



# TOKYO

## Vegan & Vegetarian

Restaurant Guide 2025-2026



# Welcome to Tokyo!

Tokyo is home to a huge range of delicious restaurants, including many with excellent vegan and vegetarian dishes. The Tokyo Vegan & Vegetarian Restaurant Guide presents some of the best options available for vegan and vegetarian food-lovers, split across three categories. It also includes a number of sections that showcase the depth of Japanese food culture.



## Icon Guide

The orange icons indicate the ingredients that are not in some or all menu items, nor have been incorporated into the broth or seasonings.

\*Please note that these icons are for general reference only and have no official bearing.

### Category 1

No animal ingredients in **ALL** menu items



No meat



No fish



No crustaceans



No shellfish



No egg



No dairy



No honey

### Category 2

No animal ingredients in **SOME** menu items



No meat



No fish



No crustaceans



No shellfish



No egg



No dairy



No honey

### Category 3

No meat, no fish, no crustacean and no shellfish in **SOME** menu items



No meat



No fish



No crustaceans



No shellfish



No five pungent vegetables  
(green onion, scallion, leek,  
garlic, and chives)  
in some menus



English assistance  
available



English menu  
available



Free Wi-Fi

### Consumption tax

In general, Japan applies a 10% consumption tax at shops, restaurants, etc. In some cases, a reduced tax rate of 8% is applied to food and beverage items. Please note that the display price may or may not already include consumption tax, depending on the shop/restaurant and product. For more information about Japan's consumption tax, visit:  
[https://www.nta.go.jp/english/taxes/consumption\\_tax/01.htm#c10](https://www.nta.go.jp/english/taxes/consumption_tax/01.htm#c10)

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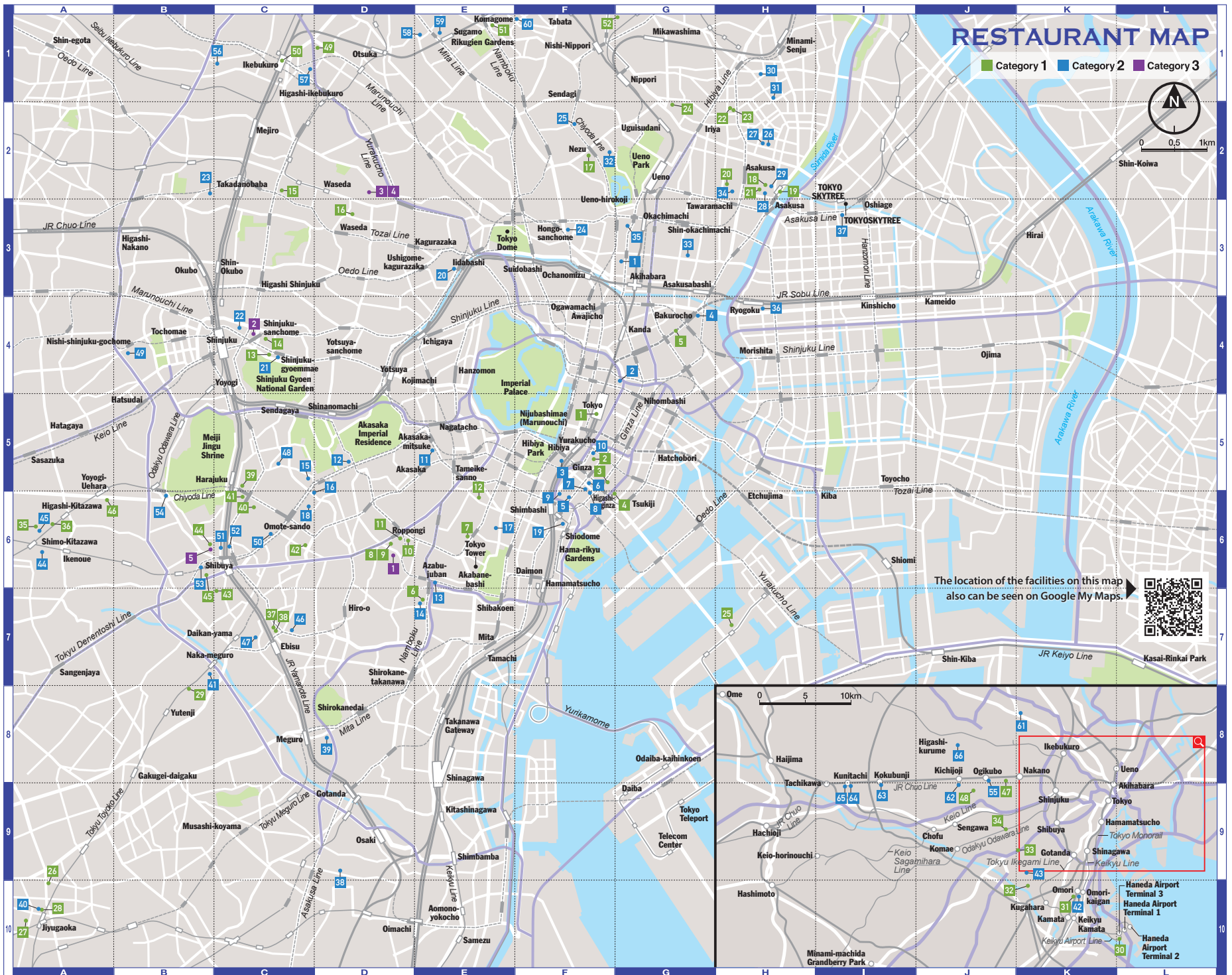
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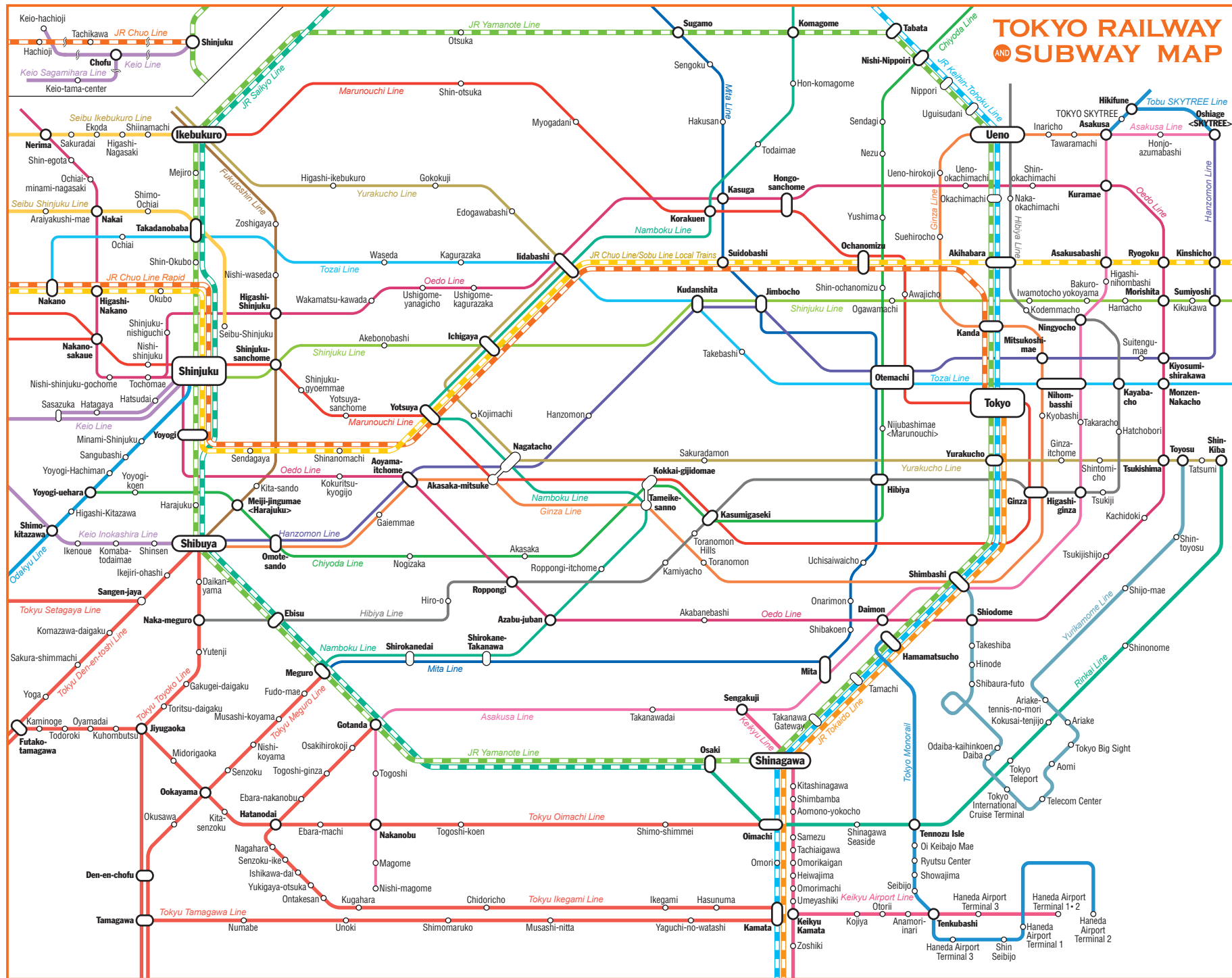
Welcome to the deep  
world of Japanese  
food culture!  
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# Category 1

Restaurants in this category are entirely vegan\*-friendly.  
NONE of their menu items incorporate the ingredients below.

\* A vegan, as referred to in this guidebook, is a person who does not eat anything derived from animals.



For reservations, menus and in-store details, please contact the restaurant directly.  
Prices listed in this brochure are average prices for each restaurant and may vary.

## 1 T's TANTAN GRANSTA TOKYO

T's たんたん グランスタ東京店

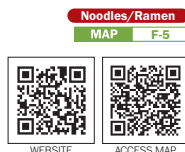
☎03-3218-8040 Lunch ¥1,500 Dinner ¥1,500  
<https://foods.jr-cross.co.jp/ts-tantan/>

Hours: 10:00-22:00

Closed days: Open 365 days

Address: GRANSTA TOKYO, 1-9-1 Marunouchi, Chiyoda City

Access: Tokyo (JR, Subway)



## 2 2foods Ginza Loft

2foods 銀座ロフト店

☎03-3528-6811 Lunch ¥1,700 Dinner ¥2,000  
<https://2foods.jp/pages/store-ginza-loft>

Hours: 11:00-21:00 (L.O. 20:15) (Mon-Sat), 11:00-20:00 (L.O. 19:15) (Sun)

Closed days: Varies depending on the facility

Address: Ginza Velvia-kan 1F, 2-4-6 Ginza, Chuo City

Access: Ginza (Subway), Ginza-itcho (Subway), Yurakucho (JR, Subway)



## 3 AIN SOPH. GINZA

アインソフ銀座本店

☎050-3134-4241 Lunch ¥3,000 Dinner ¥5,500  
<https://en.ain-soph.jp/ginza>

Hours: 11:30-14:30 (L.O. 14:30), Tea Time 14:30-17:00 (L.O. 16:00), 17:30-21:00 (L.O. 19:00)

Closed days: No fixed holiday

Address: 4-12-1 Ginza, Chuo City

Access: Higashi-ginza (Subway)



## 4 KOMEDA is

コメダイス

☎03-6260-6369 Lunch ¥1,300 Dinner ¥1,300  
<https://www.komeda-is.com/>

Hours: 7:00-22:00 (L.O. 21:30), Alcohol served 11:00-22:00 (L.O. 21:30) Closed days: Varies depending on the facility  
Address: Ginza Shochiku Square 1F, 1-13-1 Tsukiji, Chuo City  
Access: Higashi-ginza (Subway)



## 5 ovgo Baker Edo St.

ovgo Baker Edo St.

☎050-1502-8698 ¥500  
<https://ovgobaker.com/>

Hours: 11:00-19:00 (Mon-Fri), 10:00-18:00 (Sat, Sun, holidays) Closed days: Open 365 days

Address: 10-8 Nihonbashi-Kodemmacho, Chuo City

Access: Kodemmacho (Subway)



## 6 Te cor gentil

Te cor gentil

☎03-6809-3230 ¥1,500  
[https://www.instagram.com/teorgentil?igsh=YjZsNjI5M2ZuajI2&utm\\_source=qr](https://www.instagram.com/teorgentil?igsh=YjZsNjI5M2ZuajI2&utm_source=qr)

Hours: 10:00-18:00 Closed days: Mon, Tue

Address: Grand Louvre Azabujuban 1F, 2-18-8 Azabu-juban, Minato City

Access: Azabu-juban (Subway)



Reservation recommended



## 7 8abliish

エイタブリッシュ

☎03-6432-0288 ¥2,000  
<https://8abliish.com/>

Hours: 11:00-18:00 Closed days: No fixed holiday

Address: Garden plaza A 2F, Azabudai Hills, 5-8-1 Toranomon, Minato City

Access: Kamiyacho (Subway)



## 8 Curry Restaurant HOBA

カレーレストラン HOBA

☎03-6271-5368 ¥1,500  
[https://www.instagram.com/hoba\\_tokyo/](https://www.instagram.com/hoba_tokyo/)

Hours: 11:00-15:00 (Mon-Fri), 11:00-22:00 (Sat, Sun, holidays)

Closed days: No fixed holiday

Address: North Tower 1F, Roppongi Hills, 6-2-31 Roppongi, Minato City

Access: Roppongi (Subway)



## 9 Doughnut shop OSCAR WILDE ドーナツショップ OSCAR WILDE

☎03-6271-5368 ¥1,000  
https://www.instagram.com/oscarwilde\_doughnut/

**Hours:** 10:00-20:00 **Closed days:** No fixed holiday  
**Address:** North Tower 1F, Roppongi Hills, 6-2-31 Roppongi, Minato City  
**Access:** Roppongi (Subway)



## 10 FALAFEL BROTHERS Roppongi FALAFEL BROTHERS 六本木店

☎03-6459-2844 Lunch ¥1,100 Dinner ¥1,500  
https://www.falafelbrothers.jp/

**Hours:** 8:30-21:30 (L.O. 21:00) (Mon-Thu), 8:30-22:00 (L.O. 21:30) (Fri, Sat), 9:30-20:30 (L.O. 20:00) (Sun) **Closed days:** Open 365 days **Address:** 5-1-11 Roppongi, Minato City  
**Access:** Roppongi (Subway)



## 11 shojin SOUGO shojin 宗胡

☎03-5414-1133 Lunch ¥2,000 Dinner ¥13,000  
https://www.sougo.tokyo/index\_e.html

**Hours:** 11:30-15:00, 17:30-23:00  
**Closed days:** Sun, holidays  
**Address:** Roppongi Green Bldg. 3F, 6-1-8 Roppongi, Minato City **Access:** Roppongi (Subway)



## 12 ovgo Baker BBB ovgo Baker BBB

☎03-6811-1224 ¥500  
https://ovgobaker.com/

**Hours:** 11:00-20:00 **Closed days:** Open 365 days  
**Address:** Inside T-MARKET, Toranomon-Hills Station Tower B2F, 2-6-3 Toranomon, Minato City  
**Access:** Toranomon-hills (Subway)



## 13 marbre vegan marbre vegan 新宿御苑本店

☎03-6380-6898 ¥715  
https://www.instagram.com/marbre\_vegan/

**Hours:** 11:00-19:00 (L.O. 18:00)  
**Closed days:** Open 365 days  
**Address:** Parkside Square 1F, 2-1-5 Shinjuku, Shinjuku City  
**Access:** Shinjuku-gyoenmae (Subway)



## 14 AIN SOPH. Journey SHINJUKU アインソフジャーニー新宿

☎050-5869-4158 Lunch ¥2,000 Dinner ¥3,500  
https://en.ain-soph.jp/journey-shinjuku

**Hours:** 11:30-16:00 (L.O. 15:00), 18:00-21:30 (L.O. 20:30) (Mon-Fri), 11:30-17:00 (L.O. 16:00), 18:00-21:30 (L.O. 20:30) (Sat, Sun, holidays)  
**Closed days:** No fixed holiday **Address:** Shinjuku Q Bldg. B1/1F/2F, 3-8-9 Shinjuku, Shinjuku City **Access:** Shinjuku-sanchome (Subway)



## 15 GREAT LAKES グレートレイクス

☎03-6278-9286 Lunch ¥1,500 Dinner ¥1,500  
http://www.greatlakeskyo.com

**Hours:** 11:30-20:00 (L.O. 19:30) **Closed days:** Mon  
**Address:** 3-27-4 Nishi-Waseda, Shinjuku City  
**Access:** Takadanobaba (JR, Subway), Nishi-waseda (Subway)



## 16 SOJO Esperanto-Vegana Kafejo ソーよ エスプラント・ビーガン・カフェ

☎03-6302-1639 Dinner ¥1,000  
https://sojo.favy.jp/

**Hours:** 17:00-21:00 (Wed-Fri), 15:00-21:00 (Sat, Sun)  
**Closed days:** Mon, Tue  
**Address:** Koyama Bldg. 1F, 111 Waseda-Tsurumakicho, Shinjuku City **Access:** Waseda (Subway)



Reservation recommended



## 17 Vegan Restaurant Nezunoya ヴィーガンレストラン 根津の谷

☎03-3823-0030 ¥1,700  
http://nezunoya.com/

**Hours:** 11:30-16:00 (L.O. 15:00)  
**Closed days:** Wed, Thu, Sun  
**Address:** Ra-in Nezu 1F, 1-1-14 Nezu, Bunkyo City  
**Access:** Nezu (Subway)



## 18 Asakusa Hatoya 浅草 鳩家

☎050-1442-5418 ¥800  
https://www.instagram.com/asakusa\_hatoya/

**Hours:** 11:00-16:00  
**Closed days:** Open 365 days  
**Address:** 2-3-3 Asakusa, Taito City  
**Access:** Asakusa (Subway, Tobu, TX)





## 19 Marugoto Vegan Dining Asakusa

まるごと Veganダイニング浅草

☎03-5830-8134 ¥2,200  
https://dining.marugotovegan.com/

**Hours:** 11:30-15:00 (Tue-Fri), 11:30-17:00 (Sat, Sun, holidays) **Closed days:** Mon (or the following Wed when Mon falls on a national holiday) **Address:** Yabuki Bldg. 1F, 1-3-13 Hanakawado, Taito City **Access:** Asakusa (Subway, Tobu, TX)



## 20 Shochiku-en Café

松竹園カフェ

☎03-6802-8355 Lunch ¥1,200 Dinner ¥1,500  
https://sho-chiku-en.com/

**Hours:** 9:30-16:30  
**Closed days:** Open 365 days  
**Address:** 2-7-6 Nishi-Asakusa, Taito City  
**Access:** Asakusa (Subway, Tobu, TX)



Reservation recommended



## 21 Vegan Eat Tokyo

Vegan Eat Tokyo

☎03-5830-6945 ¥2,500

**Hours:** 11:45-21:45 (L.O. 21:00)  
**Closed days:** Tue  
**Address:** Nagamori Bldg. 1F, 1-22-5 Asakusa, Taito City  
**Access:** Asakusa (Subway, Tobu, TX)



Reservation recommended



## 22 Fucha Vegetarian Cuisine BON

普茶料理 庵

☎03-3872-0375 Lunch ¥6,000 Dinner ¥7,000  
https://www.fuchabon.co.jp/english/english.html

**Hours:** 12:00-15:00 (L.O. 13:00), 18:00-21:00 (L.O. 18:30) (Mon-Sat), 18:00-20:00 (L.O. 18:30) (Sun, holidays) **Closed days:** Wed, Thu, Summer holidays and winter holidays available  
**Address:** 1-2-11 Ryusen, Taito City **Access:** Iriya (Subway)



Reservation required



## 23 Vegan Cafe PQ's

Vegan Cafe PQ's

☎03-6877-1588 ¥2,000  
https://www.instagram.com/vegancurry/

**Hours:** 11:00-17:00 (L.O. 16:00)  
**Closed days:** Mon-Wed  
**Address:** 1-1-2 Ryusen, Taito City  
**Access:** Iriya (Subway)



## 24 VEGAN GYOZA

ヴィーガン餃子

☎03-3871-7017 Lunch ¥2,600 Dinner ¥2,600  
https://www.vegangyoza.com/

**Hours:** 12:00-21:00 (L.O. 20:30)  
**Closed days:** Mon, Tue  
**Address:** Yoko Bldg. 1F, 3-11-17 Negishi, Taito City  
**Access:** Uguisudani (JR)



Reservation recommended



## 25 Vegan Ramen UZU Tokyo

Vegan Ramen UZU Tokyo

Lunch ¥2,000 Dinner ¥2,000  
https://vegan-uzu.com/pages/uzu-tokyo-en

**Hours:** Please check the website  
**Closed days:** Please check the website  
**Address:** teamLab Planets TOKYO, 6-1-16 Toyosu, Koto City  
**Access:** Shin-toyosu (Yurikamome)



## 26 Plus Veganique JIYUGAOKA

プラスヴィーガニック自由が丘

☎090-9823-8310 Lunch ¥2,800 Dinner ¥5,000  
https://www.plus-veganique.com/

**Hours:** 12:00-16:00, 18:00-22:00 (Please check the website) **Closed days:** Tue, Wed  
**Address:** 1-19-23 Jiyugaoka, Meguro City  
**Access:** Jiyugaoka (Tokyu)



Reservation required for the five pungent vegetable-free menu



## 27 SAIDO

菜道

☎03-5726-9500 Lunch ¥2,970 Dinner ¥3,300  
https://saido.tokyo/en/

**Hours:** Please check the website  
**Closed days:** Wed  
**Address:** A&D House, 2-15-10 Jiyugaoka, Meguro City  
**Access:** Jiyugaoka (Tokyu)



## 28 T's Restaurant

T's レストラン

☎03-3717-0831 Lunch ¥1,400 Dinner ¥2,000  
https://ts-restaurant.jp/english/

**Hours:** 11:30-21:00 (L.O. 20:30)  
**Closed days:** according to Luz Jiyugaoka  
**Address:** Luz Jiyugaoka B1, 2-9-6 Jiyugaoka, Meguro City  
**Access:** Jiyugaoka (Tokyu)





## 29 Rainbow Bird Rendezvous

レインボーバードランデヴー

☎03-3791-5470 Lunch ¥1,300 Dinner ¥1,800  
https://www.ls-adventure.com/

**Hours:** 11:30-15:00, 17:00-20:00 (Mon, Thu, Fri), 11:30-19:00 (Sat, Sun, holidays) **Closed days:** Tue, Wed  
**Address:** Liberta Yutenji 1st floor 1-1-1 Yutenji, Meguro City  
**Access:** Naka-meguro (Subway, Tokyu)



## 30 Diversity Diner HND

ダイバーシティダイナー羽田

☎03-6428-0818 ¥2,500  
https://www.diversitydiner.jp/

**Hours:** 10:00-22:00 (L.O. 21:00) **Closed days:** Open 365 days  
**Address:** Haneda Airport Terminal 3 4F, 2-6-5 Haneda Airport, Ota City **Access:** Haneda Airport Terminal 3 (Keikyu, Tokyo Monorail)



## 31 kassaiya chimaki

お野菜料理専門店 活菜や ちまき

☎03-6673-4980 Dinner ¥4,000

**Hours:** 17:30-23:00 (L.O. 22:00) (Mon-Fri), 17:00-22:30 (L.O. 21:30) (Sat, holidays) **Closed days:** Sun  
**Address:** 1-38-1 Omori-kita, Ota City  
**Access:** Omori (JR)



Last entry is 30 minutes before the last order.



## 32 Maple Raw

Maple Raw

☎03-6715-6277 ¥1,500  
https://mapleraw.thebase.in/

**Hours:** 13:00-19:00 (L.O. 18:30) **Closed days:** Mon-Wed, not fixed on Sat-Sun **Address:** Denenchofu Sankei Mansion 101, 1-35-9 Denenchofu, Ota City  
**Access:** Tamagawa (Tokyu), Den-en-chōfu (Tokyu)



Reservation recommended



## 33 CORI. Vegan Food & Craft Beer

CORI. Vegan Food & Craft Beer

☎03-6450-7556 Lunch ¥2,000 Dinner ¥2,000  
https://www.cori-vege.com/

**Hours:** 12:00-15:00, 18:00-21:00 (Please check Instagram or Google Maps) **Closed days:** No fixed holiday  
**Address:** 4-2-20 Kamiyama, Setagaya City  
**Access:** Komazawa-daigaku (Tokyu)



## 34 Universal Bakes and Cafe

Universal Bakes and Cafe

☎03-6335-4972 ¥1,300  
https://universalbakes.jp/

**Hours:** 8:30-18:00 **Closed days:** Mon (or the following Wed when Mon falls on a national holiday), Tue  
**Address:** 5-9-15 Daita, Setagaya City  
**Access:** Setagaya-daita (Odakyu)



Please check Instagram for the latest opening hours.



## 35 KLASINA VEGAN TOKYO

ヴィーガン創作家庭料理 KLASINA

☎03-3466-3596 Lunch ¥3,900 Dinner ¥5,900  
https://klasina.tokyo/englishpage

**Hours:** 13:00-16:00, 18:00-22:00 (Reservation only)  
**Closed days:** No fixed holiday  
**Address:** Hondo 1 1F left, 3-26-6 Kitazawa, Setagaya City  
**Access:** Shimo-Kitazawa (Odakyu, Keio)



Reservation required 10 days in advance (from 5 persons) via email (klasina.hiro@gmail.com)



## 36 Universal Bakes Nicome

Universal Bakes Nicome

☎03-6407-1021 ¥1,300  
https://universalbakes.jp/

**Hours:** 8:30-18:00 **Closed days:** Mon (or the following Wed when Mon falls on a national holiday), Tue  
**Address:** reload Shimokitazawa 2-10, 3-19-20 Kitazawa, Setagaya City  
**Access:** Shimo-Kitazawa (Odakyu, Keio), Higashi-Kitazawa (Odakyu)



Please check Instagram for the latest opening hours.



## 37 HEMP CAFE TOKYO

ヘンプ カフェ トウキョウ

☎03-6427-1984 Lunch ¥1,500 Dinner ¥3,000  
https://hempcafetokyo.com/

**Hours:** 11:30-15:00, 18:00-22:00  
**Closed days:** Tue  
**Address:** Christie Ebisu 8F, 3-17-14 Higashi, Shibuya City  
**Access:** Ebisu (JR, Subway)



## 38 KO-SO CAFE BIORISE

KO-SO CAFE BIORISE

☎03-3409-3405 Lunch ¥1,400 Dinner ¥2,000  
https://www.ko-so-cafe.jp/

**Hours:** 11:00-21:00 (L.O. 20:30)  
**Closed days:** Wed  
**Address:** Lions Plaza Ebisu 1F, 3-25-3 Higashi, Shibuya City  
**Access:** Ebisu (JR, Subway)



## 39 VEGAN BISTRO JANGARA

ヴィーガンビストロじゃんがら

☎03-3404-5572 Lunch ¥1,400 Dinner ¥1,500

<https://kyushujangara.co.jp/shops/veganbistro/>

**Hours:** 11:00-22:00 (L.O. 21:00) **Closed days:** Open 365 days  
**Address:** Champsère Harajuku Bldg. 2 2F, 1-13-21 Jingumae, Shibuya City **Access:** Harajuku (JR), Meiji-jingumae (Harajuku) (Subway)

**Harajuku branch is also nearby.**



## 40 Cafe Chairō

かふえ茶色

¥1,500

<https://www.instagram.com/cafechairō>

**Hours:** 12:30-19:00 (L.O. 18:30) **Closed days:** Open 365 days  
**Address:** Chaan Omotesando 1F, 5-11-13 Jingumae, Shibuya City **Access:** Meiji-jingumae (Harajuku) (Subway)



## 41 FALAFEL BROTHERS Harajuku

FALAFEL BROTHERS 原宿店

☎03-6805-1991 Lunch ¥1,100 Dinner ¥1,500

<https://www.falafelbrothers.jp/>

**Hours:** 11:00-23:00 (L.O. 22:00) **Closed days:** Open 365 days  
**Address:** Tokyu Plaza Harajuku(Harakado) 6F, 6-31-21 Jingumae, Shibuya City **Access:** Meiji-jingumae (Harajuku) (Subway)



## 42 vegan veggie joga

vegan veggie 嬉娘(joga)

☎03-6419-7860 Lunch ¥1,800 Dinner ¥5,000

<https://joga.tokyo/>

**Hours:** 11:15-15:00, 15:00-17:00, 17:00-21:30 (Mon-Fri), 11:00-15:00, 15:00-17:00, 17:00-21:30 (Sat, Sun, holidays)  
**Closed days:** Open 365 days **Address:** Fine Aoyama Bldg. 1F, 6-2-13 Minami-Aoyama, Minato City **Access:** Omote-sando (Subway)



## 43 LOTUS CAFE TOKYO

LOTUS CAFE TOKYO

☎03-5422-3071 Lunch ¥1,500 Dinner ¥2,000

<https://lotuscafe.jp/>

**Hours:** 11:30-15:00 (L.O. 14:30), 18:00-22:00 (L.O. 21:30)  
**Closed days:** Wed, Sun(Dinner)  
**Address:** Royal Palace Shibuya 1F, 15-10 Uguisudanicho, Shibuya City **Access:** Shibuya (JR, Subway, Tokyu, Keio)



## 44 Vegan Izakaya Masaka

ヴィーガン居酒屋まさか

☎03-5422-3020 Lunch ¥2,000 Dinner ¥3,000

<https://shibuya.parco.jp.e.aiv.hp.transer.com/shop/detail/?cd=025897>

**Hours:** 12:00-22:00  
**Closed days:** Varies depending on the facility  
**Address:** SHIBUYA PARCO B1, 15-1 Udagawacho, Shibuya City **Access:** Shibuya (JR, Subway, Tokyu, Keio)



## 45 Vegan Sushi Tokyo

Vegan Sushi Tokyo

¥3,500

<https://vcook.co.jp/vegansushitokyo/en>

**Hours:** 11:00-16:00 (L.O. 15:30)(Please check Google Maps)  
**Closed days:** Mon, Sun(Please check Google Maps)  
**Address:** 2nd Nono Bldg. 2F, 1-17-2 Dogenzaka, Shibuya City **Access:** Shibuya (JR, Subway, Tokyu, Keio)



Reservation recommended



## 46 Wa no Kashi Meguri

和のかし 巡

☎03-5738-8050 ¥1,800

[https://www.instagram.com/wa\\_no\\_kashi\\_meguri/](https://www.instagram.com/wa_no_kashi_meguri/)

**Hours:** 12:00-18:00  
**Closed days:** Mon, Tue, other non fixed holidays  
**Address:** 3-2-1 Uehara, Shibuya City **Access:** Yoyogi-uehara (Subway, Odakyu)



## 47 Rect. Sand Cafe

レクトサンドカフェ

☎03-5929-9207 ¥1,300

<https://rectsandcafe.com>

**Hours:** 11:00-19:00 **Closed days:** Mon, Sun  
**Address:** Chateau Yoshida, 3-54-14 Koenji-Minami, Suginami City **Access:** Koenji (JR)



## 48 Pain de BRUN

バンドブラン

☎03-5941-3613 ¥1,000

<https://www.paindebrun.com/>

**Hours:** 9:00-17:00 **Closed days:** Mon  
**Address:** Shinei Mansion 1F, 5-6-16 Kugayama, Suginami City **Access:** Kugayama (Keio)





## 49 AIN SOPH. soar Ikebukuro

アインソフシア池袋

☎050-3733-9419 Lunch ¥2,000 Dinner ¥2,500  
https://www.ain-soph.jp/soar/

**Hours:** 11:30-16:00 (L.O. 15:00), 18:00-21:00 (L.O. 20:00)  
**Closed days:** No fixed holiday  
**Address:** Union Bldg. 1F, 3-5-7 Higashi-Ikebukuro, Toshima City  
**Access:** Ikebukuro (JR, Subway, Tobu, Seibu)

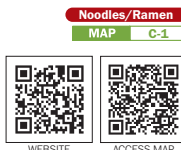


## 50 T's TANTAN Ikebukuro

T's たんたん 池袋店

☎03-5958-0375 Lunch ¥1,500 Dinner ¥1,500  
https://foods.jr-cross.co.jp/ts-tantan/

**Hours:** 11:00-22:00 **Closed days:** Open 365 days  
**Address:** Inside the JR Ikebukuro Sta., 1-28-2 Minami-Ikebukuro, Toshima City  
**Access:** Ikebukuro (JR, Subway, Tobu, Seibu)



## 51 Nourish

自然野菜レストラン 駒込ナリーッシュ

☎03-3944-8300 Lunch ¥1,500 Dinner ¥2,500  
http://k-nourish.tokyo/

**Hours:** 11:30-14:30 (Mon-Sun), 17:00-20:00 (L.O. 19:00) (Fri, Sat) **Closed days:** New Year holidays  
**Address:** Corpo Ichikawa 2F, 1-37-8 Komagome, Toshima City  
**Access:** Komagome (JR, Subway)



## 52 Loving Hut Tokyo Nishinippori

ラブリングハット東京西日暮里

☎03-5901-9974 ¥1,750  
https://www.lovinghut-tokyo-nishi-nippori.com

**Hours:** 11:30-14:30 (L.O. 14:00)(Thu, Fri), 11:30-14:00, 15:00-18:00 (L.O. 17:30)(Sat) **Closed days:** Mon-Wed, Sun, other non fixed holidays  
**Address:** 6-26-9 Nishi-Nippori, Arakawa City  
**Access:** Nishi-nippori (JR, Subway)



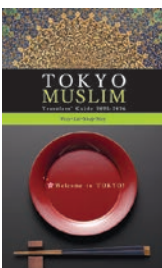
Reservations are required for sushi.



## TOKYO MUSLIM Traveler's Guide

Around 180 restaurants and facilities for Muslim visitors!  
Muslim-friendly restaurants, shops, mosques, and hotels are here!

Check the Guidebook  
\*Available in English



## Category 2

Restaurants in this category offer vegan\*-friendly options.  
SOME of their menus are free from the ingredients below.

\* A vegan, as referred to in this guidebook, is a person who does not eat anything derived from animals.



For reservations, menus and in-store details, please contact the restaurant directly.  
Prices listed in this brochure are average prices for each restaurant and may vary.

## 1 Kyushu Jangara Akihabara-honten

「九州じゃんがら」秋葉原本店

☎03-3251-4059 Lunch ¥1,400 Dinner ¥1,400  
https://kyushujangara.co.jp/

**Hours:** 11:00-22:00  
**Closed days:** Open 365 days  
**Address:** 3-11-6 Soto-Kanda, Chiyoda City  
**Access:** Akihabara (JR, Subway, TX)



Harajuku branch is also in Tokyo.



## 2 BRIANZA TOKYO

BRIANZA TOKYO

☎03-6262-7862 Lunch ¥2,000 Dinner ¥6,000  
https://la-brianza.com/

**Hours:** 11:00-15:00, 17:30-23:00  
**Closed days:** Open 365 days  
**Address:** Tokiwabashi Tower 2F, 2-6-4 Otemachi, Chiyoda City  
**Access:** Tokyo (JR, Subway), Otemachi (Subway)



## 3 CHAYA Natural & Wild Table Hibiya

CHAYA ナチュラル&ワイルドテーブル 日比谷

☎03-3500-5514 Lunch ¥1,300 Dinner ¥2,500  
https://chayam.co.jp/english/

**Hours:** 11:00-22:00 (L.O. 21:00)(Sun, Mon), 11:00-23:00 (L.O. 22:00)(Tue-Sat) **Closed days:** Varies depending on the facility  
**Address:** Hibiya Chanter B2, 1-2-2 Yurakucho, Chiyoda City  
**Access:** Yurakucho (JR, Subway), Hibiya (Subway)





## 4 DAKSHIN Higashi Nihonbashi

南インド料理ダクシン 東日本橋店

☎03-3249-9155 Lunch ¥1,000 Dinner ¥3,000

<https://dakshin.jp/en/>

**Hours:** 11:00-23:00 (L.O. 22:00)(Tue-Fri), 11:30-15:00 (L.O. 14:30) (Sat, Sun, holidays), 17:30-22:00 (L.O. 21:00)(Sat, Sun, holidays)  
**Closed days:** Mon **Address:** 1-12-1 Nihonbashi-Bakurocho, Chuo City **Access:** Bakurocho (JR), Higashi-nihombashi (Subway)



Asian/Ethnic foods

MAP G-4



WEBSITE



ACCESS MAP



## 5 FARO

FARO

☎0120-862-150/03-3572-3911 Lunch ¥13,000 Dinner ¥20,000

<https://faro.shiseido.co.jp/en/>

**Hours:** 12:00-13:30 (L.O.), 18:00-20:00 (L.O.) **Closed days:** Mon, Sun, Mid-August, New Year holidays **Address:** Tokyo Ginza Shiseido Bldg. 10F, 8-8-3 Ginza, Chuo City **Access:** Ginza (Subway), Shimbashi (JR, Subway, Yurikamome)



Reservation required

French/Italian foods

MAP F-6



WEBSITE



ACCESS MAP



## 6 GINZA KUKI

GINZA KUKI

☎03-3572-5433 Lunch ¥10,000 Dinner ¥18,000

<https://ginzakuki.com/>

**Hours:** 11:30-14:00, 17:30-22:30 (L.O. 20:30)  
**Closed days:** Sun, 2nd Mon, 4th Mon, holidays,  
**Address:** GINZA-A5 4F, 5-9-16 Ginza, Chuo City  
**Access:** Ginza (Subway), Higashi-ginza (Subway)



Reservation required

Japanese foods

MAP F-5



WEBSITE



ACCESS MAP



## 7 Kyushu Jangara Ginza

九州じゃんがら 銀座店

☎03-3572-3025 Lunch ¥1,400 Dinner ¥1,400

<http://kyushujangara.co.jp/>

**Hours:** 11:00-22:30 (L.O. 22:15)  
**Closed days:** Open 365 days  
**Address:** Ginza Katagiri Bldg. 1F, 6-12-17 Ginza, Chuo City  
**Access:** Ginza (Subway), Higashi-Ginza (Subway)



Noodles/Ramen

MAP F-5



WEBSITE



ACCESS MAP



## 8 Aloft Tokyo Ginza The WAREHOUSE

アロフト東京銀座 The WAREHOUSE

☎03-6278-8113 ¥4,000

<https://www.thewarehouseatloftginza.com/en/>

**Hours:** 7:00-10:30 (L.O. 10:00), 11:30-15:30 (L.O. 14:00), 18:00-22:00 (L.O. 21:00) **Closed days:** Open 365 days  
**Address:** Aloft Tokyo Ginza 2F, 6-14-3 Ginza, Chuo City  
**Access:** Higashi-ginza (Subway)



Reservation recommended

Western foods

MAP F-6



WEBSITE



ACCESS MAP



## 9 Shabu-Shabu Ginza Lamb-Shabu Kinnome

ラムしゃぶ 銀座 しゃぶしゃぶ 金の目

☎03-5568-8058 ¥5,400

<https://www.kinnome.jp/>

**Hours:** 15:00-23:00, 13:00-23:00 (Sat, Sun, holidays)  
**Closed days:** Open 365 days  
**Address:** Ginza Suga Bldg. 3F, 8-3-12 Ginza, Chuo City  
**Access:** Shimbashi (JR, Subway, Yurikamome), Ginza (Subway)



Reservation recommended

Japanese foods

MAP F-6



WEBSITE



ACCESS MAP



## 10 Yuba Tofu Umenohana Ginza

湯葉と豆腐の店 梅の花 銀座並木通店

☎03-3538-2226 Lunch ¥4,200 Dinner ¥6,200

<https://umenohana-restaurant.co.jp/shop-list/info.php?id=910>

**Hours:** 11:00-16:00 (L.O. 15:00), 17:00-22:00 (L.O. 21:00)  
**Closed days:** New Year holidays  
**Address:** Ginza namikidori Bldg. 5F, 2-3-6 Ginza, Chuo City  
**Access:** Yurakucho (JR, Subway), Ginza (Subway)



Reservation required

Japanese foods

MAP F-5



WEBSITE



ACCESS MAP



## 11 YASAIYA Teppanyaki yasai Akasaka

やさいや鉄板焼野菜 赤坂店

☎050-3188-8284 Lunch ¥4,000 Dinner ¥8,000

<https://yasaiya.tokyo/>

**Hours:** Please check the website  
**Closed days:** Please check the website  
**Address:** Akasaka Belgio 1F, 3-11-14 Akasaka, Minato City  
**Access:** Akasaka-mitsuke (Subway), Akasaka (Subway)



Japanese foods

MAP E-5



WEBSITE



ACCESS MAP



## 12 The Burn

ザ・バーン

☎03-6812-9390 Lunch ¥2,000 Dinner ¥9,000

<https://salt-group.jp/shop/theburn/>

**Hours:** 11:30-14:30 (L.O. 13:30), 17:30-22:00 (L.O. 21:00)  
**Closed days:** Sun  
**Address:** Aoyama Bldg. B1, 1-2-3 Kita-Aoyama, Minato City  
**Access:** Aoyama-itchome (Subway)



Reservation recommended

Western foods

MAP D-5



WEBSITE



ACCESS MAP



## 13 Azabujuban Yakuzen Curry Shinkai Honten

麻布十番 薬膳カレー 新海 本店

☎03-5545-5838 Lunch ¥1,400 Dinner ¥1,600

<https://azabucurry.com/>

**Hours:** 11:30-14:30, 17:00-26:00 **Closed days:** Mon  
**Address:** Higashi-Azabu Bldg. B1, 3-8-9 Higashi-Azabu, Minato City  
**Access:** Azabu-juban (Subway)



Other foods

MAP E-6



WEBSITE



ACCESS MAP



## 14 Ichi Azabu

Ichi Azabu

☎03-6435-0248 **Lunch ¥6,800 Dinner ¥15,000**

<https://ichiazabu.com>

**Hours:** 11:00-14:30 (L.O. 13:00), 18:00-23:00 (L.O. 20:30)

**Closed days:** Mon, Sun

**Address:** Aqua Coat Azabu 2F, 3-4-5 Azabu-juban, Minato City **Access:** Azabu-juban (Subway)



**Reservation required**

Japanese foods

MAP E-7



WEBSITE



ACCESS MAP



## 15 LONGING HOUSE Kita Aoyama

野菜がおいしいダイニング LONGING HOUSE 北青山

☎03-6433-5808 **Lunch ¥2,000 Dinner ¥5,000**

<https://www.longinghouse.com/>

**Hours:** 12:00-14:30 (L.O. 14:00), 18:00-21:00 (L.O. 20:00)

**Closed days:** No fixed holiday

**Address:** VORT Aoyama Leap B1F 001, 2-12-4 Kita-Aoyama, Minato City **Access:** Gaemmae (Subway)



French/Italian foods

MAP C-5



WEBSITE



ACCESS MAP



## 16 CITRON

CITRON

☎03-6447-2556 **Lunch ¥1,500 Dinner ¥2,500**

<https://www.citron.co.jp>

**Hours:** 8:00-21:00 (L.O. 20:30) (Mon-Fri), 8:00-19:00 (L.O. 18:30) (Sat, Sun)

**Closed days:** Dec.26-Jan.4 **Address:** Minami Aoyama 227 Bldg. 1F/2F, 2-27-21 Minami-Aoyama, Minato City

**Access:** Gaemmae (Subway), Omote-sando (Subway)



**Reservation recommended**

French/Italian foods

MAP C-6



WEBSITE



ACCESS MAP



## 17 Shojin Cuisine DAIGO

精進料理 醍醐

☎03-3431-0811 **Lunch ¥20,000 Dinner ¥25,000**

[https://atago-daigo.jp/index\\_en.html](https://atago-daigo.jp/index_en.html)

**Hours:** 11:30-13:00 (L.O.), 17:00-20:00 (L.O.)

**Closed days:** New Year holidays

**Address:** Atago Forest Tower, 2-3-1 Atago, Minato City

**Access:** Kamiyacho (Subway), Onarimon (Subway)



**Reservation required**

Japanese foods

MAP E-6



WEBSITE



ACCESS MAP



## 18 L for You

グルテンフリー美腸活カフェ L for You

☎03-6459-2504 **Lunch ¥1,760 Dinner ¥2,000**

<https://www.lforyou.tokyo/>

**Hours:** 11:00-19:00 (Mon-Fri), 11:00-19:30 (Sat), 11:00-17:00 (Sun)

\*L.O. Food: 1 hr before closing, Drink: 30 min. before closing

**Closed days:** New Year holidays **Address:** Ikegami Bldg. 1F, 3-9-3 Minami-Aoyama, Minato City **Access:** Omote-sando (Subway)



**Reservation required for the five pungent vegetable-free menu**

Cafe/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 19 CHAYA Macrobi Shiodome

CHAYA マクロビ 汐留

☎03-3573-3616 **Lunch ¥1,200 Dinner ¥2,500**

<https://chayam.co.jp/english/>

**Hours:** 7:00-10:00 (L.O. 9:30, weekdays only), 11:00-21:00 (L.O. 20:30)

**Closed days:** Open 365 days **Address:** The Royal Park Hotel Iconic Tokyo Shiodome 1F, 1-6-3 Higashi-Shinbashi, Minato City **Access:** Shimbashi (JR, Subway, Yurikamome), Shiodome (Subway, Yurikamome)



French/Italian foods

MAP F-6



WEBSITE



ACCESS MAP



## 20 KOJI SPECIALITY MURO Kagurazaka

麹専門店 MURO 神楽坂

☎03-5579-2910 **¥1,500**

<https://kojidrink.jp/>

**Hours:** 11:00-19:00

**Closed days:** Tue

**Address:** 1-12-6 Kagurazaka, Shinjuku City

**Access:** Iidabashi (JR, Subway)



Other foods

MAP E-3



WEBSITE



ACCESS MAP



## 21 & sandwich.

アンドサンドイッチ

☎03-6709-9455 **¥1,200**

<https://www.andsandwich.tokyo/>

**Hours:** 9:00-16:00 (L.O. 15:00) **Closed days:** Mon (or the following Wed when Mon falls on a national holiday), Tue

**Address:** Sukira gyoen 1F, 1-5-7 Shinjuku, Shinjuku City

**Access:** Shinjuku-gyomae (Subway)



Cafe/Sweets

MAP C-4



WEBSITE



ACCESS MAP



## 22 Green Italian TORCIA

グリーンイタリアントルチャ

☎03-3357-0014 **Lunch ¥3,000 Dinner ¥5,000**

<https://chayam.co.jp/english/>

**Hours:** Please check the website

**Closed days:** Varies depending on the facility

**Address:** Shinjuku Isetan Main Bldg. 7F, 3-14-1 Shinjuku, Shinjuku City

**Access:** Shinjuku-sanchome (Subway)



Italian foods

MAP C-4



WEBSITE



ACCESS MAP



## 23 Taiwan Jiufen Yuyuan

台湾九份芋園

☎080-9696-7300 **Lunch ¥800 Dinner ¥1,500**

<https://www.instagram.com/jiufenyuyuan/>

**Hours:** 12:00-21:00 (L.O. 20:30)

**Closed days:** Mon

**Address:** 4-18-12 Takadanobaba, Shinjuku City

**Access:** Takadanobaba (JR, Subway, Seibu)



Cafe/Sweets

MAP B-2



WEBSITE



ACCESS MAP





## 24 Shiboriya 935

搾り屋 935

☎03-3816-1071 ¥1,100

[https://www.instagram.com/hongo\\_shiboriya/](https://www.instagram.com/hongo_shiboriya/)

**Hours:** 8:00-18:00 (Mon-Fri), 9:30-18:00 (Sat, holidays)

**Closed days:** Sun

**Address:** 3-28-4 Hongo, Bunkyo City

**Access:** Hongo-sanchome (Subway)



## 25 tofuroom Dy's

豆腐 room Dy's

¥2,000

<https://tofuroomdys.jimdofree.com/>

**Hours:** 11:30-14:30 **Closed days:** Thu

**Address:** Kateri-na Sendagi 101, 2-48-18 Sendagi, Bunkyo City

**Access:** Nezu (Subway), Sendagi (Subway)



## 26 Asakusa Tofa Daio

浅草豆花大王

☎03-5849-4580 ¥1,000

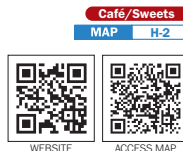
<https://www.asakusa-tofa.net>

**Hours:** 12:00-20:00 (Mon-Fri), 11:00-19:00 (Sat, Sun, holidays)

**Closed days:** Tue

**Address:** 4-43-4 Asakusa, Taito City

**Access:** Asakusa (Subway, Tobu, TX)



## 27 Gyoza Bar Keisuke

Gyoza Bar けいすけ

☎090-2680-4013 Dinner ¥2,000

[https://instagram.com/gyoza\\_k?igshid=NzZiODBkYWE4Ng==/](https://instagram.com/gyoza_k?igshid=NzZiODBkYWE4Ng==/)

**Hours:** 18:00-2:00 (L.O. 1:00)

**Closed days:** Mon, Tue

**Address:** Maison Fujii, 4-18-7 Asakusa, Taito City

**Access:** Asakusa (Subway, Tobu, TX)



## 28 Pink. ASAKUSA

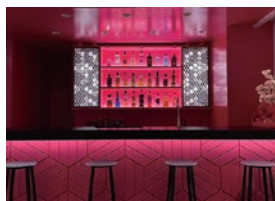
Pink. ASAKUSA

☎03-5246-3311 ¥600

<https://pink-japan.com/>

**Hours:** 10:00-17:00 (Japanese culture experience), 10:00-17:00 (Cafe), 18:00-23:30 (The Music BAR) **Closed days:** Mon, Tue, Sun (The Music BAR), Tue (Japanese culture experience), Tue(Cafe)

**Address:** The Room Asakusa 4F, 1-16-11 Asakusa, Taito City **Access:** Asakusa (Subway, Tobu, TX)



## 29 YOROIYA

浅草名代らーめん 与ろゐ屋

☎03-3845-4618 Lunch ¥1,200 Dinner ¥1,500

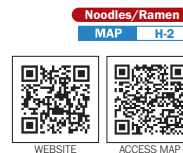
<https://gurunavi.com/en/g371100/rst/>

**Hours:** 11:00-20:30

**Closed days:** Open 365 days

**Address:** 1-36-7 Asakusa, Taito City

**Access:** Asakusa (Subway, Tobu, TX)



## 30 Fukuandon

福行燈

☎03-3873-8611 Dinner ¥2,150

<https://www.andon.co.jp/>

**Hours:** 17:00-19:00 (L.O. 18:30)(Reservation only)

**Closed days:** Mon, Sun

**Address:** 2-34-10 Nihonzutsumi, Taito City

**Access:** Minowa (Subway)



Reservation required



## 31 Sakuranabe Nakae

桜なべ中江

☎03-3872-5398 ¥4,440

<https://sakuranabe.com/>

**Hours:** 17:00-22:00 (L.O. 21:30)(Tue-Fri), 11:30-15:00 (L.O. 13:30), 16:00-21:00 (L.O. 20:30)(Sat, Sun) **Closed days:** Mon(or the following Tue when it falls on a national holiday), other non-fixed holidays (please check the website) **Address:** 1-9-2 Nihonzutsumi, Taito City **Access:** Minowa (Subway)



Reservation recommended



## 32 GRAPHY NEZU CAFE&LOUNGE

GRAPHY NEZU CAFE&LOUNGE

☎03-3828-7377 ¥1,200

<https://www.livelyhotels.com/ja/hotelgraphy/eat-drink/>

**Hours:** 7:30-14:00, 17:00-21:30 Drink/Sweets 14:00-17:00

**Closed days:** Open 365 days

**Address:** HOTEL GRAPHY NEZU, 4-5-10 Ikenohata, Taito City

**Access:** Nezu (Subway)



## 33 Minoya

味蔵家

☎03-3866-3795 Lunch ¥5,000 Dinner ¥9,000

<https://www.minoyavege.com/english.html>

**Hours:** 11:30-14:00 (L.O. 12:30), 17:30-22:30 (L.O. 21:00)

**Closed days:** Sun, holidays, two days of the end of the month

**Address:** 1-5-5 Torigoe, Taito City

**Access:** Shin-okachimachi (Subway)



Reservation required (via the website)





## 34 asakusa guraku

浅草たい焼き工房 求楽

☎070-4037-0101 ¥250  
https://guraku.jp

Hours: 11:00-18:00

Closed days: No fixed holiday

Address: 2-3-2 Nishi-Asakusa, Taito City

Access: Tawaramachi (Subway)



## 35 Yuba Tofu Umenohana Ueno

湯葉と豆腐の店 梅の花 上野広小路店

☎03-3834-7712 Lunch ¥4,200 Dinner ¥6,200  
https://umenohana-restaurant.co.jp/shop-list/info.php?id=884

Hours: 11:00-16:00 (L.O. 15:00), 17:00-22:00 (L.O. 21:00)

Closed days: New Year holidays

Address: Huli Ueno-Hirokoji Bldg. 5F, 1-20-11 Ueno, Taito City

Access: Ueno-hirokoji (Subway), Ueno-okachimachi (Subway), Okachimachi (JR)



Reservation required



## 36 Natural Food Restaurant Genketei

玄米自然食レストラン元氣亭

☎03-3632-3933 ¥1,300  
https://www.genmaikoso.co.jp/health/genketei/

Hours: 11:30-14:30 (L.O. 14:00)

Closed days: Sat, Sun, holidays, New Year holidays

Address: No.2 Koso Bldg. 2F, 3-24-10 Ryogoku, Sumida City

Access: Ryogoku (JR, Subway)



## 37 OIMO

御手 -OIMO-

☎03-6693-4117 ¥1,000  
https://oimo.supersale.jp/

Hours: 11:00-18:00

Closed days: Mon, Tue

Address: 1-10-5 Narihira, Sumida City

Access: Oshiage (Keisei, Subway, Tobu)



## 38 NagiCrepe

NagiCrepe

¥1,000

https://www.instagram.com/nagicrepe/

Hours: 13:00-19:00 Closed days: Wed

Address: Ludens Togoshi 102, 1-4-18 Yutakacho, Shinagawa City

Access: Togoshi (Subway), Togoshi-ginza (Tokyu)



## 39 CABE MEGURO Indonesian Restaurant

インドネシア料理 チャベ目黒店

☎03-6432-5748 Lunch ¥1,000 Dinner ¥3,000  
https://cabe-eco.com/en/home-en/

Hours: 11:30-15:00 (L.O. 14:30), 17:30-22:30 (L.O. 22:00)

Closed days: Sun, holidays

Address: No.1 Tanaka Bldg. 2F, 3-5-4 Kami-Osaki, Shinagawa City

Access: Meguro (JR, Subway, Tokyu)



## 40 News Cafe

ニュースカフェ

☎03-3725-6450 Lunch ¥1,130 Dinner ¥2,000  
https://www.instagram.com/newscafetokyo/

Hours: 12:00-20:00 (L.O. 19:00) (Mon, Thu-Sat), 12:00-19:00 (L.O. 18:00) (Sun, holidays)

Closed days: Tue, Wed

Address: Hakkou Bldg. 401, 2-9-11 Jiyugaoka, Meguro City

Access: Jiyugaoka (Tokyu)



## 41 Premarché Gelateria

プレミアムシェ・ジェラテリア東京 中目黒駅前店

☎03-6303-0141 ¥900  
https://gelato.organic/

Hours: 12:00-20:00 Closed days: Thu

Address: Meguro Ginza Bldg. 1F, 2-9-36 Kami-Meguro, Meguro City

Access: Naka-meguro (Subway, Tokyu)



## 42 Mughlai Cuisine Restaurant Mashal

インド宮廷料理 Mashal

☎03-6450-0177 Lunch ¥1,600 Dinner ¥3,500  
https://mashal.jp/

Hours: 11:00-15:00 (L.O. 14:30) (Mon, Wed-Fri), 11:00-16:00 (L.O. 15:30) (Sat, Sun, holidays), 17:00-21:30 (L.O.)

Closed days: Tue

Address: Luz Omori 3F, 1-10-14 Omori-Kita, Ota City

Access: Omori (JR)



## 43 medel deli okusawa

メデルデリ 奥沢店

☎03-6425-8272 ¥2,250  
https://www.medeldeli.jp/okusawa

Hours: 9:00-17:00 Closed days: Mon, Tue

Address: Parks Waros 01-101, 2-41-17 Higashi-Tamagawa, Setagaya City

Access: Okusawa (Tokyu), Den-en-chōfu (Tokyu)



## 44 cafe Stay Happy

カフェ ステイハッピー

☎03-3410-5959 Lunch ¥1,500 Dinner ¥2,000

[https://cafestayhappy.com/?page\\_id=273](https://cafestayhappy.com/?page_id=273)

Hours: 12:00-21:00 (Mon, Wed-Sat), 12:00-20:00 (Sun)

Closed days: Tue, 2nd Wed

Address: Miyagawa Bldg. 2F, 2-29-14 Daizawa, Setagaya City Access: Shimo-Kitazawa (Odakyu, Keio)



Café/Sweets

MAP A-6



WEBSITE



ACCESS MAP



## 45 Kamay Kitchen

かまいキッチン

☎03-6318-5323 Lunch ¥1,300 Dinner ¥1,300

<https://kamaykitchen.therestaurant.jp/>

Hours: 12:00-20:00 Closed days: Mon, Tue

Address: No. 2 Michiru Bldg. 2F, 2-33-6 Kitazawa, Setagaya City

Access: Shimo-Kitazawa (Odakyu, Keio)



Asian/Ethnic foods

MAP A-6



WEBSITE



ACCESS MAP



## 46 Tokitarazu

トキタラズ

☎03-6277-1577 Lunch ¥1,500 Dinner ¥5,000

<https://tokitarazu.com/en/>

Hours: 11:30-15:00 (L.O. 14:30), 17:30-23:00 (L.O. 22:00)

(Mon-Sat) Closed days: Sun, Mid-August (Obon), New Year holidays

Address: 1-4-10 Hiroo, Shibuya City

Access: Ebisu (JR, Subway)



Reservation required  
(Vegan menu<Dinner only>)

Japanese foods

MAP C-7



WEBSITE



ACCESS MAP



## 47 medel deli

メデルデリ

☎03-6427-8580 ¥2,250

<https://www.medeldeli.jp/>

Hours: 9:00-19:00 (Mon-Sat), 10:00-19:00 (Sun, holidays)

Closed days: New Year holidays

Address: Premiere Ebisu 1F, 1-17-1 Ebisu-Nishi, Shibuya City

Access: Ebisu (JR, Subway), Daikan-yama (Tokyu)



Café/Sweets

MAP C-7



WEBSITE



ACCESS MAP



## 48 FOOD CONCEPT SHOP MOMINOKI HOUSE

モミノキハウス

☎03-3405-9144 Lunch ¥1,700 Dinner ¥3,000

[https://www.mominoki-house.net/index\\_en.html](https://www.mominoki-house.net/index_en.html)

Hours: 11:00-15:00 (L.O. 14:30), 17:00-23:00 (L.O. 22:00)(Mon-Sat),

11:00-15:00 (L.O. 14:30), 17:00-22:00 (L.O. 21:00)(Sun, holidays)

Closed days: Open 365 days Address: 2-18-5 Jingumae, Shibuya City

Access: Meiji-jingumae (Harajuku) (Subway)



Other foods

MAP C-5



WEBSITE



ACCESS MAP



## 49 Salad Deli MARGO

サラダデリ マルゴ 西新宿五丁目本店

☎03-5302-1808 Lunch ¥1,300 Dinner ¥1,300

<https://margo.co.jp/>

Hours: 10:00-22:30 (Mon-Fri), 10:00-21:00 (Sat, Sun, holidays)

Closed days: Open 365 days

Address: 3-9-3 Honmachi, Shibuya City

Access: Nishi-shinjuku-gochome (Subway)



Other foods

MAP B-4



WEBSITE



ACCESS MAP



## 50 F&P Smoothie Cafe AOYAMA

F&P スムージーカフェ 青山店

☎03-6805-0480 ¥990

<http://fcoandpomum.com/>

Hours: 8:00-19:00 Closed days: New Year holidays, varies

depending on the facility

Address: Aoyama Oval Bldg. 1F, 5-52-2 Jingumae, Shibuya City

Access: Omote-sando (Subway)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 51 Milan Nataraj Shibuya

ミラン・ナタラジ 渋谷店

☎03-6416-9022 Lunch ¥1,290 Dinner ¥2,500

<https://nataraj.co.jp/en/>

Hours: 11:30-23:00 (L.O. 22:30)

Closed days: New Year holidays

Address: Iwamoto Bldg. 3F, 1-22-7 Jinnan, Shibuya City

Access: Shibuya (JR, Subway, Tokyu, Keio)



Asian/Ethnic foods

MAP C-6



WEBSITE



ACCESS MAP



## 52 THE MATCHA TOKYO SHIBUYA MIYASHITA PARK

THE MATCHA TOKYO 渋谷 ミヤシタパーク

☎03-6805-0687 Lunch ¥1,000 Dinner ¥1,000

<https://www.the-matcha.tokyo/en>

Hours: 11:00-21:00

Closed days: Varies depending on the facility

Address: RAYARD MIYASHITA PARK South 2F, 6-20-10 Jingumae,

Shibuya City Access: Shibuya (JR, Subway, Tokyu, Keio)



Café/Sweets

MAP C-6



WEBSITE



ACCESS MAP



## 53 aburimiso ramen shinbusakiya

炙り味噌らーめん 麵匠真武咲弥 渋谷店

☎03-6416-3778 Lunch ¥1,600 Dinner ¥2,200

<https://www.instagram.com/samurai.noodle/>

Hours: 11:00-3:30 (Mon), 11:00-4:30 (Tue-Thu, Sun),

11:00-6:30 (Fri, Sat) Closed days: No fixed holiday

Address: 2-10-3 Dogenzaka, Shibuya City

Access: Shibuya (JR, Subway, Tokyu, Keio), Shinsen (Keio)



Noodles/Ramen

MAP B-6



WEBSITE



ACCESS MAP





## 54 TREE by NAKED yoyogi park

TREE by NAKED yoyogi park

☎050-1743-2539 Lunch ¥2,000 Dinner ¥39,600

<https://tree.naked.works/yoyogi/>

Hours: 11:00-17:00 (food L.O. 16:00), 19:00-22:00

Closed days: Wed

Address: 1-10-2 Tomigaya, Shibuya City

Access: Yoyogi-koen (Subway), Yoyogi-Hachiman (Odakyu)

 **Reservation required (Dinner)**



## 55 Nataraj Ogikubo

自然派インド料理ナタラジ叔達店

☎03-3398-5108 Lunch ¥1,290 Dinner ¥2,300

<https://nataraj.co.jp/>

Hours: 11:30-22:30 (L.O. 22:00)

Closed days: New Year holidays

Address: Fukumura Sangyo Bldg. B1F, 5-30-6 Ogikubo, Suginami City

Access: Ogikubo (JR, Subway)



## 56 TSUMUGU CAFE

TSUMUGU CAFE ~台湾茶とベジフードのおみせ~

☎03-5927-8889 Lunch ¥1,000 Dinner ¥1,000

<https://tsumugu-cafe.storeinfo.jp>

Hours: 11:00-18:00 (Tue), 11:30-16:00 (Wed-Fri), 12:00-18:00 (Sat, Sun)

Closed days: No fixed holiday

Address: 1F, 3-36-20 Nishi-Ikebukuro, Toshima City

Access: Ikebukuro (JR, Subway, Tobu, Seibu)



## 57 Saffron Ikebukuro

サフラン 池袋

☎03-5952-5676 Lunch ¥1,380 Dinner ¥1,800

<https://saffron-dining.com/>

Hours: 11:30-15:00, 17:30-22:00

Closed days: Tue

Address: Takuto T.O. Bldg. 201, 1-28-1 Higashi-Ikebukuro, Toshima City

Access: Ikebukuro (JR, Subway, Tobu, Seibu), Higashi-ikebukuro (Subway)



## 58 n'mo

んいも

¥600

<https://nimo1116.base.shop/>

Hours: 10:00-19:00 (Mon-Fri), 10:00-18:00 (Sat, Sun, holidays)

Closed days: No fixed holiday

Address: 3-19-13 Sugamo, Toshima City

Access: Sugamo (JR, Subway)



## 59 TAKAGIYA

TAKAGIYA

☎03-5980-8733 Lunch ¥1,000 Dinner ¥1,000

<http://www.takagi-ya.co.jp>

Hours: 10:00-18:30 (L.O. 18:00), 10:00-19:00 (Take Out)

Closed days: Mon (or the following Tue when it falls on a national holiday or an event is held)

Address: Mitsuwa Bldg. 102, 2-9-26 Sugamo, Toshima City

Access: Sugamo (JR, Subway)



## 60 Carrot cake store:Cherish Foods

キャロットケーキ専門店 Cherish Foods

¥1,000

<https://cherishfoods.wixsite.com/home>

Hours: 11:00-17:00

Closed days: Mon, Tue, Sun

Address: 4-6-4 Tabata, Kita City

Access: Komagome (JR, Subway)



## 61 Momotaro

旬材 地酒処 桃太郎

☎03-3931-9609 Dinner ¥6,600

Hours: 17:00-23:00 (L.O. 21:30)

Closed days: Mon, Tue

Address: 2-25-9 Kitamachi, Nerima City

Access: Tōbu-Nerima (Tobu)



**Reservation required**



## 62 momento

momento

☎070-4002-5496 Lunch ¥2,800 Dinner ¥6,000

<https://www.momentoitalian.com/about-1-1>

Hours: 11:30-14:30, 17:30-21:30

Closed days: Tue, 1st Wed, 3rd Wed, 5th Wed

Address: Gotenyama Flat 1F, 1-3-9 Gotenyama, Musashino City

Access: Kichijoji (JR, Keio)



## 63 Cafe Slow

Cafe Slow

☎042-401-8505 ¥1,600

<https://cafeslow.com/>

Hours: 11:00-17:00 (Tue, Wed, Fri-Sun), 11:00-15:30 (Thu)

Closed days: Mon (or the following Wed when Mon falls on a national holiday)

Address: 2-20-10 Higashi-Motomachi, Kokubunji City

Access: Kokubunji (JR, Seibu)





## 64 Kunitachi Pasta Factory

Kunitachi Pasta Factory

☎042-505-8369 Lunch ¥1,200 Dinner ¥2,000

<https://pastafactory.jp/>

Hours: 11:00-16:00 (L.O. 15:30), 18:00-22:00 (L.O. 21:00)

Closed days: Wed

Address: 1-15-34 Higashi, Kunitachi City

Access: Kunitachi (JR)



French/Italian foods

MAP I-9



## 65 nakaichi chienfu

中一素食店

☎042-577-3446 Lunch ¥980 Dinner ¥980

<https://www.nakaichifoods.co.jp/>

Hours: 11:00-14:30, 17:00-21:00 (L.O.)

Closed days: Mon, Tue, not fixed on Sun

Address: Nakaichi Bldg, 1-19-8 Naka, Kunitachi City

Access: Kunitachi (JR)



Asian/Ethnic foods

MAP I-9



## 66 ZeN shop

ゼンショップ

Lunch ¥1,000

[https://www.instagram.com/zen\\_bulk/](https://www.instagram.com/zen_bulk/)

Hours: 9:00-16:00 (L.O. 15:30)

Closed days: Wed-Fri

Address: 1-11-13 Chuocho, Higashi-Kurume City

Access: Higashi-Kurume (Seibu)



Café/Sweets

MAP J-8



# Category 3

Restaurants in this category are vegetarian\*-friendly.  
SOME of their menus are free from the ingredients below.

\* A vegetarian, as referred to in this guidebook, is a person who avoids all animal products (meat, fish, crustacean, shellfish, etc.), in addition to animal-derived broth and seasonings, with the exception of eggs, dairy, and honey.



No meat



No fish



No crustaceans



No shellfish

For reservations, menus and in-store details, please contact the restaurant directly.  
Prices listed in this brochure are average prices for each restaurant and may vary.

## 1 CRISP SALAD WORKS ROPPONGI HILLS

クリップ・サラダワークス 六本木ヒルズ店

☎03-5422-8761 ¥1,394

<https://www.crisp.co.jp/>

Hours: 11:00-22:00 Closed days: Open 365 days

Address: Roppongi Hills Hillside 1F, 6-10-1 Roppongi, Minato City

Access: Roppongi (Subway)



Other foods

MAP D-6



## 2 Flower Wall Mone

Flower Wall Mone

☎03-6274-8711 Lunch ¥1,999 Dinner ¥5,999

Hours: 12:00-1:00 (Mon-Fri), 11:00-1:00 (Sat, Sun), Lunch 12:00-15:00

Closed days: New Year holidays Address: Takayama Land Kaikan bldg, B1, 3-5-3 Shinjuku, Shinjuku City

Access: Shinjuku-sanchome (Subway), Shinjuku (JR, Subway, Keio, Odakyu)



Japanese foods

MAP C-4



## 3 Casual Dining The Bistro /Hotel Chinzanso Tokyo

カジュアルダイニング ザ・ビストロ / ホテル椿山荘東京

☎03-3943-5489 Lunch ¥7,000 Dinner ¥10,000

<https://www.hotel-chinzanso-tokyo.com/dining/bistro/>

Hours: 11:30-23:00 (L.O. 22:00)

Closed days: Open 365 days

Address: 2-10-8 Sekiguchi, Bunkyo City

Access: Edogawabashi (Subway) Reservation required



French/Italian foods

MAP D-2



## 4 Ryotei Kinsui /Hotel Chinzanso Tokyo

料亭 錦水 / ホテル椿山荘東京

☎03-3943-5489 Lunch ¥25,800 Dinner ¥31,200

<https://www.hotel-chinzanso-tokyo.com/dining/kinsui/>

Hours: 11:30-22:00 (L.O. 20:00)

Closed days: Open 365 days

Address: 2-10-8 Sekiguchi, Bunkyo City

Access: Edogawabashi (Subway)



Japanese foods

MAP D-2



## 5 IKEA Shibuya

IKEA 渋谷

☎050-4560-0494 ¥300

<https://www.ikea.com/jp/en/>

Hours: 10:00-21:00

Closed days: Depending on the building inspection days

Address: Takagi Bldg., 24-1 Udagawacho, Shibuya City

Access: Shibuya (JR, Subway, Tokyu, Keio)



Other foods

MAP B-6





# Welcome to the deep world of Japanese food culture!

Experience Japanese culture while savoring delicious Japanese food. Japanese food culture prizes seasonal dishes that celebrate the natural flavors of fresh, in-season ingredients. This includes an abundance of vegetable dishes, many of which are prepared with locally cultivated heirloom varieties.

## A well-balanced meal of soup and three dishes

A balanced meal of white rice, soup, and three side dishes: one main featuring fish, meat, or plant-based proteins, and two sides with nutritious ingredients like seaweed, beans, and mushrooms. This five-dish assortment, known as "ichiju-sansai," is a great way to control how much you eat, while still getting the nutrients you need.



## Dashi: the unsung hero that supports Japanese cuisine

Dashi, a key component in Japanese cuisine, is a flavorful broth that adds depth to many dishes. The savory umami flavor comes from glutamic and guanylic acids released when simmering ingredients like kelp or fish. Dashi is widely used in both restaurant and home cooking, forming the backbone of Japan's distinctive culinary flavors.

## Classic dashi dishes

Savor the rich flavors of dashi in classic Japanese dishes like udon, oden, and miso soup. In udon dishes, these thick wheat noodles are served with vegetables, mushrooms, and other toppings, while oden is a winter favorite of simmered ingredients like konjac, radish, and kelp in a dashi broth.



**Tofu, ganmodoki, natto... If you don't know where to buy them, go to the supermarket!!**

Japan's supermarkets and convenience stores offer a variety of nutritious superfoods. From natto fermented soybeans and tofu to ganmodoki tofu fritters, brown rice and agar, these everyday ingredients are packed with nutrients. Explore local shops to discover these health-boosting options for yourself.



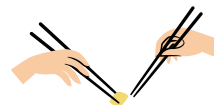
## Enjoy beautiful seasonal scenery and delicious food on a traditional Japanese boat

Cruise Tokyo's waterways on a yakatabune, a traditional boat offering dining and entertainment. Enjoy Japanese cuisine while floating past Asakusa and Skytree on the Sumida River or admiring Tokyo's skyline from the bay. Each boat serves its own selection of dishes, with many now offering vegan and vegetarian options.



## Proper chopstick etiquette

Follow these easy rules and enjoy delicious meals the Japanese way.



### Chopstick passing

Don't pass food between chopsticks. More generally, two people should not be gripping the same piece of food with their chopsticks at the same time.



### Chopstick indecision

Do not hover your chopsticks over different dishes or move your chopsticks from one dish to another while deciding which you want to eat.



### Chopstick digging

Do not dig through a dish with your chopsticks to find the piece you want to eat. It can spoil the dish's appearance and people's appetites.

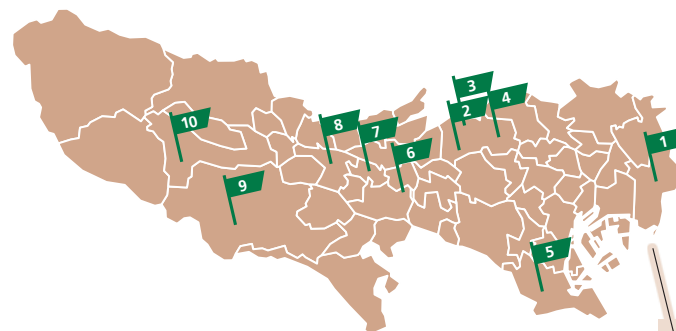


# Tokyo is full of attractive **vegetables!**



## What are Edo Tokyo vegetables?

Experience Tokyo's agricultural heritage through its heirloom vegetables, which date back to the Edo Period (1603-1868) and were preserved by farmers and seed merchants. Although there is a tendency to view Tokyo as having few natural spaces, these vegetables offer a taste of its rich farming legacy.



## Unique festivals rooted in the region and related to vegetables

### Ginger Festival

A sacred offering of ginger, a cold remedy, made at Eifuku Inari Shrine since the Edo Period. (Hachioji City, scheduled for September every year)

### Fruit and Vegetable Relay

A relay race through Sumida City with people passing Terashima eggplants from baton to baton. (Sumida City, every Autumn)



1  
【Edogawa City】



**Gosekibansei Komatsuna**

Cultivated in eastern Tokyo since the Edo period, komatsuna is a mild and nutritious leafy green. This versatile vegetable suits blanched dishes and hot pots.

2  
【Nerima City】



**Waseda Myoga**

Grown in central Tokyo since the Edo period, this ginger is known for its aroma and deep red color. Its hue and flavor enhance dishes and it makes excellent tempura.

3  
【Nerima City】



**Nerima Radish**

Cultivated in northern Tokyo since the Edo Period, this radish can grow up to a meter long. Its pepperness and low moisture make it ideal for drying or pickling.

7  
【Kokubunji City, etc.】



**Tokyo Udo**

Grown in pits 3 meters underground around Kichijoji since the mid-1800s, Tokyo udo's crispiness, refined bitterness and unique aroma make it perfect for salads.

8  
【Tachikawa City, etc.】



**Kanamachi Turnip**

Glossy white and with an early harvest, this variety was developed in northeast Tokyo in the early 1900s. Its rich sweetness shines through when stewed or blanched.

4  
【Nerima City】



**Naito Pumpkin**

Originally cultivated in Naito-Shinjuku (modern-day Shinjuku), this pumpkin has a firm texture and creamy flavor suited to traditional simmered dishes.

5  
【Ota City, etc.】



**Magome Three-inch Carrots**

These carrots, an Ota City specialty, are short, plump, and exceptionally sweet. Cultivated by local farmers, they are delicious as is or cooked in stews and soups.

6  
【Koganei City, etc.】



**Terashima Eggplant**

Grown in fertile Terashima along the Sumida River since the Edo Period, these small, round eggplants have a firm texture and taste great sautéed in sesame oil.

9  
【Hachioji City】



**Hachioji Ginger**

Hachioji ginger, grown locally for 80+ years, has a pale-yellow hue, a mild flavor, and a smooth texture. Its pure ginger taste can be enjoyed grated or fried whole.

10  
【Akiruno City】



**Norabona**

Grown in Nishitama in western Tokyo, norabona is a mild, nutrient-rich vegetable. Its stems have a subtle sweetness, ideal for blanched dishes or dressed salads.

11  
【Izu Islands】



**Ashitaba**

Grown on Tokyo's islands, ashitaba has a unique aroma and slight bitterness. Rich in vitamins and iron, it's enjoyed sautéed, blanched, as tempura, or even in juices.

# POINT-AND-ASK GUIDE

I do not eat...

私はチェックしているものが食べられません。



Please check the items that you are unable to eat.

<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
豚肉 Pork		牛肉 Beef		鶏肉 Chicken		魚類 Fish	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
豚だし Pork Stock		牛だし Beef Stock		鶏だし Chicken Stock		魚だし Fish Stock	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
貝 Shellfish		甲殻類 Crustacean		卵 Egg		はちみつ Honey	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
乳製品 Dairy		砂糖 Sugar		アルコール Alcohol		そば Soba (Buckwheat)	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<b>五韮</b> (タマネギ・ラッキョウ・ネギ・ニンニク・ニラ) Five Pungent Vegetables (onion, scallion, green onion, garlic, leek)	
グルテン(小麦) Gluten		大豆 Soy					
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/> For other items, write the name and draw the symbol here.			
ナッツ Nuts		油 <sup>*1</sup> Oil					

## Emergency Information in Foreign Languages

This information will help you in the event of disasters such as earthquakes, storms, floods, fires, theft, lost items, and other emergencies.

### Online Information

#### ●Safety tips [Multilingual]

A disaster information app for foreign travelers in Japan supervised by the Japan Tourism Agency. You can get push notifications for earthquake early warnings and tsunami warnings, as well as emergency weather warnings for heavy rain, etc. and volcanic eruption information issued for Japan. The app also provides a flowchart for what to do during evacuation, helpful links such as a list of embassies, and communication cards to use if you cannot communicate in Japanese.

**Android** <https://play.google.com/store/apps/details?id=jp.co.rcsc.safetyTips.android>

**iOS** <https://apps.apple.com/app/safety-tips/id858357174>



iOS



Android

#### ●Tokyo Metropolitan Government Disaster Prevention Website [Multilingual]

<https://www.bousai.metro.tokyo.lg.jp>



#### ●Japan Visitor Hotline [Multilingual]

Japan National Tourism Organization (JNTO) operates a visitor hotline 24 hours a day, 365 days a year. Please feel free to call for tourist information or assistance in case of accidents or emergencies.



☎ 050-3816-2787

(24 hours a day)

<https://www.japan.travel/en/plan/hotline/>

### Emergency Numbers

**Police 110**  
In the event of a crime or accident

**Fire Department 119**  
To report a fire or to call for help or an ambulance

## Tips for Getting by Smoothly in Japan

Exploring a new culture can sometimes be both surprising and frustrating. To help navigate any potential difficulties, here are some tips for getting around in Japan.

### 🚆 On the Train

When using public transportation (buses and trains, etc.), avoid speaking loudly or talking on the phone as it may disturb others. Make sure to put your phone in silent mode. You should turn off your phone completely in the priority seating area on a crowded train. In inner-city areas, some train cars are exclusively for women during certain hours and days.

### 🚶 In Town

Littering, smoking on the street, and smoking while walking are strictly prohibited in certain areas. Throw any trash you may have in the public bins provided, or take it home with you. Smokers should only smoke in designated areas. When buying tickets, using transportation, and entering facilities or stores, stand in line and wait for your turn.

### 📷 Taking Photos

Taking photos while traveling in Japan can be a fun thing to do. However, be careful as Japan may have some different rules from those of your own country. Selfie sticks are not allowed in public places. Respect the rules and regulations of each facility. Avoid running out into the street or stepping into private properties such as residential areas or farmlands. When you decide to upload photos on social media and the like, first pause and consider whether there might be any possible invasion of people's privacy rights.



Put your phone in silent mode



Quiet please



Do not throw rubbish



No smoking



No photography



Photography permitted



A person wearing a red and orange kimono is holding a dark wooden bowl filled with a vibrant green soup. The background is a soft-focus view of the same person's hands and the bowl.

# TOKYO Vegan & Vegetarian

Restaurant Guide 2025-2026

🌸 Welcome to TOKYO!

Tokyo Convention & Visitors Bureau

Shinjuku Monolith 15F, 2-3-1 Nishi-Shinjuku, Shinjuku-ku, Tokyo 163-0915, JAPAN  
<https://www.tcvb.or.jp/>

2025/03

**GO-TOKYO**

The Official Tokyo Travel Guide  
[www.gotokyo.org](http://www.gotokyo.org)

**TokyoTokyo**  
Official Tokyo Travel Guide