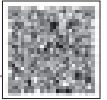


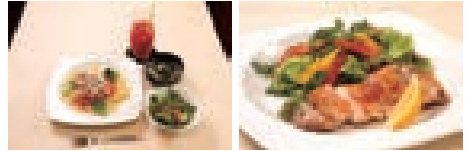
Dining for Everyone  
**Tomatoma**

☎ **03-5845-3669**

🌐 <http://tomatoma.kitchen/>



- 📍 1-19-22 Chuohoncho, Adachi-ku
- 🕒 12:00 – LO 14:00
- ✖ Saturdays, Sundays and Holidays
- 🚶 10 min. walk from Tobu Isesaki Line Umejima Station (1 min. walk from Adachi City Office North Building)



**Signature menu**

**Tomatoma Set**

Available Year-round  
 Ingredients *Komatsuna* greens, Japanese mustard greens, salad

**Daily Set**

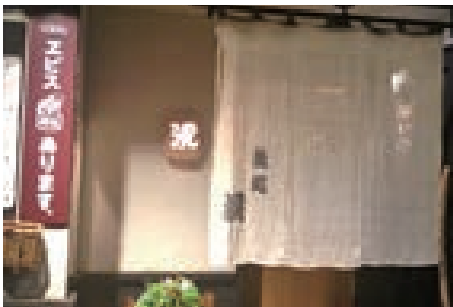
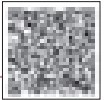
Available Year-round  
 Ingredients used Japanese mustard greens



**Sakanadokoro Kei**

☎ **03-3859-4079**

🌐 <http://www.ensen-ado.com/kei/>



- 📍 1-18-8-105 Kurihara, Adachi-ku
- 🕒 Tuesdays-Saturdays: 17:30-23:00  
Sundays: 17:00-22:00
- ✖ Mondays and other irregular holidays (Please confirm via the website)
- 🚶 8 min. walk from Tobu Isesaki Line (Tobu Sky Tree Line) Nishiarai Station East Exit



**Signature menu**

**Chef's Choice Assorted Sashimi**

Available Year-round  
 Ingredients Fish from Ogasawara (longtooth grouper, ruby snapper, etc.), murame beefsteak plant buds from Kurihara, Adachi-ku

**Grilled and simmered fish from the Tokyo Islands**

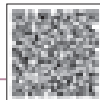
Available Year-round (only when in stock)  
 Ingredients used Fish from the Tokyo Islands (mainly Ogasawara)



# Kitchen Toretate

☎ 03-3853-4114

URL <https://www.ces-net.jp/toshino/>

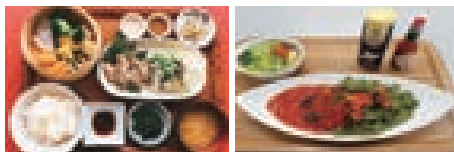


📍 Inside Toshi Agricultural Park,  
2-44-1 Shikahama Adachi-ku

🕒 1st Floor: 10:00 - 17:00 2nd Floor: 11:00 - 17:00

✖ 1st and 2nd floors: **Wednesdays**  
2nd floor: **Thursdays**

🚗 From Nishiarai Station take the "Shikahama Toshi Agricultural Park Route" Tobu Community Bus and get off at the last stop



Signature menu

## Toretate Set Meal

Available Year-round

Ingredients Vegetables available in the park

## Adachi greens pasta tomato sauce (with eggplant) and salad

Available Year-round

Ingredients used The pasta uses Adachi greens (Japanese mustard spinach from Adachi-ku) paste, which is kneaded into the pasta. The salad uses raw vegetables that were harvested in the park

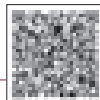


Kosodate (Parenting) Café

# cotoca

☎ 03-6320-2736

URL <https://cotoca-senju.jp/>

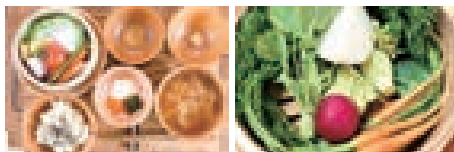


📍 2-18 Senju, Adachi-ku

🕒 9:00 - 17:00

✖ Sundays, Mondays and Holidays

🚗 7 min. walk from various lines at Kitasenju Station West Exit



Signature menu

## Brown rice plate lunch

(Example menu: *Seiro*-steamed vegetables, homemade rice bran pickles, brown rice, long-simmered *miso* soup)

Available Year-round (during harvesting period)

Ingredients used Vegetables from Adachi City Agricultural Park

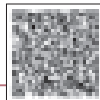


Charcoal Grilled Skewered Meat

# Uekusa

☎ 03-3601-3733

URL



- 📍 3-11-5 Kameari, Katsushika-ku
- 🕒 17:00 – 24:00 (Last call 23:30)
- 🗓 Tuesdays
- 🚶 3 min. walk from JR Joban Line Kameari Station

Katsushika

Signature menu

## Katsushika Onion Hotpot

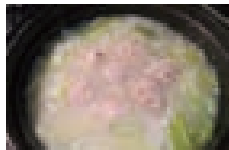
Available November to March

Ingredients used Onion (from Shibamata, Katsushika)

## Grilled Tomatoes with Herbs

Available June to September

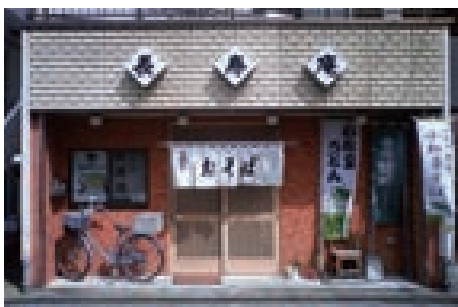
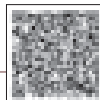
Ingredients used Tomatoes (From Katsushika)



# Soba Noodles Choujyuan

☎ 03-3654-6739

URL <http://choujyuan.com/choujyuan/>



- 📍 3-29-5 Nishiichinoe, Edogawa-ku
- 🕒 11:00 – 15:00/17:00 – 20:00
- 🗓 Thursdays
- 🚶 17 min. walk from Toei Shinjuku Line Ichinoe Station  
5 min. walk from the nearest bus stop "Nishiichinoe Sancho-me"  
\*Look for the "Komatsuna Udon" Flag

Edogawa

Signature menu

## Japanese Mustard Spinach Udon Noodles

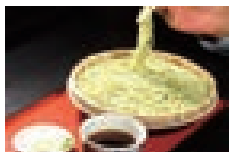
Available Year-round

Ingredients used Japanese mustard spinach from Edogawa

## Japanese Mustard Spinach Soba Noodles

Available Year-round

Ingredients used Japanese mustard spinach from Edogawa



Shunsensaizen

## Takuju Funabori Honten



Signature menu

## Japanese Mustard Spinach and Mushroom Salad

Available Year-round

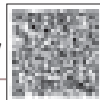
Ingredients Japanese mustard spinach used from Edogawa

## Japanese Mustard Spinach and Bacon Stir-fry

Available Year-round

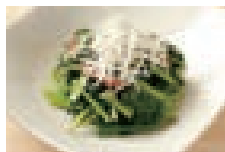
Ingredients Japanese mustard spinach used from Edogawa

☎ 03-5696-0138

URL <https://www.hotpepper.jp/str.J001126183/>📍 B1F Casa Shida, 3-5-19  
Funabori, Edogawa-ku🕒 Weekdays 16:00 – 25:00  
Saturdays 15:00 – 25:00  
Sundays and Holidays 15:00 – 24:30

✕ Open everyday

🚶 2 min. walk from Toei Shinjuku Line Funabori Station



Shunsensaizen

## Takuju Minami-koiwa



Signature menu

## Japanese Mustard Spinach and Mushroom Salad

Available Year-round

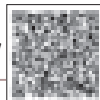
Ingredients Japanese mustard spinach used from Edogawa

## Japanese Mustard Spinach and Bacon Stir-fry

Available Year-round

Ingredients Japanese mustard spinach used from Edogawa

☎ 03-6458-9198

URL <https://www.hotpepper.jp/str.J001126184/>📍 First Floor, 3-25-12  
Minami-koiwa, Edogawa-ku🕒 Tuesdays-Fridays 16:00 – 24:30  
Saturdays 15:00 – 24:30  
Sundays and Holidays 15:00 – 24:00

✕ Mondays

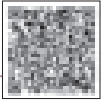
🚶 14 min. walk from JR Sobu Line Koiwa Station South Exit



Shunsensaizen  
Fukukoboshi Hirai

☎ 03-6657-2414

URL <https://www.hotpepper.jp/strJ001126182/>



📍 3F Bell Mo Ace, 5-21-12 Hirai, Edogawa-ku

🕒 Weekdays 18:00 – 25:00  
Saturdays 15:00 – 25:00  
Sundays and Holidays 16:00 – 24:00

🗨 Open everyday

🚶 1 min. walk from JR Sobu Line Hirai Station



Signature menu

Japanese Mustard Spinach and Mushroom Salad

Available Year-round

Ingredients Japanese mustard spinach used from Edogawa

Japanese Mustard Spinach and Bacon Stir-fry

Available Year-round

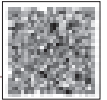
Ingredients Japanese mustard spinach used from Edogawa



Donut and Donut

☎ 03-3656-1142

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



📍 1F NIKO Parkheim Shin Koiwa, 2-39-18 Matsushima, Edogawa-ku

🕒 10:00 – 18:00

🗨 Sundays and Holidays

🚶 2 min. walk after getting off the Toei Bus/Keisei Town Bus at "Edogawa Kuyakusyo Mae"



Signature menu

Japanese Mustard Spinach and Miso

Available Year-round

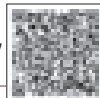
Ingredients Japanese mustard spinach used from Edogawa-ku



Nidaime (2nd Generation)

## Tatsu

☎ 03-3877-2255

URL <https://www.facebook.com/nidaime.tatsu/>

Signature menu

## Edogawa Japanese Mustard Spinach Gyoza/Boiled Gyoza

Available Year-round

Ingredients Japanese mustard spinach from Edogawa used  
(Used for the skin and filling of the gyoza)

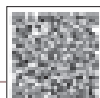
- 📍 1F La Esquina  
5-33-8 Higashikasai, Edogawa-ku
- 🕒 11:30-14:30/18:00-2:00 next morning
- ✕ Mondays (Only at night on Tuesdays)
- 🚶 9 min. walk from Tozai Line Kasai Station



Bakery Restaurant

## Maruko

☎ 03-3656-5211

URL <https://bakerymaruko2017.com>

Signature menu

## Cream Pasta with Bacon and Japanese Mustard Spinach

Available Year-round

Ingredients Japanese Mustard Spinach used from Haruecho, Edogawa-ku

## Cream Pasta with Clams and Japanese Mustard Spinach

Available Year-round

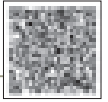
Ingredients Japanese Mustard Spinach used from Haruecho, Edogawa-ku



# Keinoya Hachioji Honten

☎ **042-649-1724**

🌐 <http://r.gnavi.co.jp/kcejgfur0000/>



📍 1F MK Building, 3-9-1 Myojincho, Hachioji

🕒 Mondays- Fridays 11:30-14:00 / 17:00-23:00  
Saturdays 17:00-23:00

✕ Sundays

🚶 5 min. walk from Keio Hachioji Station



Signature menu

## Abundant Assortment of Grilled Hachioji Vegetables and Cheese

Available Year-round

Ingredients used Seasonal vegetables from Hachioji (spinach, turnips, tomatoes, taro roots, broccoli, etc.)

## Freshly Gathered Hachioji Vegetable Salad

Available Year-round

Ingredients used Seasonal vegetables from Hachioji (lettuce, daikon radishes, turnips, radishes, Kawaguchi peas, etc.)

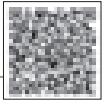


Hachioji

# Keinoya Hachioji Minamino

☎ **042-683-4987**

🌐 <https://ja-jp.facebook.com/keinoyaminamino/>



📍 1-1-10 Hyoe, Hachioji

🕒 Tuesdays-Saturdays 11:30-14:00/17:00-23:00  
Sundays 17:00-23:00

✕ Mondays

🚶 1 min. walk from JR Yokohama Line Hachioji Minamino Station



Signature menu

## Freshly Gathered Hachioji Vegetable Salad

Available Year-round

Ingredients used Vegetables from Hachioji (Kobikimachi)

## Abundant Assortment of Grilled Hachioji Vegetables and Cheese

Available Year-round

Ingredients used Vegetables from Hachioji (Kobikimachi)



Hachioji

The Scent of Happiness

## Pere Noel Minamino



Signature menu

Tokyo Hachioji  
Madeleine "Yamato"

Available Year-round

Ingredients Rice flour, honey, eggs  
used (From Hachioji)

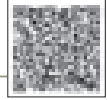
## Hachioji Castella

Available Year-round

Ingredients Honey, eggs (From Hachioji)  
used

\*Other products include cakes made with milk from Hachioji and seasonal fruit from Hachioji.

☎ 042-632-0214

URL <http://www.pere-noel.co.jp/>📍 3-11-5 Nishikatakura,  
Hachioji-shi

🕒 9:30 - 20:00

✖ Open everyday

🚶 5 min. walk from JR Yokohama Line  
Hachioji-Minamino Station

Isonuma Milk Farm

## CELEO Hachioji



Signature menu

"Golden Rule" Milk Soft Serve  
Ice Cream

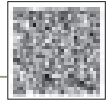
Available Year-round

Ingredients "Golden Rule" pasteurized  
milk (Store's own pastures in  
Hachioji)

## Waffle Plate

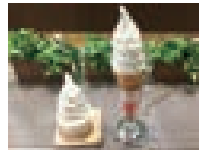
Available Available all year round (ingredients  
may change depending on the season)Ingredients Milk from Tokyo  
used

☎ 042-686-3177

URL <http://isonuma-farm.com/>📍 1F CELEO Hachioji North,  
1-1-1 Asahicho, Hachioji

🕒 10:00 - 21:00

✖ Irregular (Similar to CELEO Hachioji Bldg.)

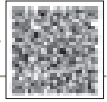
🚶 Inside the CELEO Hachioji Bldg.,  
directly connected to JR Chuo Line  
Hachioji Station



# Labo Grano Melissa

☎ 042-686-2814

URL <http://kkmelissa.web.fc2.com/>



📍 3-18-10 Dai-machi,  
Hachioji-shi

🕒 Thursdays 14:30 – 17:30  
Fri. – Sun. 13:00 – 17:30

✕ Mondays, Tuesdays, Wednesdays

🚶 10 min. walk from JR Chuo Line  
Nishi-Hachioji Station South Exit



Signature  
menu

## Hachioji Ginger Cheesecake

Available Year-round

Ingredients Hachioji ginger  
used (From Hachioji)

## Passion Fruit Cake

Available Year-round

Ingredients Passion fruit (From Hachioji)  
used

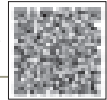


\*The restaurant also holds handmade pasta lessons using homemade herbs.

# Handmade Soba Noodle Tsukushi-ya

☎ 042-651-1987

URL <https://sobatsukushiya.jimdo.com/>



📍 116-16 Dairakujimachi,  
Hachioji-shi

🕒 11:30 - 15:00 (Last Call 14:30)

✕ Thursdays

🚶 From Hachioji Station, take the bus  
and get off at "Kobe Kaikanmae".  
1 min. walk from the bus stop.



Signature  
menu

## Wasabi Dinner

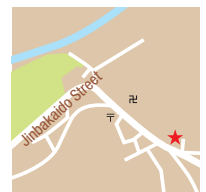
Available Okutama *wasabi* is available every year  
from May to February the next year.

Ingredients Okutama *wasabi*  
used

## Joten Seiro Set Meal

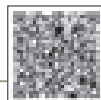
Available Year-round

Ingredients Seasonal vegetables from  
Hachioji, assorted mushrooms  
from Hinohara

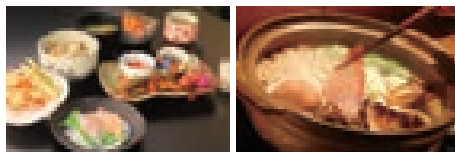


## Ajinao

☎ 042-663-0262

URL <http://ajinao.com/>

- 📍 B1F Agora Bldg., 1-8-25 Mejirodai, Hachioji-shi
- 🕒 17:00 – 22:00  
(Lunch is currently available by reservation)
- ✕ Wednesdays (with irregular holidays)
- 🚶 3 min. walk from Keio Takao Line Mejirodai Station



## Signature menu

Hot-pot and simmered meal that uses "Specialty Tokyo ingredients" and "Dashi"

Available Year-round

Ingredients used Seasonal vegetables and fruits from within Tokyo (Mizuho Igaki farm, etc.), eggs (Machida-shi Kato-Farm), seasonings (Akiruno's Kondojiza, Inc.), and Edo Tokyo vegetables

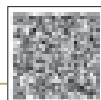
*Nimono* simmered dishes, *nabe* hot pot, and salads using special Tokyo ingredients and dashi broth

Available Year-round (Hot pot is available October to March)

Ingredients used Seasonal vegetables and fruits from within Tokyo (Mizuho Igaki farm, etc.), eggs (Machida-shi Car-to-Farm), seasonings (Akiruno Kondojiza, Inc.), and Edo Tokyo vegetables

Handmade Soba Noodles  
Kanzouan

☎ 042-528-2424

URL <http://soba-kanzouan.sun.bindcloud.jp/>

- 📍 1-15-7 Fujimi-cho, Tachikawa-shi
- 🕒 11:30 – 14:00/18:00 – 21:00
- ✕ Lunch on Tuesdays and Wednesdays (Still open at night)
- 🚶 5 min. walk from JR Nishi-Tachikawa Station



## Signature menu

## Rolled Omelet

Available Year-round

Ingredients used Local eggs (from Akishima)

Seasoned *Nihachi Soba* (*Wasabi*)

Available Year-round

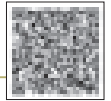
Ingredients used *Wasabi* (from Okutama)



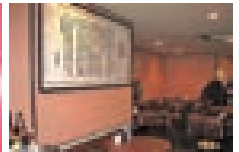
# Chinese Cuisine *Gojyuban*

☎ 042-522-7472

URL <http://www.annex-tachikawa.com/gojyuban>



- 📍 1-4-5 Nishiki-cho, Tachikawa-shi
- 🕒 11:00 – 21:00 (closed 15:00 – 17:00 on weekdays)
- ✖ Mondays
- 🚶 5 min. walk from JR Tachikawa Station South Exit
- 🚶 6 min. from Tama Toshi Monorail Line Tachikawa-Minami Station



Signature menu

## Udo Ramen

Available January -November

Ingredients used Udo spikenard (from Hagita-en Farm, Tachikawa)

## Organic Blueberry and Tomato Salad

Available Year-round

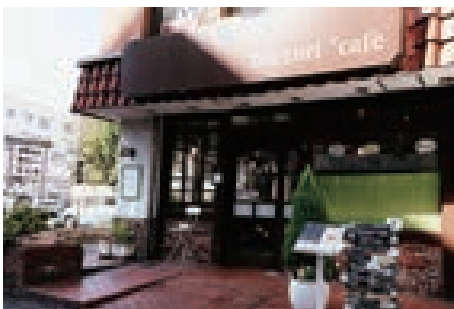
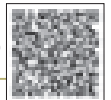
Ingredients used Blueberries (from Manda Farm, Tachikawa)



# hoccori \*café

☎ 042-595-8379

URL [https://m.facebook.com/hoccoricafe/?locale2=ja\\_JP](https://m.facebook.com/hoccoricafe/?locale2=ja_JP)



- 📍 1F Takara Bldg., 2-5-8 Shibasakicho, Tachikawa-shi
- 🕒 1:30 – 19:00
- ✖ Tuesdays and Wednesdays
- 🚶 5 min. walk from JR Tachikawa Station South Exit



Signature menu

## Brown Rice and Black Curry

Available Year-round

Ingredients used Vegetables, mainly from Tachikawa, such as onions, carrots, cabbages, etc. (no meat or fish is used) and ground black sesame

## Salad Plate

Available Year-round

Ingredients used Made from approximately 20 different types of vegetables from Tachikawa, such as Japanese mustard spinach, spinach, Chinese cabbage, leaf lettuce, bell peppers, carrots, cucumbers, mini tomatoes, etc.

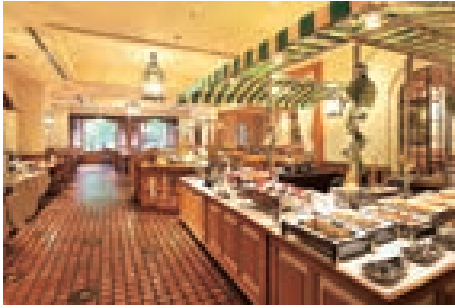
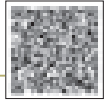


# Restaurant Il Pepe

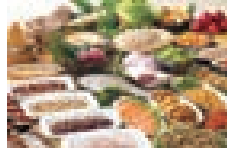
(Palace Hotel Tachikawa)

☎ 042-527-1111

URL <http://www.palace-t.co.jp/>



- 📍 1F Palace Hotel Tachikawa  
2-40-15 Akebono-cho, Tachikawa-shi
- 🕒 6:30 - 22:00 (Last call 21:30)
- ✖ Open everyday
- 🚶 3 min. walk from JR Tachikawa  
Station North Exit



## Signature menu

### Buffet "Salad Corner"

Available Year-round

Ingredients Cabbage, daikon radish, cucumber, tomato, okra,  
used pot herb mustard (from Tachikawa and Akishima)

### Buffet "Ratatouille" and "Pickles"

Available Spring to autumn

Ingredients Eggplant, zucchini, purple onions, kidney  
used beans, cucumbers, carrots (from Tachikawa)

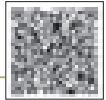


# Teppanyaki Cuisine Asuka

(Palace Hotel Tachikawa)

☎ 042-527-1111

URL <http://www.palace-t.co.jp/>



- 📍 1F Palace Hotel Tachikawa  
2-40-15 Akebono-cho, Tachikawa-shi
- 🕒 11:30 - 14:30 (Last call 14:00)  
17:30 - 21:00 (Last call 20:30)
- ✖ Open everyday
- 🚶 3 min. walk from JR Tachikawa  
Station North Exit



## Signature menu

### Garlic Rice with Tama Eggs

Available Year-round

Ingredients Eggs laid in the Tama Area  
used (Tachikawa, Machida, etc.)

### Teppanyaki Grilled Vegetables

Available Year-round

Ingredients Daikon radish, squash, green  
used peppers, eggplants (from Tachikawa)

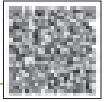


# Chinese Cuisine Zuirin

(Palace Hotel Tachikawa)

☎ 042-527-1111

🌐 <http://www.palace-t.co.jp/>



- 📍 2F Palace Hotel Tachikawa  
2-40-15 Akebono-cho, Tachikawa-shi
- 🕒 11:30 - 21:00 (Last call 20:30)
- 🗓️ Open everyday
- 🚶 3 min. walk from JR Tachikawa Station North Exit



Signature menu

## Chinese Appetizer: Sweet and Sour Pickles

Available Depends on the season

Ingredients *Udo* spikenard, cucumber,  
used *daikon* radish (from Tachikawa)

## Choice Lunch Set

Available Depends on the season

Ingredients Eggplant, pimento pepper,  
used tomato, etc. (from Tachikawa)

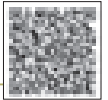


# Japanese Cuisine *Keyaki*

(Palace Hotel Tachikawa)

☎ 042-527-1111

🌐 <http://www.palace-t.co.jp/>



- 📍 2F Palace Hotel Tachikawa  
2-40-15 Akebono-cho, Tachikawa-shi
- 🕒 11:30 - 21:00 (Last call 20:30)
- 🗓️ Open everyday
- 🚶 3 min. walk from JR Tachikawa Station North Exit



Signature menu

## Simmered Vegetables

Available Depends on the season

Ingredients Bamboo shoots, *udo* spikenard,  
used spinach, carrots (from Tachikawa)

## Assorted *Tempura*

Available Depends on the season

Ingredients Butterbur sprouts, eggplants, angelica tree buds,  
used broccoli, pimento peppers (from Tachikawa)



Tachikawa

Tachikawa

Shichirin Ox Tongue  
**Danran Tei**



Signature  
 menu

**TOKYO X Itto Tabetsukushi**

Available Year-round

Ingredients used TOKYO X Pork

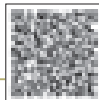
**TOKYO X Samgyopusaru**

Available Year-round

Ingredients used TOKYO X Pork

☎ **042-540-0229**

URL <http://www.meat-c.co.jp/danrantei.htm>



📍 Coral Tachikawa 1F, 3-10-4  
 Shibasakicho, Tachikawa-shi

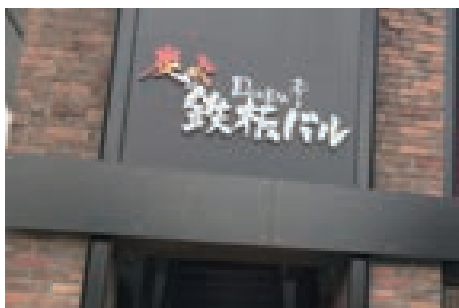
🕒 Weekdays 11:00 – 23:00  
 Weekends and Holidays 17:00 – 23:00

✕ Irregular

🚶 2 min. walk from JR Tachikawa  
 Station South Exit



Danran Tei  
**Charcoal Teppan Bar**



Signature  
 menu

**Salad with Seasonal  
 Tachikawa Vegetables**

Available Year-round

Ingredients used Seasonal Tachikawa  
 Vegetables

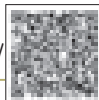
**Thick-cut TokyoX Pork Roasted on  
 Teppanyaki Grill**  
 ~Smoked with Wood Chips from Sakura Cherry Trees~

Available Year-round

Ingredients used TOKYO X

☎ **042-540-0229**

URL <https://www.hotpepper.jp/strJ001152701/>

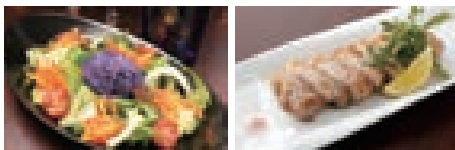


📍 2F Coral Tachikawa Bldg.,  
 3-10-4 Shibasaki-cho, Tachikawa-shi

🕒 17:00 – 23:00 (Last call 22:00)

✕ Irregular

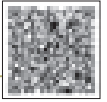
🚶 2 min. walk from JR Tachikawa  
 Station South Exit



Teppan-yaki  
Senju

☎ 042-529-6787

URL <http://千珠.com/>



- 📍 1F Muto Bldg., 3-4-3 Akebonocho Tachikawa-shi
- 🕒 18:00 – 23:00 (Last call 21:00)
- ✕ Wednesdays (No holidays in December)
- 🚶 10 min. walk from JR Tachikawa Station North Exit



Tachikawa

Signature menu

Daily Fresh-Gathered Salad

Available Year-round

Ingredients used Seasonal vegetables from Tachikawa (Sugar beets, *luna*, *momonosuke* radishes, radishes, Japanese mustard greens, lettuce, etc.)

a EMO Kuroge Wagyu Beef Sirloin Steak from Miyazaki

Available Year-round

Ingredients used Garnished with seasonal vegetables from Tachikawa

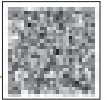


\*EMO\* is a trademark for "Earth Medicine O"

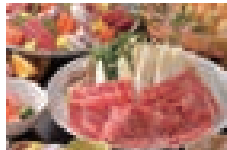
Rinto *Kaiseki* Catering

☎ 042-521-3180

URL <http://rinto.jpn.com/>



- 📍 3-29-8 Hagoromocho, Tachikawa-shi
- 🕒 11:30-21:30 (Last call 21:00)  
\*Only by reservation (Reservations accepted 09:00~18:00)
- ✕ Irregular
- 🚶 7 min. walk from JR Nambu Line Nishi-Kunitachi Station



Tachikawa

Signature menu

Course Meal [SUZAKU]/[KIRITSUBO]

Available Year-round

Ingredients used *Kuroge Wagyu* "Akikawa Beef" from Tokyo, vegetables from Tachikawa

*Sugo* [Sukiyaki and *Kaiseki* Dining]

Available Year-round

Ingredients used *Kuroge Wagyu* "Akikawa Beef" from Tokyo

