-10:30PM <Closed> Sun & Holiday, The 1st Saturday of every month, Yearend & New Year Holiday | Credit Card: VISA, Master, AMEX, JCB, UnionPay | <http://www.koujigura.jp/>



オールデイダイニング「ハーモニー」
061 All-Day Dining "HARMONY"



Yoshoku based on French style



The Royal Park Hotel Tokyo Shiodome 1-6-3 Higashi-shimbashi, Minato-ku
Shiodome (E19/U02) Exit 2, 1 min. walk
Shimbashi (JR Lines) Shiodome Exit, 3 min. walk

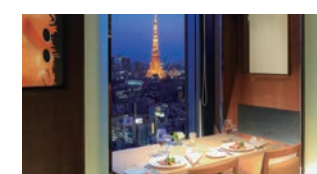
Harmony commands a beautiful view of nearby Hama-Rikyu Gardens and the dazzling, skyscraping Tokyo Tower. Watch the chefs in action as they create their masterpieces in an open kitchen. A private dining room is also available for more formal gatherings and business diners.

👍 Lunch buffet - Foie gras omelette with truffle sauce
Party plan - 6-7 plates with free drink for 2 hours
Prix-fixe course menu - Can be customized to your taste

11:30AM-3:30PM (L.O. 3:00PM)

6:00PM-10:00PM (L.O. 9:00PM)

Credit Card: VISA, Master, AMEX, JCB, UnionPay, DINERS
<https://www.the-royalpark.jp/the/tokyoshiodome/en/>



てんぷら 達坂
084 Tempura Osaka
Tempura



Course (Dinner): ¥16,500-



Tada Building 1F, 2-13-16 Nishishinbashi, Minato-ku
Shimbashi (JR Line) Ginza Exit, 10 min.
Toranomon (G07) Exit 1, 5 min. walk

A simple tempura shop that brings out the food's best taste. Fresh ingredients, carefully selected in Tsukiji fish market, are lightly fried in a mellow blend of cottonseed and sesame oils. Always kept simple and not needlessly fancy. The plump seafood with its light texture is perfectly seasoned with pink Pakistani rock salt for a deeply satisfying savory flavor. Inside the shop, the main seating is at the warmly lit counter.

<Mon-Fri> 11:15AM-2:00PM, 5:30PM-11:00PM
<Sat> 5:00PM-11:00PM <Closed> Sunday, holiday, 3rd Saturday
Credit Card: VISA, MASTER, DINERS
<http://www.tempura-osaka.jp/>



*Halal & vegetarian menus may require reservation in advance

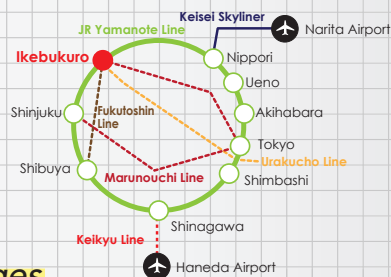


池袋

Ikebukuro

Town for Shoppers of All Ages

Ikebukuro is a sub-center of Tokyo following 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. 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.



<http://www.sunshinecity.co.jp/english/index.html>

📍 Ikebukuro (JR Line/F09/M25/Y09)



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, there are various facilities including Sunshine Aquarium, Sunshine 60 Observation Deck to watch Mt. Fuji and Tokyo Bay, Planetarium, and Ancient Orient Museum. The Sunshine Aquarium created a new rooftop area where visitors can watch penguins "fly" overhead. On the second floor is an indoor theme park NanjaTown supported by Japan's famous game creator Namco. You can also enjoy stand shops specialized in gyoza dumpling and unique style desserts.



いけふくろう

Ikefukuro

Ikefukuro 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 Ikefukuro for its name of the statue. Japanese people love homonyms. The Ikefukuro has been the guardian of Ikebukuro for 30 years.



巣鴨地蔵通り商店街

Sugamo Jizo Dori Shotengai

Sugamo is located next to Ikebukuro and known as the town 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/>

📍 Sugamo (JR Line/I15)

和 GALICO 寅
063 **WAGALICO TORA**
Washoku, Izakaya, Nihonshu Bar, Gibier cuisine

2-58-9-1F, Ikebukuro, Toshima-ku
Ikebukuro (JR Line) West Exit, 10 min. walk

Wagalice is a kappo bistro restaurant that mainly serves gibier (wild game) dishes together with fresh seafood and vegetables. They serve gibier at a reasonable price and taste that is widely accepted. There are many types of alcoholic beverages, but sparkling sake is a must try if you order gibier dishes. Grilled rice ball with sea urchin is a popular for a final dish.

👍 Pheasant breast meat with green onions

<Mon-Thu> 5:00PM-2:00AM (L.O.1:00AM)
<Fri&Sat> 5:00PM-5:00AM (L.O.4:00AM)
<Sun> 5:00PM-12:00AM (L.O.11:00PM)
<https://www.facebook.com/wagalicotora>

English



☎ 070-1319-7406
Dinner: ¥3,000- / Course: ¥4,000-



鮨処 銀座 福助 サンシャイン 60 店
064 **Sushi Ginza Fukusuke (Sunshine 60)**
Sushi

Sunshine 60 59F, 3-1 Higashi Ikebukuro, Toshima-ku
Ikebukuro (JR Line/F09/M25/Y09) Exit 35, 8 min.walk
Higashi Ikebukuro (Y10) Exit 6-7, 3min. walk

Located on the 59th floor of Sunshine 60, the super high-rise building that represents the Ikebukuro district, Sushi Ginza Fukusuke is the finest place to enjoy the authentic Edo-mae-style sushi while taking in the view from 220 meters up in the sky. The interior is a natural Japanese-style space, in white wood and stone. Enjoy the fresh seafood shipped directly from Tsukiji fish market.

👍 Yuraku Course ¥5,000 + tax

<Mon-Fri> 11:00AM-3:00PM (L.O. 2:30PM), 5:00PM-11:00PM (L.O. 10:00PM) <Weekend & Holiday> 11:00AM-4:00PM (L.O. 2:30PM), Sat 4:00PM-11:00PM (L.O.10:00PM) Sun & Holiday 4:00PM-10:00PM (L.O.9:00PM) <Closed> New Year Holiday
Credit Card: VISA, Master, AMEX, JCB, Others

English
Chinese
Photo

☎ 03-5954-6159
Lunch: ¥2,000- / Dinner: ¥6,500-
Course: ¥5,400-



音音 池袋店
092 **Oto-oto (Ikebukuro)**
Washoku, Sashimi, Pot cooked rice

MI PLAZA 5F, 1-19-5 Minami Ikebukuro, Toshima-ku
Ikebukuro (JR Line/F09/M25/Y09) East Exit, 3 min. walk
Ikebukuro (Seibu Ikebukuro Line) Seibu Exit, 2 min. walk

Pay close attention to the different sounds of cooking: chop-chop from the cutting board and simmering of the hot pot. The sounds of Japanese cuisines are echoing in the kitchen of "Oto-oto" (literally translated as sound-sound). They also have a careful selection of dashi (stock) abundant in minerals using bonito flakes, mackerel flakes, kelp stock, natural sea salt, and ionized water.

👍 Sashimi Treasure Plate - Fresh selection of seafood

<Lunch> Mon-Fri & Before Holiday 11:30AM-3:00PM / Sat, Sun & Holiday 11:30AM-4:30PM <Dinner> Mon-Thu, Sun & Holiday 4:30PM-11:00PM / Fri, Sat & Before Holiday 4:30PM-11:30PM | Credit Card: VISA, Master, AMEX, JCB, UnionPay
<http://www.ototoo-gohan.jp/>

English
Photo

☎ 03-3980-4434
Lunch: ¥1,200- / Dinner: ¥4,000-
Course: ¥5,000-



リビエラカフェ グリーンスタイル
065 **RIVIERA CAFE green style**
Café

5-9-1 Nishi Ikebukuro, Toshima-ku
Ikebukuro (JR Line/F09/M25/Y09) West Exit or C3, 1 min. walk

Located very close to Ikebukuro Station, the stylish terrace seats of the Riviera Cafe will pop into your eyes. They are within the grounds of the famous wedding hall "Riviera Tokyo," and popular for meals prepared by the chef of the wedding hall. The seasonal vegetables served with their homemade roast beef are specially chosen for its high potential, taste, and freshness.

👍 Lunch plate with grilled vegetables

11:00AM-7:00PM (L.O. 6:00PM)
Credit Card: VISA, Master, AMEX, JCB
<https://www.riviera.co.jp/restaurant/tokyo-cafe/>

English
Photo

☎ 03-3981-3264
Lunch: ¥1,200-



日本橋紅とん 池袋ビックリガード店
066 **Nihonbashi Beniton Ikebukuro Bikkuri-Gard**
Izakaya, Yakitori, Kushiage, Tonkatsu, Yakiton

IKEBUKURO ROYAL HOTEL Higashiguchi 1F, 1-17-2 Minami Ikebukuro, Toshima-ku
Ikebukuro (JR Line/F09/M25/Y09) East Exit, 2 min. walk

Nihonbashi Beniton is one of the restaurants that represent the "Japanese izakaya culture." They offer carefully selected ingredients grilled with charcoal at a reasonable price. Their specialty is "yakiton" (pork skewer) grilled with charcoal. Experience the energy source of Japanese businessmen.

👍 Charcoal-grilled meat on a skewer (Crispy on the outside and juicy on the inside. You can choose salt or sauce.)

<Mon-Sat> 4:00PM-5:00AM (L.O. 4:00AM)
<Sun & Holiday> 4:00PM-11:00PM (L.O. 10:00PM)
Credit Card: VISA, Master, AMEX, JCB
<http://movia.jp.com/shops/info/193023>

English
Chinese
Photo

☎ 03-5950-0033
Dinner: ¥2,300-
Course: ¥3,480- (all you can drink)



雛鮨 池袋
067 **HINASUSHI Ikebukuro**
Sushi

Yamada Denki LABI 1-7F, 1-5-7 Higashi Ikebukuro, Toshima-ku
Ikebukuro (JR Line/F09/M25/Y09) East Exit, 2 min. walk

HINASUSHI is an all you can eat sushi restaurant serving about 60 types of sushi at all times! In addition to standard sushi they have a wide variety from their dynamic "whole anago sushi" to gunkan-maki of crab innards and monkfish liver. You can order your favorite sushi as many times as you want! Sushi toppings will change depending on the season.

👍 Premium Sushi All-You-Can-Eat

11:00AM-4:30PM, 4:30PM-11:00PM (L.O. 9:30PM)
<Closed> January 1st
Credit Card: VISA, Master, AMEX, JCB
<http://www.create-restaurants.co.jp/>

English
Chinese
Photo

☎ 03-5953-2881
Lunch: ¥1,000- / Dinner: ¥4,000-
Course: ¥4,000-



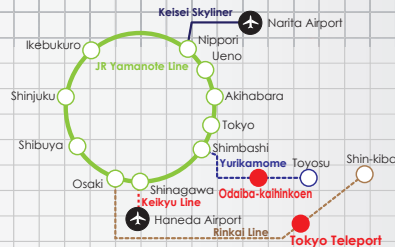


お台場

Odaiba

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.



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: Apr.1-Oct.31 9:00AM-9:00PM, Nov.1-Mar.31 10:00AM-6:00PM

Shibaura side: ② Shibaura Futou (U05) 5 min. walk

Daiba side: ② Odaiba Kaihinkoen (U06) 10 min. walk



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/>

② Tokyo Teleport (Rinkai Line) 3 min. walk
Aomi (U10) Connected to building

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 that opened in 1996. 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. It is the finish line for the Tokyo Marathon and a venue for many major events including Tokyo Motor Show, Japan IT Week, Comiket (comic market), and International Gift Show. An unbelievable number of industry trade shows are held every day.

<http://www.bigsight.jp/>

🚶 Kokusai-tenjiyo (Rinkai Line) 7 min. walk | Kokusai-tenjiyo-seimon (U11) 3 min. walk



大江戸温泉物語 Oedo Onsen Monogatari

¥ Admission fee varies depending on date and time

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.

11:00AM-9:00AM of next day (Final entry 7:00AM)

<https://daiba.oedoonsen.jp/en/>

🚶 Tokyo Teleport (Rinkai Line) Free shuttle bus 7 min. ride
Telecom Center (U09) 2 min. walk

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

¥ 620 (adults) / 210 (under 19)

National Museum of Emerging Science and Innovation is more well-known as Miraikan meaning building 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 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.



10:00AM-5:00PM <Closed> Tuesday (Open if Tuesday is a holiday), New Year Holiday
<http://www.miraikan.jst.go.jp/en/>

🚶 Tokyo Teleport (Rinkai Line) 15 min. walk | Fune-no-kagakukan (U08) 5 min. walk
Telecom Center (U09) 4 min. walk

#092 ガーデン ダイニング GARDEN DINING Yoshoku (Western Food)



☎ 03-5500-6600
Lunch: ¥3,000- / Dinner: ¥5,000-

📍 Grand Nikko Tokyo Daiba 2F, 2-6-1 Daiba, Minato-ku
Hotel building linked to Daiba Station
Tokyo Teleport (U06) 10 min. walk

Just as the sea breeze is linked to the gentle breeze that blows over Odaiba, the natural light that pours in toward the sunroof seats from the terrace seats overlooking natural greenery gives the restaurant a sense of unity between its exterior and interior. The interior of the restaurant uses natural yellows and greens, and the connections running from the terrace seats to the interior seats, and from the interior to the foyer, give it a breezy feel.

<Lunch> 11:30AM-3:00PM (L.O. 2:30PM)

<Dinner> Mon-Fri 5:30PM-9:30PM Sat, Sun & Holiday
5:00PM-9:30PM (L.O. 9:00PM)

Credit Card: VISA, Master, AMEX, JCB

http://www.tokyo.grand-nikko.com/event_new/detail/113

English
Photo



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



☎ 03-3599-5500
Lunch: ¥1,200- / Dinner: ¥4,800-
Course: ¥4,800-

📍 AQUA CITY ODAIBA 6F, 1-7-1 Daiba, Minato-ku
Daiba (U07) 2 min. walk

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.

👍 "Koshihikari" stone oven cooking

11:00AM-3:00PM (L.O. 2:30PM)

5:00PM-11:00PM (L.O. 10:00PM)

Credit Card: VISA, Master, AMEX, JCB, UnionPay

<http://www.dynac-japan.com/hibiki>

English
Chinese
Korean
Photo



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



☎ 03-6457-2778
¥600-

📍 DiverCity Tokyo Plaza 2F, 1-1-10 Aomi, Koto-ku
Tokyo Teleport (Rinkai Line) 3 min. walk
Daiba Station (U07) 5 min. walk

Explore the world of "Mobile Suit Gundam," a Japanese anime classic, at "GUNDAM Café." This information base of Gundam will be sure to entertain all types of fans. Café menus are based on scenes or characters of the Gundam series. Be absorbed in the world of Gundam at Diver City Tokyo Plaza, a spot for Gundam fans to enjoy the café menus.

👍 Gunpla-yaki ¥194 + tax -flavor changes each season

10:00AM-9:00PM <Closed> When DiverCity Tokyo Plaza is closed
Credit Card: VISA, Master, AMEX, Others
<http://g-cafe.jp/>

English
Chinese
Photo

©SOTSU・SUNRISE



*Halal & vegetarian menus may require reservation in advance

Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Shibuya Harajuku Omotesando	Cerulean Tower Tokyu Hotel	26-1 Sakuragaoka-cho Shibuya-ku Tokyo 150-8512 Tel: +81-3-3476-3000 https://www.tokyuhotelsjapan.com/global/cerulean-h	408	¥¥¥	○	8	English	○	○	○	○	○	△	○	○
	Shibuya Excel Hotel Tokyu	1-12-2 Dogenzaka Shibuya-ku Tokyo 150-0043 Tel: +81-3-5457-0109 https://www.tokyuhotelsjapan.com/global/shibuya-e/	408	¥¥	○	3	English	○	○	×	×	○	×	○	○
Shinjuku	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	○	○	○	○	○	×	○	○
	Hilton Tokyo	6-6-2 Nishi-Shinjuku Shinjuku-Ku Tokyo 160-0023 Tel: +81-3-3344-5111 http://tokyo.hilton.com	821	¥¥¥	○	6	English, Chinese, French, Spanish, Korean, Portuguese	○	○	○	×	○	×	○	○
	Hotel Century Southern Tower	2-2-1 Yoyogi Shibuya-ku Tokyo 151-8583 Tel: +81-3-5354-0111 https://en.southerntower.co.jp/	375	¥¥¥	○	4	English	×	○	×	×	△	×	×	○
	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	746	¥¥¥	○	8	English	○	○	○	○	△	×	○	○
	Keio Plaza Hotel Tokyo	2-2-1 Nishi-Shinjuku Shinjuku-Ku Tokyo 160-8330 Tel: +81-3-3344-0111 https://www.keioplaza.com/	1435	¥¥¥	○	22	English, Chinese, Korean, French, Spanish	○	○	○	○	○	×	○	○
	Rihga Royal Hotel Tokyo	1-104-19 Totsuka-machi Shinjuku-ku Tokyo 169-8613 Tel: +81-3-5285-1121 https://www.rihga.co.jp/tokyo	129	¥¥¥	○	6	English	○	○	○	○	○	×	×	○
	Shinjuku Prince Hotel	1-30-1 Kabuki-cho Shinjuku-ku Tokyo 160-8487 Tel: +81-3-3205-1111 http://www.princehotels.com/shinjuku/	571	¥¥¥	○	3	English, Chinese, Korean	×	×	×	×	○	×	×	○
	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 https://www.citadines.com/en/japan/tokyo/citadines-central-shinjuku-tokyo	206	¥¥	○	3	English, Chinese, Korean	×	×	×	×	△	×	○	○
	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	×	×	×	×	○	×	×	○
	Hotel Gracery Shinjuku	1-19-1 Kabukicho Shinjuku-ku Tokyo 160-8466 Tel: +81-3-6833-1111 http://gracery.com/shinjuku/	970	¥¥	○	2	English, Chinese, Korean, Thai	×	×	×	×	○	×	×	○
	Shinjuku Granbell Hotel	2-14-5 Kabuki-cho Shinjuku-ku Tokyo 160-0021 Tel: +81-3-5155-2666 http://www.granbellhotel.jp/en/shinjuku/	485	¥¥	○	3	English	○	×	×	×	△	×	×	○
Ueno Akihabara	Shinjuku Washington Hotel	3-2-9 Nishi-Shinjuku Shinjuku-ku Tokyo 160-8336 Tel: +81-3-3343-3111 http://www.shinjuku-wh.com/	1617	¥¥	○	3	English, Chinese, Korean	×	×	×	×	×	×	○	○
	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	×	×	×	×	○	×	×	○
	Super Hotel Akihabara Suehirocho	3-2-5 Ueno Taito-ku Tokyo 110-0005 Tel: +81-3-6848-9000 http://www.superhotel.co.jp/s_hotels/akihabara/	106	¥¥	○	×	Japanese	×	×	×	×	×	○	×	○

¥ = less than 10,000 yen / ¥¥ = 10,000 - 30,000 yen / ¥¥¥ = 30,000 - 50,000 yen / ¥¥¥¥ = more than 50,000 yen
*Price range may fluctuate depending on the season. Please contact the hotel for details.

Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Asakusa	The Gate Hotel Asakusa Kaminarimon	2-16-11 Kaminarimon Taito-ku Tokyo 111-0034 Tel: +81-3-5826-3877 https://www.gate-hotel.jp/en/asakusa-kaminarimon/	134	¥¥	○	2	English	×	×	×	×	○	×	×	○
	Dormy Inn Express Asakusa	1-3-4 Hanakawado Taito-ku Tokyo 111-0033 Tel: +81-3-3845-1122 https://www.hotespa.net/hotels/asakusa/	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	×	×	×	×	×	×	×	○
Kinshicho	Lotte City Hotel	4-6-1 Kinshicho Sumida-ku Tokyo 130-0013 Tel: +81-3-5619-1066 https://lottecityhotel.jp/en/	213	¥¥	○	3	English	×	×	×	×	○	×	○	○
	Tobu Hotel Levant Tokyo	1-2-2 Kinshicho Sumida-ku Tokyo 130-0013 Tel: +81-3-5611-5511 https://www.tobuhotel.co.jp/levant/	383	¥¥	○	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 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	○	○	×	○	○	×	○	○
	The Gate Hotel Tokyo	2-2-3 Yurakucho Chiyoda-ku Tokyo 100-0006 Tel: +81-3-6263-8233 https://www.gate-hotel.jp/en/tokyo/	164	¥¥¥	○	3	English	×	×	×	×	○	×	×	○
	Imperial Hotel Tokyo	1-1-1 Uchisaiwai-Cho Chiyoda-Ku Tokyo 100-8558 Tel: +81-3-3504-1111 https://www.imperialhotel.co.jp/	931	¥¥¥¥	○	17	English, Chinese, Korean, Spanish, French	○	○	○	×	○	△	○	○
	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, Portuguese, Italian, French, Tagalog, German, Romanian, Lithuanian, Hindi	○	○	○	○	○	△	○	○
	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 (Cantonese, Mandarin), Korean, Spanish, Italian, French, Tagalog, German, Hindi, Indonesian, Nepalese, Arabic, Bengali, Tibetan, Ghana, Myanmar, Thai	○	○	○	○	○	×	×	○
	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/tokyo/shangrila	200	¥¥¥¥	○	4	English, Chinese, Korean, Italian, German, French, Indonesian, Malay, Spanish	○	○	○	○	○	△	×	○
	The Tokyo Station Hotel	1-9-1 Marunouchi Chiyoda-ku 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 https://marunouchi.metropolitan.jp	343	¥¥¥	○	1	English	○	×	×	×	○	×	×	○
Akasaka Roppongi	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.com	387	¥¥¥¥	○	10	English, German, Spanish, French, Japanese, Korean, Portuguese, Russian, Simplified and Traditional Chinese	○	○	○	○	○	×	×	○

¥ = less than 10,000 yen / ¥¥ = 10,000 - 30,000 yen / ¥¥¥ = 30,000 - 50,000 yen / ¥¥¥¥ = more than 50,000 yen
*Price range may fluctuate depending on the season. Please contact the hotel for details.

Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
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/hotels/japan/tokyo	247	¥¥¥¥	○	7	English, Chinese, Italian, Spanish, German, French, Korean, Russian, Tagalog, Portuguese	○	○	○	○	○	×	○	○
	ANA InterContinental Tokyo	1-12-33 Akasaka Minato-ku Tokyo 107-0052 Tel: +81-3-3505-1111 https://anaintercontinental-tokyo.jp/en/	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	○	○	○	○	○	×	○	○
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, Korean	○	○	○	○	○	×	×	○
	Conrad Tokyo	1-9-1 Higashi-Shinbashi Minato-ku 105-7337 Tokyo Tel: +81-3-6388-8000 http://conradhotels.com	290	¥¥¥¥	○	5	English	○	○	○	○	○	×	×	○
	Dai-ichi Hotel Tokyo	1-2-6 Shimbashi Minato-ku Tokyo 105-8621 Tel: +81-3-3501-4411 https://global.hankyu-hotel.com/daiichi-hotel-tokyo/	278	¥¥¥	○	11	English	○	○	○	○	○	×	×	○
	InterContinental Tokyo Bay	1-16-2 Kaigan Minato-Ku Tokyo 105-8576 Tel: +81-3-5404-2222 https://www.interconti-tokyo.com/en/	330	¥¥¥	○	8	English	○	○	×	×	○	△	×	○
	Park Hotel Tokyo	1-7-1 Higashi Shimbashi Minato-ku Tokyo 105-7227 Tel: +81-3-6252-1111 http://en.parkhoteltokyo.com/	270	¥¥¥	○	5	English, Korean, Hindi, Nepalese, Spanish	○	○	×	○	○	×	×	○
	The Prince Park Tower Tokyo	4-8-1 Shibakoen Minato-ku Tokyo 105-8563 Tel: +81-3-5400-1111 https://www.princehotels.co.jp/parktower/	603	¥¥¥	○	11	English	○	○	○	○	○	△	○	○
	The Royal Park Hotel Tokyo Shiodome	1-6-3 Higashi-shimbashi Minato-ku Tokyo 105-8333 Tel: +81-3-6253-1111 https://www.the-royalpark.jp/the/tokyoshiodome/en/	490	¥¥¥	○	5	English, Korean	×	○	×	○	○	△	×	○
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	¥¥¥	○	10	English	○	○	×	×	○	×	×	○
Odaiba Bay Area	Grand Nikko Tokyo Daiba	2-6-1 Daiba Minato-ku Tokyo 135-8701 Tel: +81-3-5500-6711 https://www.tokyo.grandnikko.com/	882	¥¥¥	○	9	English, French	○	○	○	×	○	×	○	○
	Tokyo Bay Ariake Washington Hotel	3-7-11 Ariake Koto-ku Tokyo 135-0063 Tel: +81-3-5564-0111 https://tokyobay.washington-hotels.jp/	830	¥¥	○	12	English, Chinese, Korean	○	○	×	×	○	×	○	○
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/	267	¥¥¥¥	○	9	English, Chinese, Korean, French, Tagalog	○	○	○	○	○	△	×	○
	Hilltop Hotel	1-1 Surugadai Kanda Chiyoda-ku Tokyo 101-0062 Tel: +81-3-3293-2311 https://www.yamanoue-hotel.co.jp/eng/index.html	35	¥¥¥	○	7	English	○	×	×	×	×	×	×	○
	The Royal Park Hotel Tokyo Haneda	2-6-5 Haneda Airport Ota-ku Tokyo 144-0041 Tel: +81-3-6830-1111 https://www.the-royalpark.jp/the/tokyohaneda/en/	313	¥¥¥	○	1	English	○	×	×	×	○	△	×	○
	Ochanomizu Hotel Juraku	2-9 Kanda-Awajicho Chiyoda-ku Tokyo 101-0063 Tel: +81-3-3251-7222 http://www.hotel-juraku.co.jp/ocha/	243	¥¥	○	2	English	×	×	×	×	×	×	×	○

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 *Price range may fluctuate depending on the season. Please contact the hotel for details.

Casual Restaurant Chains in Tokyo!

SOBA

Buck wheat noodle served in cold or hot soup.



FUJISOBA

Soba, udon, curry, and "don" menus

fujisoba.co.jp



UDON

Flour noodle served in hot or cold soup.



NAKAU

Udon set menus, gyu-don (beef bowl), and other "don" menus

www.nakau.co.jp/en/



TEISHOKU

A healthy balance of dishes on a single tray containing rice, miso soup, main and side dishes.



YAYOI

Teishoku menus

www.yayoiken.com/en/



DON

Bowl dish with main (tempura, beef, cutlet, etc.) and rice



SUKIYA

Gyu-don (beef bowl), pork bowl, curry, and set menus

www.sukiya.jp/en/



TENYA

Ten-don (tempura bowl), other "don" menus

www.tenya.co.jp/english/



HANAYA YOHEI

Sushi, sashimi, tempura, soba, udon, ten-don, sukiyaki, shabu-shabu, and more

www.hanayaoyohei.co.jp/en/



HAMAZUSHI

Sushi, and more

www.hamazushi.com/en/



COCO'S RESTAURANT

Hamburger steak and other set menus

www.cocos-jpn.co.jp/



FRESHNESS BURGER

Hamburger, cafe

www.freshnessburger.co.jp



Japanese Food Terms

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)

Skewer (e.g. Kushikatsu: Skewered cutlets of meats and vegetables, Kushiyaki: Meat, fish, shellfish, vegetables and other items placed on skewers and grilled, etc.)

Izakaya (居酒屋)

Japanese-style pub. The dishes are usually small and affordably priced.

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.

Ramen (ラーメン)

Types of noodle that originally came from China. Basic flavors of the soup are salt, soy sauce, miso, and tonkotsu.

Sukiyaki (すき焼き)

Kind of nabe flavored in soy sauce and sugar. Main ingredients are sliced beef and vegetables that are eaten with raw beaten egg.

Tonkatsu (とんかつ)

Japanese-style pork cutlets

Shabu-shabu (しゃぶしゃぶ)

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

Yakiniku (焼肉)

Korean barbecue.

Monjayaki (もんじゃ焼き)

Flour based batter pan-fried with ingredients such as cabbage, seafood, meat, and cheese.

Okonomiyaki (お好み焼き)

Round 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, and sauce.

Useful Phone Numbers

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

Police (available also in English)	☎ 110
Tokyo Metropolitan Police Department General Advisory Center	☎ 03-3501-0110
Fire / emergency	☎ 119

Tourist Information

Japan National Tourism Organization (Tourist Information Center)	☎ 03-3201-3331
Tokyo Metropolitan Government Building Headquarters	☎ 03-5321-3077
Tourism Information Center Tokyo	☎ 03-5220-7055
Tokyo Tourist Information Center Haneda Airport Branch	☎ 03-6428-0653
Tokyo Tourist Information Center Keisei Useno Branch	☎ 03-3836-3471

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)	☎ 0120-10-4106
Nihon Kotsu (Taxi)	☎ 03-5755-2336

Lost and Found

The Tokyo Metropolitan Police Department Lost and Found Center	☎ 0570-55-142
Tokyo Metro (Subway)	☎ 03-3834-5577
Toei Transportation (bus and subway)	☎ 03-3816-5700
Taxi	☎ 03-3648-0300
JR-EAST (Railway)	☎ 050-2016-1601

Hospitals & Clinics (English Services Available)

St. Luke's International Hospital	☎ 03-5550-7166
American Clinic Tokyo	☎ 03-6441-0969
Tokyo Midtown Clinic	☎ 03-5413-7911
International Clinic	☎ 03-3582-2646
The King Clinic	☎ 03-3409-0764

Healthcare Information

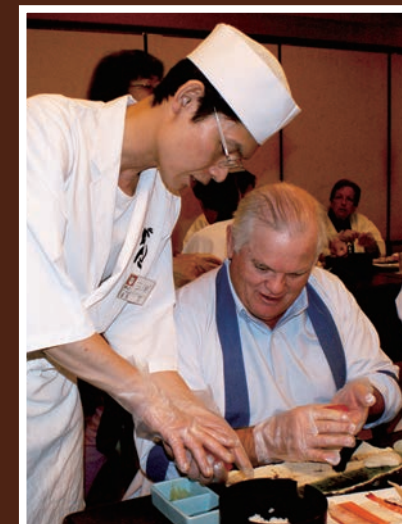
Tokyo Metropolitan Health and Medical Informational Center (Himawari)	☎ 03-5285-8181
Fire Station Telephone Service (Guidance for medical institutions)	☎ 03-3212-2323

Experience the TRUE JAPAN at GANKO



Hands-on Sushi-making Experience

This “sushi-nigiri” (sushi-making) program is open to groups of two or more people. They start by getting ready, dressing in matching jackets. Staff explains the history of sushi, then a highly-trained itamae (chef) gives a demonstration of “tai no sanmae oroshi” (filleting bream into three cuts) and sushi assembly for the guests to watch. Then, the guests get to try it for themselves. They are provided with cuts of maguro (tuna), salmon, yellowtail, ebi (shrimp) and other sushi toppings, sushi rice, wasabi, horeseradish, and nori (seaweed sheet), and try their hands at assembling their own sushi, with the itamae's guidance. The next stage, after the sushi is ready, is a tasting and mealtime. Check the taste and appearance of your own sushi alongside the work of the pros. The participants receive graduation certificates from the itamae who taught them. This could be your chance to try sushi-making and become an on-the-spot sushi chef!



Cost: JPY7,000/person (sushi-making only) and JPY10,000/person (sushi making and happi-coat to take home). Booking required.

Kyoto Nijoen in Ginza 8-chome

Enjoy to your heart's content a new kind of kaiseki cuisine and ala carte dishes featuring fresh kyo-yasai vegetables, black abalone, and Matsusaka beef served on the finest serving ware prepared by a master chef. You will be able to feel the change of seasons in Japan through cuisine.

Both tables and private rooms available for your guests to unwind (serving parties of 2 to 32 people).

Ganko Kyoto Nijoen Ginza 8-chome Jewel Box Ginza 8F, 8-9-15, Ginza, Chuo-ku, Tokyo | TEL 03-5537-5670
Open hours: Lunch 11:30 AM – 3:00 PM, Dinner (weekdays) 5 PM – 11 PM, / (weekends) 5 PM – 10 PM





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