

Enjoy your travel

Must-Try!

A guide to

VEGETARIAN
and
INDIAN

RESTAURANTS
in Japan

Enjoy your food



Japan. Endless Discovery.

JNTO


Japan National Tourism Organization



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※ All Information contained in this brochure is based on data as of March 2017, and is subject to change without notice.



Message from the Publishers

This year we celebrate the 15th year of Visit Japan, a project started in 2003 with the goal of making Japan a top tourist destination.

In 2016 a record number of tourists travelled to Japan. Numbers of visitors from India also reached new records. Many came to visit Tokyo, Kyoto, Hiroshima and other cities, to wonder at World Heritage sites such as Mount Fuji and the historic monuments of ancient Kyoto, and to sample *washoku* Japanese cuisine, an Intangible Cultural Heritage.

However, as only a small number of Japanese is vegetarian, there is some concern that vegetarian visitors from India may have trouble finding places to eat during their stay in Japan.

That is why we have produced this guide, with the help of Indians living in Japan, to bring together information about restaurants where Indian vegetarians can dine with peace of mind.

Most of the restaurants listed in this guide are located near major tourist destinations, and this represents just a small sampling of the many vegetarian options available. We hope this guide will serve as your companion as you visit Japan or plan your trip here.

Japanese Food Culture



Delicious, beautiful to look at — and healthy! Garnering popularity all around the world, Japanese food culture was registered as a UNESCO Intangible Cultural Heritage item with the title "WASHOKU; Traditional Dietary Cultures of the Japanese" in December 2013.

As Japan is long north to south, the geography and climate vary wildly depending on the region. Each area has its own special ingredients, processing, storage techniques and flavouring. Places far from the sea developed methods for drying fish and places with harsh winters have techniques for preserving vegetables for a long time. The different climates and ingredients bring unique tastes to fermented seasoning like *miso* and soy sauce. Each region's characteristic ingredients and seasoning lead to local cuisine being created and handed down to the next generation. Experiencing these different local cuisines is one of the attractions of travelling in Japan.

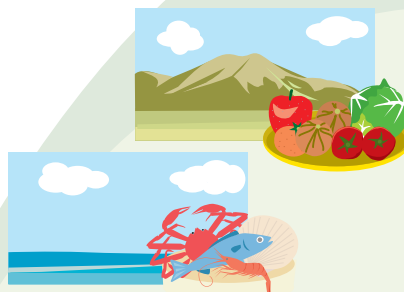
The World Famous "Washoku"

There are 4 characteristics to the UNESCO Intangible Cultural Heritage registered "Washoku".

1

The first is "Respect for the inherent flavours in the fresh and varied ingredients"

Japan is long north to south, with abundant expressions of nature spread wide and blessed with diverse crops and seafood. Cooking techniques and tools were developed to make the best of the flavours rooted in each region.



2

The second is "Healthy eating habits"

The standard Japanese meal of rice and *Ichijusansai* (soup, main dish and two side dishes) is said to have the ideal balance of nutrition. By using steaming, baking and boiling techniques, and the flavour of the stock, less salt is used which helps prevent obesity and other lifestyle-related diseases.



3

The third is "Expressions of the beauty of nature and changing of the seasons"

The food in Japan absorbs the beauty of nature & its 4 distinct seasons. By having seasonally appropriate flowers, furnishings and crockery used in meals, on dining tables and in rooms, one can really enjoy getting a sense of the season.



4

The fourth is "Connection to the yearly events"

Japanese food culture is closely connected with each season's traditional ceremonies and Seasonal Events: Starting with *Osechi Ryori* (Special Meal) on New Year's Day, then *Setsubun* (Beginning of Spring in Feb), *Hinamatsuri* (Doll Festival in Mar), *Tanabata* (Star Festival in Jul), *Otsukimi* (Moon Viewing in Sep), *Omisoka* (New Year's Eve) and various festivals in between, the yearly events are tied to meals, and these meals deepen the bonds between families and regions.



The phrases "*Itadakimasu*" and "*Gochisosama*" are said before and after meals to express gratitude to the food itself and to all the people involved in making it, right down to the people who cultivated the crops.

About Japanese Restaurants

● Restaurant Types

• Family Restaurants

Chain Restaurants, Dining Rooms, Cafés, Japanese Food, Western Food, *Sushi*, *Tempura*, *Teppan-Yaki*, Italian Food, French Food, Indian Food, Chinese Food, Curry, Ethnic Food, *Kushiage*, etc.

• Quick, Fixed-Price Fast-Food Restaurants

Hamburgers, *Ramen*, Conveyor Belt *Sushi*, Standing *Soba* Noodle Counters, *Udon*, Cafés, etc.

• Bars which also serve food

Izakaya, Small Restaurants, Public Houses, Café-Bars, Beer Halls, Beer Gardens, *Snack Bars*, etc.

● How meals are offered



Ippin Ryori (À la carte):
Order only the food you want to eat.



Kosu Ryori (Course menu): Fixed menus with appetizers and main meals. (Some choice may be available.)



Tabehodai (All-you-can-eat): Fixed price, all-you-can-eat dining. A time limit, such as 90 minutes, applies. In Japanese these may be called "*baikingu*" or "*byuffe*" (Viking & Buffet).



Tachigui (Standing counter): Stand at a chair-less counter and eat. *Soba* noodles are the most common but there are also counter-style *izakaya* and bars, and specialty French and Japanese restaurants too.



Teiku auto (Take-away): Order your food and take it home. *Bento*, *Eki-ben* (Lunch box available at stations), *Tako-yaki* (Octopus balls) and various snacks.

● Restaurant Styles



Wait at the door for the staff to guide you to a seat. In fast-food restaurants, you can find your own seat.



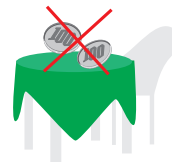
The menu may be on your table, brought by the staff or written on the wall. The food and drink may be on separate menus.



There are many restaurants without English menus and many where the staff cannot speak English.



Almost every restaurant offers free water or tea with free refills.



You do not need to give a tip. You must pay consumption tax. In some cases you may have to pay a service charge, entrance charge or private room charge.



In *izakaya* and small restaurants you may be served "*otoshi*". This is a small snack, ideal with drinks, served while waiting for your order. There is usually a charge for this and it is often mandatory.



Fast-food restaurants are self-service: you have to bring your own food to your table, and return your trays to the counter yourself.



Almost all restaurants have salt, pepper and other condiments on your table which can be used as you wish.



The smoking and non-smoking separation depends on each restaurant.



You may have to pay at your table, pay at the register or pay on delivery depending on the restaurant. Some restaurants accept credit cards, whereas as some deal in cash only.

Vegetarian Support Information

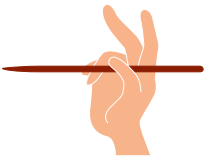
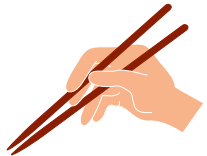
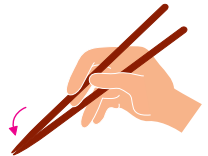
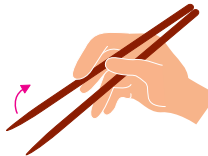
The restaurants presented in this guide all fundamentally offer vegetarian options, but in Japan such restaurants are quite scarce.

Even though they may be listed as "vegetarian restaurants", they might offer other food which is not vegetarian, or use dairy or fish products in their stock.

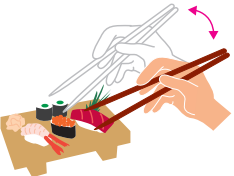
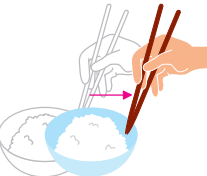




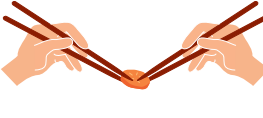

It is advisable to either contact the restaurant to enquire about the details of their food, or ask your tour company or Japanese friend to help you prior to arriving.

How to eat Japanese Food

● Holding and using hashi (chopsticks)

 <p>The lower <i>hashi</i> is held in-between the base of your thumb and index finger. Slightly curve your ring finger and rest the <i>hashi</i> on the edge of your fingernail.</p>	 <p>The upper <i>hashi</i> is held like a pencil between your index finger, middle finger and thumb. Pinch the two ends of the <i>hashi</i> together.</p>	 <p>Without moving the lower <i>hashi</i>, use your thumb as a pivot to move the upper <i>hashi</i> up and down between the tips of your index and middle fingers.</p>	
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● Hashi bad manners

 <p><i>Mayoibashi</i>: Waving your <i>hashi</i> around while deciding what to eat</p>	 <p><i>Yosebashi</i>: Pulling bowls towards you with your <i>hashi</i></p>	 <p><i>Sashibashi</i>: Stabbing food with your <i>hashi</i></p>	 <p><i>Nigiribashi</i>: Holding the <i>hashi</i> in your palm while picking up a bowl</p>
 <p><i>Watashibashi</i>: Resting your <i>hashi</i> across the edges of your bowl</p>	 <p><i>Tatebashi</i>: Standing your <i>hashi</i> upright in your rice</p>	 <p><i>Hashiwatashi</i>: Passing food to another with your <i>hashi</i>.</p>	 <p><i>Neburibashi</i>: Licking food stuck to your <i>hashi</i>.</p>



Manners

In traditional Japanese etiquette, the rice is placed on the left, the soup on the right and the side-dishes are placed beyond. Thus by alternating the order you eat, you can get a nice balance of food. When eaten with soup or side-dishes, white rice becomes even more delicious. Holding the rice bowl or soup bowl in your hand is good manners. The soup is drank by bringing the bowl up to your mouth. Making chewing noises while eating is considered poor etiquette. Keep your mouth closed when there is food in it and refrain from speaking.

Restaurant Point & Order Guide



店に入ったら

Inside the restaurant:

人数、予約の有無、希望の席を伝える

Explain if you have a reservation, the number of people and where you want to sit.

<p>テーブル Table</p>	<p>座敷 Tatami Room</p>	<p>カウンター Counter</p>	<p>個室 Private Room</p>	<p>禁煙 No Smoking</p>	<p>喫煙 Smoking</p>
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メニューを見て注文する

Ordering from the menu:

<p>英語のメニューはありますか？ Do you have an English Menu?</p>	<p>おすすめは何ですか？ What do you recommend?</p>	<p>これは何人前ですか？ How many people will this dish serve?</p>
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<p>フード Food</p>	<p>ドリンク Drink</p>	<p>アルコール Alcohol</p>	<p>ノンアルコール Non-Alcohol</p>	<p>デザート Dessert</p>
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<p>ベジタリアンの区分 Types of Vegetarianism</p>	<p>動物肉・魚介類 Animal meat/Seafood</p>	<p>卵 Egg</p>	<p>乳製品 Dairy Produce</p>	<p>はちみつ Honey</p>
ベジタリアン Vegetarian	×	×	×	○
ヴィーガン Vegan	×	×	×	×
ラクト・ベジタリアン Lacto Vegetarian	×	×	○	○
オボ・ベジタリアン Ovo Vegetarian	×	○	×	○
ラクト・オボ・ベジタリアン Lacto-Ovo Vegetarian	×	○	○	○

<p>～は入っていますか？ Does this contain the following?</p>	<p>グルテン Gluten</p>	<p>小麦 Wheat</p>	<p>カゼイン Casein</p>	<p>ナッツ Nuts</p>	<p>砂糖 Sugar</p>	<p>根菜 Root Vegetables</p>
--	------------------------	---------------------	------------------------	---------------------	---------------------	-------------------------------

~をください。 Could I have the following, please?	メニュー Menu 	ナイフ Knife 	フォーク Fork 	スプーン Spoon 	箸 (Hashi) Chopsticks 
お水 Water 	おしぼり Wet Towel 	お皿 Plate 	コップ Cup 	灰皿 Ashtray 	つまようじ Toothpick 
塩 Salt 	砂糖 Sugar 	しょうゆ Soy Sauce 	酢 Vinegar 	七味 7 Spices 	こしょう Pepper 



いただきます





Expressions for describing food:

おいしい Delicious	甘い Sweet	辛い Spicy	すっぱい Sour	しょっぱい Salty	にがい Bitter
熱い Hot	冷たい Cold	かたい Hard	やわらかい Soft	多い Too Much	少ない Too little



食べ終わったら

When you have finished eating:

お会計をお願いします。 Could I have the bill please?	お会計の場所 Where should I pay?	テーブル At the table 	伝票 Bill
トイレはどこですか？ Where is the toilet?		レジ At the register 	おつり Change
タクシーを呼んでください。 Please call a taxi for me.	支払い方法 How can I pay?	現金 Cash 	領収書 Receipt
		クレジットカード Credit Card 	ショップカード Business Card



ごちそうさまでした！

Thanks for the meal !



この料理には何が入っていますか？

What is in this dish?



食べられない食材などにチェックが入っています（飲食店・レストランへ）

Tick off all the foods you cannot eat on the list






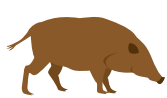



記載例
sample















ねぎ
Leek




野菜 Vegetables	ジャガイモ Potato <input type="checkbox"/>	さつまいも Sweet potato <input type="checkbox"/>	ごぼう Burdock <input type="checkbox"/>	大根 Radish <input type="checkbox"/>
にんじん Carrot <input type="checkbox"/>	れんこん Renkon (lotus root) <input type="checkbox"/>	かぶ Turnip <input type="checkbox"/>	山芋 Yamaimo (Japanese yam) <input type="checkbox"/>	長芋 Chinese yam <input type="checkbox"/>
里芋 Taro <input type="checkbox"/>	クワイ Kuwai (arrow head) <input type="checkbox"/>	たけのこ Bamboo shoot <input type="checkbox"/>	ミョウガ Myoga (Japanese ginger) <input type="checkbox"/>	ショウガ Ginger <input type="checkbox"/>
ふきのとう Fukinoto (Butterbur sprout) <input type="checkbox"/>	ユリネ Lily bulb <input type="checkbox"/>	ビーツ Beet root <input type="checkbox"/>	エシャロット Shallot <input type="checkbox"/>	ウド Udo (Japanese spikenard) <input type="checkbox"/>
なす Aubergine <input type="checkbox"/>	ピーマン Bell Pepper <input type="checkbox"/>	かぼちゃ Squash <input type="checkbox"/>	トマト Tomato <input type="checkbox"/>	ほうれん草 Spinach <input type="checkbox"/>
白菜 Chinese cabbage <input type="checkbox"/>	もやし Bean sprouts <input type="checkbox"/>	レタス Lettuce <input type="checkbox"/>	キャベツ Cabbage <input type="checkbox"/>	きゅうり Cucumber <input type="checkbox"/>
きのこ類 Mushrooms <input type="checkbox"/>	アスパラガス Asparagus <input type="checkbox"/>	ブロッコリー Broccoli <input type="checkbox"/>	カリフラワー Cauliflower <input type="checkbox"/>	オクラ Ladies' fingers <input type="checkbox"/>
ねぎ Leek <input type="checkbox"/>	玉ねぎ Onion <input type="checkbox"/>	にら Chinese chives <input type="checkbox"/>	にんにく Garlic <input type="checkbox"/>	らっきょう Japanese scallion <input type="checkbox"/>

穀類・粉類 Grains/Flour	米 Rice <input type="checkbox"/>	玄米 Brown rice <input type="checkbox"/>	雑穀 Millet <input type="checkbox"/>	小麦粉 Flour <input type="checkbox"/>
米粉 Rice flour <input type="checkbox"/>	そば粉 Buckwheat flour <input type="checkbox"/>	片栗粉 Katakuri (potato starch) <input type="checkbox"/>	ゼラチン Gelatin <input type="checkbox"/>	豆類 Beans <input type="checkbox"/>

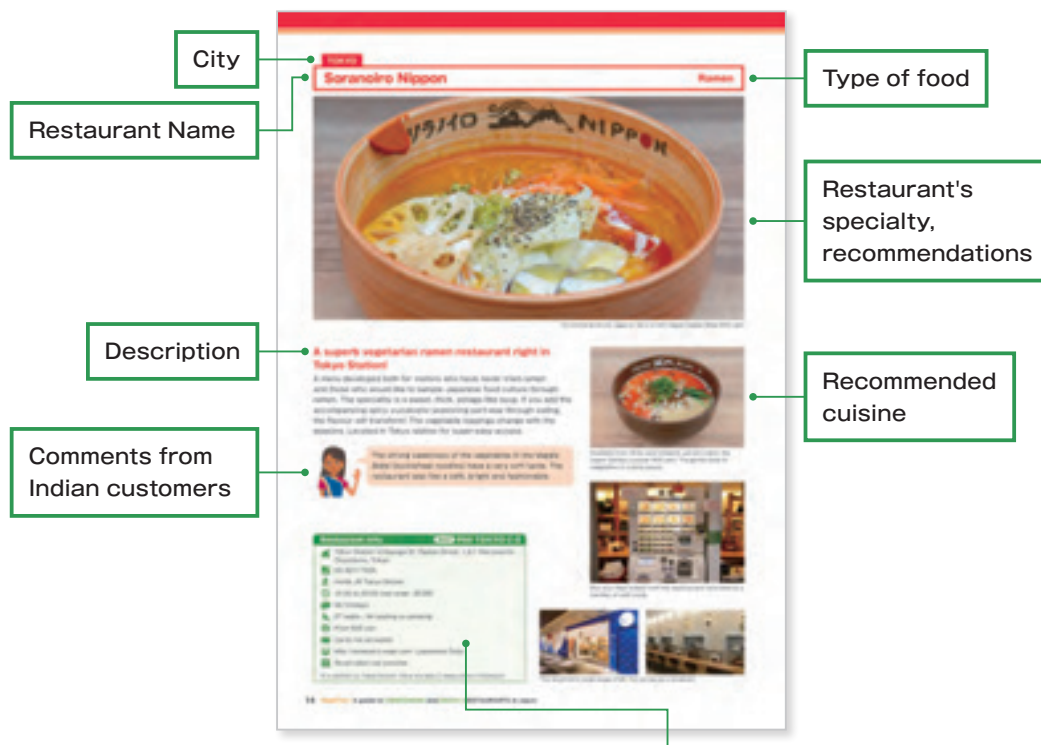
肉 Meat	牛肉 Beef <input type="checkbox"/> 	豚肉 Pork <input type="checkbox"/> 	鶏肉 Chicken <input type="checkbox"/> 
羊肉 Mutton <input type="checkbox"/> 	鹿肉 Venison <input type="checkbox"/> 	馬肉 Horse meat <input type="checkbox"/> 	猪肉 Boar meat <input type="checkbox"/> 
ひき肉 Ground meat <input type="checkbox"/> 	ソーセージ・ハム Sausage, Ham <input type="checkbox"/> 	ベーコン Bacon <input type="checkbox"/> 	卵 Egg <input type="checkbox"/> 

魚介 Seafood	魚 Fish <input type="checkbox"/> 	エビ Prawn, Shrimp <input type="checkbox"/> 	カニ Crab <input type="checkbox"/> 	たこ Octopus <input type="checkbox"/> 
いか Squid <input type="checkbox"/> 	うなぎ・あなご Eel, Conger eel <input type="checkbox"/> 	あさり・はまぐり・しじみ Clam, Basket clam <input type="checkbox"/> 	牡蠣 Oyster <input type="checkbox"/> 	たらこ Tarako (Cod roe) <input type="checkbox"/> 
いくら Salmon roe <input type="checkbox"/> 	うに Sea urchin <input type="checkbox"/> 	ふかひれ Shark fin <input type="checkbox"/> 	練りもの (かまぼこ・ちくわ・はんぺん・さつまあげ) Fish cake <input type="checkbox"/> 	魚肉ソーセージ Fish sausage <input type="checkbox"/> 

調味料・その他 Seasoning/Others	油 Oil <input type="checkbox"/> 	酒・みりん Cooking and Sweet sake <input type="checkbox"/> 	塩 Salt <input type="checkbox"/> 	しょうゆ Soy sauce <input type="checkbox"/> 
砂糖 Sugar <input type="checkbox"/> 	みそ Miso (Soybean paste) <input type="checkbox"/> 	昆布 Konbu (Kelp) <input type="checkbox"/> 	かつおぶし Bonito (fish) <input type="checkbox"/> 	わさび Wasabi (Japanese horseradish) <input type="checkbox"/> 
マヨネーズ Mayonnaise <input type="checkbox"/> 	ソース Sauce <input type="checkbox"/> 	ケチャップ Ketchup <input type="checkbox"/> 	めんつゆ Noodle soup <input type="checkbox"/> 	うま味調味料 Umami seasonings <input type="checkbox"/> 
固形・顆粒スープ (だし・スープの素) Stock <input type="checkbox"/> cube 	はちみつ Honey <input type="checkbox"/> 	メープルシロップ Maple syrup <input type="checkbox"/> 	バター Butter <input type="checkbox"/> 	乳製品 Dairy Produce <input type="checkbox"/> 

調理法 Cooking methods	生 Raw <input type="checkbox"/> 	焼く Grill <input type="checkbox"/> 	炒める Stir-fry <input type="checkbox"/> 
揚げる Deep-fry <input type="checkbox"/> 	煮る Stew <input type="checkbox"/> 	茹でる Boil <input type="checkbox"/> 	蒸す Steam <input type="checkbox"/> 

How to Use This Guide













This guide will introduce restaurants, hotels and establishments (museums etc.), in Japan that offer vegetarian menus.

Please understand that each restaurant offers different levels of service suitable for different types of vegetarian customers.

Each restaurant's opening hours and fixed holidays are accurate as of March 2017.

The details of each restaurant may change so please check their respective website or contact them directly to confirm.

Icon and Detailed Restaurant Information

-  Address
-  Telephone Number
-  Time to walk from the nearest station
-  Opening hours and last order time
-  Fixed holidays
-  Number of seats and non-smoking information
-  Price range
-  Credit card acceptance
-  Restaurant website
-  Reservation guidance

TOKYO & YOKOHAMA Restaurants

TOKYO

T's Tantan

Ramen



There's a wide selection of *ramen* dishes. In this photo are Golden sesame *Tantan* (900 yen) and Veggie *Ramen Shoyu* (soy sauce) (780 yen).



The morning menu also has a plenty to choose from (7:00 to 11:00). This is Happy *Tantan* Soup over Rice (530 yen).



Always crowded but the wait time won't be long since the turn around is fast. T's Tantan mild peanut soup is so delicious.

A shop that specialises in Dandan noodles filled with vegetable goodness.

This *ramen* shop with a stylish interior is located inside Tokyo Station. They serve up rich, flavourful Dandan noodles without using any animal products: meat, fish, eggs or dairy products. In addition to noodles, they have a bountiful menu full of veggie-rich curry and other dishes. Since it's inside Tokyo Station, it's open from early morning to late night, making it a great place to eat while travelling or for a break-time snack.

Restaurant Info

MAP P50 TOKYO C-3

- JR Tokyo Station 1F, inside Yaesu south ticket gate 1-9-1 Marunouchi, Chiyoda-ku, Tokyo
- 03-3218-8040
- JR Tokyo Station, 1st floor, on Keiyo Street
- 7:00 to 23:00 (last order: 22:30)
- No holidays
- 47 seats / All seating no smoking
- From 780 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.nre.co.jp/Portals/0/shop/tantan/> (Japanese Only)
- Not necessary

※ In addition to Tokyo Station, there is also a restaurant in Sendai Station.



No animal products, eggs or dairy in this Vegan Veggie Soba (900 yen)

A superb vegetarian ramen restaurant right in Tokyo Station!

A menu developed both for visitors who have never tried *ramen* and those who would like to sample Japanese food culture through *ramen*. The speciality is a sweet, thick, potage-like soup. If you add the accompanying spicy *yuzukosho* seasoning part-way through eating, the flavour will transform! The vegetable toppings change with the seasons. Located in Tokyo station for super-easy access.



The strong sweetness of the vegetables in the Veggie Soba (buckwheat noodles) have a very soft taste. The restaurant was like a café, bright and fashionable.



Available from 16:00, and limited to just 20 orders, the Vegan Dandan noodles (900 yen). The gentle taste of vegetables in a spicy sauce.



Buy your meal tickets from the machine and hand them to a member of staff inside.

Restaurant Info

MAP P50 TOKYO C-3

- Tokyo Station Ichibangai B1 Ramen Street, 1-9-1 Marunouchi, Chiyoda-ku, Tokyo
- 03-3211-7555
- Inside JR Tokyo Station
- 10:30 to 23:00 (last order: 22:30)
- No holidays
- 27 seats / All seating no smoking
- From 900 yen
- Cards not accepted
- <http://soranoiro-vege.com/> (Japanese Only)
- Reservation not possible

※ In addition to Tokyo Station, there are also 2 restaurants in Kojimachi



The shopfront's large image of Mt. Fuji serves as a landmark.



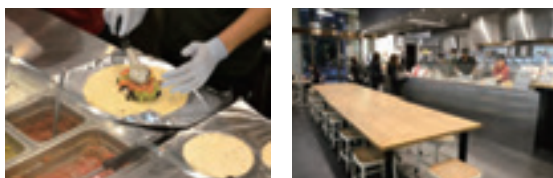
TOKYO

Frijoles

Mexican cuisine



A plentiful vegetarian menu. Burrito (1,140 yen), tacos (1,140 yen), salad (1,140 yen). (All regular size)



The various ingredients are displayed on the counter, and the staff creates the filling based on your preferences.



No need to worry about language. Burrito and Tacos were delicious and reasonably priced. The ingredients and spiciness may be adjusted to suit your taste.

Make a meal of these all hand-made burritos

This burrito specialty restaurant is a rarity in Japan. Since the burritos are prepared from fresh beans and vegetables, they're served ready-to-eat daily, and never pre-made. All the vegetables are cut at the restaurant, and the beans are stewed for hours in a pot with vegetables and herbs. Even the cumin is roasted little by little in a frying pan and ground at the restaurant to maintain its freshness.

Restaurant Info

MAP P50 TOKYO C-3

- Otemachi First Square East 1F 1-5-1 Otemachi, Chiyoda-ku, Tokyo
 - 03-6256-0388
 - 5 minute walk from JR Tokyo Station. Connected with the Otemachi Subway station exits C8 and C11.
 - Monday to Friday: 11:00 to 22:00 (last order: 21:45)
Saturday: 11:00 to 18:00 (last order: 17:45)
 - Sunday and national holidays. Including summer holiday
 - 30 seats / All seating no smoking
 - 1,300 to 1,400 yen
 - VISA, MasterCard, AMEX, Diners
 - <http://www.frijoles.jp/> (Japanese Only)
 - Reservations OK except during peak lunch hours (English available)
- ※ In addition to Otemachi, this restaurant also has locations in Azabujuban, Roppongi and Shiodome.

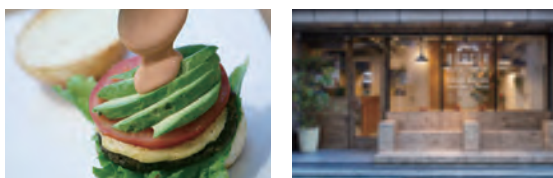
TOKYO

Ain Soph. Ripple

Café



The Falafel Burger and French Fries Set (1,188 yen)



All the items on the menu are made from plants. No meat, fish, eggs or milk products are used.



There aren't many places in Japan where you can get a falafel burger, so I go every day. Since all the items are vegan, it's easy to eat there.

Have veggie burgers in Shinjuku!

This vegan cafe with a stylish wood-finished, casual interior is still new. Their pesticide-free vegetables are shipped directly from specially selected farmers. Naturally, you can eat in-store, or take-away. For an extra 216 yen, you can get soup or French fries with any of their burgers, burritos, and salad bowls. Enjoy a casual fast food meal during a break from shopping or sightseeing.

Restaurant Info

MAP P50 TOKYO B-1

- Nissho Bldg. 1F, 2-46-8 Kabuki-cho, Shinjuku-ku, Tokyo
- 03-6380-3205
- 8 minute walk from the East exit of JR Shinjuku station, 1 minute walk from the North exit of Seibu-Shinjuku station.
- Weekdays: 11:00 to 22:00 (last order: 21:30)
Saturday, Sunday, National holiday: 11:00 to 21:00 (last order: 20:30)
- Not scheduled
- 20 seats / All seating no smoking
- 1,000 to 2,000 yen
- VISA, MasterCard, AMEX, Diners (Cards accepted from 1,000 yen)
- <http://ain-soph.jp/ripple/>
- No reservation necessary



Animal protein-free Vegetarian course, 10,800 yen

Seasonal vegetables, more delicious, more beautiful

The concept is "make the best of the ingredients with light flavouring and a light touch, colourfully". A restaurant where you can enjoy the delicate taste of Japanese cuisine. Absolutely no animal products are used in the "Shojin" (Bhuddist vegetarian) stock. Instead it is made from kelp with soy bean, gourd, dried carrot skin and more. Developed following owner Nagashima Hiroshi's study upon study, this stock is full of flavour. Additionally his vivid cuisine is delicious to behold. His restaurant in the centre of the city is overflowing with quality yet has a relaxed atmosphere.



Normally *Kaiseki ryori* is inclusive of fish and meat etc., but this restaurant has invented an excellent method to serve Japan's traditional multicourse cuisine, with vegetables, herbs and mushrooms treated as mere seasonal accents.



Superb in both presentation and taste: Nigiri Sushi



The crispy coating on these freshly fried seasonal vegetables is magnificent.

Restaurant Info

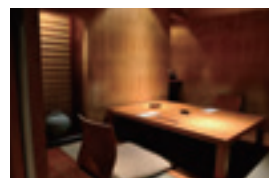
MAP P50 TOKYO D-3

- Ginsho Bldg. B1, 4-9-5, Ginza, Chuo-ku, Tokyo
- 03-3547-8083
- 3 minute walk from Ginza station on the Ginza subway line
1 minute walk from Higashi-Ginza station on the Hibiya and Toei Asakusa subway lines.
- Lunch: 11:30 to 14:30 (last order: 14:00)
Dinner: 17:00 to 22:00 (last order: 21:00)
- New Year's holiday only
- 54 seats / All seating no smoking
- The vegetarian menu is 10,800 yen for lunch or dinner, course only.
- VISA, MasterCard, AMEX, Diners
- <http://www.kaiseki-nagamine.co.jp/> (Japanese Only)
- Telephone reservation necessary (English available)

※ Regarding cancellations: On the day = full amount, day before = half amount cancellation fee must be paid.



Manager Mamoru Kuroiwa



Comfortable spaces focused on the private rooms.

TOKYO

Ristorante Hiro Centro

Italian cuisine



Vegan and vegetarian meals must be ordered by reservation (10,000 yen / tax, service and private room charges not included)



The meals are rich with seasonal vegetables. The photo shows spaghetti with basil and mustard spinach pesto.



The veggie course was wonderful. The view was very nice from the 35th floor overlooking Tokyo city. The visit became one of my lasting memories in Tokyo.

Enjoy refined Italian cuisine with a outstanding view

Even for this forerunner of "Japanese Italian" restaurants, Ristorante Hiro, the view from the 35th floor of Tokyo station is something to be proud of. Rather than what you can't eat, the owner thinks about what you would like to eat when offering the vegetarian menu. Sometimes used by visiting Indian business men for business meetings.

Restaurant Info

MAP P50 TOKYO C-3

- Marunouchi Bldg. 35F, 2-4-1 Marunouchi, Chiyoda-ku, Tokyo
- 03-5221-8331
- 2 minute walk from the Marunouchi exit of JR Tokyo station, 1 minute walk from Tokyo station on the Marunouchi subway line
- Lunch: 11:00 to 15:30 (last order: 14:00)
Dinner: 18:00 to 23:00 (last order: 21:00)
- No holidays (Depending on the Marunouchi Building)
- 68 seats / All seating no smoking
- Vegetarian menu: Lunch course from 4,000 yen, Dinner course from 10,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.r-hiro.com/centro/> (Japanese Only)
- Telephone reservation necessary (English available)

※ Please let them know of any special requests regarding ingredients when you make your reservation.

TOKYO

Chien-fu

Chinese cuisine



The weekly special with rice, soup, almond jelly and Chinese tea. (980 yen)



The ever-popular Spring rolls (3 for 580 yen)



It's roomy and elegantly interior



Shrimp-style with stir-fried vegetables. The shrimp are made from potatoes, delicious and with a very rich taste. The Guava juice was so sweet and delicious.

5,000 year old traditional Chinese vegetarian cuisine

A Chinese restaurant close to Roppongi Hills, on the 4th floor of a building on Roppongi Dori. They do not use any meat, fish or "Gokun" - strong smelling vegetables, (onions, garlic, etc.), instead they use mainly vegetables and soy protein as ingredients. The interior is luxurious yet the lunch is very reasonable. If there's something you cannot eat, the manager will flexibly adjust to your preferences.

Restaurant Info

MAP P50 TOKYO D-2

- Sai Bldg. 4F, 3-1-22 Nishiazabu, Minato-ku, Tokyo
- 03-6438-9128
- 7 minute walk from Roppongi subway station
- Lunch: 11:00 to 15:00 (last order: 14:30)
Dinner: 17:00 to 22:00 (last order: 21:30)
- No holidays
- 60 seats / All seating no smoking
- Average price for lunch: 1,000 yen, dinner: 2,500 yen to 3,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://nakaichifu.jp/> (Japanese Only)
- No reservation necessary



Popular with vegetarians: Tomato and basil tomato sauce pasta (860 yen), Pesto genovese (1,070 yen), Tomato and rucola pizza (1,270 yen)

Eat your fill at this genuine Italian in Asakusa!

An Italian restaurant on the underground floor of the Asakusa Town Hotel, close to the famous *Kaminarimon*. The interior is styled like a European café - spacious and fashionable. There are two styles of pizza: a crispy Roman style and a soft Neapolitan style, both made fresh to your liking. Proficient in English, Ms Higano the shop manager says "The sauces are all made from scratch too, so we try to answer our customers' preferences for ingredients and flavour". A pizza and pasta specialist restaurant, with a full a-la-carte and dessert menu as well. A reservation must be made 1 day in advance for the main course (3,000 yen). Enjoy the taste that satisfied a genuine Italian in this relaxed space.



Aubergine and courgette stir-fried in olive oil (629 yen). Ideal as an appetiser or a snack with alcohol.



If you get tired of the sights in Asakusa then stop by for a relaxed meal.



The bright restaurant interior, reminiscent of an open café.

Restaurant Info

MAP P50 TOKYO A-5

- Asakusa Town Hotel B1F, 1-2-1 Asakusa, Taito-ku, Tokyo
- 03-3845-6395
- 1 minute walk from exit A1 of Asakusa station on the Ginza subway line, or the Asakusa station of the Toei Asakusa and Tobu Isesaki lines.
- 11:00 to 23:30 (last order: 22:45)
- No holidays
- 110 seats / Smoking section available
- Lunch around 1,000 yen Dinner around 2,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://miami-garden.jp/> (Japanese Only)
- Accepted by telephone (English available)

※ In addition to Asakusa, this restaurant has 26 locations across Tokyo, Yokohama, Nagoya, Osaka and Karuizawa.



Manager Miki Higano



The lively shopfront with plastic displays of the meals.

TOKYO

Dhaba India

Indian cuisine



Both the Plain Dosa (1,200 yen) and the Masala Dosa (1,400 yen) come with Sambar Curry and Coconut Chutney.



The Vegetarian Dosa (1,480 yen) contains homemade cheese and mixed vegetables.



The blue interior is modelled on the city of Jodhpur.



Enjoy the flavour of South India! It's so delicious, I gladly queue up to eat there. I recommend it to travellers since it's close to Tokyo Station.

Flavour that satisfies real Indians! People queue up for this popular restaurant.

This famous restaurant is close to Tokyo Station. Enjoy South Indian cuisine prepared by the chef who is from the region. The very satisfying meals are popular. The Veggie Meals (2,200 yen) come with free seconds of sambar, rasam and basmati rice. There are many Indian customers and there are a wide variety of dishes. Since this popular restaurant is always full, we recommend you make reservations for dinner.

Restaurant Info

MAP P50 TOKYO C-3

- Sagami Bldg. 1F, 2-7-9 Yaesu, Chuo-ku, Tokyo
- 03-3272-7160
- 5 minute walk from the Yaesu exit of JR Tokyo Station
- Week days : Lunch 11:15 to 15:00 (last order:14:30) Dinner 17:00 to 23:00 (last order:22:00) Saturday, Sunday, National Holiday: Lunch 12:00 to 15:00 (last order: 14:30) Dinner 17:00 to 22:00 (last order: 21:00)
- No holidays
- 60 seats / All seating no smoking
- Lunch around 1,000 to 2,000 yen Dinner around 3,000 to 4,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://dhabaindia.com/dhaba/index.html>
- Accepted by telephone (English,Hindi available)

※ Reservations and credit cards are not accepted for lunch time.

TOKYO

Mumbai

Indian cuisine



Starting with the Bhindi Masala vegetable curry (1,140 yen), they also have a full menu of side dishes, such as Bhel Puri (380 yen).



Mixed Vegetable Pakora (600 yen) with potatoes, onions, aubergines and bell peppers.



Authentic Indian food, in the heart of Tokyo. We ordered saag paneer, dal and garlic naan and everything was delicious.

Genuine Indian cuisine that can be enjoyed at your leisure.

Spanning 15 locations in and around Tokyo, Mumbai restaurant specialises in classical Indian cuisine, with a particular emphasis on North Indian and Tandoori delicacies. Mumbai's boldly spiced dishes have not only gained popularity among Tokyo's gourmards, but also with the cities' established Indian residents longing for that "Chatpatta" (read: very spicy) kick. The Embassy of India in Japan, stands as one of Mumbai's oldest clients, proof of their non compromising approach to authenticity.

Restaurant Info

MAP P50 TOKYO D-3

- Zenrin Bldg. B1F 4-8-11 Ginza, Chuo-ku, Tokyo
- 03-5159-4455
- 2 minute walk from the Ginza subway station.
- Monday to Friday Lunch: 11:00 to 17:00 Saturday, Sunday, national holidays Lunch: 11:00 to 15:00, Dinner: 17:00 to 22:00
- No holidays, except New Year's holiday
- 33 seats / Smoking section available
- Lunch: around 1,000 yen, dinner: 3,000 to 4,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.mumbai.co.jp/ginza/>
- Accepted by telephone (from 1:30 p.m.) (English, Hindi available)

※ This restaurant has 14 branches, 10 of which are in Tokyo.



Chana Masala (930 yen) and Palak Paneer (1,390 yen) are standard dishes.

The first vegetarian Indian restaurant in Japan.

This is the Shibuya branch of the popular vegetarian restaurant that can serve vegetarians and followers of Jainism. The rows of marble tables inside create a refined atmosphere. With three of their own gardens, the vegetables are grown completely pesticide free using organic fertilizer. Those vegetables are the core of the wide variety of nearly 20 different types of curry that use abundant spices. Additionally, another popular item is the naan made from natural yeast, which is said to be very difficult to maintain.



Clean & Beautiful Restaurant with a luxurious atmosphere. The Tandoori Nataraj Tikka baked Soy meat with Tandoori flavour was very delicious.



Vegetable & Paneer Tikka (small size: 780 yen). Comes with its own special sauce.



Dal Wada (770 yen) with homemade chutney.

Restaurant Info

MAP P50 TOKYO D-1

- Iwamoto Bldg. 3F 1-22-7 Jinnan, Shibuya-ku, Tokyo
- 03-6416-9022
- 3 minute walk from Shibuya Station on the JR and subway lines.
- 11:30 to 23:00 (last order: 22:30)
- No holidays
- 60 seats / All seating no smoking
- Lunch: around 1,000 yen, Dinner: from 2,500 yen
- VISA, MasterCard, AMEX, Diners
- <http://nataraj2.sakura.ne.jp/cafe3/language.html>
- Taken by phone (English, Hindi available)

※ In addition to the Shibuya restaurant, they also have branches in Ginza, Aoyama and Ogikubo within the city.



The Head Chef Mr. Sadananda.



The restaurant interior is lit with pretty chandeliers.

TOKYO

Khazana

Indian cuisine



The lunch all-you-can-eat course is 1,050 yen on weekdays, and 1,300 yen on weekends and holidays. Two of the four curries are veggie curries. Roti can be substituted for nan.



Vegetarian dinner time set (1,750 yen)



Enjoy the view of Odaiba while dining from the deck.



The best point of this restaurant was the excellent view!! Popular for BUFFET LUNCH. Food was served quickly, and with a special taste.

Classic Indian cuisine served in Japan for over 40 years

Khazana is a restaurant in the Maharaja Group, which brings out the fullest medicinal effects of the spices it uses and makes all of the dishes on its menus nutritious and nourishing. When dining at the Odaiba location, we recommend the terrace seats, which offer a view of Tokyo Bay and the Rainbow Bridge. The ambience becomes even more romantic when it's lit up at night. Feel free to ask about vegetarian, Halal, Jain and other options.

Restaurant Info

MAP P50 TOKYO F-4

- Decks Tokyo Beach 5F, 1-6-1 Daiba, Minato-ku, Tokyo
- 03-3599-6551
- 2 minute walk from Odaiba-kaihinkoen station on the Yurikamome line, or 5 minute walk from Tokyo Teleport station on the Rinkai line.
- 11:00 to 23:00 (last order: 22:00)
- Not scheduled (Depending on Decks Tokyo Beach)
- 90 seats / All seating no smoking
- Lunch 1,050 to 2,000 yen, dinner 1,500 yen to 2,000 yen
- VISA, MasterCard, AMEX, Diners
- http://www.maharaja-group.com/index_en.html
- Taken by phone (English, Hindi available)

※ Another location is in Yokohama Minato Mirai

YOKOHAMA

36Spices

Indian cuisine



Dishes celebrated by Indians living in Japan! Potato and aubergines curry (1,080 yen), cauliflower in sweet and spicy chili sauce (780 yen), saffron rice (350 yen).



The adjacent Asian Spice Market stocks food ingredients imported from India.



The balance of spices is exquisitely good!

Indian cuisine more delicious than India?

36Spices just moved to its new location in April 2015 so the interior is beautiful, and it's always bustling with both Japanese and international diners. It serves traditional Indian cuisine using real saffron, indica rice, and other carefully selected ingredients. Indians living nearby are captivated by it. The adjacent Asian Spice Market, operated under the same management, sells Indian spices, foods and snacks.

Restaurant Info

MAP P51 YOKOHAMA C-3

- Cheruru Noge 1F, 3-160-4 Noge-cho, Naka-ku, Yokohama
- 045-243-2202
- 5 minute walk from JR Sakuragicho station or from Hinodecho station on the Keikyu Main line
- Lunch 11:30 to 15:00 (last order: 14:30)
Dinner 17:00 to 23:00 (last order: 22:00)
- No holidays
- 30 seats / All seating no smoking
- Lunch 1,000 yen, dinner 1,500 yen to 2,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.36spices.com/english/>
- Taken by phone (English, Hindi available)



There are nearly 100 choices on the extensive menu, including curries such as Avial and Vatha Kozhambu Saag, and side dishes as well.

Dishes served directly to you at their freshest!

Here they serve Indian-style vegetarian dishes that recreate the home cooking of north and south India. Made from fresh spices and never prepared ahead of time. The dishes here beautify your body from the inside out. The reason they don't serve alcohol is because they want you to concentrate on eating. This restaurant is already well known overseas, so many foreigners drop by. Nearly all the staff are Indian too. The only Japanese staff member was a big fan and regular customer, then ended up working there as well. The manager, who loves cooking, says "People often tell me I'm stubborn. But I'm only doing what's natural. If you're visiting Japan for a week, then please come by. Once you've had some familiar foods, you're sure to be in a great mood."



I come here often. It tastes more like home than any where else.



South Indian cuisine and Dosa too. This is Mysore Masala Dosa (1,450 yen).



A wide selection of sets is also available. In the photo is North Indian Lunch C Set (1,350 yen).

Restaurant Info

MAP P50 TOKYO B-4

- Tosuzu Bldg. B1F 5-22-1 Ueno, Taito-ku, Tokyo
- 03-5818-4154
- 3 minute walk from JR Okachimachi Station, and Naka-Okachimachi Station on the Hibiya subway. 3 minute walk from Ueno-Okachimachi Station on the Oedo subway.
- Lunch: 11:00 to 15:00 (last order: 14:30) Dinner: 17:15 to 23:00 (last order: 22:30)
- No holidays
- 32 seats / All seating no smoking
- Lunch: around 1,000 yen, dinner: 3,000 to 4,000 yen
- Cards not accepted
- http://www.vegeherbsaga.com/index_en.html
- Accepted by telephone (English, Hindi available)



President Rajendra Jain



The relaxed, clean restaurant interior.

Bon

Japanese cuisine

Elegant, sophisticated, and delicious! I recommend it 100%!

At first I was astonished by the many colours and the beauty of the presentation, which is unique to Japanese cuisine. The expansive and wonderful menu offers Japan's special soups, and boiled, grilled, fried, and pickled foods - and more. And of course everything is full-flavoured, so you'll certainly be satisfied. My favourite was the exquisite and tasty *Inaniwa Udon* (smooth noodle dish). The interior is also fully decked out in Japanese style. Indian vegetarians can rest assured eating here.



Fucha lunch box (weekday only)
3,450 yen / tax and service charge not included

in the Iriya area, a historic district with a relaxed atmosphere, so it's a great place for a stroll. I've been in Japan for over 20 years, but I never knew there was such a nice restaurant so thoroughly and perfectly Japanese until today. Next time I'll bring my important visitors from India. I highly recommend this restaurant!



Fucya Course with two soups and seven side dishes
(*Otsukuri, Ri Sai, On Sai, Ma Fu, Yu Ji, Ji Go*) (8,000 yen / tax and service charge not included)



Mr Misra, utterly satisfied with his meal.

This restaurant fully caters to vegans. The owner trained at a temple in Kyoto. He adds his own flair to seasonal vegetables and creates artistic vegetarian cuisine. Of course the price is not cheap, but you will be fully satisfied by your encounter with this wonderful cooking. Proof of this is that the restaurant is fully packed every day, so you'll need a reservation. The quiet interior is pure Japanese style with all private rooms, so you can dine in an authentic Japanese ambience. Many people from other countries visit, and John Lennon is said to have dined here. It's located



R. K. Misra

R. K. Misra was born in New Delhi. Works as general manager at a tourism operator in Japan. First came to Japan over 20 years ago.



The manager Furukawa welcomes you with a warm smile.



The interior delights with a thoroughly Japanese style.



The restaurant exterior maintains the good old days of Japan styling

Restaurant Info

MAP P50 TOKYO A-4

- 1-2-11 Ryusen, Taito-ku, Tokyo
 - 03-3872-0375
 - 10 minute walk from Iriya station on the Tokyo Metro Hibiya line, or 5 minutes by taxi from JR Uguisudani station
 - Weekdays: Lunch 12:00 to 15:00 (last order: 13:30) Dinner 17:30 to 21:00 (last order: 19:00) Saturday: 12:00 to 21:00 (last order: 19:00) Sunday: 12:00 to 20:00 (last order: 18:00)
 - Wednesdays, New Year's holidays, summer holiday
 - 8 rooms (2 to 40 patrons) / All seating no smoking
 - Lunch 5,000 yen, dinner 10,000 yen
 - VISA, MasterCard
 - <http://www.fuchabon.co.jp/english/english.html>
 - Reservation required, taken by telephone (English available)
- ※ Consumption tax and service charge will be added to the prices listed above.

NAGOYA Restaurants

NAGOYA

Isola

Italian cuisine



The standard Pizza Margherita (1,360 yen) and Parmesan and Basil Tomato Sauce Spaghetti (1,250 yen).



They've also got their very own original Isola Nagoya dessert pizzas. Pictured is the Banana Dolce Pizza (1,030 yen).



They have plenty of dishes that I can eat. The spicy olive oil they have gives it a real Indian flavour.

An Italian Pizzeria re-created across from Nagoya station.

This restaurant is notable for its red firewood oven built brick-by-brick by a real oven builder from Naples. Enjoying these savoury, chewy pizzas as if you were actually at a sidewalk restaurant in Naples is a real pleasure. The cheese and flour are authentic Italian products. Their wide selection of dishes contains plenty of pizzas that vegetarians can enjoy as well.

Restaurant Info

MAP P51 NAGOYA B-2

- Midland Square 4F, 4-7-1 Meieki, Nakamura-ku, Nagoya
- 052-527-8820
- 1 minute walk from Nagoya station on both JR and private railway lines
- Lunch: 11:00 to 15:30 (last order: 14:30)
Dinner: 17:30 to 22:00 (last order: 21:30)
Weekends and holidays: 11:00 to 22:00 (last order: 21:30)
- No holidays
- 48 seats / All seating no smoking
- Lunch 1,000 to 2,000 yen Dinner around 3,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.isola.st/> (Japanese Only)
- Accepted by telephone (English available)

※ In addition to this branch in Nagoya, there are 5 more in Tokyo for a total of 6.



Plenty of vegetarian dishes to select from. In addition to an English menu, they always have English speaking staff available.

Classy and delicious! A restaurant with excellent service that's easy to get to.

Located on the upper floors of Towers, linked to Nagoya station, this restaurant is very easy to get to. Guests come here from India, Southeast Asia, Oceania, Europe, the U.S., the Middle and Near East, and other countries all over the world to experience the authentic North Indian cuisine here. Of course they have a vegetarian menu, and can serve halal dishes as well. If you book ahead of time and consult with them, they'll even prepare meals according to a budget. The interior is spacious with a classy atmosphere. With everything from curry, hors d'oeuvres and salads, tandoori, naan and paratha, desserts and drinks, the menu is a pleasure to peruse. This renowned restaurant is very satisfying, fulfilling the wishes of every guest.



The presentation is pretty and colourful. But it tastes authentic. It's easy to get to, and I can use it for work-related gatherings too!



Saag Paneer, made from homemade cheese and spinach (1,290 yen), along with homemade Paratha.



The Cottage Cheese Tart (860 yen) is a popular side dish with vegetarians.

Restaurant Info

MAP P51 NAGOYA B-1

- JR Central Towers Plaza 13F, 1-1-4 Meieki, Nakamura-ku, Nagoya
- 052-587-5755
- 1 minute walk from Nagoya station on both JR and private railway lines
- 11:00 to 23:00 (last order: 22:00)
- Not scheduled (Depending on Towers Plaza)
- 70 seats / All seating no smoking (11:00 to 16:00), Smoking section available (16:00 to 23:00)
- Lunch 1,000 to 2,000 yen Dinner 2,000 to 3,000 yen
- VISA, MasterCard, AMEX, Diners
- http://www.maharaja-group.com/index_en.html
- Accepted by telephone (English, Hindi available)

* Based in Tokyo there are 10 restaurants in the Maharaja group.



All the chefs are Indian. Pictured is Sk. Mustafa.

Fushimi India Kitchen

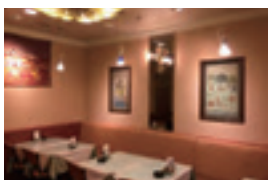
Indian cuisine



Mixed Vegetable Curry, Palak Panir and Channa Masala (1,050 yen for each), Samosa (450 yen), Naan (315 yen), Chai (320 yen)



Vegetable Lunch Set (850 yen). Comes with salad and naan.



I've lived in Nagoya for six years, and this is my favourite restaurant! I'm a vegetarian and I come here often.

An Indian kitchen in Nagoya

This is one of three restaurants in the area run by an Indian. It's conveniently located near major tourist sites, such as the Nagoya City Science Museum and Nagoya Castle. Just like the name says, the owner established this restaurant as a place where you can casually enjoy Indian cuisine. It's gaining popularity among not only local Japanese, but also the Indian residents of Nagoya. The highly-favoured daily lunch special comes with a choice of one of three types of curry, all-you-can-eat naan, and extra rice free of charge, all starting at 800 yen.

Restaurant Info

MAP P51 NAGOYA B-2

- Nagoya Hirokoji Bldg. B1F, 2-3-1 Sakae, Naka-ku, Nagoya
- 052-204-5260
- 3 minute walk from exit 4 of Fushimi station or exit 8 of Sakae station on the Higashiyama subway line.
- Lunch 11:00 ~ 14:30 (last order: 14:00)
Dinner 17:00 ~ 22:00 (last order: 21:30)
- No holidays
- 56 seats / Smoking allowed
- Lunch around 1,000 yen Dinner around 1,000 to 2,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.akbar.jp/fushimi.html> (Japanese Only)
- Accepted by telephone or internet (English, Hindi available)

※ There are 3 restaurants in Nagoya city.

Indus

Indian cuisine



There's a good variety of curries made from beans, vegetables and fruits, as well as plentiful side dishes such as samosa.



The naan (350 yen) that Indus is proud of, and Shabnam Curry (1,000 yen).



This Indian food tastes as close as you can get to the real thing. It might have a Japanese flavour to it, but personally, I really like it!

We're confident in our delicious naan!

This long-established Indian restaurant sits in Sakae, downtown Nagoya. The chef's unique use of spices is what makes this place stand out. The dishes are prepared without any flavourings or additives, using only the finest spices and freshest ingredients, making the food that much more authentically Indian tasting. They have many local fans who crave the appetizing, chewy freshly baked naan. There is a wide selection of curries, which can all be spiced from levels 0 to 6.

Restaurant Info

MAP P51 NAGOYA B-3

- Princess Garden Hotel 1F, 3-13-31 Sakae, Naka-ku, Nagoya
- 052-261-8819
- 5 minute walk from Sakae station on the Higashiyama subway line, 5 minute walk from Yaba-cho station on the Meijo subway line
- Lunch: 11:00 to 17:00 Dinner 17:00 to 22:00
- No holidays
- 96 seats / Smoking allowed
- Lunch around 800 yen Dinner around 1,000 to 2,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://indusjapan.com/> (Japanese Only)
- Accepted by telephone or internet (English, Hindi available)

※ There are 3 restaurants in Nagoya city.

Yasue

Japanese cuisine

Perfect for vegetarians! Japanese food is totally cool!

You can enjoy a variety of Japanese dishes here! I had sesame *tofu* here for the first time ever. The soft, chewy texture was absolutely delicious! The Mock Eel looks just like eel, but is actually made from *tofu*, and is an exquisitely sweet and savoury dish. The plum jelly for dessert was transparent enough to see the boiled plum inside. Isn't that cool! The friendly staff provides service with a smile, making it a pleasant place to be. I really recommend this restaurant since you can feast on vegetarian cuisine until you're bursting.



AMIT TIWARI

Amit Tiwari was born in Allahabad and is 31 years old. He's been in Japan for seven years, and works as a software engineer for a foreign-owned firm.



The Vegetarian *Soba-Kiri* Set (3,000 yen) comes with *soba*, *tempura*, sesame *tofu*, *tofu* skin *sashimi*, mock eel on rice and plum jelly.

Pulling back the noren curtain and entering into the elegant Japanese interior, you're surrounded by aromas that start your mouth watering. In the private rooms at the back, the quiet traditional Japanese music creates a refined atmosphere. Their famous *soba* (buckwheat) noodles, made from homemade flour, are fresh and moist with a rich flavour that comes out even more when dipped in the sauce. Since the dipping sauce is made from kelp and *shiitake* mushrooms, even a vegetarian like myself can eat it without anxiety. They serve some

seafood *tempura*, (deep-fried in batter), but it's fried in oil separately from the rest. Japanese food has a very exquisite taste. I can see why so many people travel from afar just to dine on the *soba* of this popular restaurant. If you've come all the way to Japan, then you really should taste authentic traditional Japanese food once.



The president Yasue recommends the *tofu* skin *sashimi*, which is formed when soy milk is heated. "That's just like paneer!" says Mr Tiwari.



Mr Tiwari really loved the sesame *tofu*. The texture is like Idli from South India.



The restaurant interior, which is completely filled during lunchtime.



This popular, famous Nagoya *soba* and vegetarian restaurant has been in business for 48 years.



Their homemade *soba* comes from a contracted farm and is ground in a stone mill. The noodles are made from 100% *soba* flour, cut thick with lots of body.

Restaurant Info

MAP P51 NAGOYA D-5

- 2-32 Yomeicho, Muzuho-ku, Nagoya
- 052-831-1032
- 5 minutes by car from Mizuho Kuyakusho station on the Sakuradori subway line
- 11:00 to 21:00 (last order: 20:30)
Wednesdays only: 11:00 to 15:00 (last order: 14:30)
- No holidays
- 150 seats / All seating no smoking
- Around 2,000 yen
- VISA, MasterCard, Diners
- <http://sobayase.com/> (Japanese Only)
- No reservation necessary

KYOTO Restaurants

KYOTO

Bio-Tei

Café



The Soybean Croquettes (750 yen) have a crisp, delicious outside. Comes with tomato and carrot pasta and rolled barley salad.



The very popular Spring Rolls (700 yen). Served with spinach, carrot and shiitake mushroom in white sauce.



A café serving everyday dishes that make the most of nature's blessings.

This restaurant insists on using only natural ingredients, utilizing only pesticide-free organic vegetables and additive free seasonings for 32 years. They can serve vegetarians and vegans. Many foreign tourists with specialised diets come here, and they even have an English menu. The atmosphere is homely and always lively, like visiting a friend. Besides serving side dishes, they also have a selection of sets.

Restaurant Info

MAP P52 KYOTO A-4

- M&I Bldg. 2F, 28 Umetadacho, Sanjodori Higashi no Toin Nishi Iru, Nakagyo-ku, Kyoto
- 075-255-0086
- 4 minute walk from Karasuma Oike station on the Karasuma and Tozai subway lines.
- Lunch: Monday to Sunday: 11:30 to 14:00
- Dinner: Monday to Saturday: 17:00 to 21:00 (last order: 20:30)
- Sundays, national holidays, Mondays, Thursday nights, Saturday afternoons. Additionally summer and winter holidays (approx. 2 weeks each)
- 20 seats / All seating no smoking
- Lunch around 1,000 yen Dinner around 1,500 yen
- Cards not accepted
- Reservation not possible



A great place to eat fresh and freshly cooked vegetables. The best thing is that they prepare all the dishes after getting the order, nothing is readymade.



The Vegetable *Sushi* Special Course (6,000 yen) makes abundant use of fresh vegetables grown in Kyoto.

A delicious vegan restaurant in Uzumasa, the movie village.

Located near the Toei Kyoto Studio Park, this restaurant is built in a modern Japanese style. "When I carefully considered the flavour of vegetables, I was led to Kyoto," is how the chef, Chiharu Suzuki, puts it. Experienced in a variety of cuisines, she is a true professional who brings out the best flavour of vegetables. The dishes she serves in the full-course meals charm all her guests with their beautiful, bright presentation that only a woman can arrange. The table settings are a condensed version of Japanese beauty with garnish that changes with the seasons. The food uses numerous seasonal ingredients, and the service is highly polished. Since the restaurant is reservation-only, let them know if there is anything you cannot eat when you contact them.



These two craftspeople have created an experience that is unsurpassed: Japanese cuisine of such a high level - from sight to taste - they're like Little-Heaven's ephemeral artworks.



Though the *sushi* slices look like real seafood, they're all made entirely from vegetables.



The main dish is a concentration of the flavours of the season. Pictured is Broom-corn and Savoy Cabbage Friture.

Restaurant Info

MAP P52 KYOTO A-2

- 8-29 Sagano Hirakicho, Ukyo-ku, Kyoto
- 075-777-2500
- 10 minute walk from JR Uzumasa station, 3 minute walk from Randen Katabiranotsuji station.
- Lunch: 12:00 (Special course from 13:00)
- Not scheduled
- 20 seats / All seating no smoking
- Special course from 5,000 yen Lunch set 2,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://ikuranet.chu.jp/heaven/>
- Reservation required (accepted by webform)

* The prices exclude tax and service charges.



The husband and wife team of the chef, Chiharu Suzuki, and the owner, Yukito Suzuki.



KYOTO

Vegans Cafe and Restaurant

Café



The Pizza Soy-White (deep pan) (2,160 yen) contains seasonal vegetables covered in white sauce. Also pictured is Roast Soy Meat Pita Sandwich (924 yen).



Homemade Cake of the Day (680 yen). Pictured is the sweet potato tart. Comes with splendid soft ice cream made from all-vegetable ingredients.



One of the best vegan restaurants in Japan, not just Kyoto. Casual interior, relaxed & warm atmosphere. The best vegan pizza I ever had.

A popular café with the overwhelming support of the local vegetarian community.

This restaurant offers dishes that don't use meat, fish, eggs, dairy products or chemically processed white sugar, and utilizes mainly whole rice cultivated without pesticides or fertilizers. They are particular about their vegetables, doing their best to make use of naturally and organically grown ones, and bringing out the real flavour of the ingredients. The charm of this restaurant is in the variety of dishes you can enjoy, from the Japanese standard to pizza, pasta and home-made sweets.

Restaurant Info

MAP P52 KYOTO D-4

- 4-88 Fukakusa Nishiuracho, Fushimi-ku, Kyoto
- 075-643-3922
- 7 minute walk from Fujinomori station on the Keihan line.
- 11:30 to 17:00 (last order: 16:30)
- Wednesday, Thursday and other non-scheduled days
- 40 seats / All seating no smoking
- Lunch 1,000 to 2,000 yen Dinner 2,000 to 3,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.veganscafe.com/>
- Accepted by telephone

※ You can make requests regarding onions, garlic, spring onions and other allergies when making your reservation.

KYOTO

Ashoka

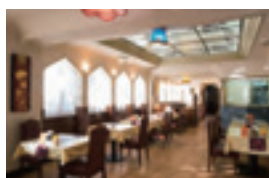
Indian cuisine



A wide variety of popular Indian dishes. Dahl (1,000 yen), Palak Paneer (1,400 yen), etc. Pictured with vegetable pakora, papadam and roti.



Chefs Ahkkash and Kumar, and the maitre d', Rim.



Very convenient to access for tourists. A bit expensive but the portions are good and there are plenty of options for all tastes.

Enjoy Indian cuisine under a palatial dome.

Popular for their vegetable curry that makes the most of the flavour of Kyoto vegetables locally grown. This restaurant serves up traditional Indian flavour mixed with fresh vegetables that change with the seasons, creating a taste you can only enjoy here. They often get large groups of Indian customers, and are able to accommodate 100 people when the tables are pushed together. This restaurant with its local Kyoto flavour is loved by tourists visiting from all over the world, and they even can handle halal orders.

Restaurant Info

MAP P52 KYOTO B-4

- Kikusui Bldg. 3F, 559 Nakanochō, Teramachidōri Shijō Agaru, Nakagyo-ku, Kyoto
- 075-241-1318
- 2 minute walk from Kawaramachi station on the Hankyu line.
- Lunch: 11:30 to 15:30 (last order: 15:00)
- Dinner: 17:00 to 22:00 (last order: 21:00)
- No holidays
- 90 seats / All seating no smoking
- Lunch 900 to 1,800 yen Dinner 1,600 to 3,500 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.ashoka-jp.com/english/>
- Accepted by telephone (English, Hindi available)

※ In addition to Kyoto they also have a restaurant in Osaka.



The menu is divided into vegetable, egg, seafood and meat categories as well as spiciness. The menu comes in English too.

An authentic Indian restaurant with North and South Indian and Japanese chefs.

Established in 1987, this long-standing restaurant has strived to communicate Indian culture through food. While following the traditions of genuine Indian cuisine, they have also pursued the gentle yet powerful unique Kyoto cuisine. In addition to the wide choice of bean curry variations, there is a colourful selection of other dishes that implement seasonal vegetables, such as aubergine and ladies' fingers in summer, and cauliflower in winter. The chefs are from North and South India as well as Japan, so they can handle vegetarian, non-vegetarian or other types of orders you might have, but it's always better to call ahead. When you book a meal, let them know your likes and they'll include dishes in the course that aren't on the menu.



One of the best Indian restaurants in Kyoto, a bit quiet but very solid and reliable for tourists who like Indian food. Good place I would recommend for Indian food lovers.

Restaurant Info

MAP P52 KYOTO A-5

- Airu Takeshima Bldg. 2F, Kiyamachidori Oike Agaru, Nakagyo-ku, Kyoto
- 075-241-3777
- 5 minute walk from Shiyakusho-mae station on the Tozai subway line, 8 minute walk from Sanjo station on the Keihan line.
- Lunch: 12:00 to 15:00 (last order: 14:30)
Dinner: 17:00 to 23:00 (last order: 22:00)
- Tuesdays
- 40 seats / All seating no smoking
- Lunch 1,000 to 2,000 yen Dinner 2,000 to 3,000 yen
- VISA, MasterCard, AMEX, Diners
- www.kyoto-mughal.com/
- Accepted by telephone (English, Hindi available)



The Dahl Makhani (1,200 yen) is a rich bean curry that combines three types of beans and topped with butter and cream. Also known as The Queen's Dahl.



The Green Peas Pilaf (630 yen) is vegetarian fried rice with onions and peas.



The owner-chef Yukihide Hirata (centre) with the chefs Raveendra Moolya (left) and Jalam Singh (right).





OSAKA

Paprika Shokudo Vegan

Café



Pictured are Peperoncino with heaps of Veggies and *Shio Koji* Olives (1,382 yen) and Tomato, Basil and Soy Milk *Mochi* Cheese Margherita (1,134 yen).



Plenty of seating, with free Wi-Fi and electric sockets.



The interior has a pleasant rustic Mediterranean feel, recommended for female travellers. The Soy Milk *Mochi* Cheese Margherita Pizza had the most interesting take on vegan cheese.

Feel free to drop by this casual café, even if it's just for a drink.

This 100% vegetarian café operates on the concept of "Eat, drink and get beautiful." The inside is filled with antique furniture and accessories, and outside there is terrace seating. The menu is filled with items not just for vegetarians, but for non-vegetarians as well. The dishes are made from traditional Japanese ingredients and organically grown vegetables that are shipped directly from contracted farmers. Foreign tourists say they love the taste.

Restaurant Info

MAP P52 OSAKA C-3

- Alivio Shinmachi 1F, 1-9-9 Shinmachi, Nishi-ku, Osaka
- 06-6599-9788
- 5 minute walk from Shinsaibashi station on the Midosuji subway line, 2 minute walk from Yotsubashi station on the Yotsubashi subway line.
- Lunch: 11:30 to 15:00 (last order: 14:00)
Dinner: 17:30 to 23:00 (last order: 22:00)
- Not scheduled
- 50 seats / All seating no smoking
- Lunch around 1,000 yen Dinner around 2,000 to 3,000 yen
- VISA, MasterCard
- Accepted by telephone (English available)

Green Earth

Café



The wide variety of items on their menu, such as sandwiches, pizzas and hamburgers, makes this place special.



The popular Gluten Burger (800 yen). They even bake their own 100% vegan buns at the restaurant.



Looks more like a canteen than a restaurant, and nice enough interior. The crispy pizza dough with cereal germ and cashew cheese was great!

Dishes from around the world prepared for vegetarians!

One of the first vegetarian restaurant in Osaka. Their daily lunch repertoire includes 100 items. There's a wide variety of sandwiches that you can even order for take-out, including the Hummus Sandwich made from chickpeas. The dessert and drink menu also contains a wide selection. Feel free to ask for something you like, such as dishes without the five pungent roots (onions, garlic, etc.).

Restaurant Info

MAP P52 OSAKA C-3

- Yuho Bldg. 1F, 4-2-2 Kitayuhojimachi, Chuo-ku, Osaka
- 06-6251-1245
- 5 minute walk from Hommachi station on the Midosuji subway line.
- Lunch: 11:30 to 17:00 (lat order: 16:30)
Friday Lunch: 11:30 to 15:00 (last order 14:30)
Dinner: 18:00 to 22:00 (last order: 21:00)
- Sundays and holidays
- 43 seats / All seating no smoking
- Lunch around 900 yen Dinner around 1,500 yen
- Cards not accepted
- <http://osaka-vegetarian-ge.com/english.htm>
- Accepted by telephone (English available)

El Pancho

Mexican cuisine



Vegetarian & healthy lunch set (1,000 yen)



Mexican wrap roll (970 yen)



The interior has an extremely exotic atmosphere.



Since they can prepare the food to very specific orders, I've become a regular customer.

Authentic Mexican cuisine founded in 1979

One of the oldest genuine Mexican cuisine restaurants in Kansai area. Since there's always mariachi music playing, it feels like you're in Mexico. They have an abundant selection of a la carte items and set meals, as well as tacos and burritos that can be casually eaten. All the items on their menu are delicious and healthy. Lots of foreigners come to this restaurant, so it's always a lively and fun place to be.

Restaurant Info

MAP P52 OSAKA D-3

- Shinsaibashi Tower Bldg. 8F, 1-10-1 Shinsaibashisuji, Chuo-ku, Osaka
- 06-6241-0588
- 2 minute walk from Shinsaibashi station on the Midosuji subway line
- 11:30 to 23:30 (last order: 22:30)
- No holidays
- 45 seats / All seating no smoking
- Lunch around 1,000 yen
Dinner around 2,000 to 3,000 yen
- VISA, MasterCard, AMEX, Diners
- Accepted by telephone (English available)

OSAKA

Mithila

Indian cuisine



The Aloo Gobi (1,296 yen) and Dal Makhani (1,296 yen) are popular with vegetarians. Vegetarian course available from 2,000 yen.



Roti and homemade achaar.



The chattering with the chef is fun in a spacious room.



Good place I would recommend for Indian Halal food lovers who are nearby Dotonbori street. The portions are good and there are plenty of options for all tastes.

Authentic Indian cuisine you can eat right in the middle of Dotonbori.

Located right in the heart of Osaka's Minami district, this restaurant plays host to lots of Indian tour groups as well as business dinners. Paliwal, their skilled veteran chef from North India, can prepare even the most particular of orders including vegan and halal dishes. They'd love you to relax and enjoy their homemade achaar and curry just as if you were in India.

Restaurant Info

MAP P52 OSAKA D-3

- Hiramatsu Ougiya Bldg. 2F, 1-6-14 Dotonburi, Chuo-ku, Osaka
- 06-6484-0480
- 3 minute walk from exit 14 or 15B of Namba station on the Midosuji subway line
5 minute walk from Namba station on the Kintetsu line
5 minute walk from Shinsaibashi station on the Midosuji subway line
- Lunch: 11:00 to 15:00 Dinner: 17:00 to 23:00 (last order: 22:00)
- Open for dinner all year, closed for lunch Mon & Tue
- 42 seats / All seating no smoking
- Lunch around 1,000 yen Dinner around 2,000 to 4,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://mithila.jp/>
- Accepted by telephone (English, Hindi available)

OSAKA

Bindu

Indian cuisine



They have a wide selection of curries made with vegetables, including the most popular Dal Tadka Curry.



Paratha (450 yen), made from whole wheat flour, and Vegetable Biryani (750 yen), made with Indian rice, are recommended for vegetarians.



Offering North Indian dishes prepared by our native-born chef.

This Indian restaurant was established on the desire to have customers taste the authentic flavours of North India. Established in Yao city in Osaka prefecture, home to factories large and small, this restaurant is often the eating place for Indians visiting for technical training. The curry is served in a variety of flavours, from powerfully spicy to gentle enough for children. Conveniently located within a shopping mall.

Restaurant Info

MAP P52 OSAKA D-2

- Aeon Mall Osaka Dome City 4F, 3-13-1 Chiyoazaki, Nishi-ku, Osaka
- 06-6556-7018
- 1 minute walk from Dome-mae Chiyoazaki station on the Nagahori Tsurumi-ryokuchi and Hanshin Namba lines.
10:00 to 22:00 (last order: 21:30)
- Not scheduled (Depending on Aeon Mall Osaka Dome City)
- 42 seats / All seating no smoking
- Lunch around 1,000 yen Dinner around 1,000 to 2,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.bindu.sakura.ne.jp/> (Japanese Only)
- Accepted by telephone (English, Hindi available)

※ Including this branch in Aeon Mall Osaka Dome City, there are 7 restaurants in Osaka prefecture. Prices may vary a little depending on location.



I was so glad they handle specific requests. I'll be coming back again for sure.

Vegetarian Indian Restaurant Shama

Indian cuisine



Indian Homemade Curry (650 yen) and Tandoor Set (700 yen). Raita and Kulfi also pictured.

A pure vegetarian restaurant you will want to visit every day.

A rare find in the Kansai area: a lacto vegetarian restaurant. This means no meat, fish, eggs, five pungent roots (onions, garlic, leeks, etc.) caffeine, or alcohol is used. The homey atmosphere in this basement restaurant makes you feel like you're dining at home. The menu has a wide selection, with more than 15 varieties of curry, as well as tandoori dishes and pakora sandwiches. Near Shinsaibashi and Namba station on the Midosuji subway line. Breakfast is available on request after 10am.



Shama special Dinner, the soya tikka, samosa and veggie curry were all great. With reasonable prices, simple quality of food and wide selection.



Curry Lunch (800 yen). Two types of curry with plain naan.

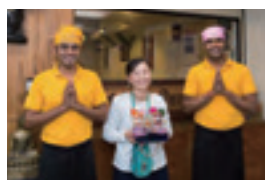


Assorted Tikka (700 yen).

Restaurant Info

MAP P52 OSAKA D-3

- Kurasho Bldg. B1F, 1-3-7 Kitahorie, Nishi-ku, Osaka
- 06-6536-6669
- 1 minute walk from Yotsubashi station on the Yotsubashi subway line, 7 minute walk from Shinsaibashi station
- Lunch: 11:00 to 15:00 Dinner: 17:00 to 22:00
- Monday dinner times (Open for lunch)
- 30 seats / All seating no smoking
- Lunch around 800 yen Dinner around 1,000 to 2,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://indoshama.jimdo.com/>
- Accepted by telephone (English, Hindi available)



From left: Chef Ravi, The president Yamanaka and Chef Kumar

KANAZAWA & TAKAYAMA Restaurants

KANAZAWA

Takano

Café



Tofu Steak (788 yen) prepared with daikon radish and Chinese cabbage, and the popular Spicy Whole-Grain Fried Rice (788 yen).



The very filling Wheat Gluten Fry (561 yen) flavoured with sesame.



Tucked away in the suburbs, like a hidden home restaurant.

This restaurant has developed a menu based on the macrobiotic diet, which is said to have a lot in common with ayurveda. They don't use animal products in their stock, bouillon or soup at all, so vegans can dine here with confidence. The most popular with Indians is Wheat Gluten Fry because of its pleasant texture. They are even very picky about the water they use for cooking, so their deep concern for natural dining is well known.

Restaurant Info

MAP P53 KANAZAWA D-4

- 3-11-22 Mitsukuchi Shinmachi, Kanazawa
- 076-263-7730
- 15 to 20 minutes by car from JR Kanazawa station.
- 11:00 to 21:30 (last order: 20:00)
- Sundays and New Years holiday
- 16 seats / All seating no smoking
- Lunch 800 yen Dinner 2,000 to 3,000 yen
- Cards not accepted
- <http://kirameki-takano.com/english.htm>
- Accepted by telephone (Japanese Only)



I always order the spicy whole-grain fried rice and the flavourful wheat gluten fry. I like how I can leisurely enjoy dining here without feeling rushed.



Aubergine Curry (1,080 yen), Samosa (432 yen) and Dahl Soup (432 yen) are all favourites with Indians and Japanese alike.

By using vegetable oil, this long-established Kanazawa restaurant puts extra effort into preparing meals.

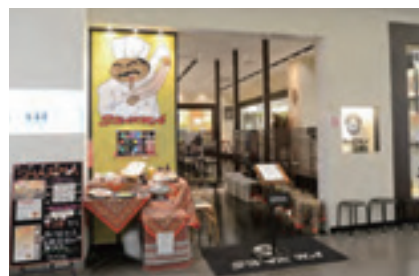
The inside is stylishly decorated with Indian sundries displayed everywhere. Their magnificent curry is prepared using prime ingredients carefully selected by the Indian chefs and superb spice combinations. They also have other offerings such as dahl soup and tomato soup whose simplicity brings back memories of Indian home-cooking. Not every day, but sometimes they have curry prepared from local Kaga vegetables, so if you have the chance, please give it a try. In addition there is *Hakusan Katadofu* Curry, called the Japanese Paneer. Indians are sure to love to receive it because it closely resembles paneer. Sharma is one of Kanazawa's long-established chain restaurants and has won the local curry competition three times in a row, so they're guaranteed to be delicious. Their restaurant is in the Forus shopping mall at Kanazawa station, so it's very easy to get to.



The paneer in the Paneer Curry is of very high quality. Their wonderful combination of spices is perfectly calculated.



There's a wide selection of dishes made from fresh local vegetables. Pictured is the Tomato Achar Salad (1,080 yen).



A big signboard is marked on the entrance wall.

Restaurant Info

MAP P53 KANAZAWA A-2

Kanazawa Forus 6F, 3-1 Horikawa Shinmachi, Kanazawa

076-221-0556

Close to the east exit of JR Kanazawa station, inside Forus.

11:00 to 23:00 (last order lunch: 15:00, dinner: 22:00)

No holidays

45 seats / All seating no smoking

1,500 to 2,000 yen

VISA, MasterCard, AMEX, Diners

<http://sharma-shop.com/> (Japanese Only)

Accepted by telephone (English, Hindi available)



Chef Dhakal and Chief Chef Kandel.



It's bright and roomy interior.

TAKAYAMA

Suzuya

Japanese cuisine



The Vegetarian's *Hoba-yaki* (1,188 yen), with vegetables, *konjac*, *tofu*, fried *tofu* pockets and jumbo *enoki* mushrooms, cooked right at your table.



The *Sansai Miso Nabe* (1,404 yen) contains ingredients like *sansai*, *komedango*, fried *tofu* pockets and regular *tofu*.



Though this was the first time I'd eaten here, the place brought a natural smile to my face. The menu is in English, and the manager was proficient in English, so I felt at ease.

Simple local cuisine served traditional Japanese style.

Local cuisine served in a restaurant charmingly constructed like the unique old architecture of Takayama. Hida Takayama is blessed with bountiful nature and clean water, and has abundant seasonal foods. Among them is the popular *Hoba Misoyaki*. Using an individual stove placed on your table, fresh vegetables coated in *miso* are cooked atop magnolia leaves then eaten. The English speaking staff will kindly tell you how to cook them.

Restaurant Info

MAP P53 TAKAYAMA B-5

- 24 Hanakawamachi, Takayama
- 0577-32-2484
- 6 minute walk from JR Takayama station.
- Lunch 11:00 to 14:30
Dinner 17:00 to 21:00 (last order: 20:00)
- Not scheduled
- 60 seats / Smoking section available
- Lunch 1,500 to 2,000 yen Dinner 1,500 to 4,000 yen
- VISA, MasterCard, AMEX, Diners
- http://suzuyatakayama.ec-net.jp/top_english.html
- Accepted by telephone or email (English available)
suzuya@triton.ocn.ne.jp

TAKAYAMA

Mahal

Indian cuisine



The most popular dishes are the Mixed Vegetable Curry (740 yen), Aloo Baingan (830 yen) and Basil Naan (370 yen).



Vegetable Pakora (600 yen) made from fresh vegetables.



This place is always full of locals. When it comes to Indian food in Takayama, this is the place!

The only restaurant where you can eat Indian cuisine in Takayama.

This restaurant is run by a Nepalese family and serves Nepalese style Indian food. Since it's run by a family, it has a very peaceful atmosphere. According to the manager, Budha Thoki, the Mixed Vegetable Curry is the most popular dish with vegetarians. He says to leave the adjusting of the spiciness to them. They also have aloo palak and the standard chana masala, with a total of six varieties of vegetarian curries.

Restaurant Info

MAP P53 TAKAYAMA A-1

- 318-1 Yamadamachi, Takayama
- 0577-32-7055
- 15 minutes by car from JR Takayama station.
- Lunch 11:00 to 15:00
Dinner 17:00 to 22:00
- No holidays
- 32 seats / Smoking allowed
- Lunch around 900 yen Dinner around 1,300 yen
- Cards not accepted
- Accepted by telephone (Hindi available)

HIROSHIMA Restaurants

HIROSHIMA

Nagata-Ya

Japanese cuisine



The Veggie *Okonomiyaki* (1,220 yen) uses no meat, fish or eggs.



Edamame (300 yen) is a very popular side dish with foreign tourists.



We want to tell the world how delicious Hiroshima okonomiyaki is!

Located close to the Hiroshima Peace Memorial, this popular restaurant is always crowded with tourists. They have a vegetarian menu and can take orders in English. Hiroshima style *Okonomiyaki* consists of cooked layers of vegetables and noodles served with a special sauce on top. The slow cooking process mixes the ingredients' flavours, creating a rich taste. Give Hiroshima's soul food, *okonomiyaki*, a try!

Restaurant Info

MAP P54 HIROSHIMA C-1

- Shigeishi Bldg. 1F, 1-7-19 Otemachi, Naka-ku, Hiroshima
- 082-247-0787
- 2 minute walk from Genbaku Dome-mae (Atomic Bomb Dome) tram stop on the Hiroshima Electric Railway, 3 minute walk from Kamiya-cho-nishi tram stop on the Hiroden Main line.
- Monday to Friday: 11:00 to 21:00 (last order: 20:30)
Saturday: 11:00 to 21:30 (last order: 21:00)
Sunday, holidays: 10:30 to 21:00 (last order: 20:30)
- Tuesdays and 4th Wednesdays
- 39 seats / All seating no smoking
- 1,000 to 2,000 yen
- Cards not accepted
- <http://nagataya-okonomi.com/en/>
- Reservation not possible



When I called the restaurant from the hotel, they were very kind. Coming to Hiroshima, I knew I should try the *okonomiyaki*, and it was really delicious.

HIROSHIMA

Elk

Café



The Vegetable Panini Set (1,180 yen) comes with a drink. *This meal originally comes with raw vegetables but if you ask you can exchange them for lotus root chips.



The manager recommends the Spicy Yakiudon (1,180 yen) made with sauce for vegetarians.



The Spicy Yakiudon is awesome! They made it super spicy like I wanted, and fulfilled my other requests, so I'd like to come again.

Take a break at this café near Hiroshima Peace Memorial Park.

This café has a vegetarian menu. They're renown for their whole wheat flour bread and panini with melted cheese. Even the French fries that come with it are fried in oil only used to fry vegetables, so they are very thorough. Their new Spicy Yakiudon (stir-fried Udon noodles) is extremely popular, and the manager Shikauchi says they can make it as spicy as you like.

Restaurant Info

MAP P54 HIROSHIMA C-2

- Nakahara Bldg. 2F, 1-7-23 Otemachi, Naka-ku, Hiroshima
- 082-247-4443
- 5 minute walk from Genbaku Dome-mae (Atomic Bomb Dome) tram stop, 7 minute walk from Hondori tram stop, both on the Hiroshima Electric Railway.
- Lunch: 10:30 to 16:00
Dinner: 18:00 to 22:00 (last order: 21:30)
- Wednesday
- 24 seats / All seating no smoking
- 1,000 to 2,000 yen
- Cards not accepted
- <http://eng.elkcafe.com/>
- Accepted by telephone (English available)

HIROSHIMA

Ganesh

Indian Cuisine



The Manager recommends Baigan Sabzi (864 yen), Chana Masala (864 yen).



Vegetable Biryani (810 yen)



It's pleasant and comfortable interior



The name Ganesh alone puts me at ease. Japanese food is nice, but Indian food is very soothing.

Feels like you are in India.

Ganesh celebrated their 15th year in August, 2015, and has six locations in Hiroshima prefecture alone. This branch is in central Hiroshima, in the Hondori arcade, a very convenient location. The owner, Mr Parshad, who's been in Japan for 30 years, recommends Baigan Sabzi. The balance of the same spices used in India and the vegetables' flavour is perfect. They also will fulfil requests for items not on their menu.

Restaurant Info

MAP P54 HIROSHIMA C-2

- Fujishokai Bldg. 2F, 3-12 hondori, Naka-ku, Hiroshima
- 082-247-0022
- 2 minute walk from Hondori tram stop on the Hiroshima Electric Railway.
- Lunch: 11:00 to 15:00 (last order: 14:30)
Dinner 17:00 to 22:00 (last order: 21:30)
- No holidays
- 40 seats / All seating no smoking
- Lunch around 1,000 yen Dinner around 2,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://ganeshindo.com/> (Japanese Only)
- Accepted by telephone (English, Hindi available)

* Including the Hondori restaurant there are 6 in Hiroshima and 3 more in Yamaguchi prefecture.



The Vegetarian Thali (1,933 yen) is specially made just for Vegetarians.

Authentic Indian cuisine for breakfast, lunch and dinner.

This is an almighty Indian restaurant that can serve dishes from either South or North India. The president Choudhary Samar says, "We take any kind of specific request, including for ingredients, flavouring, locality, halal and Jainism." Since the delicate flavours are prepared according to your preference, you're sure to be satisfied. They even have a special location just for groups, so they can handle reservations for 50 people or more.



Excellent food, just like at home in India. Good service, smiles friendly.



The cutting and presentation of this Salad (669 yen) is exactly like it is done in India.



Crispy fried Pakora (734 yen)

Restaurant Info

MAP P54 HIROSHIMA C-2

- 1F, 2-2-10 Otemachi, Naka-ku, Hiroshima
- 082-236-7308
- 5 minute walk from Hondori tram stop, 8 minute walk from Kamiyacho-higashi tram stop, both on the Hiroshima Electric Railway, 10 minute walk from the Hiroshima Bus Center (Inside Sogo).
- Lunch: 11:00 to 15:00 (last order: 14:30)
Dinner: 17:00 to 22:30 (last order: 22:00)
- No holidays
- 46 seats / All seating no smoking
- Lunch around 1,000 yen Dinner 2,000 to 3,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://kanak-hiroshima.com/en/>
- Accepted by telephone (English, Hindi available)



The president Choudhary Samar



The bright and welcoming interior with wooden floor.

SAPPORO Restaurants

SAPPORO

Itadaki Zen

Japanese cuisine



Enjoy lunch-of-the-day with the *Kansei-han Tanno* set (1,420 yen). Comes with dessert.



The Stone-cooked Seaweed Rice Set (1,420 yen) is *Kansei-han* topped with *namul* vegetables.



The restaurant really understands healthy meals.

Cordially served simple yet elegant meals.

A vegan restaurant based around Japanese cuisine. Established in London in 2009, they opened the Sapporo location in 2011. Lunch is a blend of rice, wheat, short-grain rice, brown rice, millet, and mung beans called "*Kansei-han*" with two sides of naturally farmed vegetables. Dinner (by reservation) is *sushi* made of seaweed and more. We also have a sister shop directly in Odori station, Myakua Deli - a vegan *bento* (lunch box) specialty shop.

Restaurant Info

MAP P54 SAPPORO D-2

- 23 Chome-2-1 Minami 2 Jonishi, Chuo-ku, Sapporo
- 011-676-8436
- 8 minute walk from Maruyama-Koen station on the Tozai subway line.
- Lunch : 11:30 ~ 15:00 (last order: 14:30)
Dinner : 17:00 ~ 21:00 (last order: 20:30)
- Monday
- 15 seats / All seating no smoking
- Lunch: from around 1,500 yen Dinner: from around 3,000 yen
- Cards not accepted
- <http://itadakizen.com/sapporo/> (Japanese Only)
- Accepted by telephone (English available)

※ The dinner course is reservation only.

SAPPORO

Circo

Italian cuisine



The Seasonal Vegetables and Cabbage Tajine, Citrus Fruit and Gorgonzola Salad, and the Seven Seasonal Vegetable Salad are all 950 yen.



The cheese-covered Margherita Pizza (1,717 yen).



Enjoy live music in the restaurant's bright interior.



I really love the splendid live music and the bright interior. The Margherita Pizza is superb. You really ought to try it.

A lively Italian restaurant with live music near Sapporo Station.

The spacious interior can easily handle large groups. You can spend a fun and lively time here since there are daily live music performances on the two stages daily. Tomatoes from Hokkaido are specially selected, and their flavour is the perfect match with the firewood oven! Their rich, sweet flavour after heated surprises many customers. The chef, who has cooked more than 100,000 pizzas prepares each one to exquisite perfection. Cheese Cheese Cheese Pasta (1,490 yen), prepared with pasta made fresh daily at the restaurant, is a popular dish too.

Restaurant Info

MAP P54 SAPPORO C-4

- Sapporo TR Bldg. 3F, 2 Chome Kita 4 Jonishi, Chuo-ku, Sapporo
- 011-252-3388
- 5 minute walk from the South exit of JR Sapporo station.
- Week days: Dinner 17:00 to 24:00 (last order: 23:00)
Saturday, Sunday, National holiday: Lunch 11:00 to 17:00 (last order: 16:00) Dinner 17:00 to 24:00 (last order: 23:00)
- New Year's holiday only
- 120 seats / Smoking section available
- Lunch 1,000 to 2,000 yen Dinner around 3,000 yen to 4,000 yen
- VISA, MasterCard, AMEX, Diners
- <http://circo-sapporo.net/> (Japanese Only)
- Accepted by telephone (English available)

SAPPORO

Taj Mahal

Indian cuisine



Bhindi Masala (1,120 yen), Aloo Gobi (1,120 yen) and Saag Paneer (1,100 yen) are popular with tourists from India.



Navratan (1,080 yen) contains nine varieties of fruits and vegetables including cauliflower, broccoli, green peas, potatoes.



The taste of the curries is well suited for Japanese clients.

A long-established Indian restaurant in Sapporo!

Opened as the first Indian restaurant in Sapporo in 1982. Known at the time for being the restaurant where "Both the president and cook are Indian." Raza Shabbar says, "I want you to feel like you're eating at your own home." They even have Halal meat. With three days advance notice, they'll even prepare dishes that aren't on the menu. On Wednesday and Friday they provide a special lunch buffet (1,180 yen).

Restaurant Info

MAP P54 SAPPORO C-4

- Sapporo Factory 3 Joka B1F, 4 Chome Kita 2 Johigashi, Chuo-ku, Sapporo
- 011-207-0765
- 3 minute walk from Bus Center Mae station on the Tozai subway line
- 11:00 to 22:00 (last order: 21:30)
- No holidays (Excluding December 31)
- 90 seats / Smoking from 15:00 on weekdays. No smoking Saturday, Sunday and national holidays.
- Lunch: from 680 yen Dinner: from 1,500 yen
- VISA, MasterCard, AMEX, Diners
- <http://www.tajmahalgroup.com>
- Accepted by telephone or fax (English, Hindi available)

※ A total of 5 locations in Hokkaido, including the Sapporo Factory store.

SAPPORO

Jyoti

Indian cuisine



Chickpea Curry (750 yen) and Lachha Paratha (350 yen) made without eggs. Comes with free yoghurt.



These appetizers are popular with Indians: Masala Papad (180 yen each), Samosa (200 yen each), Onion Pakoda (350 yen).



It's a cozy restaurant with tasty food.

Using Hokkaido-grown vegetables to the fullest.

This is the restaurant of Mahavir Solanki, who came to study at Hokkaido University as an Indian government-sponsored foreign student. Solanki himself is vegan, and uses vegetables from Makkari village in Hokkaido, and uses absolutely no chemical seasonings. The spices prepared in the restaurant are also for sale in single-use sizes. Oriental vegetarians can also order dishes that avoid the five pungent roots.

Restaurant Info

MAP P54 SAPPORO D-4

- 2F (Tanukikouji 4 Chome) 4 Chome-4 Minami 2 Jonishi, Chuo-ku, Sapporo
- 011-233-3999
- 5 minute walk from Odori Station on the Nanboku subway line. (1 minute walk from the underground mall Pole Town Tanukikouji 4 Chome exit.)
- 11:30 to 23:00 (last order: 22:30)
- No holidays (Excluding New Years)
- 43 seats / Smoking allowed
- Around 1,300 yen
- VISA, MasterCard, AMEX, Diners
- <http://jyoti.sub.jp/>
- Accepted by telephone or Facebook (English, Hindi available)

SAPPORO

Mohan Dish

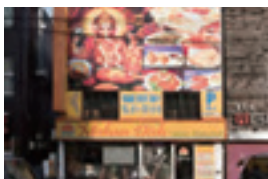
Indian cuisine



These are the popular Mixed Vegetables (760 yen) and Vegetable Spinach (860 yen). Half Naan (160 yen) also pictured.



The Samosa (two for 450 yen) are served with green sauce.



Indians may like this place for its balanced hot and spicy taste.

Reproducing the real taste of India!

The spices here are mixed by the owner himself, Mohan Singh. Proud of its "True to Indian taste," many Indian foreign students at Hokkaido University visit here. You can select from 100 different levels of spiciness, but they recommend number 4 or 5 for those who want to enjoy real Indian flavour. Curry made without water and just the liquid of onions has a spiciness with just the hint of the flavour of vegetables deep within.

Restaurant Info

MAP P54 SAPPORO A-4

- 4 Chome-2-10 Kita 24 Jonishi, Kita-ku, Sapporo
- 011-757-3116
- 2 minute walk from Kita-Nijuyo-Jo station on the Nanboku subway line.
- Lunch: 11:00 to 15:00 (last order: 14:30) Lunch menu on weekdays only Dinner: 17:00 to 23:00 (last order: 22:30)
- No holidays
- 1F 44 seats, 2F (Party space) approx. 30 people / Smoking allowed
- Around 1,200 yen
- Cards not accepted
- <http://mohan-dish.com/> (Japanese Only)
- Accepted by telephone (English, Hindi available) Reservations necessary for large groups.

Shinyokohama Ramen Museum



After opening in 1994 as the world's first food amusement park, they amassed many famous *ramen* shops and became a place where you can eat *ramen* from all over Japan. With a mission to spread Japanese food culture around the world through *ramen* and to offer tasty *ramen* to as many customers as possible, they put their efforts into creating vegetarian *ramen* using *shojinryori* – Buddhist vegetarian cooking methods. The inside of the building is reminiscent of the good old days of Japan, and in addition to *ramen* restaurants, they also have *dagashiya* – old fashioned sweet shops, and *kissaten* – traditional cafés so you can really enjoy the retro atmosphere.



Ryu Shanghai Honten



Vegetarian Ramen

A simple *ramen* flavored with fresh *miso*, *shiitake* mushrooms, kelp, and sesame oil. Served with spicy *miso*.

Muku Zweite



Vegetarian Miso Ramen

Ramen made from *miso* sauce and vegetable soup. Made with many different vegetables such as cabbage and bean sprouts.

Komurasaki



Vegetable only King's Ramen

Like the King's Ramen but made without any animal products – in place of the pork fillet they use soy meat! It has bean sprouts, bamboo shoots, cloud ear mushrooms and spring onions.

Shina Soba-ya



Vegetable Ankake Ramen

Salt soup base with white cabbage, onion, carrot, golden needles, leaf mustard, and white cloud ear mushroom.

Restaurant Info

MAP P51 YOKOHAMA map B

2-14-21 Shinyokohama Kohoku-ku, Yokohama

045-471-0503 (Reception)

Access: 5 minute walk from JR Yokohama station

Open hours: Mon - Fri: 11:00 to 22:00

Saturday: 11:00 to 22:30

Sunday and holidays: 10:30 to 22:30

(May change depending on the season)
(last order: 30 minutes before closing)

No holidays

Seating: Each restaurant has 20 to 30 seats (All seating no smoking)

Price range: 1,000 yen to 1,999 yen *Separate entrance fee required

VISA, MasterCard, AMEX, Diners
(Only usable in the Museum Shop)

<http://www.raumen.co.jp/english/>

Reservation is not possible

.....▶ Hotels with Vegetarian Support.....

Tokyo, Narita, Yokohama


ROYAL PARK HOTEL THE SHIODOME, TOKYO

MAP P50 TOKYO D-3



-  1-6-3 Higashi-shinbashi, Minato-ku, Tokyo
-  03-6253-1111
-  3 to 5 minute walk from the Shiodome exit of JR Shimbashi station or the Shimbashi station on the Toei Asakusa and Tokyo Metro Ginza lines. 1 minute walk from Shiodome station on the Toei Oedo and Yurikamome lines.
-  <http://www.rph-the.co.jp/shiodome/en/>

CHAYA Macrobiotics (1F)

 Enquiries: info@chayam.co.jp

A specialist macrobiotic restaurant. You can enjoy a completely meat, egg and dairy free, 100% vegetable-based menu in a casual-style café. A reservation is not necessary – just come in and choose from our large menu of vegetarian meals. All our desserts and drinks are vegan and take out is also available.

Hotel Nikko Narita

MAP P50 TOKYO map A



-  500 Tokko, Narita, Chiba Prefecture
-  0476-32-0032
-  10 minutes by free limousine bus from Narita International Airport. 90 minutes by direct paid bus from Tokyo or Ginza station.
-  <http://www.nikko-narita.com/english/>

Casual Resort Dining Serena (Annex 1F)

Chinese Restaurant Toh-Lee (Main Building 2F)





 Enquiries: rest@nikko-narita.com

The above restaurants have vegetarian menus and if there are seats available you do not need a reservation. On the vegetarian menus some items use dairy products so depending on your type of vegetarianism you may need to ask the staff. Additionally, some items may be fried in the same oil as meat products, depending on your order they may be able to change it. It may be easier to enquire by email rather than by telephone.


Rose Hotel Yokohama

MAP P51 YOKOHAMA D-5



-  77 Yamashitacho, Naka-ku, Yokohama, Kanagawa Prefecture
-  045-681-3311
-  1 minute walk from Motomachi-Chukagai station on the Minatomirai subway line 15 minutes by car from JR Yokohama station
-  <http://en.rosehotelyokohama.com>

Chungking Chinese Szechwan Restaurant (Shinkan 1F)

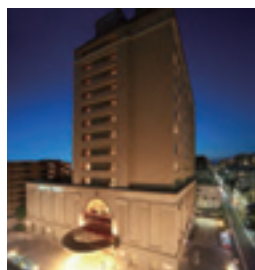
 Enquiries: 045-681-6885 Restaurant reservations
Email: banquet@rosehotelyokohama.com

Although there isn't a vegetarian menu, with or without reservation they will flexibly try to accommodate you (except strict vegans). With a relaxed atmosphere you can easily enjoy this real Szechuan cuisine popular with families and couples alike. Satisfy yourself with the wide variety of superb cooking at this well-established restaurant in Yokohama China Town.

Kyoto

Hotel Nikko Princess Kyoto

MAP P52 KYOTO B-4



-  630 Takahashi-cho, Karasuma Takatsuji Higashi-iru, Shimogyo-ku, Kyoto Prefecture
-  075-342-2111
-  5 minutes by car from the Central Gate exit of JR Kyoto Station 3 minute walk from exit 5 of Shijo station on the Karasuma subway line 5 minute walk from Karasuma station on the Hankyu Kyoto line
-  <https://www.okura-nikko.com/japan/kyoto/hotel-nikko-princess-kyoto/>
-  Email: info@princess-kyoto.co.jp

Café Amber Court Tel 075-342-2156 / ambercourt@princess-kyoto.co.jp

Teppan Grill Hoen Tel 075-342-2199 / hoen@princess-kyoto.co.jp

Japanese Restaurant Sagano, Tempura-kappo Sagano
Tel 075-342-2163 / sagano@princess-kyoto.co.jp

Chinese Restaurant Hisuien
Tel 075-342-2167 / hisuien@princess-kyoto.co.jp

You must make a reservation five days in advance. If you explain your requirements when making a reservation, All restaurants in the building can support you regardless of your vegetarian needs. All restaurants (except the main bar: DARLEY), are directly managed, and very particular about the quality of their ingredients. You can enjoy the variety of food made with each season's ingredients with peace of mind.

Osaka


Hilton Osaka

MAP P52 OSAKA A-3



-  1-8-8 Umeda, Kita-ku, Osaka, Osaka Prefecture
-  06-6347-7111
-  2 minute walk from JR Osaka station
-  <http://www.osaka.hilton.com>
-  Email: osaka.info@hilton.com

MYPLACE CAFE & BAR (1F), Checkers Restaurant (2F), Genji Restaurant (3F), Dynasty Restaurant (3F), Sky Lounge Windows on the World (35F)

 Enquiries: TEL: 06-6347-0310 Restaurant reservations
Email: OSAHI.FBReservations@hilton.com






Centrally located next to JR Osaka Station and subway stations, Hilton Osaka offers a wide array of sumptuous dining options which cater your needs. There is a vegetarian menu in CHECKERS. Painting each season with traditional Japanese meals, *sushi*, *teppan-yaki*, and *tempura*, as well as genuine Chinese food, and with the pride of the Osaka skyline: "Sky Lounge" we have something for every situation.

Hiroshima


Sheraton Grand Hiroshima Hotel

MAP P54 HIROSHIMA B-5



-  12-1 Wakakusacho, Higashi-ku, Hiroshima, Hiroshima Prefecture
-  082-262-7111
-  1 minute walk from the Shinkansen exit of JR Hiroshima station
-  <http://www.sheraton-hiroshima.jp/en>
-  Email: Sheraton.Hiroshima@sheraton.com

Buffet Restaurant Bridges (6F), Japanese Dining Miyabi-tei (7F)





 Enquiries: 082-262-7111 (Hotel Reception)

At Bridges, in addition to the buffet meals, there is an a la carte menu with items such as veggie sandwiches and bagna cauda. Depending on the type of vegetarian diet, meals can be made to individual needs at an additional charge. Enjoy the multi-coloured appetizers and salads, as well as the piping hot pasta that's cooked after ordering. In addition, Miyabi-tei has a graceful, modern Japanese atmosphere, where you can enjoy vegetarian dishes made using seasonal vegetables. If you would like this option, please make reservations ahead of time and dishes will be prepared as per your budget.


ANA Crowne Plaza Hiroshima

MAP P54 HIROSHIMA D-2



-  7-20 Nakamachi, Naka-ku, Hiroshima, Hiroshima Prefecture
-  082-241-1111
-  10 minute walk from JR Hiroshima station
-  <http://www.anacrowneplaza-hiroshima.jp/language/english/>

FRUITIER (1F), UNKAI (5F), TAO LI (5F), Le PLATINE (22F)

 Enquiries: rest@anacrowneplaza-hiroshima.jp

A reservation, by someone who speaks Japanese, must be made in advance. Additionally you must explain your type of vegetarianism and requirements at least three days in advance. English correspondence is by email only and replies may take some time. The appeal of this hotel is its calm atmosphere where you can spend a while relaxing and feeling at home.

Sapporo


Chateraise Gateaux Kingdom Sapporo

MAP P54 SAPPORO map C



-  132 Higashibarato, Kita-ku, Sapporo, Hokkaido
-  011-773-2211
-  40 minutes by free shuttle bus from JR Sapporo station
-  <http://www.gateauxkingdom.com/en/>
-  Email: yoyaku@gateauxkingdom.com

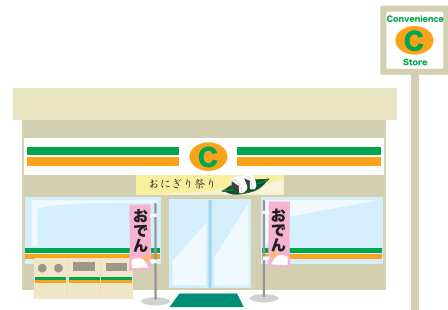
Japanese Restaurant Daizen (B1F)

 Enquiries: yoyaku@gateauxkingdom.com

A reservation must be made one week in advance. When making a reservation please inform us if you plan to stay in the hotel or not. The vegetarian option is a fixed menu. We support lacto vegetarians but not vegans. As we are fully equipped with baby beds and private rooms, we are an ideal resort hotel for families.

The wide range of services offered by Japanese convenience shops

There are more than 50,000 convenience shops (*konbini*) in Japan, and most are open 24 hours, 365 days a year. Convenience shops offer sweets, instant noodles, ice cream, rice balls, bread and other foods, as well as cigarettes, magazines, stationary, clothes, cosmetics, medicine and other items essential for your travels. If you are in an urban area, there is probably one within a few minutes' walk. Based on the advice of Indians who live in Japan we will introduce a few vegetarian items that can be found in convenience shops.

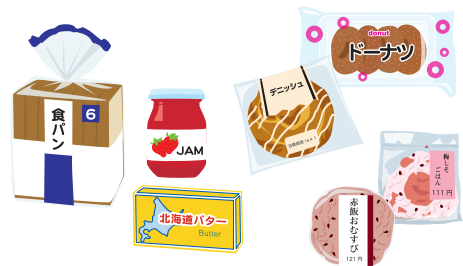


● Drinks and dairy products

Juice, tea, milk and more are available in plastic bottles or cartons. Additionally, dairy products such as ice cream and yoghurt, and fresh fruits like bananas or apples, are available in some shops.

● Bread and rice balls

If you just want a simple, easy breakfast, then you can't beat white bread with butter or jam. Danish pastries, doughnuts, rice balls (A Japanese staple in fast food – a triangle of cooked rice with fillings such as pickled plum inside), and more can also be picked up at most shops.



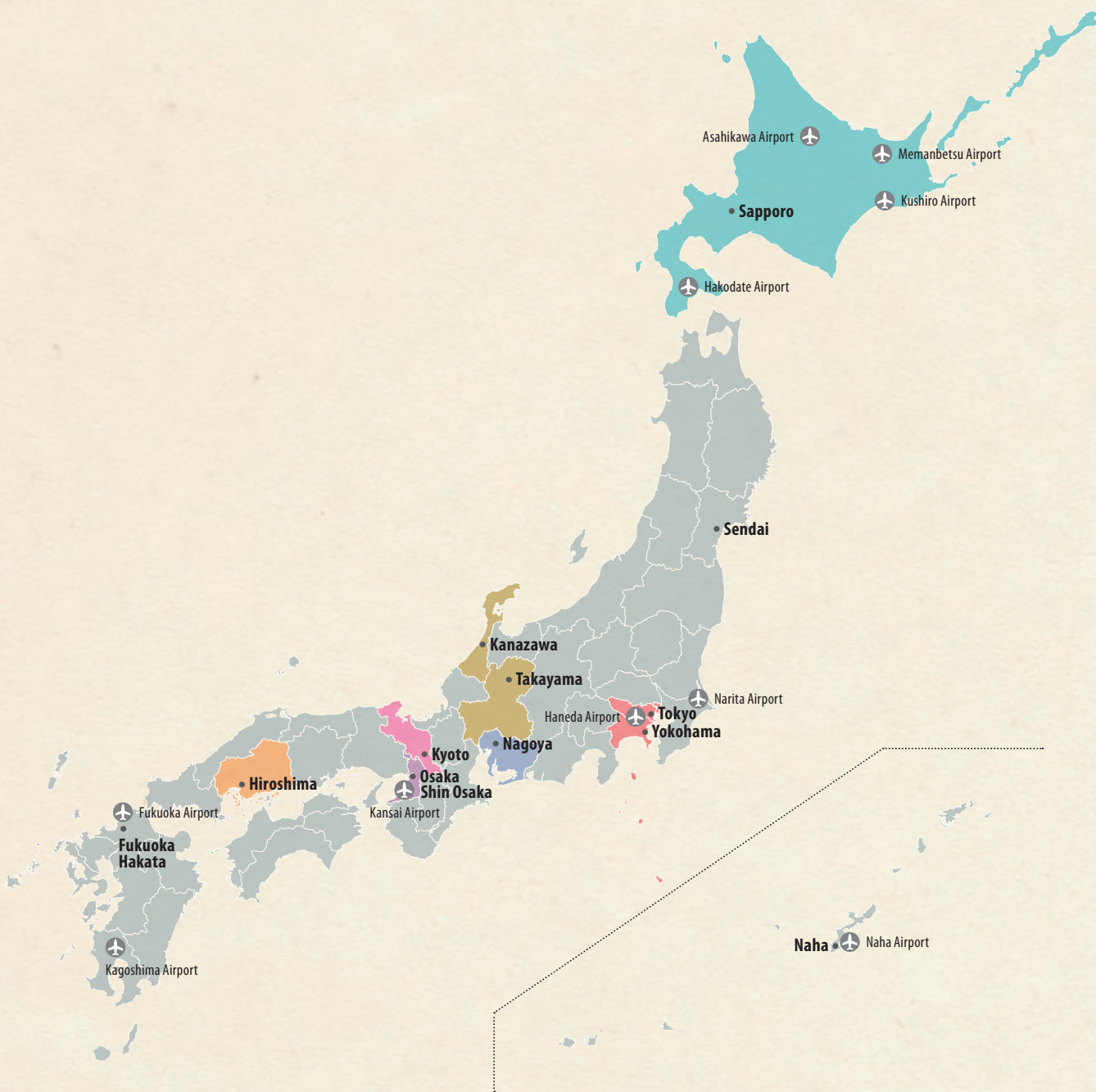
● Sweets

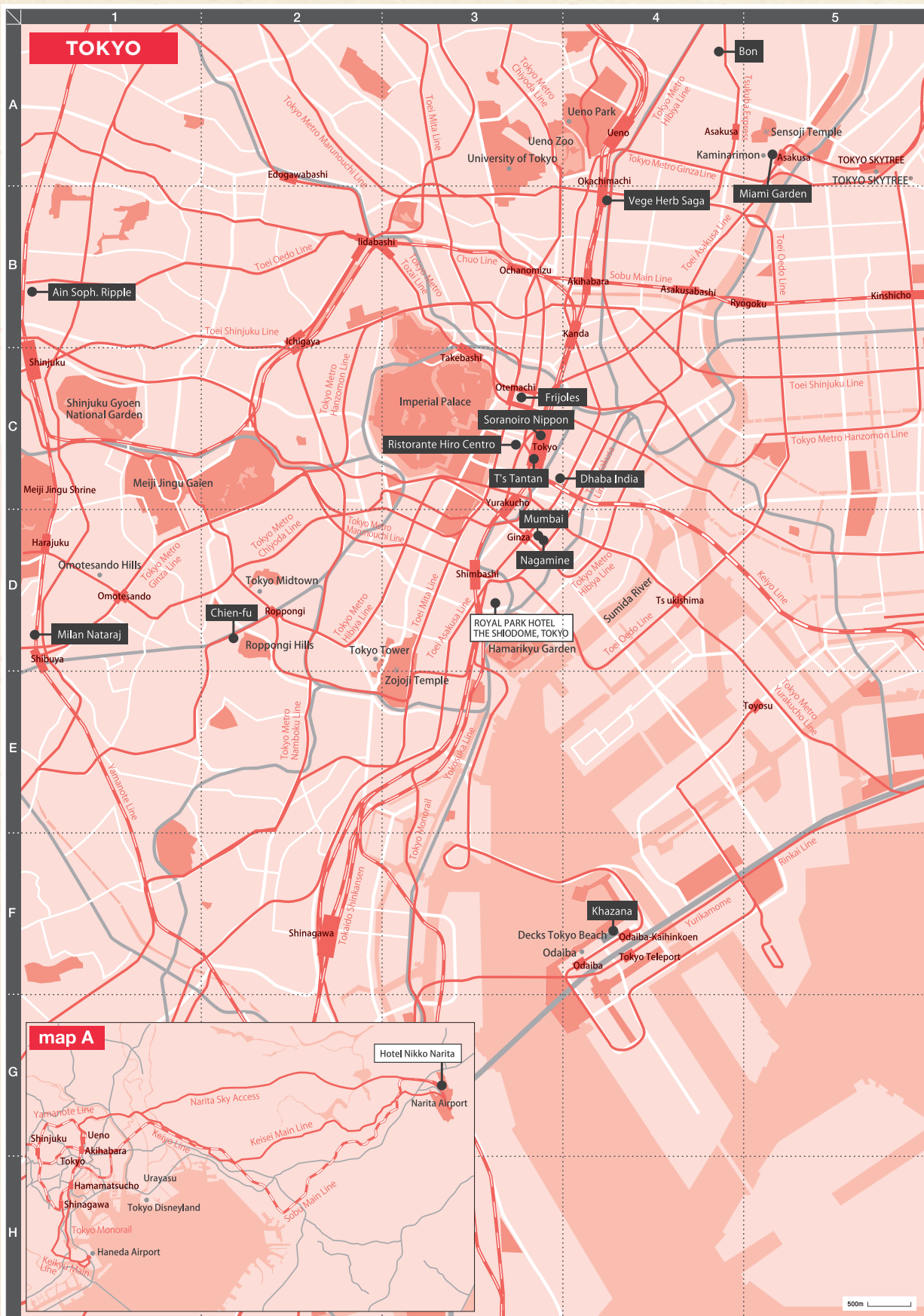
They have many snacks ideal for if you get a little peckish at night, are going to be travelling a long distance or are just walking around the city. Crisps, nuts and *karinto* are all popular with Indians.

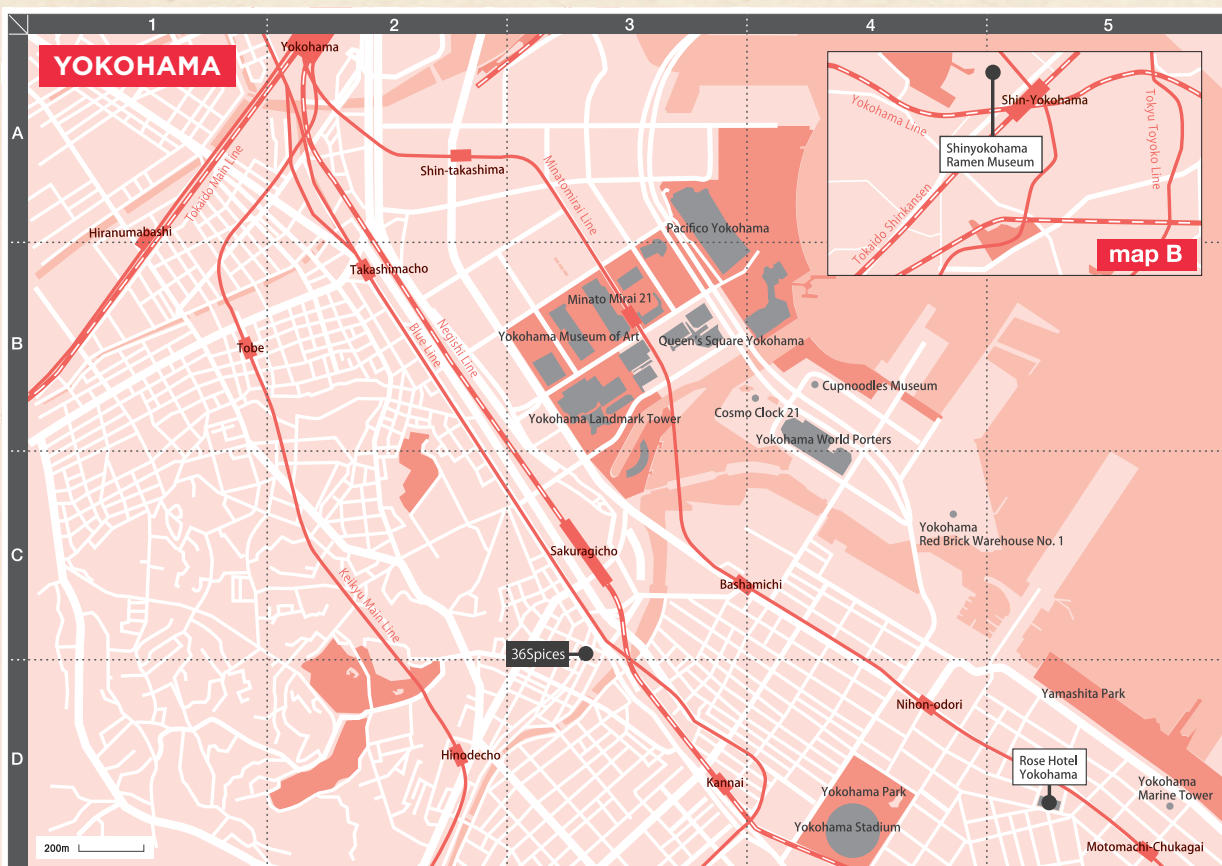
What's more, some shops have even cash machines where you can withdraw Japanese yen from your home debit or credit card. If you are in need of some Japanese yen, please have a look.

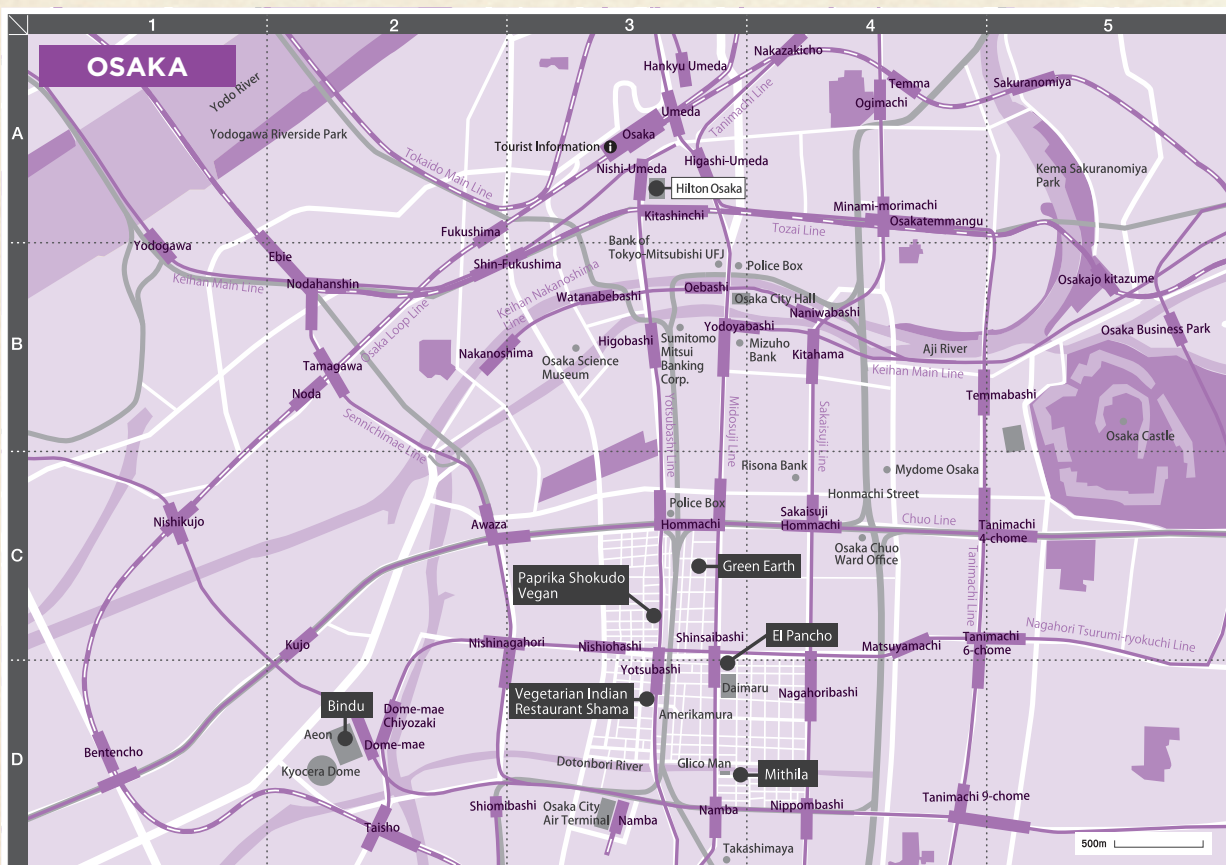
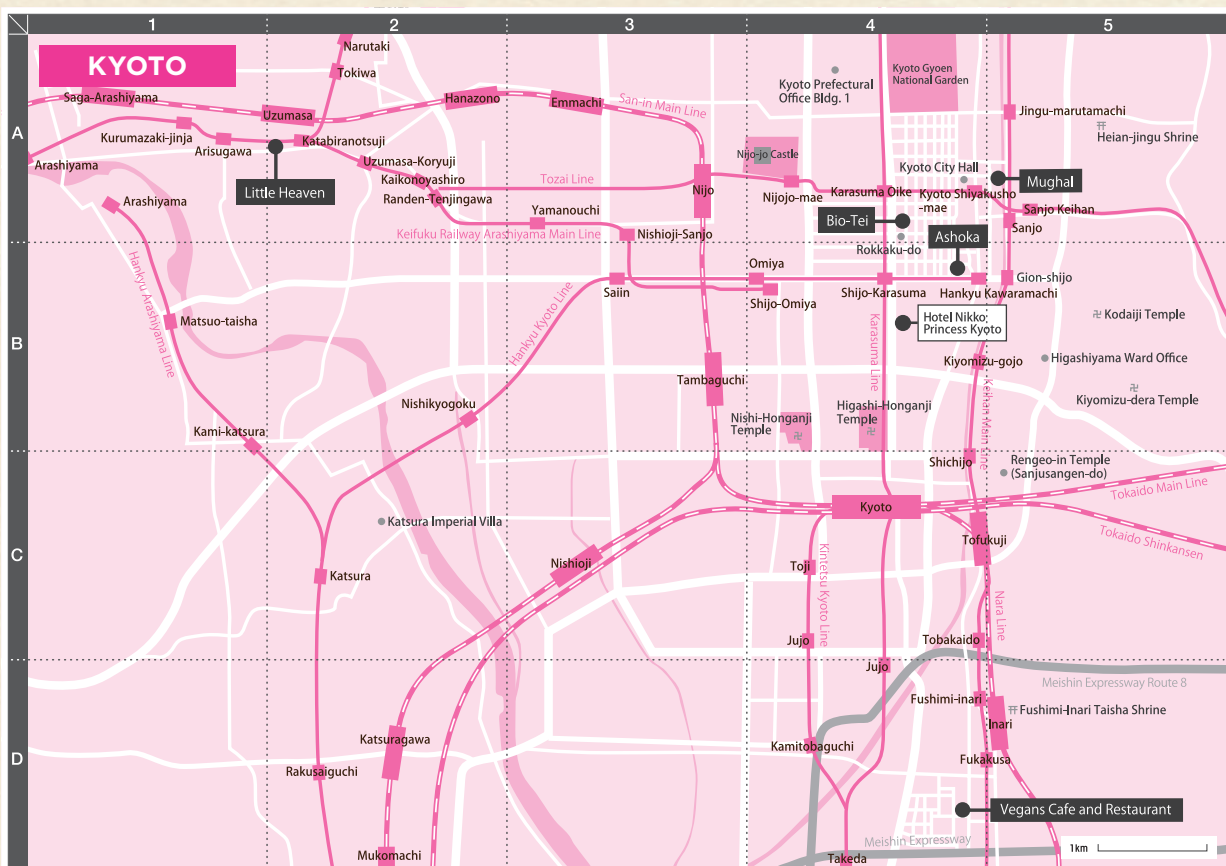


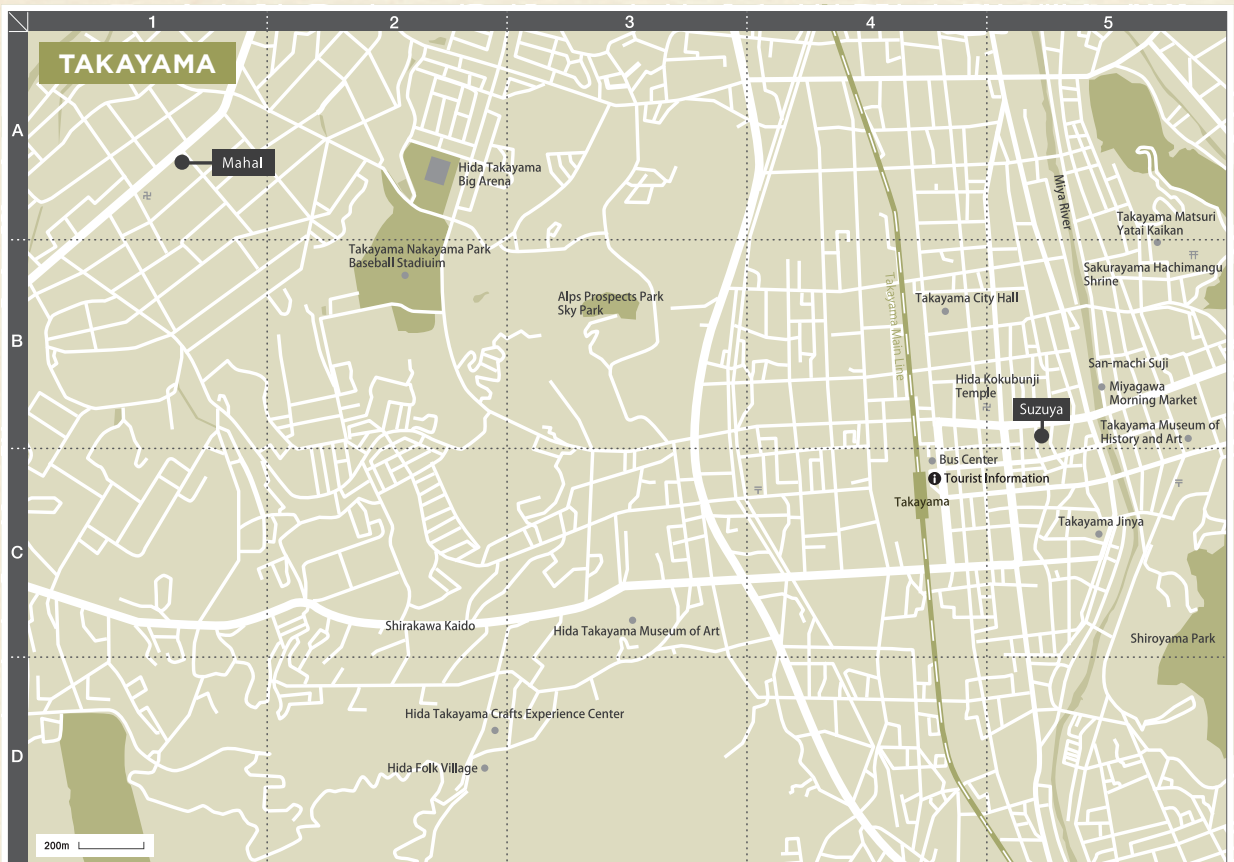
Japan and its main cities

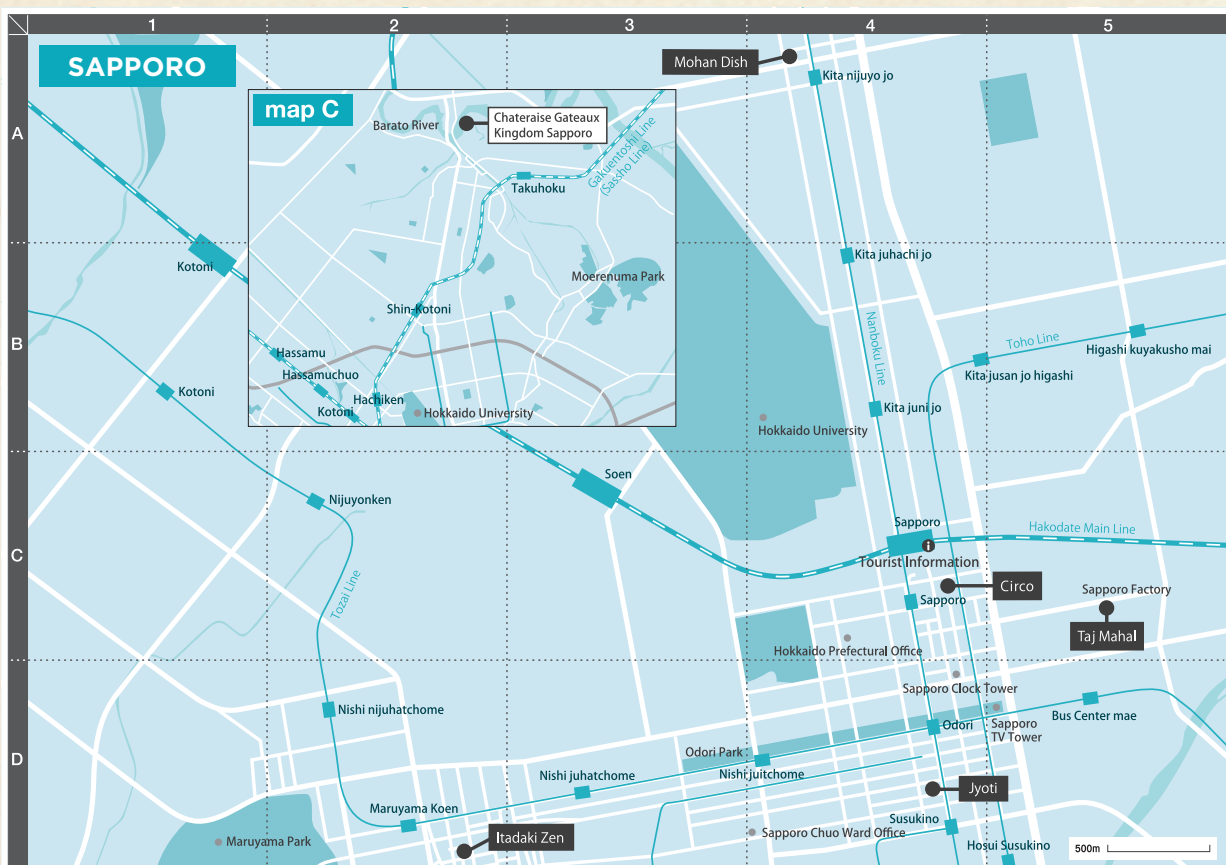
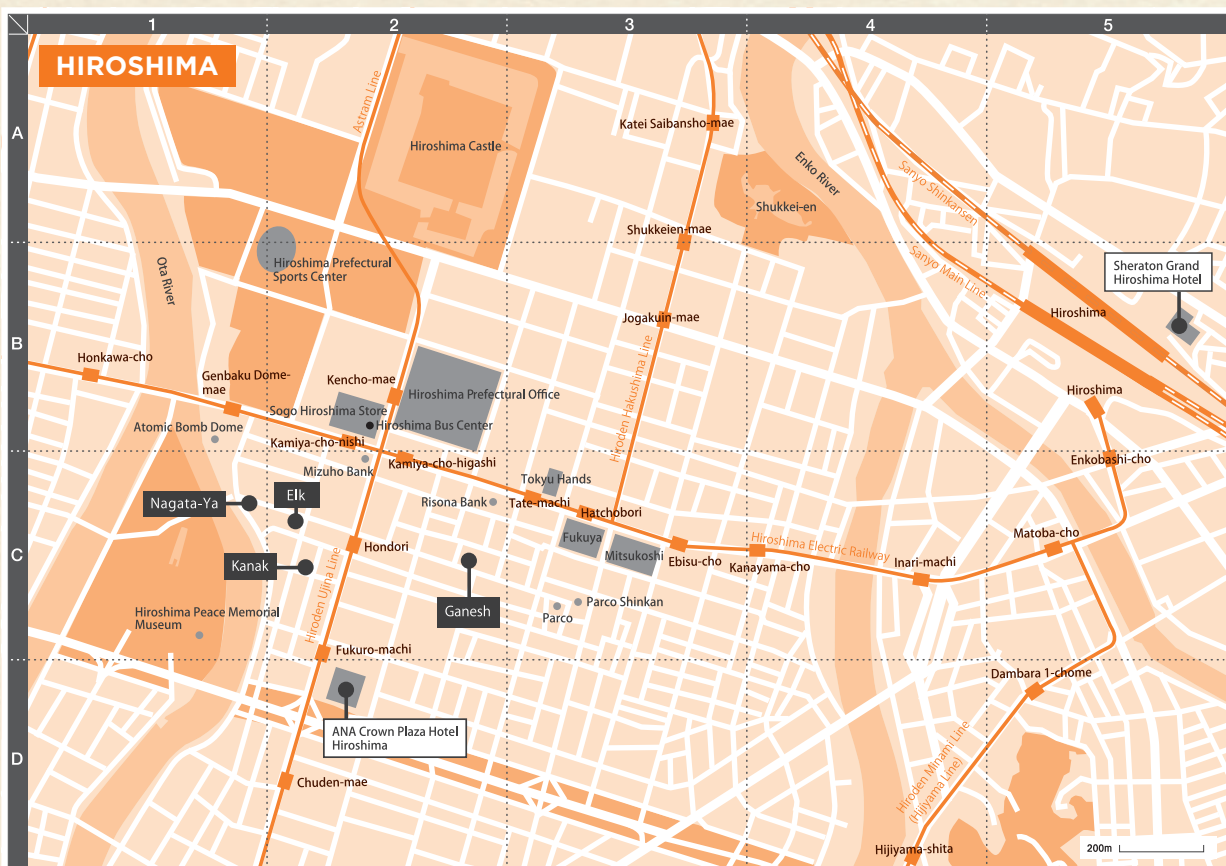












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Japan National Tourism Organization

<http://www.jnto.go.jp>

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<http://www.jnto.org.sg/>

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