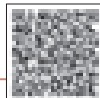


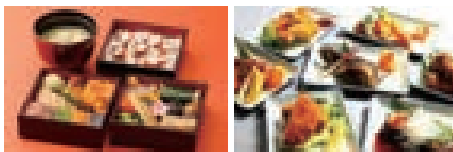
# Nanko Rest House

☎ 03-3231-0878

URL <http://fng.or.jp/koukyo/>



- 📍 1-1 Kogyogaien, Chiyoda-ku
- 🕒 11:00 - 14:00
- ✖ December 28 to January 1
- 🚶 10 min. walk from JR Tokyo and Yurakucho stations  
5 min. walk from Tokyo Metro Nijubashimae and Hibiya stations



Signature menu

## Edo Eco Koraku-ju

Available Year-round

Ingredients used Fish (from Hachijojima Island), vegetables (from Nerima) and salt (from Oshima Island)

## Ichi-ju San-sai (1 soup & 3 side dishes) Gozen

Available Year-round

Ingredients used Fresh local ingredients of the day

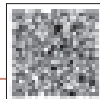


\* Salt: "Umi no Sei" brand from Oshima Island

# The Forest Kitanomaru

☎ 03-3214-3730

URL <http://fng.or.jp/koukyo/>



- 📍 1-1 Kitanomaru Park, Chiyoda-ku
- 🕒 8:30 - 17:00
- ✖ Open everyday
- 🚶 5 min. walk from Toei Subway Shinjuku Line Kudanshita Stn  
10 min. walk from Tokyo Metro Tozai Line Takebashi Stn



Signature menu

## Hachijojima Island Mackerel Scad Burger

Available Year-round

Ingredients used Mackerel scad (from Hachijojima Island)

## Hachijojima Island Fish Sandwich

Available Year-round

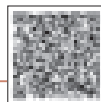
Ingredients used Flying fish (from Hachijojima Island)



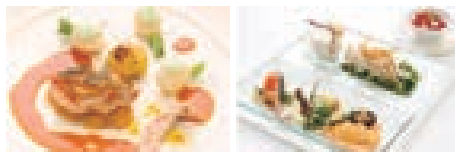
\* Salt: "Umi no Sei" brand from Oshima Island

## mikuni MARUNOUCHI

☎ 03-5220-3921

URL <http://www.mikuni-marunouchi.jp/>

- 📍 2F Marunouchi Brick Square Annex,  
2-6-1 Marunouchi, Chiyoda-ku
- 🕒 11:00 – 15:30 (Last Call 14:30)  
17:30 – 23:00 (Last Call 21:00)
- ✖ January 1, when Brix Square is closed
- 🚶 4 min. walk from JR and others Tokyo Station Marunouchi South Exit  
2 min. walk from Tokyo Metro Chiyoda Line Nijubashimae Stn Exit 1



## Signature menu

## Chef's Special Full of Tokyo Ingredients

Available Year-round

Ingredients Vegetables from Western Tokyo, etc., and eggs from Machida

## Special Lunch with Seasonal Tokyo Vegetables

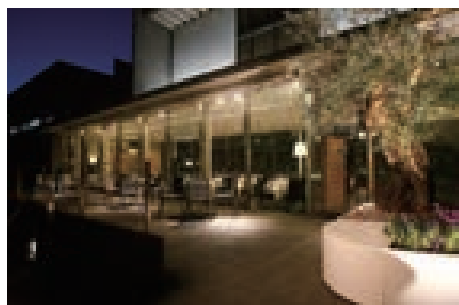
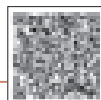
Available Year-round

Ingredients Edogawa mustard spinach and Takinogawa burdock



## L'art et Mikuni

☎ 03-3213-0392

URL <http://lart-et-mikuni.jp/>

- 📍 In the National Museum of Modern Art  
3-1 Kitanomaru Park, Chiyoda-ku
- 🕒 11:30 – 15:00  
17:30 – 22:00
- ✖ Mondays
- 🚶 3 min. walk from Tokyo Metro Tozai Line Takebashi Stn Exit 1b



## Signature menu

## Piccolo Course (lunch)

Available Year-round

Ingredients Seasonal Tokyo vegetables (menus vary)

## Grande Course (lunch/dinner)

[Example] (June–July: using Iris-snow turnip)  
Sautéed red sea bream with seasonal vegetable sauce

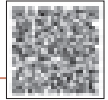
Available Year-round

Ingredients Seasonal Tokyo vegetables (menus vary)  
used

# Tokyo Oven Honten

☎ 03-3252-7778

URL <http://tokyooven.favy.jp/>



📍 2-6-9 Uchikanda, Chiyoda-ku

🕒 Mon-Fri [Lunch] 11:30 - 14:00  
[Dinner] 17:00 - 24:00

Sat [Lunch] Closed  
[Dinner] 16:00 - 23:00

✖ Sundays and Holidays

🚶 5 min. walk from JR Kanda Station West Exit  
5 min. walk from Tokyo Metro Otemachi Station Exit A2



Signature menu

## Homemade Farmhouse Vegetable Pickles

**Available** Depends on the availability of ingredients

**Ingredients used** Seasonal Tokyo vegetables (e.g., radish from Western Tokyo)

## Iron-pot Steamed Tokyo Vegetables

**Available** Depends on the availability of ingredients

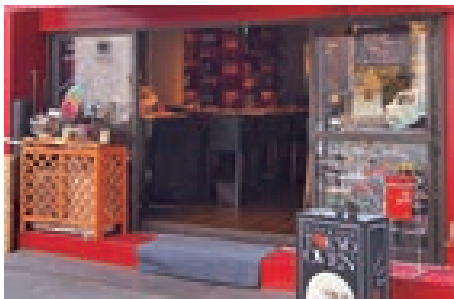
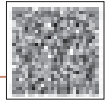
**Ingredients used** Seasonal Tokyo vegetables (mainly from Mitaka)



# Tokyo Oven Petit

☎ 03-6206-0789

URL <http://tokyoovenpetit.favy.jp/>

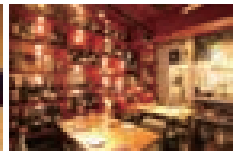
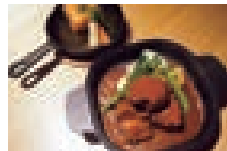


📍 2-8-12 Uchikanda, Chiyoda-ku

🕒 17:00 - 24:00 (dinner only)

✖ Sundays and Holidays

🚶 3 min. walk from JR Kanda Station West Exit



Signature menu

## Homemade Farmhouse Vegetable Pickles

**Available** Depends on the availability of ingredients

**Ingredients used** Seasonal Tokyo vegetables (e.g., radish from Western Tokyo)

## Iron-pot Steamed Tokyo Vegetables

**Available** Depends on the availability of ingredients

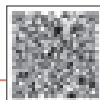
**Ingredients used** Seasonal Tokyo vegetables (mainly from Mitaka)



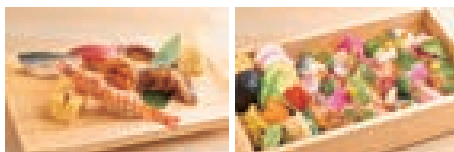
Kanda Myojin Shita  
Miyabi Honten

☎ 03-3251-0155

URL <http://www.miyabi.org/top.html>



- 📍 2-8-9 Sotokanda, Chiyoda-ku
- 🕒 11:30 - 14:00/17:30 - 22:00
- ✖ Sundays and Holidays
- 🚶 8 min. walk from JR Ochanomizu Station



Signature menu

### Sillago Tempura

Available Year-round

Ingredients used Sillago from Tokyo Bay

### Conger Eel Tempura/ Tempura Rice Bowl (lunch)

Available Year-round

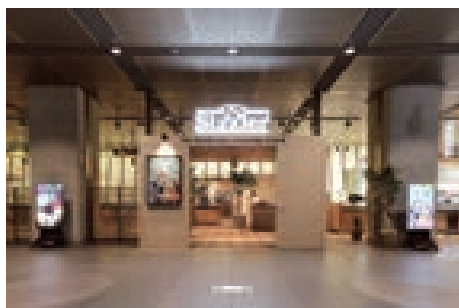
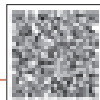
Ingredients used Conger eel from Tokyo Bay



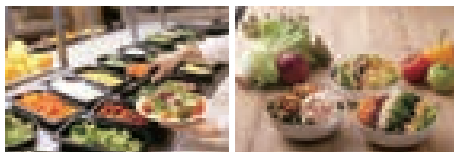
## Sizzler's Tokyo International Forum

☎ 03-3211-2205

URL <https://www.sizzler.jp/shop/000846/>



- 📍 3-5-1 Marunouchi, Chiyoda-ku
- 🕒 11:00-23:00
- ✖ New Year Holidays (New Year's Eve/New Year's Day)
- 🚶 Accessible from JR Tokyo Station and Yurakucho Station (Located immediately outside of Tokyo Station Keiyo Subway Marunouchi Exit). Also accessible from various subway lines (Tokyo Metro Yurakucho Line, Hibiya Line, Chiyoda Line, Marunouchi Line, Ginza Line, and Toei Subway Mita Line)



Signature menu

### Salad Bar with Seasonal Fruits and Vegetables

Available Year-round

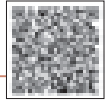
Ingredients used Seasonal vegetables from Tokyo are used in the salad bar (vegetable corner of Tokyo NEO FARMERS), Edo Tokyo vegetables



# Q CAFE by Royal Garden Cafe

☎ 03-6205-7206

🌐 <https://royal-gardencafe.com/qcafe/>



- 📍 1-1-2 Yurakucho, Chiyoda-ku
- 🕒 11:00-22:00
- 🗓️ New Year Holidays (New Year's Eve/New Year's Day)
- 🚶‍♀️ Immediately next to Hibiya Station Exit A11 on the Tokyo Metro Hibiya Line or Hibiya Station Exit A5 on the Chiyoda Line  
 4 min. walk directly from Tokyo Metro Yurakucho Line Yurakucho Station  
 5 min. walk directly from Ginza Station on the Tokyo Metro Marunouchi Line, Hibiya Line, and Ginza Line  
 5 min. walk directly from JR Yurakucho Station and from Toei Mita Line Hibiya Station



Chiyoda

**Signature menu**

## Recommended Seasonal Tokyo Vegetables Menu (Menu varies by season)

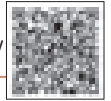
|                  |  |
|------------------|--|
| Available        | Year-round   |
| Ingredients used | Seasonal vegetables from Tokyo and vegetables from Edo Tokyo |



# Royal Garden Cafe IIDABASHI

☎ 03-3239-3777

🌐 <https://royal-gardencafe.com/iidabashi/>



- 📍 iidabashi Grand Bloom Sakura Terrace 2F  
2-10-2 Fujimi, Chiyoda-ku
- 🕒 11:00-23:00
- 🗓️ New Year Holidays (New Year's Eve/New Year's Day)
- 🚶‍♀️ 1 min. walk from West Exit JR Iidabashi Station  
Various subway lines (Tokyo Metro Yurakucho Line, Tozai Line, Namboku Line and Toei Subway Oedo Line)



Chiyoda

**Signature menu**

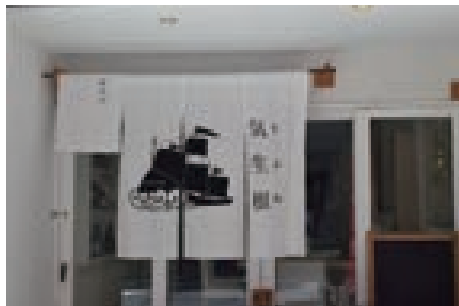
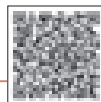
## Recommended Seasonal Tokyo Vegetables Menu (Menu varies by season)

|                  |  |
|------------------|--|
| Available        | Year-round   |
| Ingredients used | Seasonal vegetables from Tokyo and vegetables from Edo Tokyo |



## Kifune

☎ 03-6273-7177

URL [www.kanda-kifune.com/](http://www.kanda-kifune.com/)

- 📍 Kimura Bldg. 1F, 3-11 Ogawamachi, Kanda, Chiyoda-ku
- 🕒 Tue-Fri [Lunch] 11:30 - 14:00  
Mon-Fri [Dinner] 17:30 - 23:30
- ✖ Weekends and Holidays  
Also closed for lunch on Mondays
- 🚶 3 min. walk from Exit B7 of Toei Shinjuku Line Ogawamachi Station



## Signature menu

**Bagna Càuda with Edo Vegetables**

Available Year-round

Ingredients Seasonal Tokyo vegetables used

**Hanakago Flower Basket Lunch**

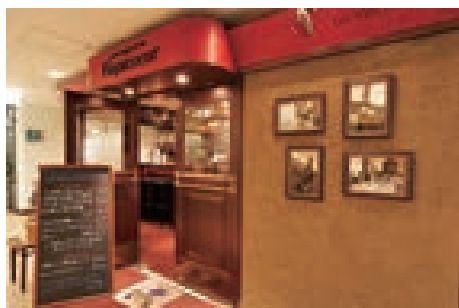
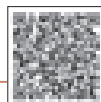
Available Year-round

Ingredients Seasonal Tokyo vegetables used



## Vin Picoeur Marunouchi

☎ 03-6212-1011

URL <http://www.auxamis.com>

- 📍 B1 Shin-Tokyo Bldg, 3-3-1 Marunouchi, Chiyoda-ku
- 🕒 Mon-Fri 11:30 - 15:00 (Last Call 14:00)  
17:30 - 23:00 (Last Call 22:00)  
Weekends and holidays 11:30 - 22:30 (Last Call 21:30)
- ✖ New Year Holidays
- 🚶 3 min. walk from JR Yurakucho Station International Forum Exit  
2 min. walk from Tokyo Metro Yurakucho Line Yurakucho Stn  
3 min. walk from Tokyo Metro Hibiya Line Hibiya Stn



## Signature menu

**Charcoal Grilled Tokyo *Shamo* Chicken**

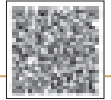
Available Year-round

Ingredients Tokyo *Shamo* Chicken used (from Hachioji)

# Vin Picoeur Ginza

☎ 03-3567-4122

URL <http://www.auxamis.com>



Chuo

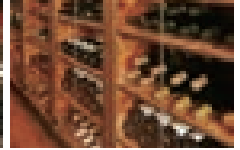


📍 2F Ginzaya Saketen Bldg,  
4-3-4 Ginza, Chuo-ku

🕒 Mon-Fri 17:30 - 24:00 (Last Call 23:15)  
Weekends and holidays 14:00 - 23:00 (Last Call 22:00)

✂ Open everyday (please check for the New Year Holidays)

🚶 2 min. walk from Tokyo Metro Ginza Line Ginza Stn  
5 min. walk from JR Yurakucho Station



Signature menu

Charcoal Grilled Tokyo *Shamo* Chicken Breast from Hachioji

Available Year-round

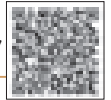
Ingredients Tokyo *Shamo* Chicken used (from Hachioji)



# Tamahide

☎ 03-3668-7651

URL <http://www.tamahide.co.jp/>



Chuo



📍 1-17-10 Ningyocho Nihombashi, Chuo-ku

🕒 Lunch 11:30 - 13:30  
Dinner 17:00 - 22:00 (Last Call 21:00)

✂ Irregular

🚶 Immediately next to Tokyo Metro Hibiya Line Ningyocho Station Exit A2



Signature menu

Ganso *Oyakodon* Rice Bowl / *Kiwame Oyakodon* Rice Bowl, etc.

Available Year-round

Ingredients used Tokyo *Shamo* Chicken

*Shamo* Sukiyaki Course

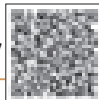
Available Year-round

Ingredients used Tokyo *Shamo* Chicken



## Nihonbashi Yukari

☎ 03-3271-3436

URL <http://www.nihonbashi-yukari.com/>

- 📍 3-2-14 Nihombashi, Chuo-ku
- 🕒 11:30 - 14:00 / 17:00 - 22:00
- ✖ Sundays and Holidays
- 🚶 3 min. walk from JR Tokyo Station  
1 min. walk from Tokyo Metro Ginza Line Nihombashi Stn

## Signature menu

Braised TOKYO X  
Pork Belly with Senju Green Onion

Available Year-round

Ingredients TOKYO X pork  
used and Senju green onion

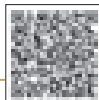
## Custard Pudding with Edo Rice

Available Year-round

Ingredients Rice, eggs, milk  
used

## Tenmo

☎ 03-3241-7035

URL <http://www.tenmo.jp/>

- 📍 4-1-3 Nihombashi Honcho, Chuo-ku
- 🕒 12:00 - 14:00 / 17:00 - 20:00
- ✖ Saturdays in August, Sundays and Holidays
- 🚶 2 min. walk from Tokyo Metro Ginza Line Mitsukoshimae Stn  
2 min. walk from JR Shin-Nihombashi Station

## Signature menu

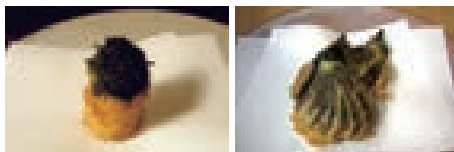
## Edo Tokyo Vegetable Tempura

Available Varies in each season

Ingredients Tokyo *udo* spikenard (from Tachikawa),  
Terajima eggplant (from Mitaka, etc.) and  
Shinagawa turnip (from Kodaira, Nerima, etc.)

## Assorted Pickles

Available Year-round

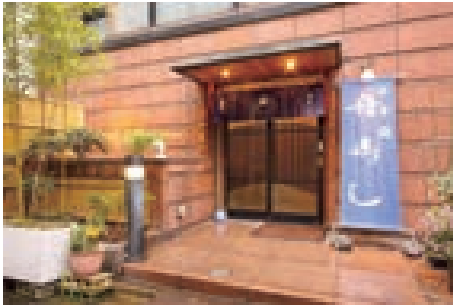
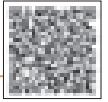
Ingredients Turnip (from Kiyose, etc.), Magome *Hanjiro* cucumber (from  
Kokubunji), Mikawashima greens (from Kodaira, etc.), cabbage  
(from Nerima, etc.), and *Hingya* salt (from Aogashima Island)



# Nihombashi Funazushi

☎ 03-3661-4569

URL <http://www.funazushi.info>



- 📍 Fukazawa Bldg, 11-2  
Nihombashi Kobunacho, Chuo-ku
- 🕒 11:30 – 14:30/16:30 – 22:00
- ✖ Sundays, Holidays and the fourth and fifth Saturdays
- \* Reservations are required for Saturday evenings at least one day in advance (for about 10 people).
- 🚶 5 min. walk from Tokyo Metro Mitsukoshimae Station  
Exit A4 or COREDO Muromachi 2 Exit
- 🚶 5 min. walk from Tokyo Metro Ningyocho Station Exit A5



Signature menu

## Edo-style Conger Eel *Shiro-yaki/Sushi*

Available Year-round

Ingredients used Conger eel from Tokyo Bay

## Edo-style Sillago *Sashimi/Sushi*

Available Year-round

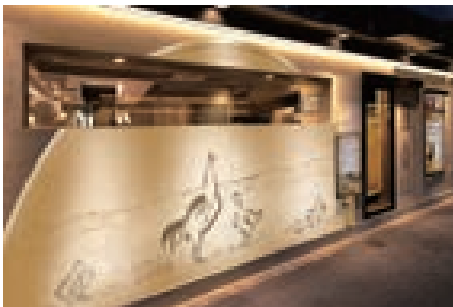
Ingredients used Sillago from Tokyo Bay



# Ginza Himorogi

☎ 03-6274-6779

URL <http://himorogi.tokyo/>



- 📍 1F Meiko Bldg, 8-2-15 Ginza, Chuo-ku
- 🕒 Lunch (Mon – Sat): 11:30 – 14:00  
Dinner (Mon – Fri): 17:00 – 4:00  
next morning (Last Call 3:00)
- Lunch (Sun and Holidays): 11:30 – 14:00  
Dinner (Sat, Sun and Holidays): 17:00 – 23:00  
(Last Call 22:00)\*Excluding New Year Holidays
- 🚶 5 min. walk from Ginza, Shimbashi, Hibiya, and Uchisaiwaicho stations



Signature menu

## Tokyo *Shamo* Chicken Thigh *Yakitori*

Available Year-round

Ingredients used Tokyo *Shamo* Chicken (from Akiruno)

## Edo *Shamo* Chicken Hot Pot

Available Year-round

Ingredients used Tokyo *Shamo* Chicken (from Akiruno)



Nihonbashimuromachi  
Houden Manpuku



Signature  
menu

Steamed *Joshu Mochi* Pork, Edo Tokyo  
Vegetables and Seasonal Vegetables

Available Year-round

Ingredients Seasonal Edo Tokyo vegetables (e.g., mustard  
used spinach, Senju green onion, etc.)

☎ 03-3277-3330

URL <http://www.houdenmanpuku.jp/>



📍 1-8-6 Nihombashi Muromachi, Chuo-ku

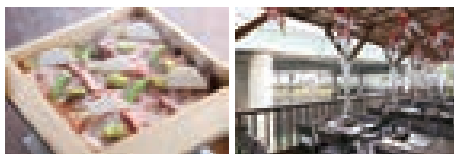
🕒 Lunch 11:30 – 14:30

Mon-Fri 17:00 – 23:00

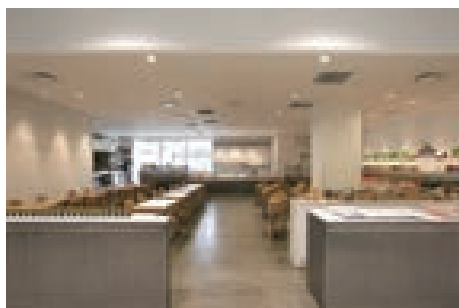
Weekends  
and holidays 17:00 – 22:00

✕ Sundays (Monday when Saturday, Sunday,  
and Monday are a consecutive holiday)

🚶 1 min. walk from Tokyo Metro Mitsukoshimae Station Exit B6  
3 min. walk from Nihombashi Station Exit B10 and Exit D4



Rose Bakery Ginza



Signature  
menu

Recommended Seasonal Tokyo  
Vegetables Menu

(Plates, quiches, desserts, etc. menu using fruits and vegetables from Tokyo)

Available Year-round

Ingredients Blueberries and seasonal vegetables, etc.  
used from Tokyo

☎ 03-5537-5038

URL <http://rosebakery.jp/>



📍 7F Ginza Komatsu, 6-9-5  
Ginza, Chuo-ku

🕒 11:00 (Sat, Sun and Holidays 9:00) – 20:00

✕ New Year Holidays (New Year's Eve/New  
Year's Day)

🚶 2 min. walk from A2 Exit of Tokyo Metro  
Ginza Station



Black tea from Tokyo

Available Year-round

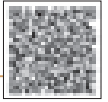
Ingredients Tea leaves from  
used Nishimura-en,  
Mizuho-machi,  
Nishitama-gun



# Minoru Diner

☎ 03-5524-3128

🌐 <http://minoriminoru.jp/diner/>



- 📍 Ginza Terrace, 9F Ginza Mitsukoshi, 4-6-16 Ginza, Chuo-ku
- 🕒 11:00 – 21:00
- ✖ When Ginza Mitsukoshi is closed
- 🚶 1 min. walk from Tokyo Metro Ginza, Marunouchi and Hibiya lines Ginza Stn  
9 min. walk from JR Yurakucho Station Central and Ginza exits



Signature menu

## Side Dish Buffet for Lunch

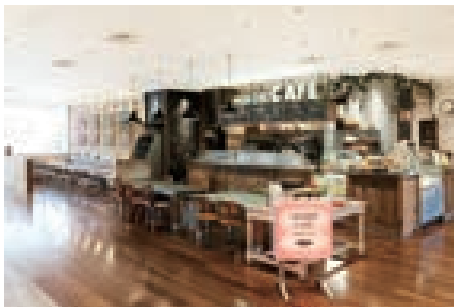
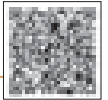
|                  |   |
|------------------|---|
| Available        | Year-round  |
| Ingredients used | Vegetables from Nishitokyo (zucchini, Japanese mustard spinach, leaf lettuce, green bean, etc.) |



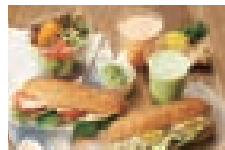
# Minori Café

☎ 03-5524-3127

🌐 <http://minoriminoru.jp/cafe/>



- 📍 Ginza Terrace, 9F Ginza Mitsukoshi, 4-6-16 Ginza, Chuo-ku
- 🕒 10:00 – 22:00
- ✖ When Ginza Mitsukoshi is closed
- 🚶 1 min. walk from Tokyo Metro Ginza, Marunouchi and Hibiya lines Ginza Stn  
9 min. walk from JR Yurakucho Station Central and Ginza exits



Signature menu

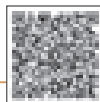
## Japanese Mustard Spinach and Apple Smoothie

|                  |                                     |
|------------------|-------------------------------------|
| Available        | Year-round                          |
| Ingredients used | Japanese mustard spinach from Tokyo |

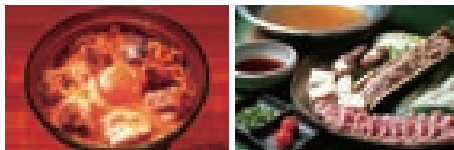


## Torimikura Kyobashi Edogrand

☎ 03-6262-0879

URL <http://www.wid.co.jp/>

- 📍 1F Kyobashi Edogrand, 2-2-1 Kyobashi, Chuo-ku
- 🕒 Lunch 11:00 - 17:00  
Dinner 17:00 - 23:00
- ✕ Open everyday  
(except when Kyobashi Edogrand is closed)
- 🚶 Directly connected to Tokyo Metro Ginza Line Kyobashi Stn



## Signature menu

Ultimate Tokyo  
Shamo Chicken and Egg Rice Bowl

Available Year-round

Ingredients used Tokyo Shamo Chicken

## Tokyo Shamo Chicken Hot Pot

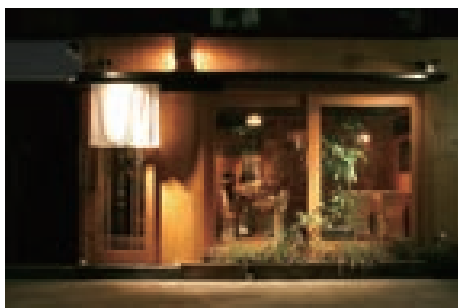
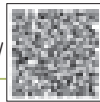
Available Year-round

Ingredients used Tokyo Shamo Chicken

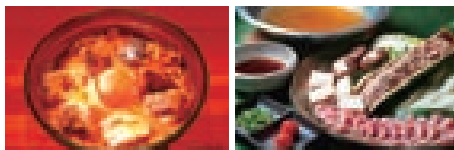


## Aoyama Torimikura Honten

☎ 03-5770-5039

URL <http://www.wid.co.jp/tenpo/torimikura-aoyama/>

- 📍 3-12-4 Minami Aoyama, Minato-ku
- 🕒 Mon - Fri 11:30 - 16:00  
18:00 - 23:30 (Last Call 22:30)  
Weekends and holidays 11:30 - 16:00  
17:00 - 22:30 (Last Call 21:30)
- ✕ Open everyday (except New Year Holidays)
- 🚶 4 min. walk from Tokyo Metro Omote-sando Station Exit A4



## Signature menu

Charcoal Grilled  
Tokyo Shamo Chicken and Egg Rice Bowl

Available Year-round

Ingredients used Tokyo Shamo Chicken

## Tokyo Shamo Chicken Hot Pot

Available Year-round

Ingredients used Tokyo Shamo Chicken

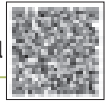


Natural Cafe and Restaurant

# TABUNOKI

☎ 03-3280-1916

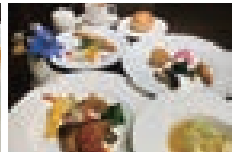
URL <http://tokyo.moa-natural.jp/clinic/tabunoki/index.html>



- 📍 1F Tokyo Ryoin-shinkan, 4-9-16 Takanawa, Minato-ku
- 🕒 Tuesdays-Saturdays: 11:00-21:00
- ✖ Sundays and Mondays
- 🚶 3 min. walk from JR/Keikyu Shinagawa Station

Minato

Signature menu



## Tabunoki Lunch

Available Year-round

Ingredients Seasonal vegetables from used Tokyo (Nishitokyo, etc.)

## Chef's Lunch Course

Available Year-round

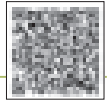
Ingredients Seasonal vegetables from used Tokyo (Nishitokyo, etc.)



# Shinkyoutei Shinkan

☎ 03-3580-2211

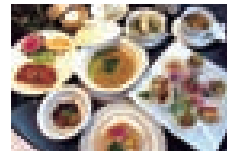
URL <http://shinkyotei.com/>



- 📍 2-4-2 Shimbashi, Minato-ku
- 🕒 Weekdays 11:00 - 22:00 (Last Call)  
Weekends and holidays 11:00 - 21:00 (Last Call)
- ✖ New Year Holidays
- 🚶 3 min. walk from JR Shimbashi Station Hibiya Exit

Minato

Signature menu



## Tokyo Feast Course Meal

(Course meal using carefully selected ingredients from Tokyo and served only from October to November)

Available October to November

Ingredients Vegetables from Tokyo, Tokyo *Shamo* Chicken, TOKYO X Pork, mushrooms from Okutama, fishes from Izu Islands and Tokyo Bay, Japanese pear, grapes, etc.

## TOKYO X Char-Siu Pork

Available Year-round

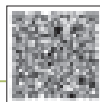
Ingredients used TOKYO X Pork



Soba Restaurant  
**Sarashina Horii** Azabujuban Honten

☎ **03-3403-3401**

URL <http://sarashina-horii.com/>

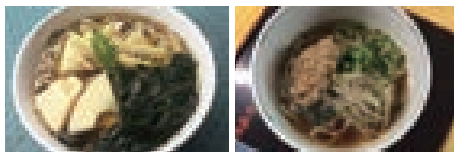


📍 3-11-4 Motoazabu, Minato-ku

🕒 Weekdays 11:30 - 20:30 (Last Call)  
 Weekends and holidays 11:00 - 20:30 (Last Call)

✕ **Wednesdays**

🚶 5 min. walk From Toei Subway Oedo Line Azabu-juban Station Exit 7  
 5 min. walk from Tokyo Metro Namboku Line Azabu-juban Station Exit 4



Signature menu

**Wakatake Soba**

Available late April to early May

Ingredients Hachioji grown bamboo shoots used (one of Edo Tokyo vegetables)

**Terajima Soba**

Available middle of August

Ingredients Terajima eggplant (one of Edo Tokyo vegetables)

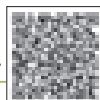


\*Our restaurant is using *Edo Senju negi* (spring onions) throughout the year.

editor's fav  
**Rurubu Kitchen AKASAKA**

☎ **03-5544-8786**

URL <http://jtbpublishing.co.jp/service/rurubukitchen.html>



📍 3-17-1 Akasaka, Minato

🕒 Mon - Thu 17:00 - 23:30  
 Fri 17:00 - 26:00

Sat 11:30 - 23:30 / Sun 11:30 - 22:30

✕ **Open everyday**

🚶 3 min. walk from Tokyo Metro Ginza Line Akasaka Mitsuke Station Exit 10 /  
 5 min. walk from Tokyo Metro Chiyoda Line Akasaka Station



Signature menu

**Tokyo Hatsu Brand TOKYO X Sauteed Pork**

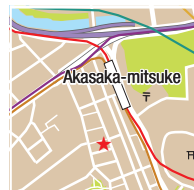
Available Year-round

Ingredients TOKYO X Pork used

**Hachiojima deep-fried minced amberstripe scad**

Available Year-round

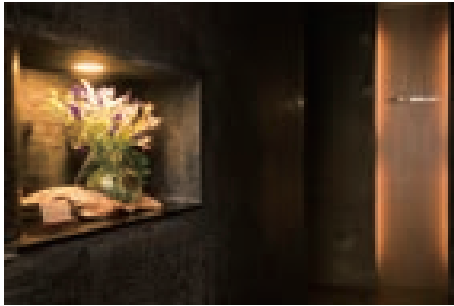
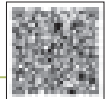
Ingredients Deep-fried minced amberstripe scad from Hachiojima used



# erba da nakahigashi

☎ 03-5467-0560

URL [www.erbadanakahigashi.com](http://www.erbadanakahigashi.com)

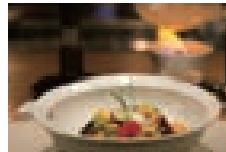


📍 B1F NISHIAZABU4416, 4-4-16  
Nishi-azabu, Minato-ku

🕒 17:00 – 20:30 (Last Call)

✖ Sundays

🚶 6 min. walk from Tokyo Metro  
Hibiya Line Hiroo Station

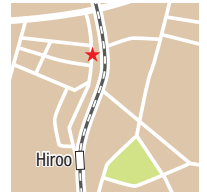


Signature  
menu

## Minestrone Soup

Available Year-round

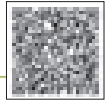
Ingredients All course menu dishes use ingredients produced in Tokyo (seasonal vegetables from Hachioji and used Akiruno, Tokyo *ukakkei* fowl eggs, livestock products from urban areas, river fish, etc.)



# Royal Garden Cafe AOYAMA

☎ 03-5414-6170

URL <https://royal-gardencafe.com/ayama/>



📍 2-1-19 Kita-ayama,  
Minato-ku

🕒 11:00 – 23:00

✖ December 30 – January 1

🚶 4 min. walk from Exit 1 of Aoyama 1-Chome Station  
3 min. walk from Exit 4A of Gaienmae Station



Signature  
menu

## Recommended Seasonal Tokyo Vegetables Menu (Menu varies by season)

Available Year-round

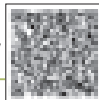
Ingredients Seasonal vegetables from Tokyo and vegetables used from Edo Tokyo



# Tokyo Ai-land

☎ 03-5472-6559

URL <http://www.tokyoislands-net.jp/>



- 📍 In the premises of Takeshiba Passenger Ship Terminal, 1-12-2 Kaigan, Minato-ku
- 🕒 9:00 - 22:30
- ✖ Open everyday
- 🚶 1 min. walk from Takeshiba Station on Yurikamome Line  
7 min. walk from JR Hamamatsucho Station/Daimon Station on Tokyo Metro Subway and Toei Subway Lines



## Signature menu

### Minced Amberstripe Scad Burger

Available Year-round

Ingredients minced amberstripe scads  
used from Hachijojima Island

### Tempura Udon Noodle with Island Seaweed and Ashitaba Leaf

Available till middle of June (May change in summer.)

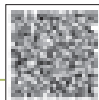
Ingredients seaweed from Izu Islands,  
Ashitaba



# Bekkou Zushi

☎ 03-3433-4820

URL <http://www.bekkouzushi.jp/>



- 📍 In the premises of Takeshiba Passenger Ship Terminal, 1-12-2 Kaigan, Minato-ku
- 🕒 11:30 - 15:00 (Last call 14:30)
- ✖ Saturdays, Sundays and Holidays
- 🚶 1 min. walk from Takeshiba Station on Yurikamome Line  
7 min. walk from JR Hamamatsucho Station/Daimon Station on Tokyo Metro Subway and Toei Subway Lines



## Signature menu

### Bekkou Zushi and Vegetable Pot-au-feu Set

Available Year-round

Ingredients Ashitaba from Oshima Island  
used Natural salt (from Ojima)

### Sea Broth Ramen

Available Year-round

Ingredients Ashitaba from Oshima Island  
used Natural salt (from Ojima)

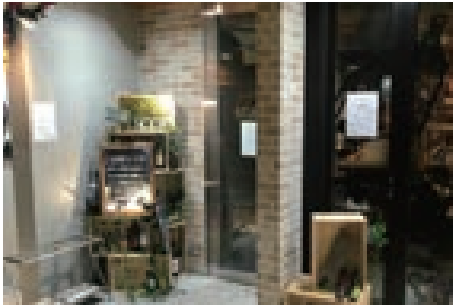
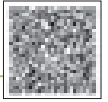




# Tokyo Yasai Kitchen SCOP

☎ 03-6435-5304

URL <https://www.facebook.com/TokyoYasaiKitchenSCOP>



- 📍 1F Tokyo-Noson Bldg.,  
3-19-1 Akasaka, Minato-ku
- 🕒 11:30 – 15:00 (Last call 14:30)  
18:00 – 23:30 (Last call 22:30)
- ✕ Sundays
- 🚶 2 min. walk from Akasaka-mitsuke Subway Station/6 min. walk from Akasaka Station



## Signature menu

### Bagna Càuda with Tokyo Vegetables

Available Year-round

Ingredients used Seasonal vegetables from Tokyo (Trading with more than 100 farms in Tokyo) and Edo Tokyo vegetables such as Terashima eggplants

### Tokyo X Roast Pork

Available Year-round

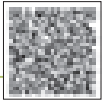
Ingredients used Tokyo X pork roast



# Tokyo Oven Akasaka

☎ 03-6230-9569

URL <http://tokyooovenakasaka.favy.jp/>



- 📍 Hotel Risveglio Akasaka,  
3-18-1 Akasaka, Minato-ku
- 🕒 Breakfast: 7:00-10:00
- ✕ Lunch: 11:30-14:30 Dinner: 17:00-24:00  
Morning only -- Open everyday  
Lunch -- Sat, Sun and Holidays  
Dinner -- Sun and Holidays
- 🚶 3 min. walk from Akasaka-mitsuke Subway Station/  
5 min. walk from Akasaka Station



## Signature menu

### Homemade pickles with farm vegetables

Available Year-round (Depending on availability)

Ingredients used Seasonal vegetables from Tokyo (mainly from Mitaka) and Edo Tokyo vegetables such as Terashima eggplants

### Steamed Tokyo vegetables in a nabe iron pot

Available Year-round (Depending on availability)

Ingredients used Seasonal vegetables from Tokyo (mainly from Mitaka) and Edo Tokyo vegetables such as Terashima eggplants

