

Tokyo Cuisine
Enoki Restaurant

☎ 03-5831-2431

URL <http://enokinoyakata.com/>Signature
menu**Tokyo Shamo All Star Platter**

Price 1,580yen (tax excl.)

Available Year-round

Ingredients Tokyo Shamo chicken (From Akiruno),
used soy sauce (From Kameido, Koto)**Adachina Udon**

Price 980yen (tax excl.)

Available Year-round

Ingredients Komatsuna (from Rokucho, Adachi), Edo Traditional
used Vegetable Murame (Perilla) (From Kurihara, Adachi),
Tokyo Shamo chicken (From Akiruno)

- 📍 Lynx Rokucho, 2-7-15 Nishikahei, Adachi-ku
- 🕒 17:00 – 22:30 (Lunch served on weekends)
- ✖️ Wednesdays
- 🚶 5 min. walk from Tsukuba Express Rokucho Station
12 min. walk from Chiyoda Line Kita-Ayase Station
20 min. walk from Tobu Skytree Line Gotanno Station

Charcoal Grilled Skewered Meat
Uekusa

☎ 03-3601-3733

URL

Signature
menu**Katsushika Onion Hotpot**

Price 918yen

Available November to March

Ingredients Onion (from Shibamata, Katsushika)
used**Grilled Tomatoes with Herbs**

Price 216yen

Available June to September

Ingredients Tomatoes (From Katsushika)
used

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



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 Subway Shinjuku Line Ichinoe Station
5 min. walk from the nearest bus stop "Nishiichinoe Sancho-me"
*Look for the "Komatsuna Udon" Flag

Signature menu



Japanese Mustard Spinach *Udon* Noodles

Price 600yen

Available Year-round

Ingredients used Japanese mustard spinach from Edogawa

Japanese Mustard Spinach *Soba* Noodles

Price 600yen

Available Year-round

Ingredients used Japanese mustard spinach from Edogawa



Healthy Home Cooking and Indian Curry Restaurant

Violetta

☎ 03-3652-1927

URL <http://violettatokyo.jimdo.com/>



- 📍 1-23-6 Matsushima, Edogawa-ku
- 🕒 Lunch 11:00 – 14:00
Dinner 17:30 – 21:30
- ✖ Tuesdays (*Lunch only on Mondays)
- 🚶 24 min. walk from JR Sobu Line Shin-Koiwa Station South Exit
Bus: 5 min. walk from Edogawa Kuyakusho-mae, the 4th stop on buses bound for Kasai or Nishikasai

Signature menu



Japanese Mustard Spinach Curry from Edogawa

Price 850yen

Available Year-round

Ingredients used Japanese mustard spinach from Edogawa

Japanese Mustard Spinach Salad from Edogawa

Price 650yen (Half Size: 340yen)

Available Year-round (Not available in summer sometimes)

Ingredients used Japanese mustard spinach from Edogawa



Nidaime (2nd Generation)

Tatsu



Signature menu

Edogawa Japanese Mustard Spinach Gyoza/Boiled Gyoza

Price 540yen

Available Year-round

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

☎ 03-3877-2255

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

- 📍 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



Ryujinmaru Ichiba Hachioji



Signature menu

TOKYO-X Porkchops

Price 1,480yen

Available Year-round

Ingredients TOKYO-X Pork from Sawai used
Farm, Takatsuki-machi

Log-Grown Shiitake Mushroom Grilled with Butter and Soy Sauce

Price 620yen

Available Year-round

Ingredients Log-grown shiitake mushrooms used
(From Ishikawa-machi, Hachioji)

☎ 042-649-7942

URL <https://ja-jp.facebook.com/ryujinmaruichiba/>

- 📍 6-4 Asahi-cho, Hachioji-shi
- 🕒 Mon. - Fri. 11:30 - 14:00/17:00 - 23:00
Saturdays 17:00 - 23:00
- ✕ Sundays
- 🚶 3 min. walk from JR Hachioji Station North Exit



Pere Noel Minamino

☎ 042-632-0214

🌐 <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

Signature menu



Tokyo Hachioji Madeleine "Yamato"

Price	230yen/each
Available	Year-round
Ingredients used	Rice flour, honey, eggs (From Hachioji)

Hachioji Castella

Price	680yen/each
Available	Year-round
Ingredients used	Honey, eggs (From Hachioji)



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

Isonuma Farm Celeo Hachioji

☎ 042-686-3177

🌐 <http://isonuma-farm.com/>



- 📍 1F Celeo North Wing, Hachioji Station Building, 1-1-1 Asahi-cho, Hachioji-shi
- 🕒 10:00 – 21:00
- 🗓 Irregular (According to Celeo, Hachioji Station Building)
- 🚶 JR Chuo Line Hachioji Station, inside Celeo, Hachioji Station Building

Signature menu



Milk Golden Rule Soft Serve Ice Cream

Price	380yen
Available	Year-round
Ingredients used	Milk pasteurized at low temperature from Milk no Ogonritsu (Home farm, Hachioji)

Waffle Plate

Price	600yen
Available	Year-round (ingredients may change depending on the season)
Ingredients used	Milk from Tokyo



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

Price 400yen (tax excl.)

Available Year-round

Ingredients used Hachioji ginger
(From Hachioji)

Passion Fruit Cake

Price 400yen

Available Year-round

Ingredients used Passion fruit (From Hachioji)



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

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

Price 500yen (Picture shows half
size 300yen/tax excl.)

Available Year-round

Ingredients used Local eggs (from Akishima)

Seasoned Nihachi Soba (Wasabi)

Price 780yen (tax excl.)

Available Year-round

Ingredients used Wasabi (from Okutama)



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 - 22:30
- ✖ Open everyday
- 🚶 3 min. walk from JR Tachikawa Station North Exit



Signature menu

Buffet "Salad Corner"

Price Buffet price varies depending on the season

Available Year-round

Ingredients Cabbage, daikon radish, cucumber, tomato, okra, pothero mustard (from Tachikawa and Akishima)

Buffet "Ratatouille" and "Pickles"

Price Buffet price varies depending on the season

Available Spring to autumn

Ingredients Eggplant, zucchini, purple onions, kidney 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 - 21:30 (Last call 21:00)
- ✖ Open everyday
- 🚶 3 min. walk from JR Tachikawa Station North Exit



Signature menu

Garlic Rice with Tama Eggs

Price -

Available Year-round

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

Teppanyaki Grilled Vegetables

Price -

Available Year-round

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



Japanese Cuisine *Keyaki*

(Palace Hotel Tachikawa)

☎ 042-527-1111

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



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



Signature menu

Simmered Vegetables

Price	1,188yen
Available	Depends on the season
Ingredients used	Bamboo shoots, <i>udo</i> spikenard, spinach, carrots (from Tachikawa)

Assorted *Tempura*

Price	4,752yen
Available	Depends on the season
Ingredients used	Butterbur sprouts, eggplants, angelica tree buds, broccoli, pimento peppers (from Tachikawa)



Chinese Cuisine *Zuirin*

(Palace Hotel Tachikawa)

☎ 042-527-1111

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



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



Signature menu

Chinese Appetizer: Sweet and Sour Pickles

Price	1,296yen
Available	Depends on the season
Ingredients used	<i>Udo</i> spikenard, cucumber, daikon radish (from Tachikawa)

Choice Lunch Set

Price	1,500yen/2,000yen
Available	Depends on the season
Ingredients used	Eggplant, pimento pepper, tomato, etc. (from Tachikawa)



Chinese Cuisine *Gojyuban*

☎ 042-522-7472

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



- 📍 1-4-5 Nishiki-cho, Tachikawa-shi
- 🕒 11:00 - 21:00
- 🗓 Bon Holidays and New Year Holidays
- 🚶 5 min. walk from JR Tachikawa Station South Exit
6 min. from Tama Toshi Monorail Line Tachikawa-Minami Station



Signature menu

Udo Ramen

Price	823yen
Available	Year-round
Ingredients used	Udo spikenard (from Suzaki Farm, Tachikawa)

Organic Blueberry and Tomato Salad

Price	648yen
Available	Year-round
Ingredients used	Blueberries (from Manda Farm, Tachikawa)



La Befana Kichijoji

☎ 0422-71-4800

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



- 📍 1-10-11 Kichijoji Minami-cho, Musashino-shi
- 🕒 11:30 - 14:30/17:00 - 22:30
- 🗓 Open everyday
- 🚶 3 min. walk from JR Chuo Line Kichijoji Station Park Exit
3 min. walk from Keio Inokashira Line Kichijoji Station



Signature menu

Mixed Vegetables and Anchovies

Price	800yen (tax excl.)
Available	Year-round
Ingredients used	Seasonally available vegetables

Sicilian Rouse and Basil Chilled Pasta

Price	1,400yen (tax excl.)
Available	July to early September
Ingredients used	Sicilian rouse, basil (from Mitaka)



Musashino Vegetable Cuisine

Miluna-na

Signature menu

Vegetables and Multigrain Rice

Price	950yen
Available	Year-round
Ingredients used	Uses locally grown seasonal vegetables from Musashino and Koganei

Vegetable Curry

Price	950yen
Available	Year-round
Ingredients used	Uses locally grown seasonal vegetables from Musashino and Koganei

☎ 0422-30-9195

URL <http://ameblo.jp/miluna-na/>

- 📍 2-17-5-102 Kyonan-cho, Musashino-shi
- 🕒 11:30 – 15:30 (Last call: 14:30)
17:30 – 21:00 (Last call: 20:00)
- ✕ Wednesdays, 1st Thursday
(Open if a regular closed day is a Holiday, then closed the next day)
- 🚌 6 min. from Chuo Line Musashi-Sakai Station South Exit



Mitaka City Hall Mae

Masudaya

Signature menu

Soba/Udon Noodles with Mitaka Nasu

Price	950yen
Available	Around June to September
Ingredients used	Eggplant, tomato, cucumber (Home grown in Mitaka)

Tempura Soba or Udon with Mitaka Vegetables and Shrimp Tempura

Price	1,300yen
Available	Year-round
Ingredients used	Eggplant, pimento pepper, green pepper, perilla, etc. (Home grown in Mitaka)

☎ 0422-43-8525

URL [あなたのそばに.com](http://anata.no.soba.com)

- 📍 9-11-8 Shimorenjaku, Mitaka-shi
- 🕒 Weekdays 11:00 – 15:00/17:00 – 20:00
Weekends and Holidays 11:00 – 20:00
- ✕ Thursdays
- 🚌 Take a bus from Mitaka Station, Kichijoji Station, or Chofu Station, get off at Mitaka Shiyakusho-mae stop



Dining & Gallery *Mayugura*

☎ 0428-21-7291

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



- 📍 3-127 Nishiwake-cho, Ome-shi
- 🕒 11:00 - 17:00 (Last call 16:30)
- ✖ Open everyday (Except New Year Holidays)
- 🚶 10 min. walk from JR Ome Station or Higashi-Ome Station

Signature menu

Vegetarian Plate

Price	1,000yen
Available	Year-round (Changes monthly)
Ingredients used	Sunny Lettuce, Snow peas (from Ome), <i>norabona</i> (from Akiruno)

Mayu-zen Set

Price	1,600yen
Available	Year-round (Changes monthly)
Ingredients used	Spinach, bamboo shoots (from Ome)



Imoutoya

☎ 0428-78-7230

URL <http://www.sawanoi-sake.com/imoutoya/>

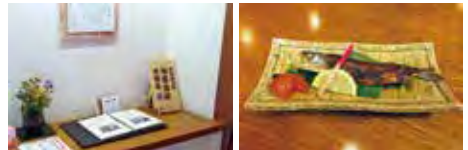


- 📍 1-2-5 Mitake, Ome-shi
- 🕒 Tea 10:30 - 16:00 (Last call 16:00)
Lunch 11:00 - 15:00 (Last call 15:00)
- ✖ Mondays
(Or the following Tuesday if Monday is a Holiday)
Closed intermittently for other events as well
- 🚶 5 min. walk from JR Ome Line Mitake Station

Signature menu

Skewered Grilled Trout

Price	780yen
Available	Year-round
Ingredients used	Trout (Mitake)



Mamadaya

☎ 0428-74-4221

URL <http://www.1.odn.ne.jp/mamadaya/>



Signature menu

Limited Time Lunch (Weekends and Holidays only)

Price 1,750yen

Available Year-round (Please inquire)

Ingredients Seasonal vegetables (some from Ome), rice from Ome (depending on the season), eggs from Ome

Meal and Bath (Private Room) Course

Price 5,940yen

Available Year-round (Reservation required)

Ingredients Eggs from Ome, *Okutama* trout, rice from Ome (depending on the season)

- 📍 5-3140 Osoki, Ome-shi
- 🕒 Lunch Reception 11:30 – 14:00
Individual Rooms 11:00 – 15:00
- ✗ Irregular
(Mostly open on weekends. Inquire for details.)
- 🚌 From JR Higashi-Ome Station North Exit, ride the Seibu Bus bound for "Hanno-eki Minami-guchi" for approximately 20 minutes, get off at the "Iwakura Onsen" bus stop and walk 2 minutes



CAFE YUBA

☎ 0428-74-4405

URL <http://iwakura-cafeyubajindo.com>



Signature menu

Handmade Cake

(Chiffon cake, sweet potato cake, gateau chocolate, etc.)

Price 380yen

Available Year-round

Ingredients Eggs from Ome, home grown herbs

Handmade Cake Set

Price 750yen

Available Year-round

Ingredients Handmade cake (Using eggs from Ome) and Tokyo Black Tea Mizuho or Iwakura Coffee as a set

- 📍 5-3142 Osoki, Ome-shi
- 🕒 Fri./Sat./Sun./Holidays 10:00 – 18:00
(10:00 – 17:00 from November to February)
- ✗ Mondays, Tuesdays, Wednesdays, Thursdays
- 🚌 From JR Higashi-Ome Station North Exit, ride the Seibu Bus bound for "Hanno-eki Minami-guchi" for approximately 20 minutes, get off at the "Iwakura Onsen" bus stop and walk 2 minutes



Tsubuan Cafe

☎ 0428-25-2251

URL <http://tsubuancafe.com/>



- 📍 131 Hon-cho, Ome-shi
- 🕒 11:00 - 17:00
- ✖ Thursdays
- 🚶 1 min. walk from JR Ome Line, Ome Station



Signature menu

Salad and Soup of the Day Set

Price	1,000yen
Available	Year-round (Weekdays)
Ingredients used	Seasonal vegetables from Ome (with soup and salad)

Ume Shiruko and Tea

Price	700yen
Available	Year-round
Ingredients used	Locally grown plums



Taishoan

☎ 0428-22-2765

URL



- 📍 329 Kami-cho, Ome-shi
- 🕒 11:30 - 19:30
- ✖ Mondays
- 🚶 6 min. walk from JR Ome Line, Ome Station



Signature menu

Deep Fried TOKYO X Pork Soup Noodles

Price	950yen
Available	Year-round
Ingredients used	TOKYO X Pork (from Ome)

TOKYO X Pork Zaru Soba Noodles

Price	1,050yen
Available	Year-round
Ingredients used	TOKYO X pork (from Ome)



Italian Restaurant Toscana

☎ 0428-24-3755

URL <http://toscanaome.vpweb.jp/>



Signature menu

- 📍 10-5-4 Kabe-machi, Ome-shi
- 🕒 11:00 - 14:30/17:00 - 21:00
- ✖ Mondays (Open if Monday is a Holiday)
- 🚶 5 min. walk from JR Ome Line Kabe Station North Exit



Small appetizers and seasonal spaghetti using local vegetables

Price 300yen/1,280yen

Available Year-round

Ingredients used Seasonal vegetables from Ome (summer: eggplants, cucumbers, tomatoes/ winter: sweet potatoes, Daikon radish, potatoes, etc)

Chef's Special Minestrone

Price 550yen

Available November to March

Ingredients used Seasonal vegetables from Ome (spinach, carrot, onions, etc.)



Tamagawa-ya Sohonten

☎ 0428-78-8345

URL <http://www.tamagawa-ya.com>



Signature menu

- 📍 360 Mitakehon-cho, Ome-shi
- 🕒 11:00 - 18:00
- ✖ Mondays (Closed Tuesday if Monday is a Holiday)
- 🚶 3 min. walk from JR Ome Line Mitake Station



TOKYO X Pork Bouillon Soba/Udon Noodles

Price 1,030yen

Available Year-round

Ingredients used TOKYO X Pork (from Ome)

TOKYO X Pork Deep Fried Soba/Udon Soup Noodles

Price 1,080yen

Available Year-round

Ingredients used TOKYO X pork (from Ome)



Soba Noodles Inariya

☎ 0428-76-0915

URL



- 📍 2-419-7 Wada-machi, Ome-shi
- 🕒 12:00 - 14:00/18:00 - 23:00
- 🗓️ Wednesdays
- 🚶 10 min. walk from JR Ome Line Miyahonhira Station or Hinatawada Station



Signature menu

TOKYO X Pork Udon

Price 850yen
 Available Year-round
 Ingredients used Meat (TOKYO X Pork), vegetables and plum sauce (from Ome)

TOKYO X Minced Meat Cutlet

Price 600yen
 Available Year-round
 Ingredients used Meat (TOKYO X Pork), vegetables (from Ome), eggs (from Ome)



*The restaurant also serves "Tokyo Ome Plum Orchard Soba" made with flour from buckwheat raised on the site of former plum orchards in Ome

Moriman

☎ 0428-22-1331

URL



- 📍 3-9-7 Higashiome, Ome-shi
- 🕒 10:00 - 20:00
- 🗓️ Irregular (Once per month)
- 🚶 5 min. walk from JR Ome Line Higashiome Station North Exit



Signature menu

TOKYO X Pork Katsudon

Price 1,500yen
 Available Year-round
 Ingredients used TOKYO X Pork (from Ome)

TOKYO X Pork Udon

Price 800yen
 Available Year-round
 Ingredients used TOKYO X Pork (from Ome)



*TOKYO X Pork is used for many other items on the menu as well.

Kominka Irori

☎ 0428-74-7104

URL <http://park8.wakwak.com/~irori/index.html>



- 📍 1-135 Kosoki, Ome-shi
- 🕒 11:00 – 21:00 (Last call 19:00)
- ✕ Mondays and Tuesdays
(Open on Holidays)
- 🚗 From Ken-O Expressway Ome IC, drive 2 km along Iwakura Kaido (parking available)



Signature menu

River Fish Salt Grilled or Simmered in Sweeten Soy Sauce

Price 600yen – 800yen/each

Available Year-round

Ingredients Sweetfish, trout, char, sockeye salmon used
(from the Tama River in Okutama)

Irori (Hearth) Set

Price 2,000yen

Available Year-round

Ingredients Mushrooms from Ome used
(shiitake mushrooms)



Oven Grilled Cuisine YOSHIZO Cafe (Mitake)

☎ 0428-78-7887

URL <http://yoshizo-cafe.tokyo/>



- 📍 1-192-4 Mitake, Ome-shi
- 🕒 11:30 – 21:00
- ✕ July to September: Open everyday
October to June: Closed Thursdays
- 🚗 From JR Mitake Station, ride the Nishitokyo Bus bound for “Cable Shita” 2 minutes, get off at Yarisawa bus stop



Signature menu

Special Vegetable Roast from Kawaguchi Farm, Ome - Anchovy Sauce -

Price 1,040yen (tax incl.)

Available Year-round

Ingredients Seasonal vegetables from used
Ome

Tomato Sauce Pasta with Seasonal Farm Vegetables from Kawaguchi Farm

Price 1,300yen (tax incl.)

Available Year-round

Ingredients Seasonal vegetables from used
Ome



*Menu may change depending on the season

Fujimineken

☎ 0428-78-8451

URL <http://www7b.biglobe.ne.jp/fujimineken/>



- 📍 17 Mitakesan, Ome-shi
Plaza at Cable Mitakesan Station
- 🕒 9:00 – 17:30
- 🗓 Open everyday
- 🚶 Get off at Cable Mitakesan Station



Signature menu

Wasabi Soba

Price 800yen
 Available April to early September
 Ingredients *Wasabi* Flowers used (from Okutama)



Ome

noco BAKERY & CAFE

☎ 0428-27-5456

URL <http://noco.wpblog.jp/>



- 📍 2-332-2 Yugi-machi, Ome-shi
- 🕒 11:00 – 16:00
- 🗓 Tuesdays and Wednesdays
- 🚶 14 min. walk from JR Ome Line Futamatao Station South Exit



Signature menu

Brioche Quiche

Price 290yen (tax excl.)
 Available Year-round
 Ingredients used Eggs from Ome

Seasonal Vegetable Pizza

Price 260yen (tax excl.)
 Available Year-round
 Ingredients used Seasonal vegetables from Ome



Ome