Welcome to TOKYO!
Welcome to Tokyo!

Whatever your dietary concerns may be, rest assured that Tokyo abounds with restaurants that will satisfy your needs. The “Tokyo Vegan & Vegetarian Restaurant Guide” points you toward those options. We know that the dishes will be every bit as tasty and healthy as they are photo-worthy, and we hope your stay in Tokyo will be that much more enjoyable.

Icon Guide

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

**Category 1**

No animal ingredients in **ALL** menus

- No meat
- No fish
- No crustacean
- No shellfish
- No egg

**Category 2**

No animal ingredients in **SOME** menus

- No meat
- No fish
- No crustacean
- No shellfish
- No egg

**Category 3**

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

- No meat
- No fish
- No crustacean
- No shellfish

Note 1: For reservations, menus and in-store details, please contact the restaurant directly. Note 2: This guidebook is based on the information provided by the establishments as of November 2019. Please bear in mind that details are subject to change without prior notice.
Excludes use of the five pungent vegetables (green onion, scallion, leek, garlic, and chives)

English assistance available

English menu available

Free Wi-Fi

the broth or seasonings.

No dairy
No honey

No dairy
No honey

*Please note that these icons are for general reference only and have no official bearing.

Information provided by the establishments as of November 2019. Please bear in mind that details are subject to change without prior notice.
Category 1

Restaurants in this category are entirely vegetarian- or vegan*-friendly. NONE of their menus incorporate the items below.

* A vegan, as referred to in this guidebook, is a person whose diet is solely plant-based.

No meat    No fish    No crustacean    No shellfish    No egg    No dairy    No honey

For reservations, menus and in-store details, please contact the restaurant directly.

1 Loving Hut

03-5577-6880

Lunch ¥2,000–    Dinner ¥3,500–

www.facebook.com/LovingHutJapan/

Hours: Please check the website
Closed days: No fixed holiday
Address: Okada Bldg. 2F, 1-54 Kanda-Jimbocho, Chiyoda City
Access: Jimbocho (Subway), Suidobashi (JR, Subway)

2 T’S TANTAN ecute KEIYO STREET

03-3218-8040

Lunch ¥1,000–    Dinner ¥1,500–


Hours: 7:00–23:00 (L.O. 22:30) Closed days: Open 365 days
Address: ecute Keiyo Street (1F), 1-9-1 Marunouchi, Chiyoda City
Access: Tokyo (JR, Subway)

3 AIN SOPH. ginza

03-6228-4241

Lunch ¥3,000–    Dinner ¥4,000–

http://ain-soph.jp/ginza/

Hours: 11:30–15:00 (L.O. 14:30), Tea Time 14:30–17:00 (L.O. 16:00), 18:00–22:00 (L.O. 21:00)
Closed days: No fixed holiday
Address: 4-12-1 Ginza, Chuo City
Access: Higashi-ginza (Subway)
4. **8abish AOYAMA**

- **Phone**: 03-6805-0597
- **Lunch**: ¥2,000–
- **Dinner**: ¥5,000–
- **Website**: www.agallery.co.jp
- **Hours**: 11:30–14:30, Tea Time 15:00–17:00, 18:00–21:00
- **Closed days**: No fixed holiday
- **Address**: 2F, 5-10-17 Minami-aoyama, Minato City
- **Access**: Omote-sando (Subway)

5. **VEGANIC TO GO**

- **Phone**: 03-6434-0211
- **Lunch**: ¥1,800–
- **Dinner**: ¥2,500–
- **Website**: https://25.veganic.jp/
- **Hours**: 11:30–17:00 (L.O. 16:30) (Sun–Thu, holidays), 11:30–21:30 (L.O. 21:00) (Fri, Sat)
- **Closed days**: Open 365 days
- **Address**: Nogizaka Studio 1F, 7-4-17 Roppongi, Minato City
- **Access**: Roppongi (Subway), Nogizaka (Subway)

6. **AIN SOPH. journey Shinjuku**

- **Phone**: 050-5869-4158
- **Lunch**: ¥2,000–
- **Dinner**: ¥3,500–
- **Website**: http://ain-soph.jp/journey/
- **Hours**: 11:30–16:00 (L.O. 15:00), 18:00–22:00 (L.O. 21:00)
- **Closed days**: No fixed holiday
- **Address**: Shinjuku Q Bldg. B1F, 3-8-9 Shinjuku, Shinjuku City
- **Access**: Shinjuku-sanchome (Subway)

7. **AIN SOPH. ripple**

- **Phone**: 03-6380-3205
- **Lunch**: ¥1,500–
- **Dinner**: ¥2,000–
- **Website**: http://ain-soph.jp/ripple/
- **Hours**: 11:00–21:30 (Mon–Sat) (L.O. Eat In 21:00, Take Out 21:15), 11:00–20:30 (Sun, holidays) (L.O. Eat In 20:00, Take Out 20:15)
- **Closed days**: No fixed holiday
- **Address**: Nissho Bldg. 1F, 2-46-8 Kabuki-cho, Shinjuku City
- **Access**: Seibu-shinjuku (Seibu), Okubo (JR), Shin-Okubo (JR)

8. **SOJO Esperanto-Vegana Kafejo**

- **Phone**: 03-6302-1639
- **Dinner**: ¥1,000–
- **Website**: https://m.facebook.com/kafejosojjo/
- **Hours**: 17:00–21:00 (Wed–Fri), 15:00–21:00 (Sat, Sun)
- **Closed days**: Mon, Tue
- **Address**: Koyama Bldg. 1F, 111 Wasedatsurumaki-cho, Shinjuku City
- **Access**: Waseda (Subway)

Reservation required
9 Vegan wine bar KiboKo
お野菜小皿料理のワインバールKiboKo
📞03-6380-1709
Dinner ¥3,500–
www.vegan-kiboko.com/
Hours: 17:00–23:00 (L.O. 22:00) Closed days: Sun, Mon, Tue
Address: Shimura Bldg. 4F, 2-5-8 Shinjuku, Shinjuku City
Access: Shinjuku-sanchome (Subway)

10 Vegan Restaurant & cafe Nezunoya
ヴィーガンレストラン&cafe根津の谷
📞03-3823-0030
Lunch ¥900–
http://nezunoya.com/
Hours: 11:30–17:00 (L.O. Food 15:30, Drink 16:00) Closed days: Wed, Sun
Address: Raain Nezu 1F, 1-1-14 Nezu, Bunkyo City
Access: Nezu (Subway)

11 DAUGHTER BOUTIQUE
ドーター・ブティック
📞03-6231-7074
¥450–
https://daughter-boutique.com/
Hours: 9:00–18:00 Closed days: Wed, Sun
Address: Namiki Bldg. 1F, 3-16-8 Matsugaya, Taito City
Access: Tawaramachi (Subway), Iriya (Subway), Asakusa (TX)

12 ETSUNO
悦納
📞03-5830-2333
Lunch ¥2,500– Dinner ¥2,500–
www.facebook.com/ETSUNOU2019/
Hours: 11:30–14:30, 17:30–21:00
Tea Time 10:30–12:30, 14:30–17:30 Closed days: Tue
Address: AUSPICE Asakusa Hanakawado 3F, 1-9-1 Hanakawado, Taito City
Access: Asakusa (Subway, Tobu)

13 Fucha Vegetarian Cuisine BON
普茶料理梵
📞03-3872-0375
Lunch ¥3,450– Dinner ¥6,000–
www.fuchabon.co.jp/
Hours: 12:00–15:00 (L.O. 13:00) (Mon–Sat), 17:00–21:00 (L.O. 19:00)
(Mon–Sat), 12:00–15:00 (L.O. 13:00), 17:00–20:00 (L.O. 18:00)
(Sun, holidays) Closed days: Wed
Address: 1-2-11 Ryasen, Taito City Access: Iriya (Subway)
Reservation required
14 THE FARM CAFE

03-5830-8134

Lunch ¥1,600–
https://thefarmcafe.tokyo.business.site/

Hours: 11:30–22:00 (Tue–Fri), 10:00–22:00 (Sat, Sun, holidays)
Closed days: Mon (or the following Tue when it falls on a national holiday)
Address: Yabuki Bldg. 1F, 1-33 Hanakawado, Taito City
Access: Asakusa (Subway, Tobu)

Café/Bar
MAP H-3

15 T’S TANTANecute UENO

03-5826-5618

Lunch ¥1,000– Dinner ¥1,500–

Hours: 7:00–23:00 (L.O. 22:30) (Mon–Sat), 7:00–22:30 (L.O. 22:00) (Sun, holidays)
Closed days: Open 365 days
Address: ecute Ueno 3F, 7-1-1 Ueno, Taito City
Access: Ueno (JR, Subway)

Noodles/Ramen
MAP G-2

16 VEGAN STORE

03-6231-6252

Lunch ¥1,000– Dinner ¥3,000–
www.veganstore.jp/

Hours: 6:00–23:00 Closed days: Mon (or the following Tue when it falls on a national holiday)
Address: 2-25-9 Nishiasakusa, Taito City
Access: Asakusa (TX), Tawaramachi (Subway)

Café/Bar
MAP G-2

17 SASAYA CAFE

03-3623-6341

Lunch ¥1,200–
https://sasayacafe.com/

Hours: 8:30–18:00 (L.O. Food 17:00, Drink 17:30)
Closed days: No fixed holiday
Address: 1-1-10 Yokokawa, Sumida City
Access: Kinshicho (JR, Subway), TOKYO SKYTREE (Tobu)

Café/Bar
MAP H-3

18 Plus Veganique JIYUGAOKA

090-9823-8310

Lunch ¥2,500– Dinner ¥5,000–
www.plus-veganique.com/

Hours: 12:00–15:00, 17:00–23:00 (L.O. 21:00) Closed days: Wed
Address: 1-19-23 Jiyugaoka, Meguro City
Access: Jiyugaoka (Tokyu)

Other foods
MAP A-1

Order in advance for the five pungent vegetables
<table>
<thead>
<tr>
<th>19</th>
<th>Rainbow Bird Rendezvous</th>
<th>レインボーバードランデヴー</th>
</tr>
</thead>
<tbody>
<tr>
<td>☎03-3791-5470</td>
<td>Lunch ¥1,300–</td>
<td>Dinner ¥1,800–</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.ls-adventure.com/">www.ls-adventure.com/</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hours: 11:30–16:00, 17:30–20:00 (Mon–Fri), 11:30–20:00 (Sat), 11:30–19:00 (Sun, holidays)</td>
<td>Closed days: Wed</td>
</tr>
<tr>
<td></td>
<td>Address: 1-1-1 Yutenji, Meguro City</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Access: Naka-meguro (Subway, Tokyo)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>20</th>
<th>SHIRO Jiyugaoka</th>
<th>シロ自由が丘店</th>
</tr>
</thead>
<tbody>
<tr>
<td>☎03-5701-9146</td>
<td>Lunch ¥1,500–</td>
<td>Dinner ¥2,000–</td>
</tr>
<tr>
<td></td>
<td>Hours: 10:00–20:00</td>
<td>Closed days: Open 365 days</td>
</tr>
<tr>
<td></td>
<td>Address: Assolti B1F/1F, 2-9-14 Jiyugaoka, Meguro City</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Access: Jiyugaoka (Tokyu)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>21</th>
<th>T’s Restaurant</th>
<th>T’sレストラン</th>
</tr>
</thead>
<tbody>
<tr>
<td>☎03-3717-0831</td>
<td>Lunch ¥1,300–</td>
<td>Dinner ¥1,500–</td>
</tr>
<tr>
<td></td>
<td><a href="http://ts-restaurant.jp/">http://ts-restaurant.jp/</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hours: 11:00–15:00, Tea Time 15:00–17:30, 17:30–22:00 (L.O.21:00)</td>
<td>Closed days: New Year holidays</td>
</tr>
<tr>
<td></td>
<td>Address: Luz Jiyugaoka B1F, 2-9-6 Jiyugaoka, Meguro City</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Access: Jiyugaoka (Tokyu)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>22</th>
<th>CORI. Vegan Food &amp; Craft Beer</th>
<th>コリヴィーガンフード&amp;クラフトビール</th>
</tr>
</thead>
<tbody>
<tr>
<td>☎03-6450-7556</td>
<td>Lunch ¥1,500–</td>
<td>Dinner ¥1,500–</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.cori-vege.com/">www.cori-vege.com/</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hours: 12:00–16:00 (L.O. 15:00) (Sat–Mon), 18:00–23:00 (L.O. 22:00) (Thu–Mon)</td>
<td>Closed days: Tue, Wed</td>
</tr>
<tr>
<td></td>
<td>Address: Tainan Tami Bldg. 1F, 4-2-20 Kamiuma, Setagaya City</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Access: Komazawa-daigaku (Tokyu)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>23</th>
<th>Food Therapy Diner Chabuzen</th>
<th>薬膳食堂ちゃぶ膳</th>
</tr>
</thead>
<tbody>
<tr>
<td>☎080-6603-8587</td>
<td>Lunch ¥950–</td>
<td>Dinner ¥1,500–</td>
</tr>
<tr>
<td></td>
<td><a href="https://food-therapy-diner-chabuzen.business.site/">https://food-therapy-diner-chabuzen.business.site/</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hours: 12:00–15:00, 17:00–23:00</td>
<td>Closed days: Tue</td>
</tr>
<tr>
<td></td>
<td>Address: Chikanoso, 6-16-20 Daiba, Setagaya City</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Access: Shimo-kitazawa (Odakyu, Keio)</td>
<td></td>
</tr>
</tbody>
</table>
24. Gavy Setagaya
03-5799-6870
Lunch ¥1,000– Dinner ¥1,000–
http://yakuzen-ramen.favy.jp/
Hours: 11:30–14:00, 18:00–20:00
Closed days: No fixed holiday
Address: Green Annex Ⅱ 102, 2-6-5 Setagaya, Setagaya City
Access: Kamimachi (Tokyo)

25. hallelu peacefood
03-6883-6640
Lunch ¥1,300–
https://hallelupeacefood.jimdofree.com/
Hours: 11:00–18:00 (Tue–Fri), 11:00–16:00 (Sat)
Closed days: Sun, Mon, Irregularly Sat
Address: Jeunesse Okusawa 1F, 4-15-13 Okusawa, Setagaya City
Access: Okusawa (Tokyu), Jiyugaoka (Tokyu)

26. Olu ‘Olu Cafe
03-3795-6060
Lunch ¥1,080–
https://aloha-olu-olu-cafe.webnode.jp/
Hours: 11:30–15:30 (L.O. 15:00), 18:00–22:00 (L.O. 21:00)
(Mon, Thu, Fri), 11:30–22:00 (L.O. 21:00) (Sat,Sun, holidays)
Closed days: Tue, Wed
Address: 1-11-1 Ikejirin, Setagaya City
Access: Sangen-jaya (Tokyu), Ikejiri-ohashi (Tokyu)
Order in advance for the five pungent vegetables

27. FALAFEL BROTHERS Ebisu
03-6427-3398
Lunch ¥1,100– Dinner ¥1,500–
www.falafelbrothers.jp/
Hours: 10:00–22:00 (L.O. 21:30) (Mon–Sat), 11:30–16:00 (Sun)
Closed days: No fixed holiday
Address: 1F, 1-1-36 Hiroo, Shibuya City
Access: Ebisu (JR, Subway)

28. HEMP CAFE TOKYO
03-6427-1984
Dinner ¥3,000–
http://hempcafetokyo.com/
Hours: 17:00–23:00 (L.O. 22:00) Closed days: Sun
Address: Christie Ebisu 8F, 3-17-14 Higashi, Shibuya City
Access: Ebisu (JR, Subway)
29. KO-SO CAFE BIORISE

- Phone: 03-3409-3405
- Lunch ¥1,500– Dinner ¥2,000–
- Website: www.ko-so-cafe.jp
- Hours: 11:00–15:00 (L.O. 14:30), 17:00–21:30 (L.O. 21:00) (Mon–Fri), 11:30–20:00 (L.O. 19:00) (Sat, Sun, holidays)
- Closed days: Open 365 days
- Address: RIC Kouenji 2F, 3-45-11 Koenji-minami, Suginami City
- Access: Koenji (JR)

30. RAINBOW RAWFOOD

- Phone: 03-6427-1984
- Lunch ¥1,600–
- Website: http://rainbowrawfood.com/
- Hours: 11:00–15:00 (L.O. 14:30)
- Closed days: Thu–Mon
- Address: Christie Ebisu 8F, 3-17-14 Higashi, Shibuya City
- Access: Ebisu (JR, Subway)

31. hallogallo

- Phone: 03-3389-1833
- Dinner ¥2,000–
- Website: https://hallogalotokyo.com/
- Hours: 19:00–26:00 (Tue–Sat), 17:00–23:00 (Sun)
- Closed days: Mon
- Address: 2F, 5-56-15 Nakano, Nakano City
- Access: Nakano (JR, Subway)

32. Pain de BRUN

- Phone: 03-5941-3613
- Lunch ¥1,000–
- Website: www.paindebrun.com/
- Hours: 11:00–19:00
- Closed days: Mon
- Address: Christie Ebisu 8F, 3-17-14 Higashi, Shibuya City
- Access: Ebisu (JR, Subway)

33. vege & grain cafe meu nota

- Phone: 03-5929-9422
- Lunch ¥1,250– Dinner ¥1,750–
- Website: www.meunota.com/
- Hours: 12:00–15:30 (L.O. 14:30), 17:30–22:30 (L.O. 21:30)
- Closed days: Mon, Tue
- Address: RIC Koenji 2F, 3-45-11 Koenji-minami, Suginami City
- Access: Koenji (JR)
34  AIN SOPH. soar

📞 03-5944-9699

**Lunch ¥2,000– Dinner ¥2,000–**

http://ain-soph.jp/soar/

**Hours:** 11:30–16:00 (L.O. 15:00), 18:00–22:00 (L.O. 21:00) (Mon–Fri),
11:30–17:00 (L.O. 16:00), 18:00–22:00 (L.O. 21:00) (Sat, Sun, holidays)

**Closed days:** No fixed holiday

**Address:** Union Bldg. 1F, 3-5-7 Higashi-ikebukuro, Toshima City

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

---

35  Nourish 自然野菜レストラン駒込ナーリッシュ

📞 03-3944-8300

**Lunch ¥1,500– Dinner ¥2,500–**

http://k-nourish.tokyo/

**Hours:** 11:30–14:30 (Mon–Fri, Sun), 18:00–22:00 (Fri, Sat)

**Closed days:** New Year holidays

**Address:** Corpo Ichikawa 2F, 1-37-8 Komagome, Toshima City

Access: Komagome (JR, Subway)

---

36  cotoca こそだて喫茶cotoca

📞 03-6320-2736

**Lunch ¥1,320–**

https://cotoca-senju.jp/

**Hours:** 9:00–17:00

**Closed days:** Sun, Mon, holidays

**Address:** 2-18 Senju, Adachi City

Access: Kita-senju (JR, Subway, Tobu, TX)

---

37  natural cafe sachinoki 自然カフェ幸の木

📞 042-649-1987

**Lunch ¥1,500–**

http://sachinoki.com/

**Hours:** 8:00–17:00 (L.O. 16:30)

**Closed days:** Mon, 1st and 3rd Sun of the month

**Address:** 1F, 2-25-8 Myojin-cho, Hachioji City

Access: Keio-hachioji (Keio)

---

38  Natural Cafe Sakuratei ナチュラルカフェさくら亭

📞 042-625-8622

**Lunch ¥1,600–**

http://hachioji-sakuratei.cafe.coocan.jp/index.htm

**Hours:** 11:00–18:00

**Closed days:** Mon, Tue, Wed

**Address:** 21-1 Ueno-mach, Hachioji City

Access: Hachioji (JR)
Category 2
Restaurants in this category offer vegetarian- or vegan-friendly options. SOME of their menus incorporate the items below.
* A vegan, as referred to in this guidebook, is a person whose diet is solely plant-based.

1. **Chaya Natural & Wild Table Hibiya Chanter**
   チャヤナチュラル & ウィルドテーブル 日比谷シャンテ店

   - **Hours:** 11:00–23:00 (L.O. 22:30) (Tue–Sat), 11:00–22:00 (L.O. 21:30) (Sun, Mon)
   - **Closed days:** Varies depending on the facility
   - **Address:** B2F, 1-2-2 Yuraku-cho, Chiyoda City
   - **Access:** Yurakucho (JR, Subway), Hibiya (Subway)
   - **Website:** [www.chayam.co.jp/restaurant/hibiya.html](http://www.chayam.co.jp/restaurant/hibiya.html)
   - **Lunch:** ¥1,500–
   - **Dinner:** ¥3,000–

2. **Mr. FARMER Hibiya**
   ミスターファーマー 東京ミッドタウン日比谷店

   - **Hours:** 11:00–23:00
   - **Closed days:** Varies depending on the facility
   - **Address:** TOKYO MIDTOWN Hibiya B1F, 1-1-2 Yuraku-cho, Chiyoda City
   - **Access:** Hibiya (Subway), Yurakucho (JR, Subway)
   - **Website:** [http://mr-farmer.jp/locations/](http://mr-farmer.jp/locations/)
   - **Lunch:** ¥1,700–
   - **Dinner:** ¥3,000–

3. **Kyushu Jangara Akihabara-honten**
   九州じゃんがら 秋葉原本店

   - **Hours:** 10:30–23:30 (Mon–Fri), 9:30–23:30 (Sat, Sun, holidays)
   - **Closed days:** Open 365 days
   - **Address:** 3-11-6 Soto-kanda, Chiyoda City
   - **Access:** Akihabara (JR, Subway, TX)
   - **Website:** [http://kyushujangara.co.jp/](http://kyushujangara.co.jp/)
   - **Lunch:** ¥1,050–
   - **Dinner:** ¥1,050–

For reservations, menus and in-store details, please contact the restaurant directly.

---

**No meat**  
**No fish**  
**No crustacean**  
**No shellfish**  
**No egg**  
**No dairy**  
**No honey**
4. **soranoiro**

- **Phone**: 03-3263-5460
- **Lunch ¥1,000–** Dinner ¥1,000–
- **Website**: [https://soranoiro-vege.com/](https://soranoiro-vege.com/)
- **Hours**: 11:00–15:00, 18:00–22:00
- **Closed days**: Sat, Sun, holidays
- **Address**: Blue Bldg, Main Bldg, 1F, 1-3-10 Hirakawa-cho, Chiyoda City
- **Access**: Kojimachi (Subway)

5. **DAKSHIN Higashi-Nihonbashi**

- **Phone**: 03-3249-9155
- **Website**: [www.dakshin.jp/](http://www.dakshin.jp/)
- **Hours**: 11:00–23:00 (L.O. 22:00) (Mon–Fri), 11:30–23:00 (L.O. 22:00) (Sat, Sun, holidays)
- **Closed days**: New Year holidays
- **Address**: 1-12-1 Nihonbashi-bakurocho, Chuo City
- **Access**: Bakurocho (JR), Higashi-nihombashi (Subway)

6. **DAKSHIN Yaesu**

- **Phone**: 03-6225-2640
- **Website**: [www.dakshin.jp/](http://www.dakshin.jp/)
- **Hours**: 11:00–23:00 (L.O. 22:00) (Mon–Fri), 11:30–15:00 (L.O. 14:30) (Sat, Sun, holidays)
- **Closed days**: New Year holidays
- **Address**: 1-12-1 Nihonbashi-bakurocho, Chuo City
- **Access**: Bakurocho (JR), Higashi-nihombashi (Subway)

7. **GINZA KUKI**

- **Phone**: 03-3572-5433
- **Website**: [https://ginzakuki.com/](https://ginzakuki.com/)
- **Hours**: 18:00–23:30
- **Closed days**: Sun, holidays, summer holidays, New Year holidays
- **Address**: GINZA A5 4F, 5-9-16 Ginza, Chuo City
- **Access**: Ginza (Subway)

8. **Kyushu Jangara Ginza**

- **Phone**: 03-3572-3025
- **Website**: [http://kyushujangara.co.jp/](http://kyushujangara.co.jp/)
- **Hours**: 10:00–23:00 (Mon–Thu, Sat, Sun), 10:00–27:00 (Fri)
- **Closed days**: Open 365 days
- **Address**: Ginza Katagiri Bldg, 1F, 6-12-17 Ginza, Chuo City
- **Access**: Ginza (Subway)
9 Restaurant himizutsuchi

📞 03-3562-7720

Lunch ¥3,000–
https://naturalharmony.co.jp/himizutsuchi/

Hours: 11:30–15:30 (L.O. 14:30) Closed days: Sun, Mon
Address: Natural Harmony Ginza 3F, 1-23-16 Ginza, Chuo City
Access: Shintomicho (Subway), Ginza-itchome (Subway), Higashi-ginza (Subway)

 halftime Margarita
Order in advance for the vegetarian/vegan menu

10 BICHOUKATSU CAFE & GROCERY L for You

📞 03-6459-2504

Lunch ¥1,300– Dinner ¥2,500–
www.lforyou.tokyo/

Hours: 10:00–20:00 (L.O. 19:00) Closed days: Sun
Address: Ikegami Bldg. 1F, 3-9-3 Minami-aoyama, Minato City
Access: Omote-sando (Subway)

11 CHAYA macrobiotics Shiodome

📞 03-3573-3616

Lunch ¥1,500– Dinner ¥2,000–
www.chayam.co.jp/

Hours: 7:00–10:00, 11:00–21:00 Closed days: Open
365 days Address: The Royal Park Hotel Iconic Tokyo Shiodome 1F, 1-6-3 Higashi-shinbashl, Minato City
Access: Shimbashi (JR, Subway, Yurikamome)

12 ki to mizu to tsuchi to Omotesando

📞 03-5962-7586

Lunch ¥1,200– Dinner ¥1,750–
www.ki-mizu-tsuchi.com/omotesando/

Hours: 10:00–22:00 (L.O. 21:30) Closed days: Open
365 days Address: FPGlinksOMOTESANDO Bldg. B-1F, 3-10-13 Kita-aoyama, Minato City
Access: Omote-sando (Subway), Shibuya (JR, Subway, Tokyu, Keio)

13 LONGING HOUSE Kita Aoyama

📞 03-6433-5808

Lunch ¥1,500– Dinner ¥4,500–
www.longinghouse.com/no.2/aoyama/

Hours: 11:30–15:00 (L.O. 14:30), 17:00–23:00 (L.O. 22:30) (Mon–Fri),
11:30–23:00 (L.O. 22:30) (Sat), 11:30–22:00 (L.O. 21:30) (Sun)
Closed days: No fixed holiday
Address: Segawa Bldg. 1F, 3-9-10 Kita-aoyama, Mitato City
Access: Omote-sando (Subway)
14 OIZUMI KOJO NISHIAZABU
大泉工場NISHIAZABU

☎️ 03-6427-4749
Lunch ¥1,870– Dinner ¥2,000–
http://oks-nishiazabu.com/
Hours: 10:00–14:00 Closed days: No fixed holiday
Address: 2-13-13 Nishi-azabu, Minato City
Access: Hiro-o (Subway), Roppongi (Subway)

15 SINCERE GARDEN CAFE
シンシア・ガーデンカフェ

☎️ 03-5775-7375
Lunch ¥1,500– Dinner ¥2,000–
www.sincere-garden.com/
Hours: 11:30–20:00 (L.O.) Closed days: New Year holidays
Address: Aoyama Takano Bldg. 2F, 3-3-4 Kitaooyama, Minato City
Access: Omote-sando (Subway), Gaiemmae (Subway)

16 shojin SOUGO
shojin宗胡

☎️ 03-5414-1133
Lunch ¥2,000– Dinner ¥10,000–
www.sougo.tokyo/
Hours: 11:00–17:00, 18:00–23:30 Closed days: Sun, holidays
Address: Roppongi Green Bldg. 3F, 6-1-8 Roppongi, Minato City
Access: Roppongi (Subway)

17 Two Dogs Taproom
トゥードッグス タップルーム

☎️ 03-5413-0333
Lunch ¥900– Dinner ¥4,000–
www.twodogs-tokyo.com/
Hours: 12:00–14:30 (Mon–Fri), 17:00–23:00
Closed days: Open 365 days
Address: Aries Bldg. 2F, 3-15-24, Roppongi, Minato City
Access: Roppongi (Subway)

18 Vegetarian meal DAIGO
精進料理 DAIGO

☎️ 03-3431-0811
Lunch ¥15,000– Dinner ¥20,000–
www.atago-daigo.jp/
Hours: 11:30–14:00 (L.O.), 17:00–20:00 (L.O.)
Closed days: New Year holidays
Address: Atago Forest Tower, 2-3-1 Atago, Minato City
Access: Kamiyacho (Subway), Onarimon (Subway)
Order in advance for the vegetarian/vegan menu
19  **WA NISHIAZABU**
倭 西麻布

- **Dinner ¥8,000–**
- http://yasaiya.tokyo/
- **Hours:** 18:00–23:00 **Closed days:** Sun, holidays
- **Address:** Laporte Nishiazabu B1F, 4-10-1 Nishi-azabu, Minato City
- **Access:** Hiro-o (Subway)

Reservation required (up to 1 day before)

20  **YASAIYA Teppanyaki yasai Akasaka**
やさいや鉄板焼野菜 赤坂店

- **Lunch ¥1,100–**
- **Dinner ¥7,700–**
- http://yasaiya.tokyo/
- **Hours:** 11:30–15:00 (L.O. 14:30), 18:00–28:00 (L.O. 27:00) (Mon–Fri), 17:00–23:00 (L.O. 23:00) (Sat) **Closed days:** Sun, holidays
- **Address:** Akasaka Belgo 1F, 3-11-14 Akasaka, Minato City
- **Access:** Akasaka-mitsuke (Subway), Akasaka (Subway)

21  **YASAIYA Teppanyaki yasai Roppongi**
やさいや鉄板焼野菜 六本木店

- **Lunch ¥1,380–**
- **Dinner ¥7,700–**
- http://yasaiya.tokyo/
- **Hours:** 18:00–23:00 **Closed days:** Mon, Tue (opens when it falls on a national holiday)
- **Address:** Kishida Bldg. 1F, 7-18-8 Roppongi, Minato City
- **Access:** Roppongi (Subway)

22  **& sandwich.**
アンドサンドイッチ

- **Lunch ¥1,100–**
- **Dinner ¥7,700–**
- www.andsandwich.tokyo/
- **Hours:** 9:00–18:00 (L.O. 17:00) **Closed days:** Mon (or the following Tue when it falls on a national holiday)
- **Address:** Sukilagyoen 1F, 1-5-7 Shinjuku, Shinjuku City
- **Access:** Shinjuku-gyoemmae (Subway)

23  **CAFE-Today is my life!**
地球を旅するCAFE

- **Lunch ¥1,100–**
- **Dinner ¥3,000–**
- http://chikyu-tabi-cafe.com/
- **Hours:** 17:30–23:00 (Tue–Fri), 12:00–23:00 (Sat, Sun)
- **Closed days:** Mon
- **Address:** Pre Bldg., 2-12-5 Takadanobaba, Shinjuku City
- **Access:** Takadanobaba (JR, Subway, Seibu)
24 CHAYA macrobiotics Isetan Shinjuku

03-3349-5731
Lunch ¥1,700– Dinner ¥3,000–
www.chayam.co.jp/
Hours: 15:00–22:00 (Mon–Thu), 18:00–22:00 (Fri), 13:00–22:00 (Sat, Sun, holidays)
Closed days: Tue, No fixed holiday
Address: 2-21-26 Hyakunin-cho, Shinjuku City
Access: Okubo (JR), Shin-Okubo (JR)

25 MARTINIBURGER

03-6280-8920
Lunch ¥900– Dinner ¥2,500–
http://martini-burger.com/
Hours: 11:00–15:00 (L.O. 14:30)
Closed days: Tue, No fixed holiday
Address: 31 Nakazato-cho, Shinjuku City
Access: Kagurazaka (Subway), Edogawabashi (Subway)

26 Mr. FARMER Shinjuku

03-3349-5731
Lunch ¥1,700– Dinner ¥3,000–
http://mr-farmer.jp/locations/
Hours: 9:00–23:00
Closed days: Varies depending on the facility
Address: Mosaic Street, Shinjuku Mylord Bldg., 1-1-3 Nishi-shinjuku, Shinjuku City
Access: Shinjuku (JR, Subway, Keio, Odakyu)

27 Saishoku Kenbi

03-5332-3627
Lunch ¥1000–
http://daisho-kikaku.com/
Hours: 11:00–15:00 (L.O. 14:30)
Closed days: Tue, No fixed holiday
Address: 2-21-26 Hyakunin-cho, Shinjuku City
Access: Okubo (JR), Shin-Okubo (JR)

28 Halal & Vegan Shinjukugyoen Ramen Ouka

03-5925-8426
Lunch ¥1,500– Dinner ¥3,000–
https://ramenouka.com/
Hours: 15:00–22:00 (Mon–Thu), 18:00–22:00 (Fri), 13:00–22:00 (Sat, Sun, holidays)
Closed days: No fixed holiday
Address: Sansara no.5 gyoen Bldg. 1F, 1-11-7 Shinjuku, Shinjuku City
Access: Shinjuku-gyoemmae (Subway)
Order in advance for the five pungent vegetables
29 YASAIYA Teppanyaki yasai Kabukicho

日本料理 テッペンヤ 野菜歌舞伎町店

☎ 03-3188-6237

Dinner ¥7,700–
http://yasaiya.tokyo/

Hours: 18:00–28:00 (L.O. 27:00) Closed days: Open 365 days
Address: Kensei Sango Bldg. B1F, 1-15-13 Kabuki-cho, Shinjuku City
Access: Shinjuku (JR, Subway, Keio, Odakyu)

30 Shiboriya 935

搾り屋 935

☎ 03-3816-1071

Lunch ¥1,000–
https://shiboriya935.business.site/

Hours: 8:00–14:30, 16:00–19:00 (Mon–Fri), 9:30–18:30 (Sat, holidays) Closed days: Sun
Address: 3-28-4 Hongo, Bunkyo City
Access: Hongo-sanchome (Subway)

31 tofu room Dy’s

豆腐 room Dy’s

Lunch ¥1,680–
https://tofuroomdys.jimdofree.com/

Hours: 11:30–16:00 Closed days: Thu
Address: Katerina Sendagi 101, 2-48-18 Sendagi, Bunkyo City
Access: Nezu (Subway), Sendagi (Subway)

32 Cafe Byron Bay

カフェ バイロンベイ

☎ 03-5830-7984

Dinner ¥680–
http://yasaiya.tokyo/

Hours: 18:00–28:00 (L.O. 27:00) (Tue–Sat), 18:00–23:00 (L.O. 22:00) (Sun) Closed days: Open 365 days
Address: Kensei Sango Bldg. B1F, 1-15-13 Kabuki-cho, Shinjuku City
Access: Shinjuku (JR, Subway, Keio, Odakyu)

33 Guruatsu

くるあつ

☎ 03-5830-3700

Lunch ¥1,250–
www.instagram.com/gurutatsu/

Hours: 11:00–16:00 Closed days: Sun, holidays, temporary closing
Address: Miyazawa Bldg. 1F, 4-21-6, Higashi-ueno, Taito City
Access: Inaricho (Subway), Iriya (Subway)
Minoya

Hours: 17:30–22:30 (L.O. 22:00)
Closed days: Sun, holidays, two days of the end of the month
Address: 1-5-5 Torigoe, Taito City
Access: Shin-okachimachi (Subway)

Order in advance for the five pungent vegetables

Vegetable House

Hours: 11:30–14:30, 17:30–22:00
Closed days: Sun, holidays, No fixed holiday
Address: No.1 Tanaka Bldg. 2F, 3-5-4 Kamiosaki, Shinagawa City
Access: Meguro (JR, Subway)

Organic Cafe LuLu

Hours: 11:00–18:30 (L.O. 17:30) (Mon–Fri), 9:30–19:00 (L.O. 18:00)
Closed days: Sun, holidays, No fixed holiday
Address: 5-6-30 Kiba, Koto City
Access: Kiba (Subway)

CABE MEGURO Indonesian Restaurant

Hours: 11:30–14:30, 17:30–22:00
Closed days: Sun, holidays
Address: No.1 Tanaka Bldg. 2F, 3-5-4 Kamiosaki, Shinagawa City
Access: Meguro (JR, Subway)

News Cafe

Hours: 12:00–21:00 (L.O. 20:00) (Mon–Sat), 12:00–19:00 (L.O. 18:00) (Sun, holidays)
Closed days: Tue, Wed
Address: Hachiko Bldg. 401, 2-9-11 Jiyugaoka, Meguro City
Access: Jiyugaoka (Tokyo)
39 Premarché Gelateria Tokyo
プレマルシェ・ジェラテリア中目黒駅前店

☎03-6303-0141
¥600–
https://gelato.organic/

Hours: 12:00–21:00 Closed days: Thu
Address: Meguro Ginza Bldg. 1F, 2-9-36 Kamimeguro, Meguro City
Access: Naka-meguro (Subway, Tokyu)

MAP B-8
Café/Bar

39 cafe Stay Happy
カフェスティハッピー

☎03-3410-5959

Lunch ¥1,500– Dinner ¥2,000–
http://cafestayhappy.com/

Hours: 13:00–22:00 (Mon, Wed–Sat), 13:00–21:00 (Sun)
Closed days: Tue, 2nd Wed of the month
Address: Miyagawa Bldg. 2F, 2-29-14 Daizawa, Setagaya City
Access: Shimo-kitazawa (Odakyu, Keio)

MAP A-6
Café/Bar

39 inning+
イニングプラス

☎03-5712-3588

Lunch ¥1,500– Dinner ¥2,000–
https://inningplus.com/

Hours: 11:30–16:00(L.O. 15:30) (Mon, Wed–Sat), 18:00–22:00 (L.O. 21:30)
(Thu–Sat), 11:30–17:00(L.O. 16:30) (Sun) Closed days: Tue, 3rd Mon of the month
Address: Highland 2F, 5-34-21 Daida, Setagaya City
Access: Shimo-kitazawa (Odakyu, Keio)

MAP K-9
Other foods

39 Kamay Kitchen
かまいキッチン

☎03-6318-5323

Lunch ¥1,100– Dinner ¥1,500–
https://kamaykitchen.therestaurant.jp/

Hours: 11:00–20:00 Closed days: Tue
Address: No. 2 Michiru Bldg., 2-33-6 Kitazawa, Setagaya City
Access: Shimo-kitazawa (Odakyu, Keio)

MAP A-6
Asian foods

39 Mr. FARMER Komazawa
ミスターファーマー 駒沢オリンピック公園店

☎03-5432-7062

Lunch ¥1,700– Dinner ¥3,000–
http://mr-farmer.jp/locations/

Hours: 9:00–21:00 Closed days: Open 365 days
Address: 1-1-2 Komazawakoen, Setagaya City
Access: Komazawa-daigaku (Tokyu)
**BiOcafe**

- **Phone**: 03-5428-3322
- **Lunch**: ¥1,250–
- **Dinner**: ¥2,500–
- **Website**: https://biocafe.jp/
- **Hours**: 11:00–16:00 (L.O. 15:30), 18:00–22:00 (L.O. 21:00)
- **Address**: Patio I Bldg. 1F, 16-14 Udagawa-cho, Shibuya City
- **Access**: Shibuya (JR, Subway, Tokyu, Keio)

**BOTANIST cafe**

- **Phone**: 03-5766-3778
- **Lunch**: ¥1,300–
- **Dinner**: ¥1,300–
- **Website**: https://en.botanistofficial.com/shop/
- **Hours**: 9:00–20:30 (L.O. Food: 19:00, Drink: 19:30)
- **Address**: GOOD MEAL MARKET, Laforet HARAJUKU 2F, 1-11-6 Jingumae, Shibuya City
- **Access**: Harajuku (JR, Subway, Meiji-jingumae <Harajuku> (Subway))

**BROOK’S ME-BYO café**

- **Phone**: 03-5778-3077
- **Lunch**: ¥890–
- **Dinner**: ¥890–
- **Website**: www.brookscafe.com/harajuku/en/
- **Hours**: 9:00–20:00 (L.O. Food: 19:00, Drink: 19:30)
- **Address**: Harajuku Hakkakukan Bldg. 1F/B1F, 6-4-1 Jingumae, Shibuya City
- **Access**: Meiji-jingumae <Harajuku> (Subway)

**Chipoon**

- **Phone**: 03-6804-2123
- **Lunch**: ¥1,000–
- **Dinner**: ¥1,000–
- **Website**: http://chipoon.tokyo/
- **Hours**: 11:00–21:00
- **Address**: GOOD MEAL MARKET, Laforet HARAJUKU 2F, 1-11-6 Jingumae, Shibuya City
- **Access**: Harajuku (JR, Subway, Meiji-jingumae <Harajuku> (Subway))

**Cosme Kitchen Adaptation**

- **Phone**: 03-5475-8576
- **Lunch**: ¥2,500–
- **Dinner**: ¥4,500–
- **Website**: http://ck-adaptation.com/
- **Hours**: 11:00–22:00 (L.O. 21:00)
- **Address**: Atre Ebisu West Bldg. 1F, 1-6-1 Ebisu-minami, Shibuya City
- **Access**: Ebisu (JR, Subway)
49  **ELLE café Aoyama**

Phone: 03-6451-1996

Lunch ¥1,500– Dinner ¥2,500–

https://ellecafe.jp/restaurant/

Hours: 11:00–22:00 (Mon–Fri), 8:00–22:00 (Sat, Sun, holidays)
Closed days: New Year holidays
Address: La Porte, 1F/2F, 5-51-8 Jingumae, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio), Omote-sando (Subway)

50  **FIKO & POMUM JUICE AYOYAMA**

Phone: 03-6805-0480

Lunch ¥990–

http://ficoandpomum.com/

Hours: 8:00–21:00 (L.O. 20:45) Closed days: New Year holidays, Varies depending on the facility
Address: Aoyama Oval Bldg. 1F, 5-52-2 Jingumae, Shibuya City
Access: Omote-sando (Subway)

51  **GENTLE Italian & Sushi Bar**

Phone: 050-3503-7871

Lunch ¥2,500– Dinner ¥10,000–

www.gentle-base.com/

Hours: 11:30–15:00, 17:00–23:00 Closed days: Sun
Address: 5-47-6 Jingumae, Shibuya City
Access: Omote-sando (Subway)

52  **marugo deli ebisu**

Phone: 03-6427-8580

Lunch ¥1,500– Dinner ¥1,500–

www.marugebisu.jp/

Hours: 9:00–20:00 (Mon–Sat), 10:00–20:00 (Sun, holidays)
Closed days: New Year holidays
Address: Premiere Ebisu 1F, 1-17-1 Ebisu-nishi, Shibuya City
Access: Ebisu (JR, Subway, Tokyu), Daikan-yama (Tokyu)

53  **Mr. FARMER Omotesando**

Phone: 03-5413-4215

Lunch ¥1,700– Dinner ¥3,000–

http://mr-farmer.jp/locations/

Hours: 9:00–20:00 Closed days: Open 365 days
Address: Sepia Harajuku 1F, 4-5-12 Jingumae, Shibuya City
Access: Omote-sando (Subway)
54 NoodleStandTokyo

Phone: 03-6804-1477
Lunch ¥1,000– Dinner ¥1,000–
www.noodlestonetokyo.com/
Hours: 11:00–16:00, 18:00–21:00 (Mon–Fri), 11:00–21:00 (Sat, Sun, holidays)
Closed days: No fixed holiday
Address: Napole Harajuku B1F, 1-21-15 Jingumae, Shibuya City
Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)

55 Omotesandou Jangara 2F

Phone: 03-3404-5572
Lunch ¥1,050– Dinner ¥1,050–
http://kyushujangara.co.jp/
Hours: 12:00–21:00 (Mon–Fri), 11:30–21:00 (Sat, Sun, holidays)
Closed days: Open 365 days
Address: Shanzeru Harajuku, 1-13-21 Jingumae, Shibuya City
Access: Harajuku (JR), Meiji-jingumae <Harajuku> (Subway)

56 PARA TACO

Phone: 03-6452-5156
Lunch ¥1,300– Dinner ¥3,150–
www.instagram.com/paratacodaikanyama/
Hours: 11:00–20:30 (Sun–Thu), 11:00–22:00 (Fri, Sat)
Closed days: New Year holidays
Address: 88Daikanyama Bldg. 1F, 13-6 Daikanyama-cho, Shibuya City
Access: Daikan-yama (Tokyu)

57 Reimen Dining TSURUSHIKO

Phone: 090-7321-7527
Lunch ¥1,000– Dinner ¥1,000–
www.tsurushiko.jp/
Hours: 11:00–16:00, 17:30–22:00 (weekday), 11:30–15:00 (Sun, holidays)
Closed days: 1st Mon of the month
Address: Y.Mbill 1F, 1-27-6 Higashi, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)

58 Salad Deli MARGO

Phone: 03-5302-1808
Lunch ¥1,000– Dinner ¥1,000–
www.margo.co.jp/
Hours: 10:00–22:30 (Mon–Fri), 10:00–21:00 (Sat, Sun, holidays)
Closed days: Open 365 days
Address: 3-9-3 Honmachi, Shibuya City
Access: Nishi-shinjuku-gochome (Subway)
59 SHIBUYA HIDEOUT
渋谷ハイドアウト

📞 03-6416-5367

Lunch ¥1,280– Dinner ¥1,580–
https://www.hideout-burrito.com/

Hours: 11:00–29:00 Closed days: Open 365 days
Address: Oak Village B1F, 35-4 Udagawa-cho, Shibuya City
Access: Shibuya (JR, Subway, Toei)

MAP B-6

WEBSITE
ACCESS MAP

60 Kyushu Jangara Seibu-Ikebukuro
「九州ジャンガラ」西武池袋店

📞 03-3981-5188

Lunch ¥1,050– Dinner ¥1,050–
http://kyushujangara.co.jp/

Hours: 11:00–23:00 (Mon–Fri), 10:00–23:00 (Sat, Sun, holidays)
Closed days: Open 365 days
Address: Seibu Department Store Ikebukuro Main Shop B1F, 1-28-1 Minami-ikebukuro, Toshima City
Access: Ikebukuro (JR, Subway, Tobu)

MAP C-1

WEBSITE
ACCESS MAP

61 TAKAGIYA
TAKAGIYA

📞 03-5980-8733

Lunch ¥1,000– Dinner ¥1,000–
www.takagi-ya.co.jp/

Hours: 10:00–18:30 (L.O. 18:00), 10:00–19:00 (Take Out)
Closed days: Mon (or the following Tue when it falls on a national holiday or an event is held)
Address: Mitsuwa Bldg. 102, 2-9-26 Sugamo, Toshima City
Access: Sugamo (JR, Subway)

MAP E-1

WEBSITE
ACCESS MAP

62 Yume Mirai Cafe
ユメミライカフェ

📞 03-6279-7545

Lunch ¥1,200–
https://yumemiraicafe.jimdofree.com/

Hours: 11:30–17:00 Closed days: Mon, Tue
Address: Refuge Haruru Tower, 1-11-13 Kamisya-kujii, Nerima City
Access: Kami-shakujii (Seibu)

MAP J-5

WEBSITE
ACCESS MAP

63 ORIDO.
ORIDO.

📞 070-3392-0101

Lunch ¥1,125–
www.orido.life/

Hours: 11:00–18:00 Closed days: Mon, No fixed holiday
Address: Little Mansion 1F, 2-40-22 Kichijoji Higashimachi, Musashino City
Access: Kichijoji (JR, Keio), Nishi-ogikubo (JR)

MAP J-8

WEBSITE
ACCESS MAP
MAYUGURA

〒042-21-7291

Lunch ¥1,500–
http://mayugura.com/

Hours: 11:00–17:00
Closed days: No fixed holiday
Address: 3-127 Nishiwake-cho, Ome City
Access: Higashiome (JR), Ome (JR)

Other foods

KICK BACK CAFE

〒03-5384-1577

Lunch ¥900– Dinner ¥1,000–
www.kickbackcafe.jp/wp/

Hours: 11:00–22:00 (Tue, Thu–Sat), 11:00–16:00 (Wed), 13:00–21:30 (Sun)
Closed days: Mon (or the following Tue when it falls on a national holiday)
Address: Park Square Musashino 1F, 2-11-1 Wakaba-cho, Chofu City
Access: Sengawa (Keio)

Café/Bar

CafeSlow

〒042-401-8505

Lunch ¥1,500–
http://cafeslow.com/

Hours: 11:00–17:00 (Tue–Fri), 11:00–15:00 (Sat), 11:00–18:00 (Sun, holidays)
Closed days: Mon (or the following Tue when it falls on a national holiday)
Address: 2-20-10 Higashimotomachi, Kokubunji City
Access: Kokubunji (JR, Seibu)

Café/Bar

nakaichi chienfu

〒042-577-3446

Lunch ¥980– Dinner ¥980–
http://www.nakaichifoods.co.jp/

Hours: 11:00–14:30, 17:00–21:30
Closed days: Tue
Address: Nakaichi Bldg., 1-19-8 Naka, Kunitachi City
Access: Kunitachi (JR)

Asian foods

GO TO TOKYO
The Official Tokyo Travel Guide

Find out what to do and eat, where to go and stay and more at GO TOKYO. Explore hidden gems even many locals don’t know. Dig deeper the charm of Tokyo.
**Category 3**

Restaurants in this category are vegetarian*-friendly. SOME of their menus incorporate the items below.

* A vegetarian, as referred to in this guidebook, is a person who avoids all animal products (meat, fish, crustacean, shellfish, etc.), in addition to animal-derived broth and seasonings, with the exception of eggs, dairy, and honey.

---

**1. Maharaja Marunouchi**

マハラジャ丸の内

📞03-5221-8271

Lunch ¥950– Dinner ¥2,500–  
https://maharajaramaru.mobi/

**Hours:** 11:00–23:00 (L.O. 22:00) (Mon–Fri), 11:00–21:00 (L.O. 20:00) (Sat, Sun, holidays)  
**Closed days:** Open 365 days  
**Address:** 2-1-1 Marunouchi, Chiyoda City  
**Access:** Tokyo (JR, Subway), Nijubashimae <Marunouchi> (Subway)

---

**2. LUCIANO Bio GINZA**

ルチアーノピオ銀座店

📞03-6228-6647

¥1,000–  
www.luciano-gelato.com/

**Hours:** 11:00–21:00  
**Closed days:** Open 365 days  
**Address:** Marronnier Gate Ginza 2, 3-2-1 Ginza, Chuo City  
**Access:** Yurakucho (JR, Subway)

---

**3. CRISP SALAD WORKS ROPPONGI HILLS**

クリスプ・サラダワークス 六本木ヒルズ店

📞03-6721-1162

Lunch ¥997– Dinner ¥997–  
www.crisp.co.jp/

**Hours:** 11:00–22:00  
**Closed days:** Open 365 days  
**Address:** B2F Hillside, Roppongi Hills, 6-10-1 Roppongi, Minato City  
**Access:** Roppongi (Subway)

---

For reservations, menus and in-store details, please contact the restaurant directly.

---

Restaurants in this category are vegetarian*-friendly. SOME of their menus incorporate the items below.

* A vegetarian, as referred to in this guidebook, is a person who avoids all animal products (meat, fish, crustacean, shellfish, etc.), in addition to animal-derived broth and seasonings, with the exception of eggs, dairy, and honey.

---

For reservations, menus and in-store details, please contact the restaurant directly.
4 HARD ROCK CAFE  
ハイアーロックカフェ

📞 03-3408-7018

Western foods

Lunch ¥1,000– Dinner ¥3,000–
http://hardrockjapan.com/

Hours: 11:30–26:00 (L.O. 25:00) (Sun–Thu, holidays), 11:30–28:00 (L.O. 27:00) (Fri, Sat)
Closed days: Open 365 days
Address: 5-4-20 Roppongi, Minato City
Access: Roppongi (Subway)

5 FRUTA FRUTA Açaí Cafe  
フルタフルタアサイカフェ

📞 03-6434-1875

Other foods

¥800–
www.frutafruta.com/store/

Hours: 10:00–21:00 Closed days: Open 365 days
Address: ShinQs, Shibuya Hikarie B3F, 2-21-1 Shibuya, Shibuya City
Access: Shibuya (JR, Subway, Tokyu, Keio)

6 Irish Pub An SOLÁS  イルシスパブ アンソラス

📞 03-5919-6686

Western foods

Lunch ¥1,000– Dinner ¥900–
www.facebook.com/AnSolasIrishPub/

Hours: 11:00–24:00 (Lunch 11:00–14:00), 15:00–24:00 (Sat)
Closed days: Sun, holidays
Address: 5-22-3, Sendagaya, Shibuya City
Access: Yoyogi (JR, Subway)

7 Sakura Tei  さくら亭

📞 03-3479-0039

Japanese foods

Lunch ¥1,500– Dinner ¥2,500–
www.sakuratei.co.jp/en/

Hours: 11:00–23:00 (Lunch 11:00–15:00, Dinner 15:00–)
Closed days: Open 365 days
Address: 3-20-1, Jingumae, Shibuya City
Access: Meiji-jingumae <Harajuku> (Subway)

8 Vegetable Bar  八百屋バー

📞 03-5912-0266

Other foods

Dinner ¥3,500–
https://r.gnavi.co.jp/a97vhagg0000/

Hours: 17:00–24:00 Closed days: Open 365 days
Address: 5-1-1, Toyotamakita, Nerima City
Access: Nerima (Subway, Seibu)
Exploring a new culture can sometimes be both surprising and frustrating. To help navigate any potential difficulties, here are some tips for getting around in Japan.

No bring-your-own
In general, most restaurants in Japan don’t allow you to bring your own food or drinks in the shops. Please order something from the menu.

Free water and tea
In most restaurants, as soon as you sit at your table you will get a glass of water without asking for it. Also, in many washoku (Japanese-style food) or sushi restaurants, you will be offered hot tea again after your meal without asking for it. Both are free of charge.

No tipping
As a rule, in Japanese restaurants, you don’t need to leave a tip. Restaurants and hotels include their service charge in their bills, so the idea of tipping never caught on in Japan.

Oshibori
The first thing guests are offered when they sit at many restaurants in Japan is a wet towel. Called “oshibori” or “otefuki,” this towel is free of charge and often (but not always) warm and you can use it to wipe your hands or face.

Otoshi appetizers
Izakaya taverns will invariably bring you a small dish of appetizer called “otoshi,” generally in the neighborhood of 300 yen. This is not something you order, but something to nibble on until your order comes and sometimes, it is explained as the izakaya’s service fee. *Some dishes may contain animal ingredients.

What is “dashi”? Be Careful!
“Dashi” is essential in Japanese traditional cuisine. It is an extract of umami components, equivalent to broth in Western cuisine, which is prepared by simmering ingredients or immersing them in water. Among different kinds of “dashi” based on different ingredients, some use animal ingredients, including katsuuo (bonito), iriko/niboshi (dried sardine), dried shrimp, and dried clams; therefore, you may want to be careful if you want to avoid them. Some other kinds of dashi use plant ingredients, such as dried kombu kelp and shiitake mushrooms. If you cannot tell for sure about the ingredients used in dashi for your dish, please use the “POINT AND ASK GUIDE” on page 34 to check with the restaurant staff and enjoy your meal.
This information will help you in the event of disasters such as earthquakes, storms, floods, or fires, theft, lost items, and other emergencies.

Online Information

Safety tips

A disaster information app for foreign travelers in Japan provided by the Japan Tourism Agency. You can get push notifications for earthquake early warnings and tsunami warnings, as well as emergency weather warnings for heavy rain, etc., and volcanic eruption information issued for Japan. The app also provides a flowchart for what to do during evacuation, helpful links such as a list of embassies, and communication cards to use if you cannot communicate in Japanese. The app can be downloaded from the URLs on the right.


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

Tokyo Metropolitan Medical Institution Information

You can search for medical institutions in the Tokyo Metropolis that offer services in multiple languages other than Japanese, or where you can receive outpatient care from a female physician.


[03-5272-0303 (Japanese) 03-5285-8181 (Other languages)]

Tokyo Metropolitan Government Disaster Prevention Website

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

Embassy (Ministry of Foreign Affairs of Japan)

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

Emergency Numbers

Police 110
In the event of a crime or an accident

Fire Department 119
To report a fire or to call for help or an ambulance
Q & A

Do you have an English menu?

Yes

Do you have any private dining rooms?

I'm sorry, we do not.

Do you have a non-smoking area?

Yes, you can.

Can I use a credit card here?

No, we only accept Japanese yen in cash.

Which dish do you recommend?

I recommend the ____________

Where is the restroom?

Please, follow me.

Will you call a taxi for me?

Certainly. Where would you like to go?

How much does this cost?

It costs ________ yen, including tax.

Visa  JCB  MasterCard  Diners Club  American Express  UnionPay
**I do not eat...**

<table>
<thead>
<tr>
<th>Item</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork</td>
<td>🐷</td>
</tr>
<tr>
<td>Beef</td>
<td>🐄</td>
</tr>
<tr>
<td>Chicken</td>
<td>🐥</td>
</tr>
<tr>
<td>Fish</td>
<td>🐟</td>
</tr>
<tr>
<td>Pork Stock</td>
<td>🐷</td>
</tr>
<tr>
<td>Beef Stock</td>
<td>🐄</td>
</tr>
<tr>
<td>Chicken Stock</td>
<td>🐥</td>
</tr>
<tr>
<td>Fish Stock</td>
<td>🐟</td>
</tr>
<tr>
<td>Shellfish</td>
<td>🦀</td>
</tr>
<tr>
<td>Crustacean</td>
<td>🦞</td>
</tr>
<tr>
<td>Egg</td>
<td>🥚</td>
</tr>
<tr>
<td>Honey</td>
<td>🍯</td>
</tr>
<tr>
<td>Dairy</td>
<td>🥛</td>
</tr>
<tr>
<td>Sugar</td>
<td>🍠</td>
</tr>
<tr>
<td>Alcohol</td>
<td>🥈</td>
</tr>
<tr>
<td>Soba (Buckwheat)</td>
<td>🍞</td>
</tr>
<tr>
<td>Gluten</td>
<td>🥧</td>
</tr>
<tr>
<td>Soy</td>
<td>🥛</td>
</tr>
<tr>
<td>Five Pungent Vegetables</td>
<td>🥧</td>
</tr>
<tr>
<td>Nuts</td>
<td>🥧</td>
</tr>
<tr>
<td>Oil</td>
<td>🥧</td>
</tr>
</tbody>
</table>

*Please check the items that you are unable to eat.*

For other items, write the name and draw the symbol here.
TOKYO
Vegan & Vegetarian
Restaurant Guide 2020-2021

Welcome to TOKYO!