

# comrade

meat & vegetable dishes Chofu Honten

☎ 042-488-0411

URL <http://be-comrade.com/>



- 📍 1-26-12 Fuda, Chofu-shi
- 🕒 11:30 - 23:00  
(Sat, Sun and Holidays From 12:00)
- ✖ Tuesdays
- 🚶 3 min. walk from Keio Line Chofu Station East Exit



Signature menu

## 10 Grain Salad with Raw Ham and Three Kinds of Cheese

Price 1,200yen (tax excl.)

Available Year-round

Ingredients Seasonal vegetables (from areas in Tokyo used such as Chofu, Mitaka, and Kiyose)

## Bolognese with Three Kinds of Cheese and Farm Vegetables

Price 1,200yen (tax excl.)

Available Year-round

Ingredients Seasonal vegetables (from areas in Tokyo used such as Chofu, Mitaka, and Kiyose)



# comrade

grill and pasta Trie Keio Chofu

☎ 042-444-2271

URL <http://be-comrade.com/>



- 📍 1F Trie Keio Chofu Bldg. C, 2-61-1 Kojimacho, Chofu-shi
- 🕒 11:00 - 23:00 (Last Call 2:00)
- ✖ Open everyday
- 🚶 Immediately next to Keio Line Chofu Station



Signature menu

## Salad with Vegetables from Musashino, Direct from the Farm

Price 1,200yen

Available Year-round

Ingredients Vegetables from Tokyo via direct, contracted delivery

## Carpaccio with Fresh Fish, Direct from the Izu Islands

Price 1,000yen

Available Year-round

Ingredients Fresh fish from Niiijima Island, via direct air delivery



# Micchan Sengawa Honten

☎ 03-6382-9313

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



📍 1-10-19 Midorigaoka, Chofu-shi  
 🕒 11:00 – 14:00  
 17:00 – 22:00  
 (Until 21:00 on Sundays and Holidays)

✕ Irregular  
 🚶 7 min. walk from Keio Line Sengawa Station



Signature menu

## Okonomiyaki

Price 930yen (tax incl.)  
 Available Year-round  
 Ingredients Vegetables from Mitaka and Chofu (cabbage, onions, carrots)

## Motsuitame (Fried Innards)

Price 1,090yen (tax incl.)  
 Available Year-round  
 Ingredients Vegetables from Mitaka and Chofu (cabbage, pimento peppers, onions, carrots)



# Ciao Bella

☎ 050-3155-1795

URL <http://www.jack-pot.co.jp/>



📍 B1F Masaoki Bldg., 4-4-2 Haramachida, Machida  
 🕒 Mon - Fri 11:30 – 15:00/17:00 – 23:00  
 Weekends and holidays 11:30 – 23:00  
 ✕ Open everyday  
 🚶 2 min. walk from JR Machida Station



Signature menu

## Oven Grilled Vegetables from Machida and Anchovy Sauce

Price 850yen (tax excl.)  
 Available Year-round  
 Ingredients Seasonal vegetables from Machida

## Seafood Salad with Small Shrimp and Smoked Salmon

Price 770yen (tax excl.)  
 Available Year-round  
 Ingredients Seasonal vegetables from Machida



# Farm Cuisine Takamiya

☎ 042-734-3336

🌐 [Webpage under construction](#)



Signature menu

- 📍 800-2 Nozuta-machi, Machida-shi
- 🕒 11:30 – 14:30/17:30 – 20:30  
(Reservations required, evening service is Saturday and Sunday only)
- ✖ Wednesdays and Thursdays
- 🚶 From Tsurukawa Station in Machida, get off at Fukurobashi Bus Stop, walk 5 minutes



Machida

1 Soup 3 Sides (5 dishes total)  
to 1 Soup 7 Sides (9 dishes total)

Price 1,500yen – 3,800yen

Available Year-round

Ingredients Wild and farmed vegetables used from Machida

Children's Lunch Standard/  
Special (for small children)

Price 1,170yen – 500yen

Available Year-round

Ingredients Wild and farmed vegetables used from Machida



(Examples Meal: Seasonal wild vegetable tempura, miso pickles, boiled spinach, field mustard with smooth tofu, etc.)

# Koganei Town Shop KOGANEYA

☎ 042-316-1833

🌐 <https://facebook.com/townshop.koganeya/>



Signature menu

- 📍 4-42-21 Higashicho, Koganei-shi
- 🕒 1F 10:00 – 20:00  
2F (cafe) From 11:30
- ✖ Sundays
- 🚶 Approx. 1 min. walk from JR Higashi-Koganei Station South Exit



Koganeya Carbonara with Salad  
and Soup

Price 880yen

Available Year-round

Ingredients Uses seasonal vegetables from Koganei, Mitaka, Nishi-Tokyo, and Musashino

Ladies' Bento Lunch with  
Abundant Vegetables

Price 650yen

Available Year-round

Ingredients Uses seasonal vegetables from Koganei, Mitaka, Nishi-Tokyo, and Musashino



Koganei



# Sakanaya No Daidokoro

☎ 0423-82-1455

URL



📍 2-6-10 Hon-cho, Koganei-shi

🕒 11:00 – 13:30

16:30 – 23:30 (Last call 23:00)

May be closed for lunch if wild fish is not delivered

✕ Irregular

🚶 5 min. walk from JR Chuo Line Musashi Koganei Station North Exit



Signature menu

## Sashimi Assorted

Price 1,500yen (tax excl.)  
Available Irregular  
Ingredients Fish from Miyake Island (horse used mackerel, mackerel)

## Ashitaba with Sesame Sauce

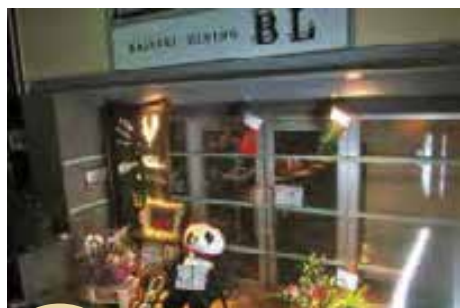
Price 500yen  
Available Irregular  
Ingredients Fish from the Izu Islands used



# KAISEKI DINING B.L.

☎ 042-385-6477

URL <http://kaiseki-dining-bl.com/>



📍 4-43-12 Higashi-cho, Koganei-shi

🕒 18:00 – 24:00

✕ Sundays

🚶 1 min. walk from JR Chuo Line Higashi-Koganei Station South Exit



Signature menu

## Tomato and Tofu Caprese

Price 399yen  
Available June to September  
Ingredients Tomatoes from Koganei and homemade tofu, sauce made with basil from Koganei

## Pickled Vegetables from Koganei

Price 399yen  
Available Year-round  
Ingredients Seasonal vegetables from Koganei (cucumbers, cleaned carrots, Kameido daikon radish, etc.)



# Cafe 5884

☎ 042-387-1004

URL <http://cafe5884.com>



- 📍 1-11-21 Sakuracho, Koganei-shi
- 🕒 11:00 – 18:00 (Last Call 17:30)
- ✖ Irregular
- 🕒 20 min. walk from JR Chuo Line Musashi-Koganei Station  
1 min. walk from Kanto Bus "Edo Tokyo Tatemonoen Mae" Bus Stop  
7 min. walk from Seibu Bus "Koganei Bashi" Bus Stop



Signature menu

## Today's 5884 Plate

Price 900yen (tax excl.)

Available Year-round

Ingredients used Frequently uses vegetables from the "Koganei Edo Farmhouse street" direct sales location  
Also uses Edo Tokyo vegetables when they are received.



# Imperial Court Noodles Naniya

☎ 042-342-2929

URL



- 📍 1-26-25 Gakuen Nishi-machi, Kodaira-shi
- 🕒 11:30 – 14:30/17:30 – 19:30
- ✖ Mondays
- 🕒 3 min. walk west from Seibu Tamako Line Hitotsubashi-Gakuen Station South Exit



Signature menu

## Noodle Dishes

Price 900yen

Available November to February

Ingredients used Chinese cabbage, carrots, onions, spinach (from Miyadera Farm in Kodaira)

## Chilled *Ramen* Noodles (Using blueberry noodles)

Price 1,500yen

Available July to October

Ingredients White cucumbers, tomatoes, lettuce (from Miyadera Farm used in Kodaira), blueberries (from Shimamura Farm in Kodaira)



# Kiraku Zushi

☎ 042-341-6781

URL <http://www.kiraku.ne.jp/>



- 📍 1-8-4 Gakuen-Higashi-cho, Kodaira-shi
- 🕒 11:30 - 14:30/16:30 - 23:00
- ✕ Wednesdays
- 🚶 2 min. walk from Seibu Tamako Line Hitotsubashi-Gakuen Station North Exit



Signature menu

## Original Kodaira Roll

Price	2,000yen (tax excl.)
Available	Year-round
Ingredients used	Blueberries (Kodaira)

## Goseki Late Ripened Marbled Thick Omelette

Price	324yen
Available	November to April
Ingredients used	Goseki Late Ripened Japanese mustard spinach (Kodaira)



# Onoya

☎ 042-341-1248

URL <http://www.k-oonoya.com/>



- 📍 2-1330-17 Ogawa-cho, Kodaira-shi
- 🕒 11:30 - 14:00/16:30 - 21:00 (Last call 21:00)
- ✕ Mondays
- 🚶 Walk 3 min. towards Hitotsubashi Gakuen from Seibu Tamako Line Ome-Kaido Station



Signature menu

## Kodaira Vegetables *Bento*

Price	1,000yen (tax incl.)
Available	Year-round
Ingredients used	All ingredients grown in Kodaira

## Kodaira Pizza

Price	1,080yen (tax incl.)
Available	Year-round
Ingredients used	Corn, kidney beans, tomatoes, basil, eggplant, onions (from Kodaira)





# Irori no Sato

☎ 042-321-0294

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



- 📍 2-19-22 Josuihoncho, Kodaira-shi
- 🕒 11:00 – 21:30
- ✕ Closed Tuesdays (operates seasonally), non-fixed days, and New Year's holidays
- 🚶 15 min. walk from Seibu Tamako Line Hitotsubashi-Gakuen Station South Exit



Signature menu

## Lunch Course Using Local Vegetables

Price	2,500yen
Available	Year-round
Ingredients used	Seasonal vegetables from Kodaira

## Course Using Local Vegetables

Price	5,340-9,500yen
Available	Year-round
Ingredients used	Seasonal vegetables from Kodaira



# Handmade Udon Noodles Dontaku

☎ 042-585-2222

URL



- 📍 1352-6 Hino, Hino-shi
- 🕒 11:00 – 21:00 (Closed from 15:00 – 17:30)
- ✕ Wednesdays
- 🚶 3 min. walk from Tama Toshi Monorail Line Koshu-Kaido Station



Signature menu

## Dontsuke

Price	550yen
Available	Year-round
Ingredients used	<i>Daiikon</i> radish, potheb mustard, carrots, spinach, green onions (from Hino)

## Salad Udon

Price	800yen
Available	Year-round
Ingredients used	Cabbages, tomatoes, cucumber, etc. (from Hino)



Hino Local Restaurant **Bell Heart**☎ **042-585-2238**URL <http://www.bell-heart.jp/>

- 📍 Inside Hino City Hall  
1-12-1 Shinmei, Hino-shi
- 🕒 10:00 - 17:00
- ✖ Weekends and Holidays
- 🚶 15 min. walk from JR Chuo Line Hino Station (Inside Hino City Hall)



## Signature menu

**Sennosuke Bento**  
(Changes daily)

Price	560yen
Available	Year-round
Ingredients used	Seasonal vegetables and eggs from Hino

**Daily Set Meal**

Price	510yen
Available	Year-round
Ingredients used	Seasonal vegetables and eggs from Hino



## SAIKA

☎ **042-392-5505**URL <http://saika-dining.jimdo.com/>

- 📍 2-39-18 Sakae-cho, Higashimurayama-shi
- 🕒 11:00 - 15:00 (Last call 14:30)  
17:00 - 22:30 (Last call 22:00)
- ✖ Tuesdays
- 🚶 4 min. walk from Seibu Shinjuku Line Kumegawa Station  
5 min. walk from Seibu Tamako Line Yasaka Station



## Signature menu

**Higashimurayama Charred Soba**

Price	980yen (tax excl.)
Available	Year-round
Ingredients used	Cabbage, carrots (from Higashimurayama)

**Teppan Gyoza**

Price	600yen (tax excl.)
Available	Year-round
Ingredients used	Cabbage (from Higashimurayama)





# Spice

☎ 042-395-4447

URL



- 📍 1-4-1 Hon-cho Higashimurayama-shi
- 🕒 11:00 – 22:30 (Last call 22:30)
- 🗓 Tuesdays
- 🚶 10 min. walk from Seibu Shinjuku Line Kumegawa Station or Higashimurayama Station



Signature menu

## Special Champon

Price 780yen  
 Available Year-round  
 Ingredients used Cabbage, carrots, etc. (from Higashimurayama)

## Gyoza

Price 400yen  
 Available Year-round  
 Ingredients used Cabbage



Higashimurayama

# Megurumi Labo & Café

☎ 080-4958-0962

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



- 📍 2-19-1 Honcho Kokubunji-shi
- 🕒 10:30 – 18:00
- 🗓 Mondays
- 🚶 5 min. walk from JR Chuo Line Kokubunji Station North Exit



Signature menu

## Daily One Plate Lunch with Kokubunji Vegetables

Price 1,080yen  
 Available Year-round  
 Ingredients Locally harvested vegetables, delivered directly used to the store and made into delicious meals

## Seasonal Fruitcake from Honda Nouen Farms

Price 500yen  
 Available Year-round  
 Ingredients Locally harvested vegetables, delivered directly used to the store and made into delicious meals



Kokubunji

## bar Future Flight

☎ 042-328-7333

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

📍 2F Yamamoto Bldg., 3-23-12  
Minamicho, Kokubunji-shi

🕒 19:00 – 25:00 (Mon - Fri)

ⓧ Sundays (Closed Mondays when there is a 3-day weekend)

🚶 3 min. walk from JR Chuo Line  
Kokubunji Station South Exit



## Signature menu

*Koku Veggie Plate*

Price 980yen

Available Year-round

Ingredients Seasonal vegetables form used  
Kokubunji*Cheese Potage Fondue*

Price 1,280yen

Available Year-round

Ingredients Seasonal vegetables form used  
Kokubunji

## May cafe

☎ 042-312-0576

URL <https://www.hotpepper.jp/slrJ001129336/>

📍 Verona Kokubunji 2F, 2-11-16  
Minamicho, Kokubunji-shi

🕒 10:30 – 19:30 (Sun and Holidays 19:00)

ⓧ Wednesdays

🚶 3 min. walk from JR. Chuo Line  
Kokubunji Station South Exit



## Signature menu

*Koku Veggie Pasta*

Price 800yen

Available Year-round

Ingredients Broccoli, cabbage, and seasonal vegetables from Kokubunji

*Café au Lait with Kokubunji Hyaku Hana Honey*

Price 700yen

Available Year-round

Ingredients Kokubunji Hyaku Hana Honey, available until that year's honey runs out



Wine Bar  
Kunitachimura Sakaba

☎ 042-505-6736

URL <http://www.emalico.com/sakaba/>



- 📍 B1 Kunitachi Sekiya Building  
1-9-30 Naka, Kunitachi-shi
- 🕒 17:30 – 23:00 (Last call 22:15)
- ✖ New Year's holidays, summer holidays (mid-August)
- 🚶 3 min. walk from JR Chuo Line Kunitachi Station South Exit (Basement of the building with Seiyu)



Signature menu

Local Vegetables *Dokamori*  
(large helping) Bagna Cauda

Price 1,390yen

Available Year-round

Ingredients Seasonal vegetables from Kunitachi, Tachikawa, and used  
Kokubunji (content varies depending on the season)

Black Cheesecake Using Eggs  
from Hino

Price 490yen

Available Year-round

Ingredients used Eggs (from Hino)



Kunitachi

Kunitachi Vegetable Restaurant  
Nakamichi Café

☎ 042-848-4991

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



- 📍 4-12-11-1F Fujimidai, Kunitachi-shi
- 🕒 11:30 – 22:30  
(Until 20:30 on Sundays and Holidays)
- ✖ Mondays
- 🚶 1 min. walk from JR Nambu Line Yagawa Station



Signature menu

Daily Quiche

Price 500yen

Available Year-round

Ingredients Made with seasonal vegetables from Kunitachi for that day

Daily Kunitachi  
Vegetable Salad

Price 500yen

Available Year-round

Ingredients Made with seasonal vegetables from Kunitachi for that day



Kunitachi



# Kunitachi Ouka

☎ 042-572-7185

URL <http://www.k-ouka.com/>



📍 B1F Kinbundo Building, 1-9-45 Naka, Kunitachi-shi

🕒 Weekday Lunch 11:00 – 14:30  
Night 17:00 – 22:30

Sunday Lunch 11:30 – 15:00

✕ Sunday nights and 5th Sunday of the month

🚶 2 min. walk from JR Chuo Line Kunitachi Station South Exit



Signature menu

## Oukado Lunch

Price 1,300yen

Available Year-round

Ingredients Seasonal vegetables from used Kunitachi

## Pickles Platter

Price 460yen

Available Year-round

Ingredients Seasonal vegetables from used Kunitachi



# Stuben Otama

☎ 042-551-1325

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



📍 785 Fussa, Fussa-shi

🕒 Weekdays 11:30 – 14:00/17:30 – 21:30  
Weekends and Holidays 11:30 – 15:00/17:00 – 21:30

✕ Tuesdays

🚶 3 min. walk from JR Ome Line Fussa Station East Exit



Signature menu

## TOKYO X Pork Ham Platter

Price 1,280 yen (tax excl.)

Available Year-round

Ingredients TOKYO X Ham used

## TOKYO X Pork Steak Set

Price 2,800yen (tax excl.)

Available Year-round (Dinner only, reservation required)

Ingredients TOKYO X Pork used

