

Namikian

☎ 042-362-8462

URL <http://r.gnavi.co.jp/e540000/>



Signature menu

- 📍 2-29-5 Nishifu-cho, Fuchu-shi
- 🕒 11:00 – 15:00 (Weekdays: 11:30-) 17:30 – 21:30
- ✕ Mondays
- 🚶 7 min. walk from JR Nambu Line Nishifu Station North Exit



Musashi Fuchu Kofun Tempura on Rice

Price 1,400yen

Available Year-round

Ingredients Seasonal vegetables used from Fuchu and Hachioji

Tempura and Soba with Vegetables from Fuchu

Price 1,380yen

Available Year-round

Ingredients Seasonal vegetables used from Fuchu



Soba & Sake Suzuya

☎ 042-361-3834

URL <http://soba-suzuya.jp/>



Signature menu

- 📍 5-7-25 Koremasa, Fuchu-shi
- 🕒 Weekdays 11:00 – 14:00 17:00 – 21:00
- Weekends and Holidays 11:00 – 20:00
- ✕ Thursdays
- 🚶 Near the Seibu Tamagawa Line Koremasa Station Ticket Gate



Salad Udon

Price 1,080yen (tax incl.)

Available Summer

Ingredients Vegetables from Tokyo used (Mainly the Tama Area)

Tokyo Islands Fish

Price Depends on the menu

Available Depending on inventory

Ingredients From the Izu Islands used



Pork Cutlet Cuisine
Yasui Meat

☎ **042-363-8601**

URL <http://www.yasui-meat.com/>



- 📍 1-23-3 Shiraitodai, Fuchu-shi
- 🕒 Lunch Mon. – Sat. 11:30 – 14:00
 (Closed on Sundays and Holidays)
 Pub 17:00 – 23:00
 (Sun.: 16:30 – 22:30/Closed on Tuesdays and Holidays)
- ✖ Tuesday nights and Holidays
- 🚶 10 min. walk from Keio Line Tama-Reien Station
 Transfer at JR Chuo Line Musashi-Sakai Station (Bound for Koremasa), 7 min. walk from Shiraitodai Station

Signature menu



Tonkatsu Set

Price Lunch: 800yen/Dinner: 900yen
 Available Year-round
 Ingredients Tamacho Cabbage from used Fuchu (during harvests)

Tsuzuki Family Fried Eggplant (Night Menu)

Price 410yen
 Available Summer
 Ingredients Tamacho Eggplants from used Fuchu-shi



*Daily menus using locally grown seasonal vegetables

Restaurant Cantallo

☎ **050-3734-3208**

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



- 📍 1F Fuchu-no-Mori Arts Theater
 1-2 Sengen-cho, Fuchu-shi
- 🕒 11:00 – 22:00
- ✖ Irregular
- 🚶 7 min. walk from Keio Line Higashi-Fuchu Station North Exit

Signature menu



Pasta with Anchovies and Local Cabbage

Price 1,000yen (tax excl.)
 Available Year-round
 Ingredients Locally grown cabbage used

Bagna Cauda with Local Vegetables

Price 850yen (tax excl.)
 Available Year-round
 Ingredients Local vegetables used



Fuchu

Fuchu

AGIO Fuchu

☎ 042-351-9135

URL <http://www.mikasakaikan.co.jp/restaurant/agio/fuchu/index>



Signature menu

Caprese with Tomatoes and Mozzarella Cheese from Takano Farm

Price 1,200yen

Available Summer/From October

Ingredients used Tomatoes from Fuchu

Anchovy Salad with Tomatoes from Takano Farm

Price 756yen

Available Summer/From October

Ingredients used Tomatoes from Fuchu



Heiji No O-udon

☎ 042-354-8555

URL <https://heijinooudon.jp/>



Signature menu

Bouillon Udon

Price Mini from 780yen (tax incl.)

Available Year-round

Ingredients used Wakenegi scallions

Seasonal Tempura 3-Piece Set

Price 380yen (tax incl.)

Available Year-round

Ingredients used Seasonal vegetables from Fuchu

- 📍 Veil Maison Fuchu, 3-3-1 Midori-cho, Fuchu-shi
- 🕒 Weekdays 11:00 - 15:00/17:00 - 22:00
Weekends and Holidays 11:00 - 22:00
- ✕ Every 1st Thursday of the month (If the 1st Thursday is a holiday, then Thursday of the following week)
- 🚶 4 min. walk from Keio Line Higashi-Fuchu Station



Musashino Udon

☎ 042-368-6340

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



- 📍 1-5-5 Fuchu-cho, Fuchu-shi
- 🕒 11:30 – 24:00
- 🗒 Open everyday
- 🚶 4 min. walk from Keio Line Fuchu Station North Gate

Signature menu



Meat Mixed with Eggs *Mori Udon*

Price	1,000yen
Available	Year-round
Ingredients used	Eggs from Fuchu (Takano Poultry)

Japanese Omelette

Price	600yen
Available	Year-round
Ingredients used	Eggs from Fuchu (Takano Poultry)



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	800yen (tax incl.)
Available	Year-round
Ingredients used	Vegetables from Mitaka and Chofu (cabbage, onions)

Motsuitame (Fried Innards)

Price	800yen (tax incl.)
Available	Year-round
Ingredients used	Vegetables from Mitaka and Chofu (cabbage, pimento peppers, onions)



Farm Cuisine Takamiya

☎ 042-734-3336

URL <http://farm-takamiya.la.coccan.jp/>



Signature menu

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

Price 1,170yen - 3,000yen

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

- 📍 800-2 Nozuta-machi, Machida-shi
- 🕒 11:30 - 14:30/17:30 - 20:30
(Reservations required, groups of 4 or more at night)
- ✖ Wednesdays and Thursdays
- 🚶 From Tsurukawa Station in Machida, get off at Fukurobashi Bus Stop, walk 5 minutes



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

Oyster Shack Machida

☎ 042-851-8134

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



Signature menu

Pickled Cabbage

Price 300yen (tax excl.)

Available Year-round

Ingredients Seasonal vegetables from
used Machida

Grilled Machida Vegetables

Price Market price (around 200yen)

Available Year-round

Ingredients Seasonal vegetables from
used Machida

- 📍 1F Certo I
1-3-2 Naka-machi, Machida-shi
- 🕒 Weekdays 17:00 - 23:30
Weekends and
Holidays 12:00 - 23:00
- ✖ Open everyday
- 🚶 1 min. walk from Odakyu Line Machida Station



Sakanaya No Daidokoro

☎ 0423-82-1455

URL



- 📍 2-6-10 Hon-cho, Koganei-shi
- 🕒 11:00 – 13:30
16:30 – 24:00 (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 Year-round
Ingredients Fish from Miyake Island (horse mackerel, mackerel)

Ashitaba with Sesame Sauce

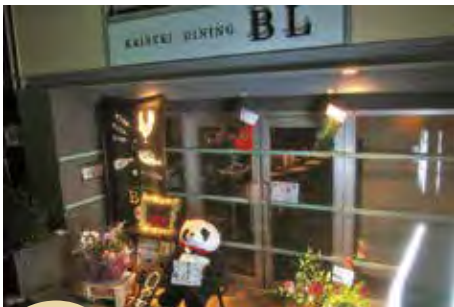
Price 500yen
Available March to June
Ingredients Fish from the Izu Islands



KAISEKI DINING B.L.

☎ 042-385-6477

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



- 📍 4-43-12 Higashi-cho, Koganei-shi
- 🕒 18:00 – 24:00
- ✕ Tuesdays
- 🚶 1 min. walk from JR Chuo Line Higashi-Koganei Station South Exit



Signature menu

Tomato and Tofu Caprese

Price 648yen
Available June to September
Ingredients Tomatoes from Koganei and homemade tofu, sauce made with basil from Koganei

Pickled Vegetables from Koganei

Price 453yen
Available Year-round
Ingredients Seasonal vegetables from Koganei (cucumbers, cleaned carrots, Kameido daikon radish, etc.)



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 used	White cucumbers, tomatoes, lettuce (from Miyadera Farm 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
- ✖ Open Year-round
- 🚶 2 min. walk from Seibu Tamako Line Hitotsubashi-Gakuen Station North Exit



Signature menu

Original Kodaira Roll

Price	2,160yen
Available	Year-round
Ingredients used	Blueberries (Kodaira)

Goseki Late Ripened Marbled Thick Omelettee

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)



Handmade *Soba* 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



Japanese Confectionery Shimizuya

☎ 042-391-0172

URL



- 📍 2-4-1 Noguchi-cho, Higashimurayama-shi
- 🕒 9:30 – 18:30
- 🗑️ Wednesdays
- 🕒 7 min. walk from Seibu Shinjuku Line Higashimurayama Station West Exit



Signature menu

Hachikokuyama Blueberry Manju/ Hachikokuyama Blueberry Jelly

Price 150yen/290yen (tax incl.)
 Available Year-round
 Ingredients used Blueberries from Higashimurayama (Suzuki-en)

Higashimurayama Shiodora Pankake

Price 180yen (tax incl.)
 Available Year-round
 Ingredients used Wheat flour from Higashimurayama (Kanda Yuzo)



Chamois Western Confectionary

☎ 042-313-3474

URL <https://www2.hp-ez.com/hp/chamois/>



- 📍 2-37-8-104 Sakae-cho, Higashimurayama-shi
- 🕒 10:00 - 20:00
- ✖ Irregularity
- 🚶 5 min. walk from Seibu Shinjuku Line Kumegawa Station South Exit



Signature menu

Tamakko Ice Cream

Price	300 - 330yen
Available	Year-round
Ingredients used	Vegetables and fruits from Higashimurayama

Tamakko Roll/Tamakko Pudding

Price	290yen/260yen
Available	Year-round
Ingredients used	Wheat flour from Higashimurayama, Ukokkei chicken eggs from Higashimurayama



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)
- ✖ First Tuesday of the month
- 🚶 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 used	Seasonal vegetables from Kunitachi, Tachikawa, and Kokubunji (content varies depending on the season)

Old-fashioned Firm Egg Pudding

Price	390yen
Available	Year-round
Ingredients used	Eggs (from Hino)



Kunitachi Vegetable Restaurant
Nakamichi Café

☎ **042-848-4991**

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



Signature menu

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



Daily Quiche

Price	500yen
Available	Year-round
Ingredients used	Made with seasonal vegetables from Kunitachi for that day

Daily Kunitachi Vegetable Salad

Price	500yen
Available	Year-round
Ingredients used	Made with seasonal vegetables from Kunitachi for that day



Kunitachi Ouka

☎ **042-572-7185**

🌐 <http://www.k-ouka.com/>



Signature menu

- 📍 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



Oukado Lunch

Price	1,300yen
Available	Year-round
Ingredients used	Seasonal vegetables from Kunitachi

Pickles Platter

Price	460yen
Available	Year-round
Ingredients used	Seasonal vegetables from 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 used TOKYO X Ham

TOKYO X Pork Steak Set

Price 2,800yen (tax excl.)

Available Year-round (Dinner only, reservation required)

Ingredients used TOKYO X Pork



Kurazo – Fussa Honten

☎ 042-530-0008

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



- 📍 1-13-11 Kamidaira, Fussa-shi
- 🕒 16:00 – 24:00
- ✕ Irregular
- 🚶 7 min. walk from JR Ome Line Fussa Station East Exit

Signature menu

Steamed Pork Rib and Cabbage

Price 880yen

Available Year-round

Ingredients used TOKYO-X Pork Ribs

Seasonal vegetables from the Akiyama's

Price 380 yen

Available Year-round

Ingredients used Seasonal vegetables from Ome



Italian Restaurant **Vino Uno**

☎ **03-3430-4884**

🌐 <http://vinouno-komae.com/>



- 📍 1F Izumi-no-Mori Hall, 1-8-12 Motoizumi, Komae-shi
- 🕒 12:00 – 14:30 (Last call 14:00)
18:00 – 21:30 (Last call 21:00)
- ✖ Mondays
(Substituted to Tuesday if Monday is a holiday)
- 🚶 1 min. walk from Odakyu Line Komae Station North Exit



Signature menu

Lunch Course

Price A: 1,600yen/B: 2,200yen/
C: 3,000yen/D: 4,000yen (tax excl.)

Available Year-round

Ingredients used GAP Komae vegetables, Komae vegetables, homemade yeast bread using black rice from Fuchu

Dinner Course

Price A: 3,000yen/B: 4,000yen
(tax excl.)

Available Year-round (Dinner only, reservation required)

Ingredients used GAP Komae vegetables, Komae vegetables, homemade yeast bread using black rice from Fuchu



Jack Pot Komae

☎ **03-5761-7180**

🌐 <http://www.jack-pot.co.jp/>



- 📍 1F, 1-1-5 Izumihon-cho, Komae-shi
- 🕒 11:00 – 22:00 (Last call 21:00)
- ✖ Open everyday
- 🚶 2 min. walk from Odakyu Komae Station North Exit
(Inside Komae City Hall)



Signature menu

Seasonal Vegetable Simple Salad

Price 650yen (tax excl.)

Available Year-round

Ingredients used Seasonal vegetables from Komae

Oyster and Vegetable Cream Spaghetti

Price 1,200yen (tax excl.)

Available Year-round

Ingredients used Seasonal vegetables from Komae



Soba Noodles Omura

☎ 042-561-2421

URL



- 📍 4-16-10 Nangai, Higashiyamato-shi
- 🕒 12:00 - 15:00/17:00 - 20:00
- ✖ Saturdays
- 🚶 3 min. walk from Seibu Haijima Line Higashi-Yamatoshi Station



Signature menu

Tempura Zaru Soba

Price 1,350yen

Available Year-round

Ingredients Seasonal vegetables from used Higashiyamato

Vegetable Tempura

(Customers who order *inari* soba or *azaru* soba may choose one of the following for free: tea leaves (1st and 2nd fresh buds (May to September)), pickled plums, sweet potatoes, or carrots)

Price -

Available Year-round

Ingredients Seasonal vegetables from used Higashiyamato



*Only domestic ingredients are used, especially from local areas such as Higashiyamato

Yakitori Nishino Yakata

☎ 042-495-4522

URL



- 📍 Takumi Building, 1-171-13 Noshio, Kiyose-shi
- 🕒 11:30 - 14:00 (lunch time)
17:00 - 22:00 (drink time)
- ✖ 1st and 2nd Sunday
- 🚶 7 min. walk from Seibu Ikebukuro Line Akitsu Station North Exit



Signature menu

Potato Salad

Price 390yen (tax excl.)

Available June to September

Ingredients Potatoes, cucumbers, onions, used carrots (locally grown)

Nukazuke (Rice Bran) Pickle Platter

Price 480yen (tax excl.)

Available Year-round

Ingredients *Daikon* radish, cucumber, turnip, used carrot (locally grown while available)



Beer Restaurant Cotton Field ☎ 042-569-2011

URL



- 📍 1-72 Mitsufuji, Musashimurayama-shi
- 🕒 18:00 – 25:00
- 🗑️ Tuesdays
- 🚶 5 min. walk from the Tachikawa Bus or Seibu Bus “Aeon Mall” stop



Signature menu

Ajillo with Pasta

Price	1,500yen
Available	Year-round
Ingredients used	Seasonal vegetables from Musashimurayama (broccoli, paprika)

Cotton's Baked Curry (with salad)

Price	850yen
Available	Year-round
Ingredients used	Seasonal vegetables from Musashimurayama (lettuce, cucumber)



Traditional Home Cooking Sho

☎ 042-561-3744

URL <http://sho.ikidane.com/>



- 📍 3-5-4 Ominami, Musashimurayama-shi
- 🕒 11:30 – 14:00
- 🗑️ Mondays, Tuesday, 4th and 5th Sundays
- 🚶 Nearest Station: Seibu Haijima Line Musashi-Sungawa Station
*Parking is available (5 spaces)



Signature menu

Udon with Tempura

Price	850yen (tax incl.)
Available	Year-round
Ingredients used	Seasonal vegetables from Musashimurayama (onions, carrots, eggplants, pimento peppers, etc.) wheat flour

Ude (steamed) Manju

Price	100yen (tax excl.)
Available	Middle of June to early September
Ingredients used	Wheat flour (from Musashimurayama and Kanto)

