

# Tourism is Starting to Move Towards the Post-COVID Era at Last

On December 8, 2019, the first patient in Wuhan, China, was confirmed to be infected with viral pneumonia of unknown cause. On January 31, 2020, the WHO declared a “Public Health Emergency of International Concern” (PHEIC). Covid-19 still continues to shake the world. Then, the world was shocked by more bad news on February 24. That was the start of Russia’s invasion of Ukraine.

But whatever happens in the world, people keep looking ahead and walking on. Spaceship Earth, carrying 7.875 billion people in 196 countries, continues to sail, carrying with it the interests and the desire for peace of all its countries and regions.

By the way, do you know Nara Prefecture?

It’s a landlocked prefecture, ringed by mountains and located close to the center of Japan. As the Eastern end of the Silk Road in ancient times, it interacted with Europe and Asia. Nara is also known as the cradle of Japan’s culinary culture. Ingredients with their roots in Nara, including tea, udon noodles, sake, manju buns, and tofu, are essential to the Japanese diet.

Nara is starting to move in a new direction by integrating gastronomy with tourism. Nara Prefecture was picked as the first host venue in Japan for the “7th World Forum on Gastronomy Tourism”, organized by the UNWTO. The event is to take place over three days, December 13-15. The primary aim of gastronomy tourism is to go beyond supporting local traditions and diversity, to disseminate culture, advance the regional economy, and help to achieve sustainable tourism.

Nara established the NARA Agriculture and Food International College around the concept of “Farm to Table”, and is working on developing the people who will support the worlds of food and agriculture. In this edition, we report on how Nara plans to integrate gastronomy with tourism.

Why not head to Nara and enjoy its cuisine and local sake with all your senses?

After all, the proof of the pudding is in the eating. We hope you’ll encounter Nara’s history and culture, and make wonderful memories.





## Special Report: Find the True Dynamism of Spices and Herbs

*The Spice and Herb special culinary event took place on February 15th (Tuesday) at 10:30-16:00 on its own stage at the "50th International Hotel and Restaurant Show" at Tokyo Big Site. The theme was "Added Value in The Menu - The True Dynamism of Spices and Herbs to Enjoy With Five Senses."*

Billed as a stage for learning and practice, in the form of a show event between three top chefs and a bartender, the event gathered a fascinated crowd of people from the hotel, restaurant, and food service fields. Describing the aims of the event, the organizer emphasized that "Spices and herbs will never become main ingredients. They are prepared and combined with the main ingredients in supplementary roles, to draw out the fully potential of those ingredients. This is a program of learning and practice, to contribute a "plus alpha" of added value and provide hints for menu and recipe development."

The morning session, as the learning side, featured a panel discussion (10:30-11:50). In the afternoon, the practice session, titled "Suggested Techniques to Make Effective Use of Spices and Herbs", consisted of preparation demonstrations and tasting sessions by three top chefs and a master bartender.



**Ryoichi Mochizuki**  
Executive Chef  
Jean-Georges Tokyo

*Fish saute (jade emulsion  
sauce, braised celeriac)*



**Yahei Suzuki**  
Owner-Chef  
Piatto Suzuki

*Ravioli caciopope  
blended with tomato*



**Kozaburo Sugawara**  
Owner-Chef  
Spice Bar KOZABURO

*Chicken pepper fry  
(black pepper chicken stew  
in a southern Indian style)*



**Manabu Ito**  
Master Bartender  
Mixology Heritage

*Caprese Mary*



The chefs on stage added spices and herbs to their usual menus and recipes to raise their scents and flavors. They emphasized that these techniques were effective in finishing menus to a higher level and making meals feel more classy and special. They also discussed the medicinal benefits, including detoxification, enhancing immune function, and preventing chills.








### Roles of spices and herbs in the past and now

Spices started to be used in the West to prevent ingredients from spoiling. As culinary culture progressed, spices and herbs came to be used to disguise meat odors and add fragrance. In India and other countries in Southeast Asia, which have high temperature and humidity, heat tends to suppress appetite. That prompted the extensive use of hot spices and herbs to impart diverse fragrances, as well as for their antimicrobial ef-

fects. In contrast, Japan, which has four seasons and is blessed with abundant ingredients from seas and mountains, emphasizes freshness, as exemplified by sashimi and sushi. Ingredients are prepared and eaten in ways that make the most of their innate flavors. Therefore, Japan has mainly used spices and herbs as condiments, to accent the ingredients and bring out their own flavors.

As promised, this Spices and Herbs stage event was an education event of learning and practice. Participants praised the session, with comments such as "this was a valuable stage event to gain awareness of the great potential of spices and herbs and learn how to apply them."

## MARKINGS

 Free Wi-Fi	 Non-smoking
 Serves alcoholic drinks	 Types of menus available EN = English CH = Chinese KR = Korean
 Vegetarian menus available*	 Recommended menu
 Halal & vegetarian menus available*	

\*In many cases, reservations are required for vegetarian and halal menus.  
Please ask each restaurant for more information.

Information on this magazine is subject to change without notice due to the current situation of COVID-19.  
Please check each official website for the latest information.

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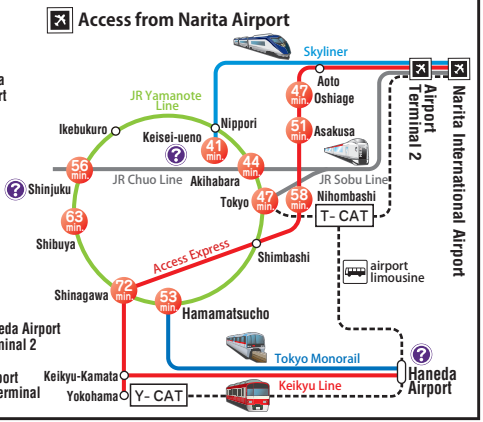
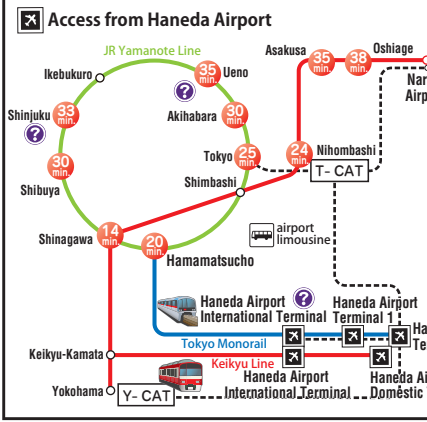
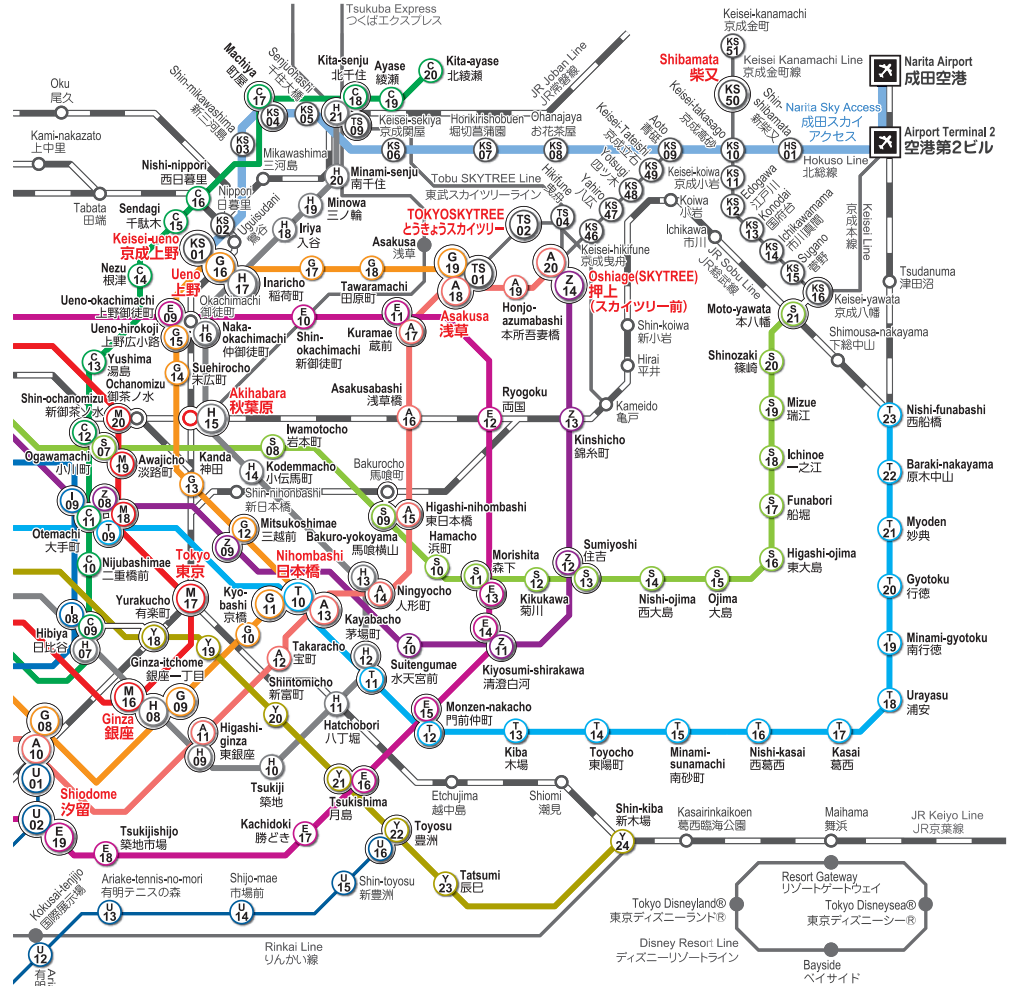
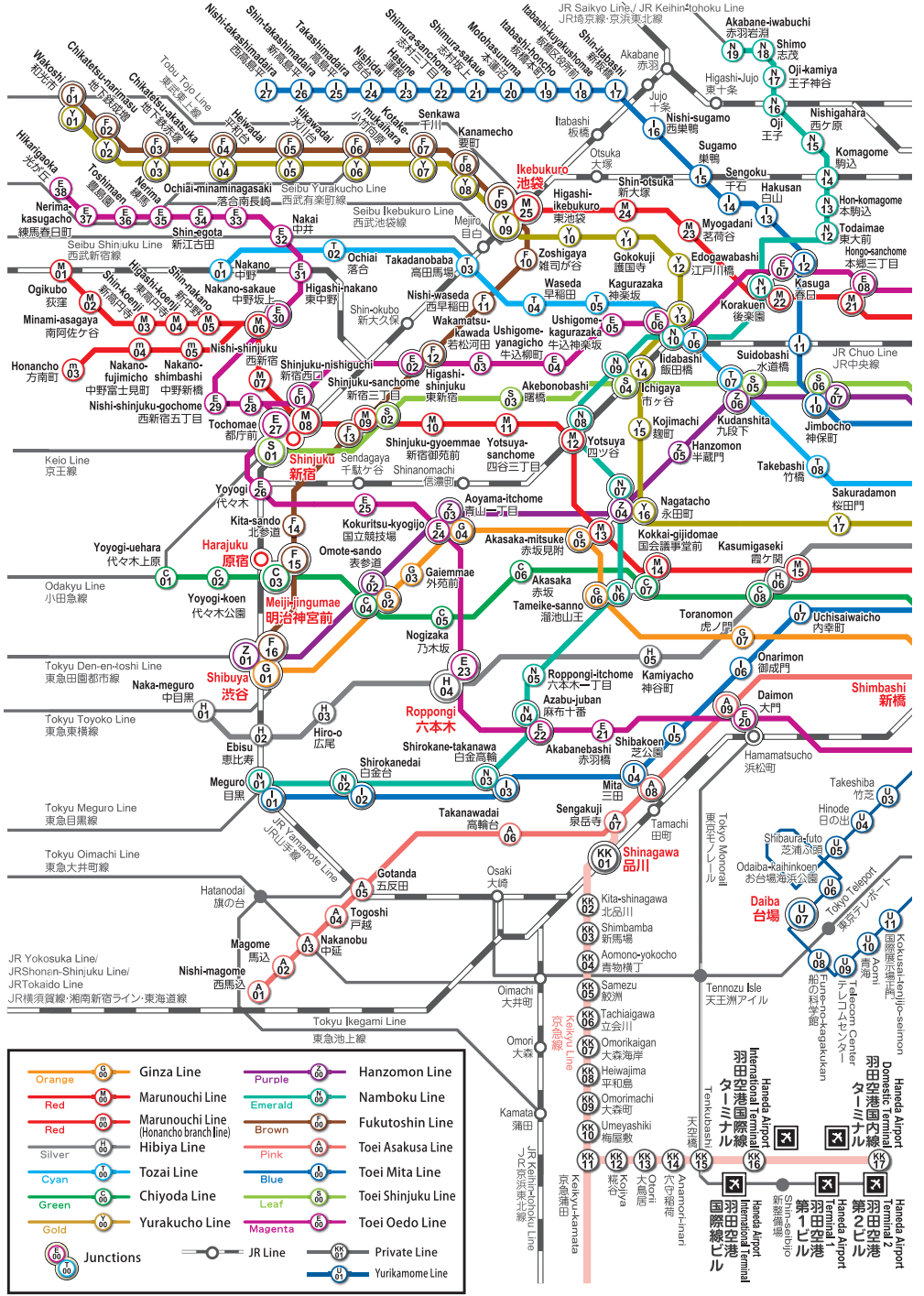
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# Nara Prefecture will Host the 7th UNWTO World Forum on Gastronomy Tourism in December 2022

Since 2015, the World Forum on Gastronomy Tourism, organized by the UN World Tourism Organization (UNWTO), has taken place in selected cities around the world. This year's Forum, the seventh, is to take place in Nara Prefecture over three days, December 13-15. We talked to the MICE Promotion Office, Tourism Bureau, NARA Prefectural Government, which is in charge of promoting the Forum.

## Why was Nara Prefecture selected, and what is the significance of the event?

Nara Prefecture regards enhancing the appeal of food as a vital element in raising the prefecture's tourism potential. We are working hard to promote gastronomy tourism, with measures such as establishing the NARA Agriculture and Food International College (NAFIC) and publicizing auberges in the prefecture. Nara also has a UNWTO regional office, which it has worked with in the past to organize symposiums on gastronomy tourism. The main reason for the Nara's selection is its enthusiastic support of UNWTO activities.

Other than providing opportunities to dine in Nara, we see the World Forum as an opportunity to make the most of the prefecture's historic, cultural, scenic, and other characteristics, to strongly publicize content for domestic and overseas consumption which could only come from "Nara, the cradle of Japanese culture". We also want to use the event to dispel the image written in the essay "Nara" by Naoya Shiga, which said "nothing tastes good in Nara".



## What is your definition of gastronomy tourism, and what goals is Nara Prefecture aiming for?

The Japan Tourism Agency defines gastronomy tourism as "tourism intended to enjoy foods created from ingredients grown from the land and climate of the place, and nurtured by its customs, traditions, history, and other elements, and to encounter the local culture". Nara Prefecture positions it in the same way and promotes it accordingly.

Many foods are nurtured by the cultural and historic background that springs from the region, so we believe promoting gastronomy tourism will contribute to sustainable regional development that promotes the area and carries on the traditional culture of local society.

## What is Nara Prefecture's implementation plan to that end?

In July 2021, Nara Prefecture adopted the "Comprehensive Strategy for Tourism in Nara Prefecture", which sets "Food Promotion" as one of the pillars for its implementation. The promotion of gastronomy tourism is a key element of that pillar.



## 5th UNWTO World Forum on Gastronomy Tourism



©World Tourism Organization(UNWTO)

The "Nara New Capital Building Strategy 2022" contains "Food Promotion" and "Promotion of Ordinances to Stimulate Abundant Food and Agriculture in Nara Prefecture". In these articles, the Strategy raises the promotion of food and agriculture in Nara Prefecture, including gastronomy tourism, as a key measure.

## What are the attractions and characteristics of food in Nara?

Washoku has been inscribed by UNESCO as intangible cultural heritage, and it is in the spotlight around the world. We see the fact that Nara is the cradle of Japan's culinary culture as its greatest advantage in publicizing it to the world. For example, if you trace back to the origins of the culinary culture that has been passed down to modern Japan, such as tea, sake, udon and somen noodles, and manju buns, you find that much of it has connections with Nara.

## What is Nara's tourist attraction?

Nara Prefecture contains three pieces of cultural heritage that are on the UNESCO world heritage list. Nara is the site of Japan's first capital, and the first place where Buddhism took root here. There are historic buildings and cultural assets that have been handed down since the Asuka and Nara eras (592-794CE), and the old rural vistas and town houses which form Japan's original scenery are still preserved, and can be seen all over Nara Prefecture.

## How does Nara plan to integrate gastronomy with tourism?

Food is one of the great pleasures for travelers. That makes gastronomy an important element within tourism. Local foods, ingredients, alcoholic drinks, and the like are a way for travelers to encounter the customs, traditions, and history of the place, raising the added value of their trip. We believe the involvement of local producers in tourism will lead to revitalization of local economies.

## Are there any countries or regions which are models for Nara, or examples which provide hints?

We gather that San Sebastian in Spain and Lima in Peru, which are previous hosts of the World Forum, succeeded because their local chefs decided to use food to attract people, and put that resolution into action.

Nara Prefecture is negotiating a partnership agreement with the aforementioned NAFIC, and with the Basque Culinary Center, a culinary school in San Sebastian, as a way to greatly advance gastronomy tourism.

Finally, we urge people to come to Nara and enjoy their fill of its foods and drinks with all their senses, as they encounter Nara's history and culture and make wonderful memories.

# The Ministry of Agriculture, Forestry and Fisheries is Creating a Certification System for Vegetarian and Vegan

These days, vegetarian and vegan are a global food trend. They are spreading as a way to address increased interest in food safety amid the Covid-19 pandemic, and as one solution to the climate crisis, particularly among the young. According to the survey company IMARC Group, the global market for vegetarian and vegan foods reached UD17 billion in value in 2020, and it is forecast to grow at a rate of 11.4% between 2021 and 2026.

The Ministry of Agriculture, Forestry and Fisheries is creating a certification system for bars and restaurants which serve vegetarian and vegan foods, and for vegetarian and vegan processed foods. Processed foods etc. which satisfy the criteria are permitted to display the JAS Mark. The system will meet demand from foreign tourists, looking forward to the post-Covid era. The Ministry wants to introduce the system by as early as this summer.

The bill will set two types of certification criteria, for processed foods and for bars and restaurants. Both types check that ingredients are not of animal origin, and that if the same equipment and utensils are also used with ingredients of animal origin, they are thoroughly cleaned to prevent crossover. One condition for bars and

restaurants is that they must serve at least one main dish menu item for vegans or vegetarians. For processed foods, there is content in line with international standards, with exporting in mind.

Taito Ward, famous for Asakusa, the famous tourist area, was quick to earn recognition as a Muslim-friendly city, with many Halal-compliant shops. Since fiscal 2021, it has been strengthening its environment for accepting foreigners by supporting food diversity, and by covering vegetarian, vegan, and other diets as well as Muslims. Taito Ward's Tourism Department created its Food Diversity Support Map (digital edition) in April this year, saying "we want to help so that all travelers visiting Taito Ward can eat, drink, and enjoy tourism with peace of mind". Other local authorities are following suit, in what appears to be an accelerating trends.

The new "Vegetarian and Vegan JAS" will lead the way as the national-standard vegetarian and vegan certification mark. As well as bringing the overdue development of Japan's vegetarian and vegan environment, this JAS standard is expected to serve as a selling point when Japanese agricultural produce and foods are exported.



## Promoting the Japanese Traditional Food "Tofu" to the Whole World

*The number of tofu shops in Japan peaked in 1960 at 50,000, but now there are only 5,304 of them. We followed Mr. Isogai, who is constantly busy spreading the "Tofu Meister" program as a way to leave tofu, Japan's traditional food, to the children of the future.*



**Takeshige Isogai**  
CEO  
Tofu Project Japan, Inc.

### Working on "Tofu Meister"

I am working to revitalize the tofu industry. "Tofu Meister" is part of that effort. We have made a qualification system for tofu for general consumers, and we are expanding it in Japan and overseas. There are now 4,404 people who have taken the Tofu Meister qualification. We have organized courses in Hawaii, Paris, Rome, Brussels, Hong Kong, South Korea, Shenzhen, and elsewhere.

### The background to the program

The background is that the number of tofu makers in Japan has fallen a long way. There used to be around 50,000 nationwide, which is roughly the same as the number of convenience stores today. By now, that has fallen to 5,304, around one tenth. I started from a sense of crisis that, if it goes on like this, tofu, part of Japan's culinary culture, would be lost. I established the "Tofu Meister Certification System" as a dietary education qualification, to enable dietary education activities using tofu.

### Outreach to younger generations

In partnership with the 100 Soybeans Campaign Support Group, an NPO, we are implementing a program in agricultural high schools nationwide for students to learn to grow soybeans, and then make tofu from the beans they grew. We have also opened Junior Tofu Meister classes to convey knowledge of soybeans and the appeal of tofu to younger generations.

### The abura-age (deep-fried tofu) course

This March, we released the Dietary Abura-age Meister Certification Course. Abura-age, alongside tofu, is part of Japanese culinary culture, but before now, there was never a course for studying it. Many people don't know how to make it.

People living overseas can't get abura-age, so I've had some asking about how to make it where they live. I made the Dietary Abura-age Meister Certification Course to meet that kind of need. Fresh-fried abura-age is wonderful. In future, I want to spread knowledge of abura-age as well as tofu, around Japan and overseas.



## Global Kitchen Series No. 10 ESTONIA



©Renee Altrov



**Oliver Ait**  
Commercial Counsellor  
Embassy of Estonia in Tokyo

### Can you briefly introduce yourself and your mission at the Embassy?

My main mission as the Commercial Counsellor of the Embassy of Estonia in Tokyo is to help Estonian companies to enter the Japanese market. We assist Estonian enterprises in establishing contacts with Japanese companies, provide market information and hold different types of events and seminars. We also introduce investment opportunities in Estonia to Japanese companies and investors, since there is a growing interest towards Estonian active startup scene, digital society and innovation ecosystem.

### Seven companies from Estonia ran a booth at FOOD EX Japan 2022 for the first time. How were the results?

This was the first time Estonia participated at FOOD EX Japan at the national level and the experience was extremely good. The feedback we have seen from companies has been only positive.

We had a relatively large booth at FOOD EX and gained a-lot of visibility. I have been personally very supportive about attending large scale events that have a good track record, high quality organisers and wide visibility. FOOD EX Japan is definitely one of them and it didn't disappoint - even during the COVID restrictions the event was held very professionally.

Here I have to thank our good local partners like Global Media and JMA, who we have a very close relationship with. Estonian companies made a great amount of new contacts and interest towards Estonian products was high throughout the event and after that.

### What are the main food products and beverages which are imported from Estonia to Japan?

As a country that is known for its clean air and pure nature, we have a-lot to offer. For example, hand crafted cider from Estonian apples (Jaanihanso), natural honey from Estonian beekeepers (Artisan Honey and Honest Nektar), Estonian chocolate from Kalev and Roosiku Chocolate Factory and craft beer from Põhjala are all products that are extremely popular and have been performing well in Japanese market. Besides food related products there is also a growing interest towards Estonian natural cosmetics and design.



### What are the features of Estonian products that you want to tell Japanese consumers?

Estonia is relatively well known as a very advanced digital society, but this goes hand in hand with a healthy, well-balanced and non-wasteful lifestyle. In Japan, a-lot of emphasis is put on the freshness of what is on the table and in the bowl. In Estonia too, we prefer fresh foods and vegetables during the summer period. Even during the winter, we don't forget the fact that the best and the healthiest food is organic and that's what we are emphasizing. Several years ago the World Health Organization ranked Estonia's air as some of the cleanest in the world and clean nature is our strong point - in our food industry we try to turn this advantage to our favour as much as we can.

In Japan, we talk a lot about food loss and Estonians have a similar way of thinking - we consume responsibly and it is reflected in our food culture too.

### Do you have any plans and strategies in order for your products to take further root into the Japanese market?

We have just finished conducting a public opinion poll on Estonia's image here in Japan and not surprisingly many people were interested in learning more about Estonia as a tourism and food destination. Japanese seem to enjoy traveling and local gourmet food when on the road, so that nearly half of the respondents who had some previous knowledge about Estonia said that they would like to experience both in Estonia.

On the other hand, most of the people still don't have a clear image of Estonian cuisine, so participating in exhibitions, opening pop-up shops, attending cultural events, doing media promotion and inviting people to Estonia to experience our food culture first hand are all tools that we should continue using.



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### Can you tell us about popular Estonian dishes?

In principle, our traditional kitchen is very simple - fish, meat, vegetables, dairy and rye bread. Everything that nature has to offer. We consume a great amount of potatoes and rye bread, which sounds as common as consuming rice in Japan, but we also have some foods that can offer a bit more avant-garde experience - bloody sausage or sült, for example. I'll leave it to readers to find out what they actually are and how they taste when visiting Estonia.

Although I mentioned freshness, we also tend to enjoy pickles and soups (especially during the winter period). An aspect of our food culture that seems to resonate well with the Japanese consumers.

### Are there any restaurants in Tokyo where we can enjoy Estonian cuisines?

There are no restaurants at the moment, but we are very lucky to have people in Tokyo and Japan who have grown to love Estonian cuisine and are helping to introduce it to Japanese consumers. Last year Keiko Sasaki published the first Estonian cookbook in Japanese titled "The Estonian Home Cooking Recipes". Sasaki san is also offering a chance to familiarise yourself with Estonian cooking through workshops that are available at <http://estonianavi.com>. Having participated in her events, I can wholeheartedly recommend them.

### Last question. What do you like about Japanese food?

I enjoy simple, but fresh food. Especially seafood and vegetables. I believe this is one of the strongest aspects of Japanese cuisine and many Estonians love that about the Japanese kitchen.



## It's Time to Try Something New Potato Chips!

FOODEX JAPAN 2022 took place at Makuhari Messe over four days, on the 8th to 11th of March. The exhibitors were 1,313 companies, such as food and beverage manufacturers and trading companies. Of those, 594 were from overseas, from 46 countries and regions. Seven companies from Estonia exhibited for the first time. The booth that attracted the most attention among the Estonians belonged to Balsnack, which handles potato chips. We talked to Kaido Hõövelson, president of Japanese corporation, who is also a former sumo wrestler (rikishi) and an active politician in Estonia. His ring name as a rikishi was Baruto Kaito.

### Mr. Balto, you were famous as the former sumo wrestler Baruto Kaito. Now you're a politician in Estonia, but what made you choose politics?

After I retired from sumo, I came back and lived in Estonia for half a year. Once I was back, I understood for the first time the differences between Japan and Estonia, of course, but also the differences between people in rural and urban parts of Estonia, in their ways of life and standards of living. It was also an opportunity to think about what it takes to make a place that's easy to live in, and what I could do about it. I only knew the sumo world, so I got to thinking that if I started by experiencing all kinds of things, I could then enter politics as a way to achieve that goal.

### So half a year after returning to Estonia, you went back to Japan?

I went back to Japan and worked as a talent for Beat Takeshi's agency for five years. In that period, I also worked on election support activities. My work took me all over Japan, from Hokkaido to Yonaguni Island, and I was able to learn about the differences between town and country, and about what kind of country Japan is. It was a

valuable learning experience.

Then I went back to Estonia. Few Estonians have lived in Japan for as long as 15 years, as I have. But whatever I tried to talk about, it didn't communicate well to those around me. I thought that if I entered politics, I'd be able to put all kinds of things into practice. I want to apply my experience to convey to young people, and particularly young people living in rural areas, what is the most important in life and in work. As you know, Estonia is advanced in information technology. If you have the Internet, you can make a living, even if you live in the country. In that case, I think more people will choose to stay in the country, rather than moving to the city. I want to apply the experience of 15 years in Japan to serve as a bridge between the two countries.

### Changing the subject a little, have you lost weight since you were a rikishi?

I lost 40kg. I lost the muscle, but the fat stayed (laughs).

### Now you're involved in the potato chip company Balsnack.

As a bridge between Japan and Estonia, I'm running around trying to introduce Estonian things and the country of Estonia. I started with Estonian fish. The potato chips from Balsnack I'm working with now are unique, with an unusual shape. There are six flavors. People of all ages can enjoy them. I'm a big fan of Japanese beer, and I love draft beer. These chips are great with beer.

### What is your plan or vision for the future?

In future I think I'd like to run an izakaya bar or a ramen noodle shop. And, above all, I want to keep looking forward and working together with people to produce lasting good outcomes. I want to work together with everyone to build a magnificent bridge between Estonia and Japan. Japan has been very kind to me for 15 years. I want to do my best to return the favor. All the best!



Mashed salad with raw ham and pickles



Mai Tsunoda



Salmon and raw mushroom with white wine gelee sauce



Three-flavor dips



Gluten-free gnocchi with blue cheese sauce

At FOODEX, the cook Mai Tsunoda visited the Balsnack booth. She was charmed by the unique shape of Balsnack chips and thought of recipe ideas using them. She has developed four recipes that would go well with beer, of course, and also with wine and other drinks. Mr. Balto liked "three-flavor dips" the best. Ms. Tsunoda said "Three-flavor dips" combines three types of healthy vegetable-based dips with cheese and onion flavored snacks. Taking snacks that taste good on their own and combining them with cooked food produces a recipe for enjoying new flavors".

When Mr. Balto was asked where that recipe would rank in the sumo banzuke ranking, he immediately answered "Makunouchi!" For reference, makunouchi is the ranking that makes up the framework for the highest level of sumo wrestling.

The potato chips distributed in Japan, where food culture is diversifying, easily number in the tens of varieties, including imported items. They are a popular snack throughout the population, and the subject of intense market competition. That's why they have the potential to go beyond being a beer snack or a treat for the kids, to be-

come a recipe suggestion to be served at a better class of restaurants and cafes. Dishes like the "three-flavor dips" suggested here are truly great recipes that make good use of the unique shape of Balsnack chips.

Just a snack, but a good snack. We hope adding this one more item to the shelves of Japan's stores will make more and more of its people smile.







**You went to France at the age of 26, to hone your skills at restaurants in Paris and Bordeaux. What was the most important thing you learned or noticed in your culinary training overseas?**

Perhaps it was because I was an ignorant 26-year-old, but all the ingredients I encountered seemed delicious. One thing that made a particularly strong impression on me was that the dairy products, the cream, butter, and cheese, were at a totally different quality level compared to those in Japan.

Of course, I also noticed differences in vegetables and animal products, and there are differences in climate from Japan, as well as associated differences in producers' attitudes and methods for growing plants and animals. I got a sense of how ingredients grown in Europe match its climate, and those ingredients are made into dishes which suit them, and layers of historic background are added to those dishes, to create diverse cuisines. I was able to learn a lot about things like history and culinary culture in that way.

**I gather you became executive chef of Hotel Century Southern Tower in July 2019. What is your most important role as executive chef? And what do you emphasize in your everyday work?**

My role is to use food to elevate the hotel's brand.

I emphasize themes that fit the needs of the times, and dishes (product development) which tell stories.

For example, I think about things like "what are our guests looking for in these pandemic times?" and "what kinds of food do they want to share with whom and in what situation?". I strive to develop dishes that don't just taste good, but also convey a message from the hotel, as the creator.

**What do you aim to make the key selling point of the food served by Southern Tower?**

That would be combinations of precious ingredients from various places that can only be tasted at Southern Tower. One example would be the marriage between Spanish beef and Japanese ingredients (Tokyo vegetables).

**What is the key point for choosing ingredients, or the most important aspect of sourcing ingredients?**

It's the selection of ingredients that provide differentiation and tell a story. I think the level of completion of the cooking is almost entirely determined by the selection of ingredients. There's also the quality of the ingredients, of course, and it's important to have something people will talk about, like being unavailable anywhere else, or being offered for the first time in Tokyo.

I also make an important point of knowing the characteristics and background of each ingredient. I mean things like the environment in which the ingredient was grown and what the producer thinks. When I source ingredients, I go to the places where they are produced, talk to the producers, and pick up inspiration for dishes from the air and scents of the local climate and land.

**What is Southern Tower doing to promote food diversity as it serves foreign guests? How do you serve those with gluten free, vegetarian, vegan, halal, and other needs?**

We ask our guests in detail about their gluten free and allergy-related needs, and serve them with special menus. For vegetarian and vegan diners, we offer vegetable-only full course meals that target inbound travelers. It's a vegetarian/vegan menu made mainly from vegetables grown in Tokyo, following the theme of local production for local consumption.

We don't have any dedicated cooking equipment or kitchens for halal or other religious needs, but as we do for allergies, we ask our customers what they want, and do our best to comply.

**What new recipes and menus, using new ingredients, are you developing?**

I'm currently developing dishes using flounder grown in Obama, Fukui Prefecture.



Even though it's farmed fish, it is grown in facilities on land and kept organic, as a trustworthy and sustainable food in line with the SDGs.

In contrast to naturally grown fish, people can enjoy eating this fish raw without worrying about Kudoa or other types of parasites, so I think it's an ingredient that matches current needs.

**What does "omotenashi" mean to you, as executive chef?**

To me, omotenashi means letting guests experience foods and services that exceed their expectations.

Enjoy relaxing omotenashi and food for all your senses, at a superb location with views over the streets of Tokyo

**Atsushi Ishikawa**  
Executive Chef  
Hotel Century Southern Tower





**First of all, please tell us about the situation of hotels in the pandemic, and the outlook for the future.**

Due to the reduction in inbound demand, occupancy rates, which had been averaging in the 90% range, are now down to around 30%. The future depends partly on the relaxation of national regulations, but we expect to see a recovery in inbound travel starting in the second half of the year, and we aim to push occupancy back up to 60% within this year.

**What are the attractions of Hotel Century Southern Tower, which has been rated number one by its guests?**

Besides the views and the location, I think the smiles of our employees are a great attraction.

**In pre-pandemic times, what was the ratio between domestic and foreign guests? And what countries and regions did the most guests come from?**

The ratio was 30% domestic to 70% foreign. There are many guests from North America and Europe, but guests from East Asian countries, particularly Hong Kong, Taiwan, and South Korea, are also numerous.

**What is the thing you pay most attention to when receiving foreign guests?**

We strive to strengthen our communication skills, to make sure we recognize languages correctly and are able to listen and respond accurately.

**How would you advise foreign guests to spend their time at your hotel?**

We have an excellent location, a three minute walk from Shinjuku Station, so our concierge can guide them to all sorts of tourist attractions within easy reach, helping them to enjoy their trips even

better and go home with more memories. When guests arrive, we guide them so that they can enjoy meals freshly prepared in our restaurants while enjoying the views from rooms on higher floors.

**What's the most important thing for a concierge?**

I always strive to think about things from the guest's perspective, and to serve each guest the way that suits them best, so I can provide them with a comfortable place that feels like a second home. In the event of any complaint, I put my heart into handling the situation sincerely, so our guests become repeat customers.

**What is "true omotenashi"?**

We put our hearts into considering the background of each guest and giving them personally tailored service, so they want to come to Southern Tower again and to talk to our staff.

Job of the Concierge is to Guide Guests as They Create Happy Memories

Rie Yokozawa  
Chief Concierge  
Hotel Century Southern Tower





**EXPAT EXPO TOKYO 2022**  
 Nov. 25th & 26th  
 Venue  
 Tokyo Metropolitan Industrial Trade Center  
 Hamamatsucho-kan

## The 3rd EXPAT EXPO TOKYO will Take Place in November

*This is an EXPO for international residents and employers of foreign residents in Japan. There will be many exhibits of services for life support, shopping, and travelling for international residents.*

*Don't miss this year's special project "Worldwide Food"!*



**Kenichi Ichimura**  
 Show Director  
 EXPAT EXPO TOKYO / International  
 Job Fair TOKYO

### The third Expat Expo takes place this year, but what is its primary purpose?

The target attendees are 1) foreigners living in Japan, and their families, and 2) companies which employ foreigners. First of all, the Expo provides such people with opportunities to buy or to comparison-shop various products and services oriented towards foreigners. Another purpose is to help make life in Japan easier and more fun, by providing tourism information and Japanese cultural experience events. The event was not previously adapted to people newly arrived amid the Covid-19 pandemic, but this year we're looking forward to many such visitors.

### The previous two events took place under Covid-19. How do you evaluate the results and impact of those events?

Many people living in a limited community, who previously lacked access to information, have told us they are delighted to have this kind of opportunity. They are delighted that this is taking place as a real event at a time when such events are rare. The second event was three times larger than the first. We expect this year's event to be even larger.

### Which have been the high-profile booths so far, and what areas do you expect to attract attention this year?

Booths offering taste testing and sales of sake and other Japanese foods and drinks have been the center of attention. The Dassai-brand sake pairing experience (no charge) was very popular. I think food-related offerings will be the focus of attention again this time.

### What do you see as the needs and expectations of visitors to Expat Expo?

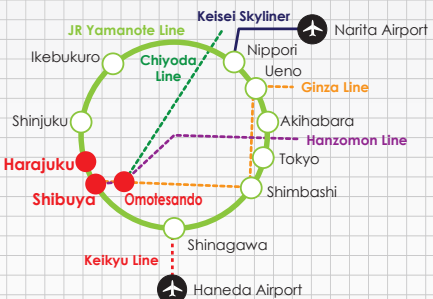
I think they see this as a chance to access foreigner-friendly services, efficiently and in English.

### What's the biggest special feature this year?

We've newly added the "World Food Area" as a special feature to give people opportunities to enjoy international exchanges and deepen their understanding of other countries. This year we're expanding our exhibits related to multinational foods. I think they will be an opportunity to learn about the culinary cultures of various countries, and to enjoy those cultures by taste-testing foods, so I hope people will bring their families and friends along.

渋谷・原宿・表参道

# Shibuya Harajuku Omotesando



## Youth Fashion Trends Start Here!

Shibuya and Harajuku are cities of popular culture. You can find the newest trends of young fashion in Japan. The scramble crossing in front of Shibuya Station is a must-see. Omotesando in a walking distance from Shibuya has refined boutiques and restaurants. Omotesando Hills that opened in 2006 is a fancy and elegant place for shopping. If you get tired of the bustle, take a rest in the green of Meiji Shrine or Yoyogi Park.



SHIBUYA SCRAMBLE CROSSING

## スクランブル交差点 & ハチ公 Scramble Crossing & Hachiko

One of the famous meeting places for Japanese people, “Hachiko,” is a well-known sightseeing spot for visitors. There are thousands of people waiting and chatting in front of the bronze statue of “Hachi” every day. Right next to it is the scramble crossing – one of the busiest intersections in the world. It is suggested that maximum of 3,000 people cross this street during a single green light and a total of 500,000 people walk by each day. The large electric scoreboard is also a feature of Shibuya located on the top of Starbucks, a perfect place to relax and watch the people of Shibuya crossing the streets.

## 表参道 Omotesando

Omotesando Street, a wide avenue lined with Zelkova trees, is a great place to experience the beautiful illumination colors of each season. While located near Takeshita Dori, the two areas are completely different. Boutique stores of upscale designer brands lining up along the streets add to the elegant atmosphere of Omotesando. Omotesando Hills is the symbol complex of the area since 2006 featuring more than 100 shops. Walking along the street of Omotesando will let you forget that you are in the middle of Tokyo.



OMOTESANDO



TAKESHITA DORI

## 竹下通り Takeshita Dori

Takeshita Dori stands as a symbol of Harajuku where people browse around for “kawaii” (cute) fashion. Sunday might be the day to come and see “cosplayers” wearing extreme outfits. Crepe is one of the main symbols of Takeshita Dori and so are purikura (photo sticker booth). There is an underground area filled with many types of purikura machines where you can add digital make up, change hair colors, and get a new glam look! At some purikura areas, you can borrow cosplay outfits for an additional fun.

<https://www.takeshita-street.com>

Meiji Jingumae 03 15 Harajuku JR

Shibuya JR 01 16 01





ヒカリエ  
Hikarie

Hikarie is a commercial tower that opened in 2012. When you go up the escalator from the east side of Shibuya, the touch panel direction board and electric panel welcome you with the latest information of Shibuya. The restrooms are called “switch-rooms”; each floor designed in a different style by famous artists. Shibuya today has become the fashion district for younger generations and Hikarie was built under a concept of bringing back more sophisticated female shoppers to Shibuya.

Shop 10:00AM-9:00PM  
Restaurant 11:00AM-11:00PM  
<http://www.hikarie.jp/en/index.html>

Shibuya

渋谷 109  
SHIBUYA 109

Shibuya 109 (ichi-maru-kyu) is a department store operated by Tokyu Malls Development. Referred to as "maru (zero) - kyu (nine)" by its shoppers, the department store attracts young women who are looking for the hottest trends at an affordable price. The 8-story building has shops that handle fashionable items such as cosmetics, accessories, shoes, bags, apparel, and daily commodities.

Shops 10:00AM-9:00PM | Restaurants 10:00AM-10:00PM  
<https://www.shibuya109.jp/SHIBUYA/info/>

Shibuya



根津美術館  
Nezu Museum

Standing in the quiet area of Omotesando, Nezu Museum is popular for its marvelous Japanese-style garden and modern designed building. It was built in 1914 for a private collection and now holds over 7,000 objects of Japanese and oriental art. Nezu Café is recommended if you have time for a tea break; seasonal scenery can be fully enjoyed in all seasons through the wide window front.

10:00AM-5:00PM (Last entry 4:30PM)  
<http://www.nezu-muse.or.jp/en/index.html>

Omotesando A5, 8 min. walk



明治神宮  
Meiji Shrine

¥ FREE

Meiji Shrine (Meiji Jingu) was built in 1920, dedicated to Emperor Meiji and his wife Empress Shoken. The great forest surrounding Meiji Shrine is made of 120,000 trees that were donated by the Japanese people and many others from abroad to commemorate the virtues of the Emperor and Empress forever. It was later destroyed during WWII but was reconstructed in 1958. More than 3 million people visit the shrine during the first three days of the new year, making Meiji Shrine the number one place for “hatsumode” (first shrine visit of the year) in Japan for many consecutive years. Seasonal events are held throughout the year in Meiji Jingu Gaien (garden) and Meiji Jingu Kyujo (stadium).

Gate opens at sunrise and closes at sunset.  
June 5AM-6:30PM, September 5:20AM-5:20PM, December 6:40AM-4:00PM, March 5:40AM-5:20PM  
<http://www.meijijingu.or.jp/english/>

Meiji Jingumae Harajuku

099 ジェントル  
GENTLE  
Mediterranean, Sushi



Lunch: ¥3,000- / Dinner: ¥10,000- | Lunch 11:30AM-3:00PM (L.O. 2:00PM)  
Dinner 5:00PM-11:00PM (L.O. 10:00PM) (Until 21:30 on Sunday & Holidays)  
<Closed> Monday | Credit card: VISA, MASTER, AMEX, JCB, UnionPay, DINERS | <https://www.gentle-base.com>

Sautéed Lobster with Oriental Orange Sauce

Gentle is built on two levels, ground floor and basement, which are used to house Mediterranean dining and a sushi bar within one restaurant. The Mediterranean dining area is an elegant, high-ceilinged space, and its terrace seating is particularly pleasant, with a wide-open feel. It's a place for diners to take their time over Mediterranean cuisine that is based on Italian but weaves in the essences of Spanish, Greek, and other regional cuisines.

5-47-6 Jingumae, Shibuya-ku Phone: 03-6897-3777  
Omotesando Exit B2, 7 min. walk



dining & bar KITSUNE  
**dining & bar KITSUNE**  
*Sushi, French & Japanese Fusion Restaurant*



Dinner: ¥3,500-  
 <Sun-Thu & Holiday> 6:00PM-12:00AM <Fri, Sat & Public Holiday Eve>  
 6:00PM-5:00AM | Credit Card: VISA, Master, AMEX, JCB, Discover, others  
<http://www.kitsune-web.info/en/>

**Special KITSUNE Sushi of the Day (7 Kinds) ¥1,200 (+tax)**

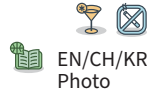
Located between Shibuya and Ebisu, KITSUNE is one of the hideout restaurants you should check out. Their concept is "SUSHI" and "FUN." Various kinds of Japanese sake are also available. You can experience "FUN" from their widely ranged menus and inspiring interior design.



2-20-13-B1F Higashi, Shibuya-ku Phone: 03-5766-5911

Shibuya South Exit, 10 min. walk Ebisu East Exit, 10 min. walk

串カツ田中 渋谷百軒店  
**Kushikatsu Tanaka (Shibuya Hyakkendana)**  
*Washoku, Udon, Izakaya, Kushiage, Takoyaki*



Dinner: ¥2,400-  
 <Mon> 5:00PM-1:00AM <Tue-Fri> 5:00PM-2:00AM  
 <Sat> 12:00PM-2:00AM <Sun & Holiday> 12:00PM-1:00AM  
 <Closed> Irregular Holiday | <http://kushi-tanaka.com>

**5 Assorted Skewers**

The recipe of Kushikatsu Tanaka was first developed in Nishinari-ku of Osaka. Their original batter, oil, and sauce that was created by the founder can be enjoyed in all 160 locations (as of October 2017) across Japan. Their chefs are passionate about providing the taste of Tanaka and the culture of Osaka to people around the globe. Order some Highball and test your luck by tossing two dice! You can get a discount if you are lucky!



2-18-7 Dogenzaka, Shibuya-ku Phone: 03-6416-9453

Shibuya Hachiko Exit, 8 min. walk Exit 1, 4 min. walk

フロリレージュ  
**Florilege**  
*French*



Lunch Course: ¥9,075- / Dinner Course: ¥18,150-  
 12:00PM-1:30PM, 6:30PM-8:00PM <Closed> Wednesday, Irregular  
 Credit card: VISA, MASTER, DINERS  
<http://www.aoyama-florilege.jp/>

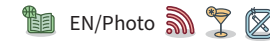
A French restaurant led by Chef Kawate, who trained and flourished at the renowned and distinguished Tokyo restaurants Le Bourguignon and Quintessence. From the cuisine to the service and interior design, the chef's dedication to detail can be seen everywhere, to provide each and every customer, whether a first-time visitor or a regular, a divine dining experience. Every single item on the menu will take your breath away with delight and surprise.



SEIZAN Gaien B1F, 2-5-4 Jingumae, Shibuya-ku

Gaienmae Exit 3, 5 min. walk Aoyama-itcho Exit 7, 15 min. walk

太陽と大地の食卓 T's レストラン  
**T's Restaurant**  
*Vegan Restaurant*



Lunch: ¥1,200 / Dinner: ¥1,200-  
 11:30AM-8:00PM (L.O. 7:00PM)  
 Credit Card: VISA, Master, AMEX, JCB, Diners  
<http://ts-restaurant.jp/>

**Paella Doria - Paella-style doria made with saffron rice**

T's Restaurant is a vegan restaurant that is highly acclaimed by meat lovers. They offer "Smile Veggie", a dish that everyone can enjoy. Recommend dishes are doria, hamburger steak, curry, ramen and other dishes that are popular in Japan. After meals, you can also enjoy exquisite sweets such as cakes and parfaits. Anniversary and birthday cakes available with reservation. Retort pouch curry and instant noodles that you can easily enjoy at home are also on sale.



Luz Jiyugaoka B1F, 2-9-6 Jiyugaoka Meguro-ku  
 Phone: 03-3717-0831

Jiyugaoka 3 min. walk

肉炭バル MATOI-YA 表参道店  
**Matoiya (Omotesando)**  
*Charcoal Grill, Bar*



Lunch: ¥850- / Dinner: ¥3,500- / Course: ¥3,500-  
 <Mon-Thu> 11:30AM-3:00PM, 5:00PM-11:30PM <Sat> 11:30AM-5:00PM,  
 5:00PM-3:00AM <Fri & Before Holiday> 11:30AM-3:00PM, 5:00PM-3:00AM  
 <Sun & Holiday> 11:30AM-5:00PM, 5:00PM-11:30PM <Closed> 12/31, 1/1  
 Credit Card: VISA, Master, AMEX, JCB | <http://matoiya.jp/>

**Exciting Butcher plate roast with charcoal**

Matoiya serves sumibiyaki (charcoal grill), organic vegetables, and wines. Enjoy beef, pork, lamb, chicken, and other types of meat grilled with charcoal. Their vegetables are pesticide-free and consider healthiness of the meals. Try out their cuisines with a wine collection of over 60 types! Wine is very reasonable too, ¥500- (glass) and ¥2,000- (bottle).



5-50-6-B1F, Jingumae, Shibuya-ku Phone: 03-6418-2871

Omotesando 1 min. walk

リストランテ ホンダ  
**Ristorante HONDA**  
*Italian*



Lunch Course: ¥11,495- / Dinner Course: ¥15,125-  
 12:00PM-3:30PM (L.O. 2PM), 6:00PM-11:30PM (L.O. 10:00PM)  
 <Closed> Monday (Tuesday if Monday is national holiday)  
 Credit card: VISA, MASTER, DINERS | <http://ristorantehonda.jp/>

Classic Italian enjoyed in a mature and elegant space. Owner-cum-chef Honda completed his training in Italy and France. He then worked as Sous-Chef de Cuisine at Al Porto in Nishi-Azabu before opening this restaurant. Honda's style is based on classic Italian, into which he incorporates the Japanese sensibility for seasonal ingredients. His signature dish is tagliolini with Hokkaido sea urchin (uni). This cozy restaurant has all the ambience of a hideaway.



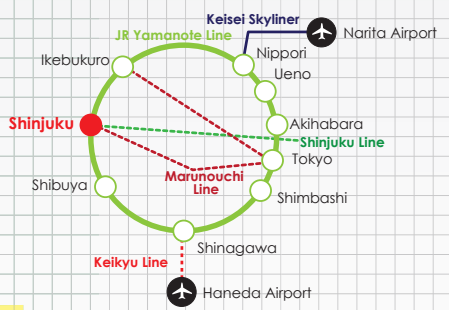
Roppongi Kojima Building 1F, 2-12-35 Kita-Aoyama, Minato-ku

Gaienmae Exit 3, 5 min. walk



SHINJUKU GYOEN NATIONAL GARDEN

新宿  
Shinjuku



City of Complex Culture

Shinjuku is the center of Tokyo's culture. On the east side of JR Shinjuku Station are the entertainment districts and on the west side are high-rise office buildings and the Tokyo Metropolitan Government Building. Being in Shinjuku feels like going to several different cities at once; next to the high-ended department stores and large electronics stores are the entertainment districts, and in a few minutes walk, you can also enjoy the panorama from skyscrapers or the nature of Shinjuku Gyoen National Park. Walk yourself through the city of Shinjuku for an adventure.

東京都庁  
Tokyo Metropolitan Government

¥ FREE

Tokyo Metropolitan Government ("Tocho") is one of the main symbols of Nishi-Shinjuku. The 243-meter Twin Towers are connected by the assembly building. The building was completed in 1991, after 13 years of construction at the cost of over 1 billion USD. It was the tallest building in Tokyo until Tokyo Midtown in Roppongi overtook that position in 2007. The panoramic views of TOKYO SKYTREE®, Tokyo Tower, Tokyo Dome, Meiji Shrine, and Mount Fuji can be seen from the free observation decks. The Tourist Information Center is located on the ground floor for your assistance in English.

9:30AM-11:00PM  
<Closed> Every 2nd & 4th Monday or following day if Monday is a national holiday, December 29 to January 3  
<http://www.metro.tokyo.jp/english/>

Shinjuku JR M08 E27 S01  
Tochomae E28

新宿御苑  
Shinjuku Gyoen National Garden

¥ 200

Shinjuku Gyoen, the largest and the most popular park in Tokyo, is known for the cherry blossoms in spring. Its history goes back to the Edo period as a Daimyo residence. In Meiji period, it came to be used as an agricultural experiment station, then was turned into a botanical garden, and reopened as an Imperial garden in 1906. The park is an assemblage of three different styled gardens: French formal garden with an avenue of plane trees, English landscape garden which features wide and open atmosphere, and Japanese traditional garden with ponds and bridges of traditional Japanese culture. In the first half of November, an impressive chrysanthemum exhibition is held annually.

9:00AM-4:30PM (entry until 4:00PM)  
<Closed> Monday (or following day if Monday is a national holiday), December 29 to January 3. No closing days from late March to late April and first half of November

Shinjuku JR M08 E27 S01 South Exit  
Shinjuku Gyoenmae M10 Exit 1  
Shinjuku-Sanchome F13 Exit E5 S02 Exit C1/C5

世界堂  
Sekaido

Sekaido, established in 1940, is a well-known store in Tokyo for art and craft materials. The store provides you everything from a pens and paints to useful everyday stationeries. Stationery lovers could easily spend a day in this building. Be ready to get overwhelmed by the variety of stationery goods at reasonable prices. Most of the products are 20% off regularly!

9:30AM-9:00PM  
<https://www.sekaido.co.jp>

Shinjuku-Sanchome M09 F13 S02 Exit C4  
Shinjuku JR M08 E27 S01 East Exit

歌舞伎町  
Kabukicho

Kabukicho is the largest entertainment district located in the eastern side of Shinjuku. Known as the "Sleepless Town," Kabukicho is a red-light district full of host and hostess clubs and bars that are open throughout the night. During the day, you can enjoy shopping at large discount shops where you can find unique souvenirs. If you are looking for entertainment, try out the "Robot Restaurant" that opened in 2012.

Shinjuku JR M08 E27 S01

がんこ 新宿 山野愛子邸

**Ganko (Shinjuku Yamano Aiko-tei)**

Washoku, Kaiseki



Lunch: ¥2,000- / Dinner: ¥3,500- / Course: ¥5,500-  
11:00AM-11:00PM (L.O. Food 10:00PM, Drinks 10:30PM)  
Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others  
<http://www.gankofood.co.jp/shop/detail/ya-shinjuku/>

**Kuroge Wagyu (Japanese Black) Shabu-shabu**

Ganko Shinjuku Yamano Aiko-tei is the first "yashiki" (mansion) style restaurant in Tokyo. Located somewhat far from noisy center of Shinjuku, you can spend a relaxing time eating meals while viewing the beautiful garden. The semi-western style mansion is a perfect venue for different types of events from wedding to family gatherings.

1-1-6 Okubo, Shinjuku-ku Phone: 03-6457-3841  
Higashi Shinjuku Exit A1, 5 min. walk

李宮 新宿アイランドタワー

**RIKYU (Shinjuku i-Land Tower)**

Yakiniku



Lunch: ¥1,000-1,500 / Dinner: ¥5,000-6,000 / Course: ¥3,300-7,300  
11:30AM-3:00PM (L.O. 2:30PM) <Mon-Sat> 5:00PM-11:00PM (L.O. 10:00PM) <Sun & Holiday> 5:00PM-10:00PM (L.O. 9:00PM) <Closed> New Year Holiday & when the building is closed | Credit Card: VISA, Master, AMEX, JCB, UnionPay | <http://www.create-restaurants.co.jp>

**Nikuno Kiwami Course, Tokusen Course**

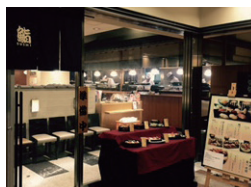
RIKYU provides high-grade meat and refined atmosphere in the sophisticated town of Nishi Shinjuku. Since they purchase a whole Japanese Black, their prices are reasonable and they are able to provide rare parts of the meat. Enjoy their course menus and all you can eat menus in a relaxing atmosphere.

6-5-1-B1F Nishi-Shinjuku, Shinjuku-ku Phone: 03-5323-6177  
Nishi-Shinjuku Exit 1 min. walk Shinjuku West Exit, 10 min. walk

雛鮨 新宿アイランドタワー

**HINASUSHI (Shinjuku i-Land Tower)**

Sushi



Lunch: ¥1,000- / Dinner: ¥4,000 / Course: ¥5,200-  
<Mon-Sat> 11:30AM (Sun & Holiday 12:00PM)-3:00PM (L.O. 2:30PM) <Mon-Fri> 5:00PM-11:00PM (L.O. 10:00PM) <Sat, Sun & Holiday> Closes 30 min-1.5 hour earlier <Closed> New Year Holiday & when the building is closed  
Credit Card: VISA, Master, AMEX, JCB, UnionPay  
<http://www.create-restaurants.co.jp>

**Premium Sushi All-You-Can-Eat**

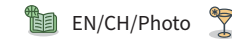
HINASUSHI is an all you can eat sushi restaurant serving about 60 types of sushi at all times! In addition to standard sushi they have a wide variety from their dynamic "whole anago sushi" to gunkan-maki of crab innards and monkfish liver. You can order your favorite sushi as many times as you want! Sushi toppings will change depending on the season.

6-5-1-B1F Nishi-Shinjuku, Shinjuku-ku Phone: 03-5323-2380  
Nishi-Shinjuku Exit 1 min. walk Shinjuku West Exit, 10 min. walk

魚や一丁 新宿三光町店

**Uoya Iccho (Shinjuku-Sankocho)**

Washoku, Sushi, Nabe, Izakaya, Sashimi, Crab



Lunch: ¥850- / Dinner: ¥3,000- / Course: ¥4,180- (all you can drink)  
11:30AM-10:00PM (L.O. 9:30PM) Weekday  
12:00PM-9:00PM (L.O. 8:30PM) Weekend  
Credit Card: VISA, Master, AMEX, JCB | [movia.jp.com/shops/info/182322](http://movia.jp.com/shops/info/182322)

**Assorted Sashimi -enjoy fresh sea fish, shellfish, shrimp, etc. at a reasonable price**

Founded in Hokkaido as a sashimi izakaya, Uoya Iccho offers cuisines from Hokkaido such as sashimi, sushi, and crabs at a reasonable price. Their chefs will serve the freshest seafood from all over Japan and best ingredients of the season from Hokkaido. The restaurant has 240 seats and banquet rooms for different purposes and number of guests.

2-19-1-B1, Shinjuku, Shinjuku-ku Phone: 03-3225-2030  
Shinjuku East Exit, 10 min. walk Shinjuku-Sanchome Exit C6, 1 min. walk

個室居酒屋 番屋 西新宿店

**Banya (Nishi Shinjuku)**

Izakaya



Dinner: ¥4,000- / Course: ¥4,000-  
5:00PM-11:30PM <Closed> New Year Holiday  
Credit Card: VISA, Master, AMEX, Others  
<http://www.banya-group.jp/>

**10 Types of Fresh Sashimi**

With respect to traditional Japanese style of "wa", Banya offers relaxing privatized rooms that can be used for different purposes. Beautiful night view of Tokyo can be seen from 200 meters up in the sky. Private rooms can be used from 2 persons up to a group of 80.

2-6-1-49F Nishi-Shinjuku, Shinjuku-ku Phone: 03-5381-5757  
Nishi-Shinjuku Exit 2, 5 min. walk  
Tochomae Exit A6, 1 min. walk

がんこ 西新宿店

**Ganko (Nishi-Shinjuku)**

Washoku, Kaiseki



Lunch: ¥2,000- / Dinner: ¥3,500- / Course: ¥5,500-  
<Mon-Fri> 11:00AM-3:30PM, 5:00PM-11:00PM <Sat, Sun & Holiday> 11:00AM-11:00PM | Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others  
<http://www.gankofood.co.jp/shop/detail/wa-shinjukuwest/>

**Sushi (large platter)**

Ganko's greatest appeal is its diverse menu of all kinds of affordable Japanese cuisine. You could take the "Gozen" set menu to enjoy a full-course meal of seasonal dishes, or you could order a la carte to share dishes among a large group. There's sushi, there's tempura, and there are unagi (eel) dishes. There's sukiyaki and shabushabu. People who aren't keen on raw fish are covered by the extensive menu of meat dishes and fried items.

1-10-2-10F, Nishi-Shinjuku, Shinjuku-ku Phone: 03-5322-7011  
Shinjuku West Exit, 2 min. walk





上野・秋葉原

# Ueno Akihabara



## "Art and History" vs. "Otaku Culture"

Ueno Park, known as "Forest of Ueno," has cultural facilities such as art museums, Tokyo University of the Arts, and the Ueno Zoo as well as historical architectures such as shrines and temples. It is also known as the famous spot for the cherry blossom trees, and Shinobazu Pond where many migratory and stationary birds live. Right next to this city of art and history is Akihabara, the otaku cultural center and district of household electronic goods. Enjoy the gap between the two contrasting cultures of the hot spots in Tokyo.



### 上野恩賜公園 Ueno Park

Ueno Park is a large public park that has numerous shrines, temples, and museums. It is also famous for the Ueno Zoo, which is Japan's oldest zoo that opened in 1882. In addition, Ueno Park is one of the most popular cherry blossom spots in Tokyo.

**Temples & Shrines** - Kaneiji Temple, Kiyomizu Kannon Temple, Toshogu Shrine, Bentendo

**Museums** - Tokyo National Museum, National Museum of Nature and Science, Tokyo Metropolitan Art Museum, National Museum of Western Art, Shitamachi Museum

5:00AM-11:00PM  
<http://www.tokyo-park.or.jp>

Ueno Park Exit



### メイドカフェ Maid Cafe

Walk by any street of Akihabara - there are maids standing all over wearing "maid - fuku (outfits)". Maid Cafe is a must see if you want to experience the otaku culture of Japan. Each cafe has its own concept, and don't forget to feel the term "mo-e" to show the unexplainable feeling in words. Step into one of the cafes and the maids will welcome you as the "master" and serve you with food and drinks, singing and dancing, even casting "mo-e" spells on foods to make it delicious. Just go, see, and experience the Akiba-kei otaku field for yourself.

Akihabara



### アメ横商店街 Ameyoko

The busy street along the Yamanote Line connects Ueno and Okachimachi stations. The name "Ameyoko," a short term for Ameya Yokocho, derives from the word "Ame" (=candies) and "Yokocho" (=store alley) since there were many stores selling candies in the post war period. Today, various types of shops line up on the street selling fresh food, clothes, cosmetics, and imported goods. It has become the home of reasonable priced products and there are over 400 shops that open from 10AM to 7PM. Don't forget to check the calendar because the stores are mainly closed on Wednesdays.

10:00AM-7:00PM | <http://www.ameyoko.net>

Ueno Central Exit Exit 5B

Ueno-Okachimachi Exit A7

Okachimachi North Exit

Nakaokachimachi Exit A2/A5/A7

鳥良 上野駅前店  
**Toriyoshi (Ueno Ekimae)**  
Washoku, Izakaya, Yakitori



Lunch: ¥1,000- / Dinner: ¥3,000- / Course: ¥5,000-  
<Mon-Sat> Lunch 11:30AM-3:00PM Dinner 3:00PM-11:30PM (L.O. 11:00PM) <Sun & Holidays> Lunch 11:30AM-3:00PM Dinner 3:00PM-10:30PM (L.O. 10:00PM) | Credit Card: VISA, Master, AMEX, JCB, UnionPay

**5 Assorted Yakitori & Daiginjo Tofu**

A 3-minute walk from Ueno Station, Toriyoshi is surrounded by many sightseeing destinations such as the Ueno Park, zoo, and museums. The interior is made in a traditional Japanese style and the display of agricultural tools may be inspiring for foreign visitors. Enjoy eating chicken dishes and a wide variety of Japanese cuisines.

1-57-B2F Ueno Koen, Taito-ku Phone: 03-5812-2424



Ueno **JR Shinobazu Exit, 3 min. walk**



上野の森 PARK SIDE CAFE  
**Ueno no mori PARK SIDE CAFE**  
Café



Lunch: ¥1,200- / Dinner: ¥1,200-  
<Mon-Fri> 10:00AM-9:00PM (L.O. Food 8:00PM, Drink 8:30PM)  
<Sat, Sun & Holiday> 9:00AM-9:00PM (L.O. Food 8:00PM, Drink 8:30PM)  
Credit Card: VISA, Master, AMEX, JCB | <http://www.create-restaurants.co.jp>

**Special Sandwich Platter -You can enjoy vegetables, meat, fruits, and sweets on one plate.**

PARK SIDE CAFE provides "relaxation" by serving seasonal vegetables and fresh herb tea. The menus using seasonal vegetables are prepared under the concept of "maximizing the natural flavors and tastes of the vegetables." Their outdoor seats are also recommended to feel tranquil scenery of Ueno Park.

8-4 Ueno Koen, Taito-ku Phone: 03-5815-8251

Ueno **JR Park Exit, 3 min. walk**



Bistrot Taka  
**Bistrot Taka**  
Bistrot, French



Dinner Course: ¥9,460-  
<Lunch> Tue-Fri 11:30AM-3:00PM (L.O. 2:00PM) Sat-Sun 12:00PM-3:00PM (L.O. 2:00PM) <Dinner> Tue-Sun 6:00PM-10:30PM (L.O. 9:00PM) <Closed> Monday, 1st & 3rd Tuesday  
Credit Card: VISA, MASTER, DINERS | <http://bistrot-taka.com/>

Located in a quiet residential area near Yushima shrine, the chef serves authentic flavors of France where he gained his experiences. The chef and manager teamed up together and opened an enjoyable cuisine house in a homey atmosphere. This restaurant is suitable for a meal with a close friend, or even a formal situation like entertaining clients. Achieved the Bib Gourmand award by Michelin in 2016 guide for Tokyo.

2-33-1, Yushima, Bunkyo-ku **Yushima 13 Exit 5, 5 min. walk**

Ueno-Hirokoji **15 10 min. walk** Ueno-Okachimachi **19 10 min. walk**



秋葉原 LIVE RESTAURANT Heaven's Gate  
**Akihabara LIVE RESTAURANT Heaven's Gate**  
Maid Cafe



Lunch: ¥1,050- / Dinner: ¥3,500- / Combo: ¥3,710- (Not including tax and ¥500 table charge per 1 hour) | <Mon-Fri> 11:30AM-11:00PM <Sat, Sun & Holiday> 10:30 am-11:00pm | Credit Card: VISA, Master | <http://maidreamin.com> <Facebook page> <https://www.facebook.com/maidcafe.maidreamin/>

**KAWAII HAPPINES COMBO ¥3,710+tax (Main dish, dessert, drink, gift, souvenir photograph) \*All foods and drinks will be given a spell by maid**

Enter the world of Maid culture and MOE experience casting special spells on foods and drinks! "maidreamin" is the No.1 maid cafe group with 17 locations worldwide, and Akihabara LIVE RESTAURANT Heaven's Gate has the largest capacity with 80 seats maximum. Pretty maids with charming smiles welcome each of their customers as a master. Don't miss out the outstanding live performance held on the stage!

AK Bldg. 6F, 1-15-9 Soto-Kanda, Chiyoda-ku Phone: 03-6206-8090

Akihabara **JR 15 Electric Town Exit, 1 min. walk**



神田炎蔵 秋葉原 U D X  
**Kanda Enzo (Akihabara UDX)**  
Yakiniku



Lunch: ¥1,020- / Dinner: ¥4,000- / Course: ¥5,000-  
<Mon-Fri> 11:00AM-3:00PM (L.O. 2:30PM), 5:00PM-11:00PM (L.O. 10:00PM)  
<Sat, Sun, Holiday> 11:00AM-5:00PM (L.O. 4:30PM), 5:00PM-10:00PM (L.O. 9:00PM) <Closed> When Akihabara UDX is closed  
Credit Card: VISA, Master, AMEX, JCB | <http://www.create-restaurants.co.jp>

**Enzo Course, Boneless Short Rib, Seafood Korean Pancake, Stone-Roasted Bibimbap**

On the third floor of Akihabara UDX is Kanda Enzo, a Yakiniku restaurant where you can enjoy carefully selected domestic beef along with a wide variety of shochu and other types of alcoholic beverages in the Edo Townhouse-style interior. More than 10 types of shochu are ready to be served with juicy beef!

4-14-1-3F Soto Kanda, Chiyoda-ku Phone: 03-5289-8480

Akihabara **JR 15 Electric Town Exit, 1 min. walk**

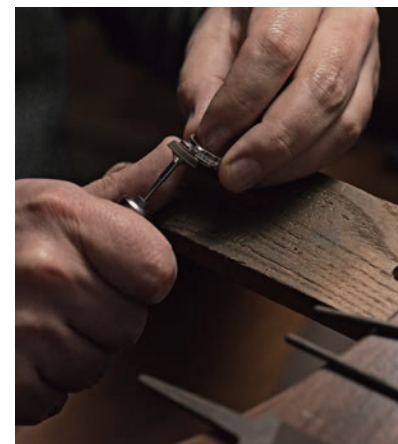


2k540 AKI-OKA ARTISAN  
2k540 AKI-OKA ARTISAN

Located under the girder bridge between JR Akihabara and Okachimachi Station, 2k540 AKI-OKA ARTISAN is a shopping area that features items made by young craftsmen. 2K540 is a railway term that shows the distance of this bridge from Tokyo Station. Okachimachi used to be a city of artisans who inherited the traditional crafts of Edo Period. More and more artistic places such as galleries, cafes, and shops that offer a new type of sense and quality are gathering in this area. Try out the workshops that are located inside shops.

11:00AM-7:00PM | <http://www.jrtk.jp/2k540/>

Akihabara **JR 15** Okachimachi **JR**

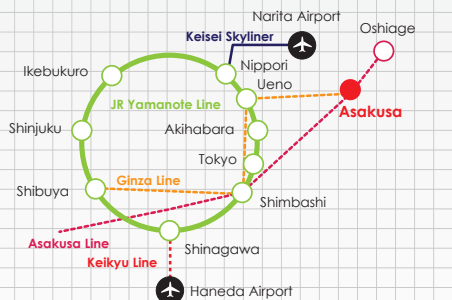


## 浅草

## Asakusa

## Traditional Entertainment District

Asakusa is a typical tourist spot that inherits the energetic downtown area of the Edo Period (1603-1867). Once you walk under the large lantern of Kaminarimon ("Thunder Gate"), there are gift shops selling various kinds of Japanese goods on the street of Nakamise-dori. Many traditional shrines and temples still remain in Asakusa, and there are seasonal events such as the Sanja-matsuri, Sumida River Fire Works, Tori-no-Ichi, and Hagoita-Ichi. If you want to try out true Tokyoite cuisine such as soba, loaches, tempura, and sukiyaki, Asakusa is exactly where you want to be!



## 浅草寺

## Sensoji Temple

Sensoji Temple is the oldest temple in Tokyo. The origin of Sensoji dates back to 628. Later in 1590, it was designed by Tokugawa Ieyasu as a government facility. When you walk through the Kaminarimon (Thunder Gate) colored with lacquer, a 250 meter long Nakamise shopping street will welcome you with traditional Japanese foods and goods. You would not be surprised to know that Nakamise has the oldest history as a Japanese shopping street.

6:30AM-5:00PM

<http://www.senso-ji.jp>

Asakusa 19 18 01

## かつば橋道具街

## Kappabashi Dougu Street

Kappabashi is the world's largest kitchenware town located near Asakusa. The street is about half a mile long, selling every kind of Asian and Western kitchen equipment. One of the enjoyable shops would be plastic food sample shops. The food samples you see inside the shop windows of Japanese restaurants are something Japan treasures to the world.

<http://www.kappabashi.or.jp/en/>

Tawaramachi 18 Iriya 18 Asakusa 19 18 01



## 浅草花やしき

## Asakusa Hana Yashiki

The oldest amusement park in Tokyo opened in 1853. One of the main attractions of this park is the "Rollercoaster," the oldest rollercoaster in Japan. The speed only goes up to 42km per hour but you might be thrilled by the old appearances of coaster. You can enjoy the view of Asakusa Five Story Pagoda that peeks in between the rides.

10:00AM-6:00PM

<https://www.hanayashiki.net/en>

Asakusa 19 18 01



## 浅草きんぎょ

## Asakusa Kingyo

Asakusa Kingyo provides you opportunity to enjoy "kingyo sukui" (goldfish catch), which is one of the most widely loved summer activities in Japan. For 300 yen, visitors are allowed to catch and release some small goldfish. There are also goldfish-inspired souvenirs such as wind-bells and coin purses.

9:00AM-4:30PM

<https://asakusa-kingyo.crayonsite.net>

Asakusa 19 18 01 Exit 5

## 浅草 鉛細工あめしん

## Asakusa Amezaiku Ameshin

Ameshin is an amezaiku (candy art) store founded in 2013. Amezaiku is a traditional Japanese candy art that is finely crafted with bare hands and traditional Japanese scissors by cutting, pulling, and bending. The candy is heated to 90 degrees C (almost 200 degrees F). Ameshin holds workshops at their head office in Asakusa. They also have a Solamachi Store located in Tokyo Skytree Town.

10:30AM-6:00PM

Closed Thursday

<http://www.ame-shin.com/en/>

Asakusa 19 18 01

7 min. walk

### 浅草今半 国際通り本店 Asakusa Imahan (Kokusai Street)

Sukiyaki, Shabu-shabu, Kaiseki



Lunch: ¥4,000- / Dinner: ¥10,000- / Course: ¥10,000-  
<Lunch> 11:30AM-4:00PM <Dinner> 4:00PM-9:30PM (L.O. 8:30PM)  
Credit Card: VISA, Master, AMEX, UnionPay  
<http://www.asakusaimahan.co.jp/>



#### 👍 Kobe Beef Sukiyaki Gozen

Established in 1895, Asakusa Imahan is known as a long-standing Sukiyaki restaurant. They carefully select savory female Japanese Black Beef breeds. "Quickly simmering as if grilling" beef in shallow pot using their special sukiyaki sauce is Asakusa Imahan style. Shabu-shabu and kaiseki are also recommended. There are many types of seats such as private rooms, large banquet rooms, and table seats to meet different needs.



3-1-12 Nishi Asakusa, Taito-ku Phone: 03-3841-1114

Asakusa A2 Exit, 1 min. walk

### ふなわかふえ 浅草店 Funawa Café

Wa-Café



¥700-  
<Mon-Fri> 10:00AM-7:30PM <Sat, Sun & Holiday> 10:00AM-8:00PM  
<http://funawa.jp/shop/>



#### 👍 Traditional imo-yokan and hybrid sweets using imo-yokan

Funawa, a long-standing Japanese sweets shop established in 1902, newly opened a wa-café (hybrid of traditional Japan and the West) called Funawa Café. While you can order coffee and tea, they also serve traditional Japanese sweets such as their best-selling "imo-yokan" (sweet potato paste) or an-mitsu (red bean and fruits).



2-19-10 Kaminarimon, Taito-ku Photo: 03-5828-2703

Asakusa Exit 2, 0 min. walk A4 Exit, 1 min. walk

### やきとりの扇屋 浅草店 Yakitori Ohgiya (Asakusa)

Izakaya, Yakitori, Kushiage, Kamameshi



Dinner: ¥2,300- / Course: ¥3,000- (all you can drink)  
<Mon-Fri> 4:00PM-11:00PM (L.O. 10:00PM)  
<Sat, Sun & Holiday> 3:00PM-11:00PM (L.O. 10:00PM)  
Credit Card: VISA, Master, AMEX, JCB | [movia.jp.com/shops/info/032250](http://movia.jp.com/shops/info/032250)



#### 👍 Yakitori ¥100 / skewer (Teriyaki & Salt) -Grilled with charcoal fire, outside of the chicken is crispy while inside is juicy.

The "grilling masters" of Ohgiya put their hearts into charcoal grilling each yakitori (from ¥100 / skewer) using "secret teriyaki sauce recipe" and "special salt." Other menus include kamameshi, deep-fried chicken wings, kushiage, and stewed dishes. Ohgiya is located near Sensoji and only takes 2 minutes walk from Asakusa station.



2-1-15 Asakusa, Taito-ku Phone: 03-5806-2410

Asakusa Exit 6, 2 min. walk

### 浅草天ぷら 葵丸進 Asakusa Tempura Aoimarushin

Tempura, Ten-don



Lunch: ¥2,000- / Dinner: ¥2,500- / Course: ¥4,000-  
11:00AM-9:00PM (L.O. 8:00PM) | Credit Card: VISA, Master, AMEX, JCB,  
UnionPay | E-money: paypay, Alipay, WeChat Pay  
<http://www.aoi-marushin.co.jp/>



#### 👍 Tempura Course "Matsu" ¥5,800 + tax -Appetizer, assorted tempura, small mixed tempura with shrimp, rice & soup, dessert

Aoimarushin has been operating for nearly 70 years since its establishment in 1946. Many customers enjoy their tempura as the taste of Asakusa. They continue the Edo-style flavor that abundantly uses carefully chosen dried bonito flakes from Tosa, Kochi Prefecture. Vegetarian menus are also available.



1-4-4 Asakusa, Taito-ku Phone: 03-3841-0110

Asakusa Exit 1, 3 min. walk

### 磯丸水産 浅草新仲見世通り店 Isomaru Suisan (Asakusa Shin Nakamise Dori)

Washoku, Sushi, Izakaya, Hamayaki



Lunch: ¥1,200- / Dinner: ¥3,000- / Course: ¥3,000-  
Open 24 hours | Credit Card: VISA, Master, AMEX, JCB, UnionPay  
<https://www.isomaru.jp>



#### 👍 Kaisen Isomaru Hamayaki -Enjoy grilling fresh seafood at your table. Taste the natural flavors of the seafood.

Isomaru Suisan stocks fresh seafood every day and provides it at a reasonable price! You can enjoy hamayaki (grilling at beach) and have shellfish and squids cooked right in front of your eyes. It feels as if you are dining at the beach.



1-23-7-1F&2F Asakusa, Taito-ku Phone: 03-5806-5817

Asakusa 8 min. walk

Tawaramachi 4 min. walk



## 14th HOTERES JAPAN & FOODEX JAPAN in Kansai 2022



DATE July 27<sup>th</sup> (Wed.) ▶ 29<sup>th</sup> (Fri.), 2022  
10:00 - 17:00 (Until 16:30 on last day)

VENUE Intex Osaka Hall 4 Hall 5

ORGANIZER Japan Management Association, Japan Hotel Association, Japan Ryokan & Hotel Association, Japan Restaurant Association, Japan Tourism Facilities Association



Please check each restaurant's website for the latest information.

Oshiage / Ryogoku

ちゃんこダイニング安美 両国総本店  
**Chanko Dining Ami (Ryogoku)**  
 Chanko, Washoku



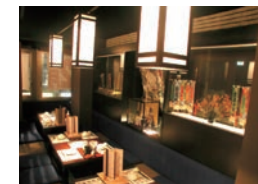
Lunch: ¥860- / Dinner: ¥4,000- / Course: ¥4,000-  
 11:00AM-10:00PM  
 Credit Card: VISA, JCB  
<http://sakanaya-group.com>



**ISEGAMABEYA-chanko (¥2,200 + tax)**

Chanko is a special kind of nabe that is particularly served to Sumo wrestlers. Try Chanko Dining Ami's delicious, filling, and healthy chanko using recipes transmitted from Isegahama-beya (Isegahama sumo wrestling house)! They also serve dishes using fresh ingredients from the market and pork shabu-shabu from Kagoshima Prefecture. Don't forget to try out the wide variety of local shochu and Japanese sake.

3-26-6-2F&3F Ryogoku, Sumida-ku Phone: 03-5669-1570  
 Ryogoku JR East Exit, 1 min. walk



ピバ ナポリ  
**VIVA NAPOLI**  
 Italian



Lunch: ¥2,000- / Dinner: ¥3,000- / Course: ¥5,000-  
 <Lunch> 11:00AM-4:00PM (L.O. 3:30PM) <Tea Time> 4:00PM-5:00PM  
 <Dinner> 5:00PM-11:00PM (L.O. 10:00PM) <Closed> When the building is closed  
 Credit Card: VISA, Master, AMEX, JCB | <http://www.create-restaurants.co.jp/>



**Stone oven baked pizza -Fresh from the oven!**

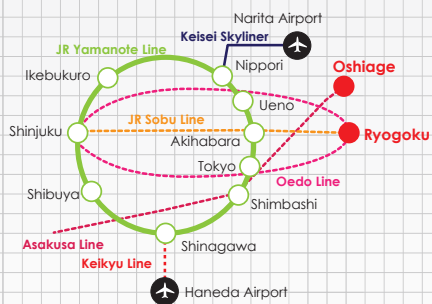
Enjoy authentic Italian food in the stylish area under the TOKYO SKYTREE®. Stone oven baked pizza and pasta using carefully chosen ingredients are served at VIVA NAPOLI. Lunch menus include all you can eat antipasto (appetizer), salad, soup, and freshly made pizza along with pasta or main dish of your choice. You can enjoy a la carte for dinner on weekdays. Wide variety of wine is also available.

TOKYO Solamachi 6F, 1-1-2-6F Oshiage, Sumida-ku Phone: 03-5610-3190  
 Oshiage 74 B3 Exit, 1 min. walk Tokyo Skytree 02 0 min. walk



押上・両国

# Oshiage Ryogoku



## TOKYO SKYTREE® and Sumo, Symbols of Japan

Located across the Sumida River from Asakusa, Oshiage has the old downtown atmosphere. TOKYO SKYTREE® became one of the landmarks of Tokyo after opening in May 2012. The commercial facility of TOKYO Solamachi® is a shopping mall with an aquarium and planetarium. Near Oshiage is Ryogoku, the mecca of sumo wrestling. In addition to Ryogoku Kokugikan (Ryogoku Sumo Hall) where the sumo tournaments are held, many sumo training quarters are concentrated in this area.

スカイツリー®ビューレストラン 簾(れん)  
**SKY TREE® VIEW RESTAURANT REN**  
 Washoku (Japanese style cuisine), Charcoal grill steak (French style cuisine)



Washoku Lunch: ¥4,900- / Dinner: ¥8,000-  
 Charcoal Grill Steak Lunch: ¥6,600- / Dinner: ¥8,000-  
 <Lunch> 11:30AM-3:00PM (L.O. 2:00PM) <Dinner> 5:30PM-10:00PM (L.O. 8:30PM)  
 Credit Card: VISA, Master, AMEX, UC, DC, UFJ, Diners, JCB, Nicos, MUFG  
<https://www.tobuhotel.co.jp/levant/restaurant/ren/>



**Traditional Japanese Course Dinner (Kaiseki)**

Located in the highest floor of the hotel building, providing an excellent view of TOKYO SKYTREE® on the north side and Tokyo Tower on the south. Using superb techniques they recommend traditional Japanese cuisines with seasonal ingredients filled with love, pride and creativity. A wonderful place to have a precious time with your loved ones. They also offer (WAGYU) steak, Japanese Sake by a sake sommelier and french cuisine such as charcoal grilled steak.

Tobu Hotel Levant Tokyo 1-2-2 Kinshi, Sumida-ku Phone: 03-5611-5591  
 Kinshicho JR North Exit 73 Exit 3, 3 min. walk





根津神社

### Nezu Shrine



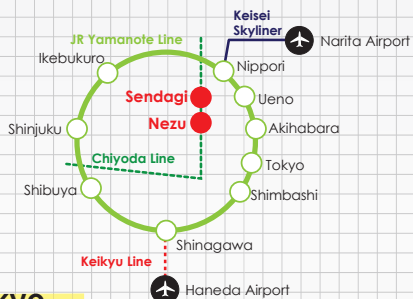
The beautifully colored Nezu Shrine is one of the oldest shrines that was first established 1900 years ago. It was moved to the current location as a symbol of Tokugawa Tsunayoshi Shogunate choosing his successor. The Gongen Zukuri design was inspired by the Toshogu Shrine in Nikko. The main hall, two gates, and the wall of Nezu Shrine is now approved as an important cultural property for its admirable existence. Surrounding the shrine are more than 3,000 gardened plants, including the famous azaleas (tsutsuji) and wisteria (fuji) gardens that bloom gorgeously in spring. The azalea festival is held in April and May, when the flowers are in full bloom. Today, the shrine is a popular venue for traditional Japanese-style wedding.

<http://www.nedujinja.or.jp>

Sendagi (C15) Nezu (C14) Todaimae (N12) 8 min. walk

谷中・根津・千駄木

# Yanaka Nezu Sendagi



## Alleys of Retrospective Tokyo

This area known as "Yanesen," named after the first letters of Yanaka, Nezu, and Sendagi, is a refined and relaxing area that concentrates the nostalgic landscape of downtown Tokyo. During the 17th century, many Buddhist temples were moved to this area and more than 70 Buddhist temples stand around this area today. Once you step into the small side roads, alleys, and curving hills, you can experience a trip to the past with peaceful sceneries of traditional cafes, public baths, houses, temples, and vegetable shops.

### おにぎり café 利さく Onigiri Café Risaku Rice ball

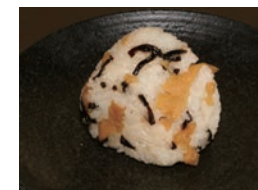


¥800-  
9:00AM-8:00PM <Closed> Wednesday  
<https://www.risaku-tokyo.com>

### Shiokubu Takuan

If you want to have a light meal in Yanesen, try Risaku's rice ball made with koshihikari rice shipped directly from the farm and steamed in a traditional rice cooking stove. They make each rice ball after they receive the orders. From traditional to unique ones, you can choose from 28 types of fillings. Don't forget the healthy seasonal soups that go well with the rice balls!

2-31-6 Sendagi, Bunkyo-ku Phone: 03-5834-7292  
Sendagi (C15) Dangozaka Exit, 30 sec. walk



### HAGI CAFE HAGI CAFE Café



Lunch: ¥1,300- / Dinner: ¥2,000- / Course: ¥2,500-  
Breakfast menu 8:00AM-10:30AM (L.O. 10:00AM)  
12:00PM-9:00PM (L.O.8:30PM) <Closed> Irregular | <http://hagiso.jp>

### Fried mackerel sandwich ¥850

HAGI CAFE is located on the first floor of HAGISO, a 60-year-old wooden apartment that has been renovated. HAGISO is a micro cultural complex that has a cafe and gallery on the first floor, a hotel reception, atelier, and architectural design office on the second floor. You can feel the atmosphere of good old days in the aged wooden cozy apartment.

HAGISO, 3-10-25 Yanaka, Taito-ku Phone: 03-5832-9808  
Nippori (KS02) West Exit, 5 min. walk Sendagi (C15) Exit 2, 5 min. walk





歌舞伎座  
Kabukiza

Kabukiza is a theater specialized to Kabuki performances that was established in 1889. After burning down several times from fire and WWII, it was rebuilt in 1950. It has been loved by all Kabuki fans and is known as a landmark of Ginza. Experience the traditional Kabuki world at the mecca of Kabuki! You can also make use of English portable subtitle devices that cost ¥1000. On B2F, there is a shopping area (souvenir shop, boxed lunch shop, cafe, convenience store, food stand, event space) called "Kobiki-cho" where you can enjoy the kabuki atmosphere. Open hours are from 9:30AM-5:30PM.

<https://www.kabukiweb.net>

Ginza   
Higashi Ginza



日比谷公園  
Hibiya Park

Hibiya Park is the first western styled park opened in 1903. Before it opened to public, it was the grounds of military parade during the Meiji Period. The symbol is the large 30 meters diameter fountain in the center of the park that remains since its construction in 1961. Colorful flowers bloom throughout the entire year. Hibiya Kokaido Hall locates inside the park where you can enjoy concerts and orchestra under blue sky and green trees.

<https://www.tokyo-park.or.jp/>

Hibiya   
Kasumigaseki



HIBIYA PARK

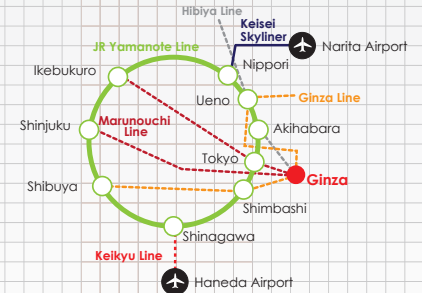


GINZA SIX

銀座  
Ginza

Refined Shopping Area

Ginza is a gorgeous shopping city in Tokyo where you can enjoy both the latest trends and traditional shops of Japan. Shop around in department stores where you will spot well-known brands of the world. There also are theaters and over 200 galleries introducing the world of art. Kabuki-za, where kabuki (a type of traditional Japanese performing art) performances are held, has been one of the landmarks in Ginza. On Saturdays, Sundays, and Holiday from noon to sunset, Ginza dori is a pedestrian paradise! Walk along the street to check out the shops and galleries. After a long walk, try some of the finest dishes at high-end restaurants.



ギンザシックス  
GINZA SIX

The concept of GINZA SIX is New Luxury. The floors from the 2nd basement to the 6th floor, as well as the 13th floor, which is the restaurant floor, hold stores selling precious foods and drinks gathered from Japan and around the world, alongside global fashion brands and specialty stores to enliven shoppers' lifestyles. The all-in-one appeal of GINZA SIX is rounded out with facilities ranging from a theater for Noh, Japan's traditional performing art, to a rooftop garden that commands a superb view of Ginza.

Shops 10:30AM-8:30PM  
Restaurants 11:00AM-11:00PM | <https://ginza6.tokyo>

Ginza Exit A2  
Higashi Ginza Exit A1  
Ginza-Itchome Exit 9

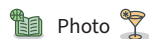
東京ミッドタウン日比谷  
Tokyo Midtown Hibiya

Tokyo Midtown Hibiya is a shopping facility with nearly 50 shops and restaurants. Located in Hibiya, which is an area that holds a great history of innovative international business, art, and culture, their concept is "Future-oriented new values and experiences."

Shops 11:00AM-9:00PM  
Restaurants 11:00AM-11:00PM  
<https://www.hibiya.tokyo-midtown.com/jp/>

Ginza   
Hibiya   
Yurakucho

焼肉居酒屋 マルウシミート 銀座本店  
**Maruushi Meat (Ginza Honten)**  
 Izakaya, Yakiniku



Dinner: ¥5,000- / Course: ¥5,000-  
 <Mon-Fri> 5:00PM-11:30PM <Sat, Sun & Holiday> 5:00PM-10:00PM  
 Credit Card: VISA, Master, AMEX, Diners, Others  
<https://www.maruushi.com/shop/ginza/>



**Premium loin**

Maruushi is a restaurant in Ginza where you can enjoy Japanese beef and wine. By not intervening any intermediaries, they are able to serve you the best taste at an "unbelievable" price. They only serve rare female Japanese Black beef that are A5 and A4 ranked. Try the beef with their special wasabi and feel the meat melt in your mouth. Collaboration of wine and Japanese beef is a perfect match!



1-5-10-8F Ginza, Chuo-ku Phone: 03-3562-2941  
 Ginza-Itchome Exit 5-6, 2 min. walk  
 Ginza A13 Exit, 5 min. walk

鮨処 銀座 福助 本店  
**Sushi Ginza Fukusuke (The Main)**  
 Sushi



Lunch: ¥2,000- / Dinner: ¥6,500- / Course: ¥5,400-  
 <Mon-Fri> 11:30AM-3:00PM (L.O. 2:30PM), 5:00PM-10:00PM (L.O. 9:30PM)  
 <Sat, Sun & Holiday> 11:00AM-10:00PM (L.O. 9:30PM) <Closed> Jan. 1st  
 Credit Card: VISA, Master, AMEX, JCB, Others



**Hamakaze Course ¥6,000 + tax**

Enjoy fresh sushi using a wide range of seasonal seafood! With thorough preparation and highly skilled technique, Fukusuke maximizes the natural flavors of the seafood and provides the authentic taste of sushi. The warm interior of the restaurant is made from wood and stones. You can choose to sit at a lively counter seat, a relaxing table seat, or private rooms that seat 4-14 people.



2-6-5 10F Ginza, Chuo-ku Phone: 03-3535-3191  
 Ginza-Itchome Exit 8, 1 min. walk  
 Ginza A9 Exit, 4 min. walk

トルコ料理サライ銀座  
**Turkish Restaurant Saray Ginza**  
 Turkish Food



Lunch: ¥900-3,000 / Dinner: ¥4,000-10,000 / Course: ¥3,000-10,000  
 Lunch: 11:30AM-3:00PM, Dinner: 5:00PM-11:30PM  
 Credit Card: VISA, Master, AMEX, JCB, Diners  
[www.saray.jp](http://www.saray.jp)



**Izgara Kofte ¥1,600**

Good food  
 Good service  
 Good drink  
 Good staff  
 Good time  
 Good atmosphere



Daiichi Ginza Bld. B1, 5-10-6 Ginza, Chuo-ku Phone: 03-5537-6097  
 Ginza A5 Exit, 1 min. walk

アインソフ銀座  
**AIN SOPH. ginza**



International, Japanese-fusion, Vegan

Lunch: ¥3,000- / Dinner: ¥4,000- / Course: ¥4,500-  
 11:30AM-3:00PM (L.O. 2:30PM), 2:30PM-5:00PM (L.O. 4:00PM, tea and sweets only), 6:00PM-10:00PM (L.O. 9:00PM) <Closed> Irregular holidays  
 Credit Card: VISA, MASTER, AMEX, JCB, UnionPay, DINERS | <http://ain-soph.jp>



**Kissho Bento Box - 9 seasonal dishes of the day**

AIN SOPH.'s first location, established in December 2009. The first floor features a patisserie, offering AIN SOPH.'s original range of handmade vegan sweets, such as their famous tiramisu and custard pudding, and much more. The second to fourth floor is the restaurant, serving fine, plant-based, Japanese-inspired international cuisine. Enjoy a menu of seasonal vegetable dishes, their famous 'Heavenly Vegan Pancakes', wines and cocktails, and others.



4-12-1 Ginza, Chuo-ku Phone: 03-6228-4241  
 Higashi Ginza Exit 3, 1 min. walk

ザ・ローズ&クラウン 有楽町店  
**The Rose & Crown (Yurakucho)**  
 Beer Pub



Lunch: ¥900- / Dinner: ¥3,000- / Course: ¥3,000-  
 <Mon-Fri> 11:00AM-2:30PM (L.O. 2:00PM), 3:00PM-11:30PM (L.O. 10:30PM)  
 <Sat, Sun & Holiday> 11:30AM-2:30PM (L.O. 2:00PM), 3:00PM-11:00PM (L.O. 10:00PM) | Credit Card: VISA, Master, AMEX, JCB, UnionPay  
<http://www.dynac-japan.com/rose/>



**Roast Beef Rose Plate-Rose cut 180g with 3-Garnish Plate**

The Rose & Crown is a fashionable English-style pub that stands 2 minutes away from Yurakucho station with a gorgeous interior and exterior. Roasted Beef is the specialty of this restaurant. Enjoy yourself casually in the British atmosphere with a variety of alcoholic drinks from malt whisky to their original Rose Beer.



1-7-1 Yurakucho, Chiyoda-ku Phone: 03-3214-7920  
 Yurakucho 2 min. walk

土風炉 銀座コリドー街店  
**Tofuro (Ginza Corridor Street)**



Washoku, Sushi, Sukiyaki, Shabu-shabu, Nabe, Soba, Udon, Izakaya, Robata

Lunch: ¥1,500- / Dinner: ¥3,500- / Course: ¥3,800-  
 <Lunch> 11:30AM-2:00PM (Sat & Sun until 5:00PM) <Dinner> 4:00PM-11:30PM (Sat & Sun from 5PM) (L.O. 10:50PM, drink 11:05PM)  
 Credit Card: VISA, Master, AMEX, JCB, UnionPay | <http://www.tofuro.jp>



**Hand-made soba**

Tofuro serves wide variety of washoku using carefully selected ingredients that are directly shipped from farms all across Japan. Popular menus are fresh seafood and vegetables grilled with charcoal, fresh sashimi, soba using buckwheat from Hokkaido, and tofu is made from domestic soy milk and natural bitter from Okinawa. And we choose different domestic beans to make soy milk seasonally. The interior is designed to enjoy the atmosphere of the traditional Japanese style of Edo.



8-2-1F&2F Ginza, Chuo-ku Phone: 03-3289-9888  
 Shimbashi Ginza Exit, 7 min. walk  
 Yurakucho 8 min. walk



Tokyo Station



東京駅  
Tokyo Station

Tokyo Station, which opened in 1914, marked its 100th anniversary in 2014. As the starting point of Japan's railway, Tokyo Station has become the symbol of modern Tokyo. Built in front of the Imperial Palace, Tokyo Station has been a symbolic architecture of Japan. Tokyo Station, or the Marunouchi station building, was designed by Kingo Tatsuno, the most famous architect at the time. He is also known for designing the Bank of Japan. The European style building has been inspiring people over years with its beauty and refinement. Inside Tokyo Station is the "ekinaka," a commercial facility where you can enjoy shopping for goods and delicious foods.



皇居  
Imperial Palace

Tokyo Imperial Palace, known as "Kokyo," is located on the old site of Edo Castle in the center of Tokyo. In addition to the residence of the Imperial Family, there is a park, museum, an archive, and administrative offices that is surrounded by water moats and stone walls giving a historical view of Japan. Kokyo Gaien (outer garden of the Imperial Palace) is popular among tourists for its beautiful scenery. Nijubashi (double bridge) that stretches over the moat reaching the inner palace grounds is a famous photo spot. Touring inside the palace itself is allowed under a reservation, but Gardens and Parks are open for public free of charge.

<http://www.kunaicho.go.jp/e-about/shisetsu/kokyo.html>

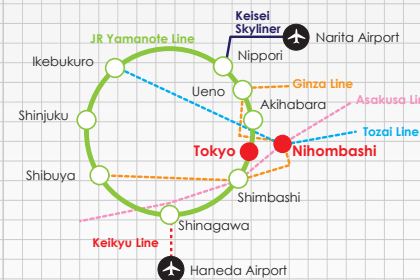


丸ノ内・日本橋

# Marunouchi Nihonbashi

## Center of Modern Tokyo

Marunouchi is an area located between Tokyo station and the Imperial Palace. It is regarded as the center of Japanese finance and economy where numbers of major companies and banks are headquartered. Next to Marunouchi is Nihonbashi, the center of Edo. The Edo Shogunate designed the bridge Nihonbashi as the center of Tokyo and five main roads leading to other regions of Japan were made to cross at Nihonbashi. All kinds of goods gathered in this area and a lot of stores flourished. You can find some long-standing stores that still has the taste of the old days.



日本橋三越本店  
Nihombashi Mitsukoshi Main Store

Mitsukoshi is Japan's oldest department store chain that opened in 1673 as a kimono store. While there are many branches of Mitsukoshi around, the flagship store in Nihonbashi is known for their Renaissance-style building and its central hall with marble patterned floor. You can also see the lion statues sitting in front of the main entrance as the symbol of Mitsukoshi. The stores offer fashion, foods, cosmetics, restaurants and other services including assistance for foreigners. Reservation for in-store interpretation and attendant service is available.

Shops 10:00AM-7:00PM  
Restaurants 11:00AM-10:00PM  
<https://www.mitsukoshi.mistore.jp/nihombashi.html>



榛原  
HAIBARA

Since its establishment in 1806, Haibara has been offering “washi” (Japanese traditional paper made from barks of native Japanese trees) and related products. They sell many high quality products handmade by craftsmen such as money envelopes, name card boxes, pen stands, all made of washi and various types of papers. It is worth visiting!

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

Nihombashi 13 11 10  
Exit B6, 30 sec. walk



日本銀行  
Bank of Japan

The head office of the central bank, Bank of Japan, stands in the center of Tokyo. The building was designed and built in 1896 by Kingo Tatsuno, the designer of Tokyo Station who is known as the father of modern architecture. Inspired by the National Bank of Belgium, it still boasts the majestic appearance of the Baroque style. The red bricks appearance is marvelous being approved as important cultural property in 1974. Bank vaults and business offices can be visited under reservation.

Mitsukoshimae 12 09 Exit B1



日本橋  
Nihonbashi

Nihonbashi was built in 1603 as a wooden bridge. Amid the crowded city of Edo, it was often chosen as the subject of ukiyoe (woodblock printing). Because of the frequent fire during the Edo era, Nihonbashi burnt down many times. The double arch stone bridge you see today was completed in 1911 and now is approved as an important cultural property.

Mitsukoshimae 12 09 Exit B6 Nihombashi 13 11 10 Exit B12

甘酒横丁  
Amazake Yokocho

Amazake Yokocho is a 400 meters long side alley at Ningyocho. The name Amazake Alley came from back in Meiji Period when an amazake (sweet-sake) shop located at the starting point of the alley. Since this neighborhood was not destroyed by WWII, a peculiar "shitamachi" atmosphere remains. Amazake festival is held every March with free distribution of amazake for you to enjoy.

<http://amazakeyokocho.jp>

Ningyocho 14 13

# Nihonbashi Yukari

Experience the essence of Japanese cuisine at a reasonable price

*Nihonbashi Yukari is an illustrious name in Japanese cuisine. Established in 1935, it has had access to the Imperial Household Agency for three generations. Carefully-picked seasonal ingredients combine with the expert skills and inspiration of the cooks as it strives to serve the very finest dishes. Following the spirit of treasuring every moment, it also takes great care over its tableware and atmosphere. While rooted in tradition, Yukari is keen to bring in the fresh air of new times. It wants its customers to experience the essence of Japanese cuisine at a reasonable price.*



日本橋ゆかり  
Nihonbashi Yukari  
Washoku



Lunch: ¥3,500- / Dinner: ¥10,000-  
11:30AM-2:00PM (L.O. 1:30PM)  
5:00PM-10:00PM (L.O. 9:30PM)  
<Closed> Sunday & Holiday  
Credit Card: VISA, Master, AMEX  
<http://nihonbashi-yukari.com/>



3-2-14 Nihonbashi, Chuo-ku  
Phone: 03-3271-3436

Tokyo JR Yaesu Exit, 3 min. walk

Nihombashi 13 11 10 Exit B3, 1 min. walk



Talking to Kimio Nonaga, the third-generation young master of Yukari

One feature of Yukari is that we serve cuisine across the counter. We see the counter as a stage for the cooks' performance. It's a stage for presenting our own appeal. When a customer orders a draft beer, the norm in any restaurant is to pour the beer into a glass and take it out. At Yukari, we serve it in a handmade pottery mug fired in Kyoto. Our sake containers are original pieces made of tin, which you can't see anywhere else. That's an example of how we strive to offer the best hospitality. We want our customers to enjoy a show that no other restaurant offers. We ask our customers, particularly those from overseas, about their food taste preferences and allergies in advance. If it seems like here are some things they would particularly like or dislike among the dishes we serve, we can change the cooking method or the flavoring, to serve custom cuisine to suit the individual diner's taste. Hospitality is about getting ready behind the scenes, and how much preparation you put into the food, based on the customer's feelings. I think it should never just be "work", serving dishes in sequence, one, two, three.



Kimio Nonaga

Born in 1972. Trained in Japanese cuisine at "Kikunoi", then became the third-generation young master of Yukari. Won the "Iron Chef Japan Cup 2002." Selected by the New York Times as the young chef to represent Japan, and was the first person recognized as a "World Chef". Widely active in various media and magazines, and overseas, in diverse fields. Preserves tradition while spreading new Japanese cuisine.

ACORN 東京駅グランルーフ フロント店  
**ACORN (TOKYO Station Gran Roof Front)**  
Bar, Yoshoku (Western Food)



Lunch: ¥880- / Dinner: ¥3,500- Course: ¥4,000-  
<Lunch> 11:00AM-4:00PM (L.O. 3:00PM)  
<Dinner> 4:00PM-11:00PM (L.O. 10:15PM)  
Credit Card: VISA, Master, AMEX, JCB, UnionPay | <http://acorn-bar.jp/>

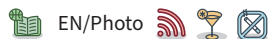
**Dry-cured ham platter - 3 types of ham**

ACORN is a new type of bar that is stylish and casual. In addition to tapas dishes, you can eat dry-cured ham and wide variety of cheese. Their chefs specializing in French cuisines will prepare healthy dishes using vegetables cultivated with low agricultural chemicals along with dishes made with fresh seafood and meat. Try their original local beer and wine carefully chosen from all over the world.



GRANROOF FRONT B1 Tokyo Station Phone: 03-5220-2572  
Tokyo **JR** Yaesu South Exit, 1 min. walk **丸の内線** Yaesu North Exit, 5 min. walk

リトルコリンズ  
**Lt Collins**  
Cafe



Lunch: ¥900- / Dinner: ¥2,000- / Course: ¥2,500-  
<Mon-Fri> 11:30AM-10:00PM <Sat> 11:00AM-9:00PM  
Credit Card: VISA, MASTER, AMEX, JCB, Union Pay, DINERS  
<https://www.instagram.com/lcollinsespresso/>

**Tuna Melt - sandwich packed with herb-scented tuna and two types of cheese.**

Lt Collins, modeled on a Melbourne café and pub, is a comfortable place to just drop in on. The menu is an array of delicious and healthful items that emphasize the quality of their ingredients. It's backed up by Oceanian wines and craft beers. Popular menu items include panini, Aussie fish and chips, and a salad with at least 10 types of seasonal vegetable. You'll be greeted with heartfelt service.



7-13 Nihonbashi Kobunacho, Chuo-ku Phone: 03-6206-2547  
Mitsukoshimae **丸の内線** Exit A4, 8 min. walk **有楽町線** Exit A5, 6 min. walk

玄治店 濱田家  
**Genyadana Hamadaya**  
Washoku, Kaiseki



Course (Dinner): ¥39,600-  
<Wed, Thu, Sat> 11:30AM-3:00PM <Mon-Sat> 5:30PM-10:00PM  
<Closed> Sunday & Public Holiday  
Credit Card: VISA, MASTER, DINERS | <http://www.hamadaya.info/>

A long-standing restaurant that was founded in 1912 on the site of a famous kabuki theater, Genyadana. The restaurant allows guests to get a taste of the changing seasons, with the strictly selected seasonal ingredients that arrive every morning, in private rooms looking out on a beautiful garden. The establishment is built with "sukiya" style, a method of construction that is rarely seen these days involving building multiple floors without use of a single nail.



3-13-5 Nihonbashi Ningyo-cho, Chuo-ku  
Ningyocho **丸の内線** Exit 1 min. walk **有楽町線** Exit 8 min. walk **有楽町線** Exit 8 min. walk

common cafe 丸の内センタービル店  
**common cafe (Marunouchi Center Bldg.)**  
Cafe, Yoshoku (Western Food)



Lunch: ¥1,000- / Dinner: ¥3,000- / Course: ¥3,500- \*Smoking space available  
<Mon-Fri> 8:00AM-11:30PM (L.O. 10:30PM)  
<Sat, Sun & Holiday> 11:30AM-11:00PM (L.O. 10:15PM)  
<Closed> When Marunouchi Center Building is closed  
Credit Card: VISA, Master, AMEX, JCB, UnionPay | <http://www.common-cafe.jp/>

**Hamburger - with special buns and patty**

The café's logo design is based on the traditional pattern of the indigenous group, Ainu. Ainu values the "connection of the heart" by sharing and coexisting with nature and showing care to their peers. The café was named "common" from the wish of the founders to create a place that inherits the warm Ainu culture of sharing and bonding. Their specialty is the original coffee that is freshly brewed and hand dripped.



Marunouchi Center Building 1F 1-6-1 Marunouchi, Chiyoda-ku Phone: 03-6551-2511  
Tokyo **JR** **丸の内線** Marunouchi North Exit, 3 min. walk **丸の内線** Exit 1 min. walk

SAMURAI dos Premium Steak House 八重洲鉄鋼ビル店  
**SAMURAI dos Premium Steak House (Yaesu Tekko Bldg.)**  
Steak, Yoshoku (Western Food)



Lunch: ¥3,800- / Dinner: ¥20,000- Course: ¥20,000- \*Smoking space available  
<Lunch> 11:30AM-3:00PM (L.O. 3:00PM)  
<Dinner> 3:00PM-11:30PM (Food L.O. 10:30PM / Drink L.O. 11:00PM)  
Credit Card: VISA, Master, AMEX, JCB, UnionPay | <http://samurai-dos.jp/>  
\*Please make a reservation 3 days in advance to dine on weekends

**Premium Steak Course - you can choose the main steak dish**

Enjoy the pairing of aged beef and wine in a private dining room with modern and relaxing atmosphere. In addition to steaks, their chefs will serve western cuisines using carefully chosen seasonal ingredients cooked with special skills. Have an adventure in the world of the samurai (Japanese chefs) cooking with swords (knives).



Tekko Building B1F, 1-8-2 Marunouchi, Chiyoda-ku Phone: 03-6256-0805  
Tokyo **JR** **丸の内線** Yaesu North Exit, 2 min. walk **丸の内線** Exit 2 min. walk

The 48th International Food and Beverage Exhibition

# FOODEX JAPAN 2023



**DATE** **March 7<sup>th</sup>** (Tue.) ▶ **10<sup>th</sup>** (Fri.), 2023  
10:00 - 17:00 (Until 16:30 on last day)

**VENUE** **Tokyo Big Sight**



## 東京ミッドタウン Tokyo Midtown

Tokyo Midtown is known as a “city within a city” developed in Roppongi. It is a complex of high quality shops, restaurants, and galleries with the concept of “high-quality daily life.” The top floor occupies the Ritz-Carlton Hotel, offering a sophisticated atmosphere that also welcomes non-staying guests.

Shops 11:00AM-9:00PM,  
Restaurants 11:00AM-12:00AM  
<https://www.tokyo-midtown.com/en/>

**Roppongi**   Exit 8

**Nogizaka**  Exit 3

**Roppongi-itchome**  Exit 1

赤坂・六本木

## Akasaka Roppongi

### Center of Modern Tokyo

Akasaka is an upscale district similar to Ginza, often used for business entertainment, and where many long-established restaurants stand. Next to Akasaka is Roppongi, an area with concentrated nightspots that celebrities from overseas go to. Recently, new types of facilities such as Roppongi Hills and Tokyo Midtown that comprise a package of offices and shopping centers are the trend. Relaxing gardens and 3 art museums that create the “Art Triangle Roppongi” are also worth a visit.



## 六本木ヒルズ Roppongi Hills

In the center of Roppongi stands the Roppongi Hills. The Tokyo City View open-air observation deck is located in the 238-meter 54-story complex Mori Tower. TV Asahi and Grand Hyatt Tokyo are also part of this complex. Illuminations are beautiful in winter and you might be lucky to see bon-odori (a traditional Japanese folk dance) in summer!

Shops 11:00AM-9:00PM  
Restaurants 11:00AM-11:00PM  
<https://www.roppongihills.com>

**Roppongi**   Exit 1C

**Azabu Juban**  Exit 7  Exit 4

## 恵比寿ガーデンプレイス Yebisu Garden Place

The Ebisu Skywalk starting from the East Exit of Ebisu Station will take you to another “city within a city,” the Yebisu Garden Place. The Central Square has a unique arch that is sloped over open space full of boutiques. If you love drinking beer, visit the Museum of YEBISU BEER that opened in 2010 to celebrate the 120th anniversary of the Yebisu brand. The 40 minutes tour costs 500 yen served with two tasting cups of draft beer.

<https://gardenplace.jp>

**Ebisu**   East Exit






## 芝公園 Shiba Park

Surrounding the Zojoji Temple in a ring shape, Shiba Park is one of the oldest parks in Japan. It gives you the perfect view of Tokyo Tower. Originally part of the Zojoji Temple, a family temple of Tokugawa Iesaya, Shiba Park separated after the war due to the separation of government and religion. The park has large trees of cherry blossom, zelkova, ginkgo, camphor, and others grown around the pond that gives beautiful sceneries in spring and autumn. Momijidani, autumn leaf valley, is famous for its artificial 10-meter high water fall.

<http://www.tokyo-park.or.jp>

**Hibiya**   

**Kasumigaseki**   

## Hotel New Otani Tokyo

www.newotani.co.jp/en/tokyo/restaurant

Hotel New Otani Tokyo, 4-1 Kioi-cho, Chiyoda-ku

Akasakamitsuke 08 12 D Kioicho Exit, 3 min. walk Yotsuya JR 12 08 Kojimachi Exit, 8 min. walk

久兵衛 ザ・メイン店  
**Kyubey (The Main)**

Washoku, Sushi

Lunch: ¥4,000- / Dinner: ¥10,000- / Course: ¥15,000-  
11:30AM-2:00PM, 5:00PM-9:30PM  
Credit Card: VISA, Master, AMEX, JCB, Others  
Phone: 03-3221-4144👍 **Kyubey Course ¥15,000 + service charge + tax**

Highly acclaimed as one of the best sushi restaurants in Japan, Kyubey offers the ultimate experience of dining sushi that is regarded as a form of art. Enjoy a friendly conversation over the counter with the chef while relishing sushi made from fresh and seasonal ingredients. Another Kyubey restaurant is located in the Garden Tower of the hotel (Tel: 03-3221-4145).

石心亭  
**Sekishin-tei**

Teppanyaki

Course Lunch : ¥7,000- / Course Dinner: ¥18,000-  
<Mon-Fri> 11:30AM-2:00PM, 5:30PM-9:30PM  
<Sat, Sun & Holiday> 11:30AM-3:00PM, 5:30PM-9:30PM  
Credit Card: VISA, Master, AMEX, JCB, UnionPay, Others | Phone: 03-3238-0024👍 **Ryokuin Course with wagyu ¥21,000 + service charge + tax**

The restaurant stands in a quiet Japanese garden with a history of over 400 years located in Hotel New Otani. As you dine, take in the beautiful scenery beyond the wide window or watch the chef's precise movements preparing your meal. They serve wagyu, seasonal seafood, and vegetables, carefully selected and grilled to perfection by the chefs.

天婦羅ほり川 ホテルニューオータニ店  
**Tempura Horikawa**

Tempura

Lunch: ¥2,200- / Course Lunch: ¥4,000-  
Dinner: ¥6,000- / Course Dinner ¥6,000-  
<Mon-Sat> 11:30AM-2:30PM, 5:00PM- 9:30PM  
<Sun & Holiday> 11:30AM-9:30PM  
Credit Card: VISA, Master, AMEX, JCB, Others | Phone: 03-3221-4166👍 **Tsuki Course ¥7,500 + service charge + tax**

Try the traditional tastes of Japan, made with carefully selected ingredients and highly trained techniques. Their thin and crispy tempura batter is healthy and amazingly light. Horikawa is perfect for business meetings and gatherings as they have a variety of different course menus of their superb tempura accompanied with seasonal dishes.

ÉdiTioN Koji Shimomura  
**ÉdiTioN Koji Shimomura**

French

Lunch Course: ¥7,260- / Dinner Course: ¥18,150-  
12:00PM-3:00PM (L.O. 1:30PM) 6:00PM-11:00PM (L.O. 9:00PM)  
<Closed> Irregular | Credit Card: VISA, MASTER, DINERS  
http://www.koji-shimomura.jp/

A French restaurant located on the ground floor of a skyscraper, directly connected to Roppongi-itchome Station. The chef, Mr. Shimomura who trained at a three-star restaurant in France, currently organizes several international cooking events. Although he creates elegant dishes with French cooking techniques, their taste does not depend on excessive fat and sugar contained in butter and cream.

📍 Roppongi T-CUBE 1F, 3-1-1 Roppongi, Minato-ku  
Roppongi-itchome 05 3 min. walkリオグランデグリル 六本木  
**Rio Grande Grill Roppongi**

Churrasco Brazilian Barbecue

Lunch: ¥1,300- (Weekdays), ¥3,564- (Weekend) / Dinner: ¥4,860-  
<Mon-Fri> 11:30AM-3:00PM (L.O.2:00PM), 6:00PM-11:00PM (L.O.10:00PM)  
<Weekend & Holiday> 11:30AM-3:30PM, Sat & Before Holiday 5:30PM-  
11:00PM (L.O. 10:00PM), Sun & Holiday 5:00PM-10:30PM (L.O. 9:30PM)  
Credit Card: VISA, Master, AMEX, JCB, UnionPay | http://riogrande.creatorestaurants.com/en/👍 **Lunch time (weekdays) Grilled chicken, Today's beef steak / Dinner time Churrasco (all you can eat)**

Rio Grande Grill Roppongi is a Brazilian BBQ (churrasco) restaurant that is located 2 minutes away from Roppongi Station. Skewered beef, other types of meat, and seafood are slowly grilled in a special oven. Listen to the upbeat samba and feel the Brazilian atmosphere as you enjoy your food.

📍 6-6-9-1F Roppongi, Minato-ku Phone: 03-5413-5851  
Roppongi 03 04 Exit 3, 2 min. walk熟成焼肉 肉源  
**JYUKUSEI YAKINIKU NIKUGEN**

Yakiniku

Lunch: ¥1,000- / Dinner: ¥5,500- Course: ¥5,000-  
11:00AM-3:00PM (L.O.2:30PM) Closed for lunch on Sundays  
5:00PM-12:00AM (L.O.11:00PM) <Closed> Dec.31, Jan.1  
Credit Card: VISA, Master, AMEX, JCB, DINERS | http://www.nikugen.jp👍 **Wet Aged Beef Steak**

If you like to have a delicious gourmet yakiniku, Nikugen is the place. Nikugen, which was opened as a flagship restaurant of a largest national chain in the industry, became one of the most popular restaurants in Akasaka, the highly competitive area of yakiniku restaurant. Nikugen serves the Prime CAB of Black Angus beef at an unbelievably low price! Their wine cellar carries over 70 kind of selected wines for you to choose to enjoy with delicious beef.

📍 2-14-33-2F Akasaka, Minato-ku Phone: 03-5797-7390  
Akasaka 06 Exit 2, 1 min. walk



浜離宮恩賜公園 ¥ 300

## Hama-rikyu

Hama-rikyu is one of the most recommended Japanese gardens in Tokyo, which includes a tidal pond, duck hunting sites, traditional teahouses, and a Japanese black pine that is more than 300 years old. First established in the Edo Era as a household villa of the Shogunate, it came to be an Imperial villa during the Meiji Era, and later was granted to Tokyo as a public park. The tidal pond shows you different faces according to the ebb and flow of a sea tide.

9:00AM-5:00PM (Final admission 4:30PM)  
 <Closed> December 29 - January 1  
<https://www.tokyo-park.or.jp/teien/en/hama-rikyu/>

Shimbashi   
 Shiodome



Please check each restaurant's website for the latest information.

Shinbashi / Shiodome

### 美寿思 MISUJI Sushi

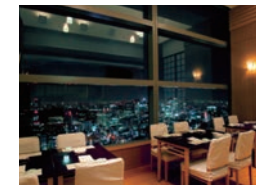


Lunch: ¥2,500- / Dinner: ¥10,000- / Course: ¥8,000-  
 11:00AM-3:00PM (L.O. 2:30PM) 5:00PM-10:30PM (L.O. 10:00PM)  
 <Closed> When Caretta Shiodome Bldg. is closed  
 Credit Card: VISA, Master, AMEX, JCB, UnionPay



### Edomae-Kaiseki-course

Experience the taste of Edo together with the fantastic view of Tokyo 200 meters up in the sky. You can watch the chefs making sushi right in front of your eyes if you sit at the counter seats. Private counter seat rooms are also available. Red vinegar is used for sushi toppings with a rich taste.



Caretta Shiodome 46F, 1-8-1 Higashi Shinbashi, Minato-ku  
 Phone: 03-6218-4100

Shimbashi Shiodome Exit, 5 min. walk Shiodome Exit 10, 1 min. walk

### てんぷら 逢坂 Tempura Osaka Tempura



Course (Dinner): ¥14,520-  
 <Mon-Fri> 11:15AM-2:00PM, 5:30PM-11:00PM  
 <Sat> 5:00PM-11:00PM <Closed> Sunday, holiday, 3rd Saturday  
 Credit Card: VISA, MASTER, DINERS | <http://www.tempura-osaka.jp/>



A simple tempura shop that brings out the food's best taste. Fresh ingredients, carefully selected in Tsukiji fish market, are lightly fried in a mellow blend of cottonseed and sesame oils. Always kept simple and not needlessly fancy. The plump seafood with its light texture is perfectly seasoned with pink Pakistani rock salt for a deeply satisfying savory flavor. Inside the shop, the main seating is at the warmly lit counter.



Tada Building 1F, 2-13-16 Nishishinbashi, Minato-ku

Shimbashi Ginza Exit, 10 min. Toranomon Exit 1, 5 min. walk

### 過門香新橋店~ GoldFin ~ Kamonka Shimbashi GoldFin Chinese



Lunch: ¥1,200- / Dinner: ¥5,000- Course: ¥6,000-  
 11:00AM-2:30PM (L.O. 2:00PM), 5:00PM-11:00PM (L.O. 10:00PM) <Closed>  
 Irregular Holiday | Credit Card: VISA, Master, AMEX, JCB, UnionPay,  
 DINERS | <http://kamonka-tokyo.jp>



### Shark's Fin Sashimi - ¥12,000, Chongqing Style Braised Tofu & Minced Pork with Hot Sauce -¥1,800 (Excl. tax & service fee)

Try all the flavors of China at Kamonka. Their concept is "to go beyond centuries and borders by serving Chinese cuisines that takes pride in their 5000-year history." Their luxurious interior and beautiful dishes and cutlery will welcome all guests. Excluding vegetables that are only grown in China, they use ingredients from Japan.



Perusa 115 4F, 1-15-5 Shinbashi, Minato-ku Phone: 03-6206-1151

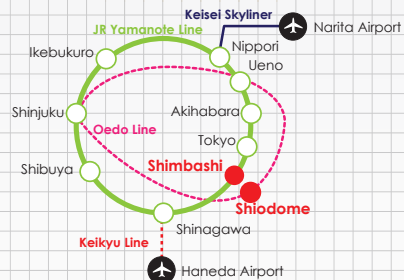
Shimbashi Hibiya Exit, 1 min. walk Exit 7, 1 min. walk

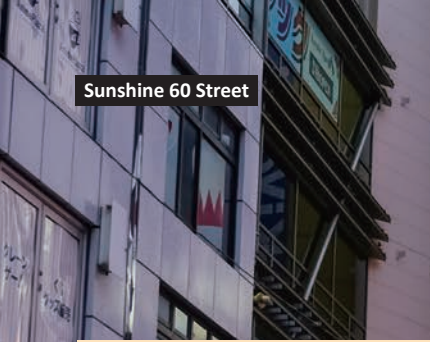
新橋・汐留

# Shinbashi Shiodome

## Gate of Tokyo Bay

Shinbashi has a public image of a platform for so-called "salary-man" (male office workers). Hundreds of casual and reasonable izakaya are open until late hours. When you see a drunk salary-man interviewed on TV, that's probably at Shinbashi. Walking through Shinbashi will lead you to a stylish city of Shiodome. Tall buildings make up the city to have great night view at restaurants in high floor buildings. Explore the starting point of Tokyo Bay cruising! Feel the different seasons at the Hamariky Garden, a famous Japanese garden near the ocean.





サンシャインシティ  
Sunshine City

Sunshine City is a huge complex located on the east side of Ikebukuro. Many of the “city within a city” has been established these days, but Sunshine City was the first opened in 1978. Other than shops and restaurants, there are various facilities including Sunshine Aquarium, Sunshine 60 Observation Deck to watch Mt. Fuji and Tokyo Bay, Planetarium, and Ancient Orient Museum. The Sunshine Aquarium created a new rooftop area where visitors can watch penguins “fly” overhead. On the second floor is an indoor theme park NanjaTown supported by Japan’s famous game creator Namco. You can also enjoy stand shops specialized in gyoza dumpling and unique style desserts.

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

Ikebukuro



池袋

# Ikebukuro

## Town for Shoppers of All Ages

Ikebukuro is a sub-center of Tokyo following Shinjuku and Shibuya, and a train terminal where 8 different lines cross. Two major department stores are connected to the station. Sunshine City 60, a large shopping facility with a theme park, aquarium, and planetarium is now one main symbol of Ikebukuro. Many multinational restaurants gather around this area, and Ikebukuro is also known as a highly competitive area for ramen restaurants. In addition to traditional theaters and cultural facilities, there are many spots where game fans and anime fans gather.



巢鴨地藏通り商店街  
Sugamo Jizo Dori Shotengai

Sugamo is located next to Ikebukuro and known as the town of elderly. The Sugamo area is also known as “Harajuku of the seniors” reflecting the liveliness of the elderly chatting and shopping together. While walking through the area, you might realize that the street is full of red products. The color red is believed to attract good luck; especially, aka-pantsu (red underwear) is something you might want to check out.

<https://www.sugamo.or.jp>

Sugamo



いけふくろう  
Ikebukuro

Ikebukuro is an owl statue standing on east exit of Ikebukuro like Hachiko in Shibuya and also known for a famous meeting spot. It was built in 1987 for its memorial of JR line foundation. The Japanese word for owl is “fukuro” and believed to be a bird that brings happiness to people. Someone mixed the two words of Ikebukuro and fukuro into Ikebukuro for its name of the statue. Japanese people love homonyms. The Ikebukuro has been the guardian of Ikebukuro for 30 years.

Ikebukuro

池袋寅肴  
**Ikebukuro Torahako**

Washoku, Izakaya, Nihonshu Bar, Gibier cuisine



<Mon-Sat> 5:30PM-12:30AM (L.O. 11:00PM)  
<Sun&Holidays> 3:00PM-11:00AM (L.O. 10:00AM) \*Irregular holidays  
Credit Card: VISA, MASTER, JCB, AMEX, Diners

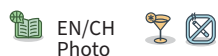
**Pheasant breast meat with green onions**

Ikebukuro Torahako is a kappo bistro restaurant that mainly serves gibier (wild game) dishes together with fresh seafood and vegetables. They serve gibier at a reasonable price and taste that is widely accepted. There are many types of alcoholic beverages, but sparkling sake is a must try if you order gibier dishes. Grilled rice ball with sea urchin is a popular for a final dish.

2-69-3-101, Ikebukuro, Toshima-ku Phone: 050-5303-8544

Ikebukuro JR West Exit, 10 min. walk

鮨処 銀座 福助 サンシャイン 60 店  
**Sushi Ginza Fukusuke (Sunshine 60)**  
Sushi



Lunch: ¥2,000- / Dinner: ¥6,500- Course: ¥5,400-  
<Mon-Fri> 11:00AM-3:00PM (L.O. 2:30PM), 5:00PM-11:00PM (L.O. 10:00PM)  
<Weekend & Holiday> 11:00AM-4:00PM (L.O. 2:30PM), Sat 4:00PM-11:00PM (L.O.10:00PM) Sun & Holiday 4:00PM-10:00PM (L.O.9:00PM)  
<Closed> New Year Holiday | Credit Card: VISA, Master, AMEX, JCB, Others

**Yuraku Course ¥5,000 + tax**

Located on the 59th floor of Sunshine 60, the super high-rise building that represents the Ikebukuro district, Sushi Ginza Fukusuke is the finest place to enjoy the authentic Edo-mae-style sushi while taking in the view from 220 meters up in the sky. The interior is a natural Japanese-style space, in white wood and stone. Enjoy the fresh seafood shipped directly from Tsukiji fish market.

Sunshine 60 59F, 3-1 Higashi Ikebukuro, Toshima-ku Phone: 03-5954-6159

Ikebukuro JR Exit 35, 8 min.walk Higashi Ikebukuro Exit 6-7, 3min. walk

アインソフソア  
**AIN SOPH. soar**  
International, Vegan



Lunch: ¥1,500- / Dinner: ¥3,000-  
11:30AM-4:00PM (L.O. 3:00PM), 5:00PM-10:00PM (L.O. 9:00PM)  
<Closed> Irregular holidays  
Credit Card: VISA, MASTER, AMEX, JCB, UnionPay, DINERS | http://ain-soph.jp

**Ripple Cheese Burger - Signature burger made with homemade soy and mushroom patty with melted coconut cheese, grilled sweet onion, fresh lettuce, tomato, guacamole, and aurora sauce between handmade buns**

AIN SOPH.'s 3rd location, opened in February 2014. Glamping, short for glamorous camping, is the concept of AIN SOPH. soar. Enjoy a casual menu of burgers, curries, pancakes, parfaits and more, in an interior set in the style of a luxurious camping ground, complete with a fire place. Great for families and children, offering a spacious sofa seating, kids menu, stroller (and wheelchair) access, and baby room. Also good for large parties and receptions.

Union Bldg. 1F, 3-5-7 Higashi Ikebukuro, Toshima-ku Phone: 03-5944-9699

Ikebukuro JR Exit 10 min.walk

九州じゃんから西武池袋店  
**KYUSHUJANGARA SEIBUIKEBUKUROTEN**  
Ramen



Lunch: ¥700-1,200 / Dinner: ¥1,000-1,500 <Mon-Fri> 11:00AM-11:00PM (L.O. 10:30) <Sat, Sun, Holiday> 10:30AM-11:00PM (L.O. 10:30)  
Credit Card: VISA, Master, AMEX, JCB, Union Pay, Diners, Others  
https://kyushujangara.co.jp/

**Kyushu Janagara Zensu-iri (All In) - We top a mild and refreshing soup of simmered pork bones, chicken bones, and vegetables with our vaunted toppings to create this dish, which is always our most popular item.**

The only Kyushu Jangara branch inside a department store. The abundant menu, which could only be served in a department store, has a rich lineup of set menus, including children's meals, and items only available in Seibu Ikebukuro branch, like "Tokyo Shoyu Ramen" and "Japanese-style citron vegan ramen".

Seibu Ikebukuro 8F, 1-28-1 Minami Ikebukuro, Toshima-ku Phone: 03-3981-5188

Ikebukuro JR East Exit, 2 min. walk

雛鮨 池袋  
**HINASUSHI Ikebukuro**  
Sushi



Lunch: ¥1,000- / Dinner: ¥4,000- / Course: ¥4,000-  
11:00AM-4:30PM, 4:30PM-11:00PM (L.O. 9:30PM) <Closed> January 1st  
Credit Card: VISA, Master, AMEX, JCB  
http://www.create-restaurants.co.jp/

**Premium Sushi All-You-Can-Eat**

HINASUSHI is an all you can eat sushi restaurant serving about 60 types of sushi at all times! In addition to standard sushi they have a wide variety from their dynamic "whole anago sushi" to gunkan-maki of crab innards and monkfish liver. You can order your favorite sushi as many times as you want! Sushi toppings will change depending on the season.

Yamada Denki LABI 1-7F, 1-5-7 Higashi Ikebukuro, Toshima-ku  
Phone: 03-5953-2881

Ikebukuro JR East Exit, 2 min. walk

**Cafe & Wellness Week**



**PERIOD**  
**July 27<sup>th</sup> ▶ 29<sup>th</sup>, 2022**  
(Wed.) (Fri.)  
**10:00 - 17:00**

**VENUE**  
**Tokyo Big Sight**  
**East Halls 4-6**

**ORGANIZER**  
**TSO International**

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







Bay View of Odaiba



レインボーブリッジ  
Rainbow Bridge

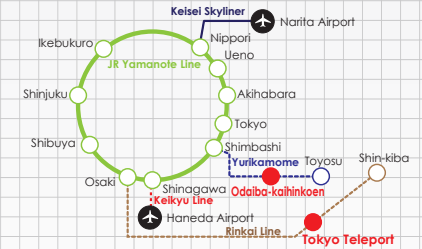
Opened to traffic in 1993, the bridge over the Port of Tokyo is called the Rainbow Bridge and looks like a rainbow as the name suggests. The 1.7 kilometers promenade walk connecting Shibaura Wharf and Odaiba waterfront area can be walked on. It takes about half an hour to cross the whole bridge. The two routes, north route and south route, provide different sceneries, but the south route is recommended if you only plan to walk one way. The vision from the bridge is too beautiful to miss especially during the night illumination as the illumination color changes depending on events and even on days and hours for viewers to enjoy the outstanding time of the day.

Promenade open hours:  
April 1-October 31 9:00AM-9:00PM  
November 1-March 31 10:00AM-6:00PM

Shibaura Futou  5 min. walk  
Odaiba Kaihinkoen  10 min. walk



お台場  
Odaiba



Amusement Area of the Tokyo Bay

Odaiba is a large amusement area. Riding the “New Transit Yurikamome,” an automated guide way transit that connects Shinbashi and Toyosu, you can reach the water front area of Odaiba, a popular spot for families, couples, and tourists. Surrounded by large-scale commercial facilities, you not only can enjoy shopping and food, but also get more than enough entertainment at amusement parks and movie theaters. The night view of the Tokyo Bay from the Rainbow Bridge and areas around Odaiba is certainly worth seeing.

パレットタウン  
Palette Town

The large Ferris Wheel, one of the symbols of this area, is located in Palette Town. Enjoy the view of Tokyo Tower, TOKYO SKYTREE®, Tokyo Gate Bridge, and Rainbow Bridge. Palette Town includes a large shopping mall called Venus Fort opened in 1999. It was designed featuring 17th century Europe townscape where you can not only enjoy your shopping but also the design of the mall itself. Also, you can experience car riding at the TOYOTA's city show case theme park, “MEGA WEB,” under a concept of ‘look’, ‘ride’ and ‘feel’ automobiles. 60 car models including current and new models are available for a test ride. Digital Art Museum by teamLab Borderless and Zepp Tokyo, the largest all-standing concert hall are also located in Palette Town. You can experience the Tokyo Cruise from Palate Town to Hinode Pier and enjoy other marine sports and birdwatching.

<https://www.palette-town.com>

Tokyo Teletop  3 min. walk  
Aomi  Connected to building





日本科学未来館

## National Museum of Emerging Science and Innovation

National Museum of Emerging Science and Innovation is more well-known as Miraikan meaning building of the future. This science museum is Japan's high-tech showcase with many fascinating exhibitions of science and technology of today including robots, space shuttles, and submarines. There is a large "Geo-Cosmos" hanging from the entrance ceiling giving spherical video display of the earth viewed from the space.

10:00AM-5:00PM<Closed> Tuesday (Open if Tuesday is a holiday), New Year Holiday  
<http://www.miraikan.jst.go.jp/en/>

¥ 620 (adults) / 210 (under 19)

Tokyo Teleport  15 min. walk

Fune-no-kagakukan  5 min. walk

Telecom Center  4 min. walk

森ビル デジタルアート ミュージアム：  
エブソン チームラボポータル

## teamLab Borderless: MORI Building DIGITAL ART MUSEUM

teamLab Borderless is a world of artworks without boundaries, a museum without a map created by art collective teamLab. teamLab Borderless is a group of artworks that form one borderless world. Artworks move out of rooms, communicate with other works, influence, and sometimes intermingle with each other with no boundaries. Immerse your body in borderless art in this vast, complex, three-dimensional 10,000 square meter world. Wander, explore with intention, discover, and create a new world with others. (Information from the official website)

Mon-Fri 10:00AM-6:00PM / Sat, Sun, Holidays  
 9:00AM-8:00PM  
<https://borderless.teamlab.art>

Tokyo Teleport  5 min. walk

Aomi  3 min. walk

Please check each restaurant's website for the latest information.

東京ビッグサイト

## Tokyo Big Sight



Tokyo International Exhibition Center, familiar with the name of Tokyo Big Sight, is the largest convention center in Japan that opened in 1996. The event calendar is full throughout the year. The exhibition area has 10 exhibition halls with the area of 80,000 square meters welcoming more than 10 million people every year. It is the finish line for the Tokyo Marathon and a venue for many major events including Tokyo Motor Show, Japan IT Week, Comiket (comic market), and International Gift Show. An unbelievable number of industry trade shows are held every day.

<http://www.bigsight.jp>

Kokusai-tenjijo  7 min. walk

Kokusai-tenjijo-seimon  3 min. walk

### The Grill on 30th The Grill on 30th

Grill dining



Lunch: ¥5,000- / Dinner: ¥15,000-  
 <Lunch> 11:30AM-2:30PM (L.O.) <Dinner> 5:30PM-9:30PM (L.O.)  
 Credit Card: VISA, Master, AMEX, JCB, Diners  
<https://www.tokyo.grandnikko.com/eng/restaurant/thegrill/>



### Chefs' Selection - Special dinner course that changes seasonally

Located on the highest floor of the hotel, the grill dining allows guests to dine while enjoying a beautiful view of Tokyo. Grilled cuisines served from the open kitchen uses ingredients carefully selected from Japan and abroad, and offers meat with bones as well as fresh seafood. Forget the busyness of Tokyo and spend an elegant time with your loved ones.



Grand Nikko Tokyo Daiba 30F, 2-6-1 Daiba, Minato-ku  
 Phone: 03-5500-4550 (Restaurant Information)

Daiba  Hotel building linked to station Tokyo Teleport  10 min. walk



### GUNDAM Café ダイバーシティ東京 プラザ店 GUNDAM Café (DiverCity Tokyo Plaza)

Entertainment Café



¥600-  
 10:00AM-9:00PM <Closed> When DiverCity Tokyo Plaza is closed  
 Credit Card: VISA, Master, AMEX, Others | <http://g-cafe.jp/>





### Gunpla-yaki ¥194 + tax -flavor changes each season

Explore the world of "Mobile Suit Gundam," a Japanese anime classic, at "GUNDAM Café." This information base of Gundam will be sure to entertain all types of fans. Café menus are based on scenes or characters of the Gundam series. Be absorbed in the world of Gundam at Diver City Tokyo Plaza, a spot for Gundam fans to enjoy the café menus.



DiverCity Tokyo Plaza 2F, 1-1-10 Aomi, Koto-ku Phone: 03-6457-2778

Tokyo Teleport  3 min. walk Daiba  5 min. walk



©SOTSU・SUNRISE



Vegetarian\*



HALAL Halal & vegetarian\*



Recommended menu

\*Halal & vegetarian menus may require reservation in advance

Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Shibuya Harajuku Omotesando	Cerulean Tower Tokyu Hotel	26-1 Sakuragaoka-cho   Shibuya-ku   Tokyo 150-8512 Tel: +81-3-3476-3000 <a href="https://www.tokyuhotelsjapan.com/global/cerulean-h">https://www.tokyuhotelsjapan.com/global/cerulean-h</a>	408	¥¥¥¥	✓	11	English	✓	✓	✓	✓	✓	Partly available	✓	✓
	Shibuya Excel Hotel Tokyu	1-12-2 Dogenzaka   Shibuya-ku   Tokyo 150-0043 Tel: +81-3-5457-0109 <a href="https://www.tokyuhotelsjapan.com/global/shibuya-e/">https://www.tokyuhotelsjapan.com/global/shibuya-e/</a>	408	¥¥	✓	3	English	✓	✓			✓			✓
Shinjuku	Park Hyatt Tokyo	3-7-1-2 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 163-1055 Tel: +81-3-5322-1234 Email: <a href="mailto:tokyo.park@hyatt.com">tokyo.park@hyatt.com</a> <a href="https://tokyo.park.hyatt.com">https://tokyo.park.hyatt.com</a>	177	¥¥¥¥	✓	7	English	✓	✓	✓	✓	✓		✓	✓
	Hilton Tokyo	6-6-2 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 160-0023 Tel: +81-3-3344-5111 <a href="http://tokyo.hilton.com">http://tokyo.hilton.com</a>	830	¥¥¥	✓	6	English, Chinese, French, Spanish, Korean, Portuguese	✓	✓	✓		✓	Partly available	✓	✓
	Hotel Century Southern Tower	2-2-1 Yoyogi   Shibuya-ku   Tokyo 151-8583 Tel: +81-3-5354-0111 <a href="https://global.southerntower.co.jp/">https://global.southerntower.co.jp/</a>	375	¥¥¥	✓	3	English	✓	✓			Partly available			✓
	Hyatt Regency Tokyo	2-7-2 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 160-0023 Tel: +81-3-3348-1234 Email: <a href="mailto:tokyo.regency@hyattregencytokyo.com">tokyo.regency@hyattregencytokyo.com</a> <a href="http://tokyo.regency.hyatt.com">http://tokyo.regency.hyatt.com</a>	746	¥¥¥	✓	6	English	✓			✓	Partly available			✓
	Keio Plaza Hotel Tokyo	2-2-1 Nishi-Shinjuku   Shinjuku-Ku   Tokyo 160-8330 Tel: +81-3-3344-0111 <a href="https://www.keioplaza.com/">https://www.keioplaza.com/</a>	1453	¥¥¥	✓	15	English, Chinese, Korean	✓	✓	✓		✓		✓	✓
	RIHGA Royal Hotel Tokyo	1-104-19 Totsuka-machi   Shinjuku-ku   Tokyo 169-8613 Tel: +81-3-5285-1121 <a href="https://www.rihga.com/tokyo">https://www.rihga.com/tokyo</a>	131	¥¥¥	✓	6	English	✓	✓	✓	✓	Partly available			✓
	Shinjuku Prince Hotel	1-30-1 Kabuki-cho   Shinjuku-ku   Tokyo 160-8487 Tel: +81-3-3205-1111 <a href="http://www.princehotels.com/shinjuku/">http://www.princehotels.com/shinjuku/</a>	571	¥¥¥	✓	3	English, Chinese, Korean					✓			✓
	Hotel Gracery Shinjuku	1-19-1 Kabukicho   Shinjuku-ku   Tokyo 160-8466 Tel: +81-3-6833-1111 <a href="https://gracery.com/shinjuku/">https://gracery.com/shinjuku/</a>	970	¥¥	✓	1	English, Chinese, Korean					✓			✓
	Shinjuku Granbell Hotel	2-14-5 Kabuki-cho   Shinjuku-ku   Tokyo 160-0021 Tel: +81-3-5155-2666 <a href="http://www.granbellhotel.jp/en/shinjuku/">http://www.granbellhotel.jp/en/shinjuku/</a>	485	¥¥	✓	3	English	Partly available				Partly available			✓
	Shinjuku Washington Hotel	3-2-9 Nishi-Shinjuku   Shinjuku-ku   Tokyo 160-8336 Tel: +81-3-3343-3111 <a href="https://www.shinjyuku-wh.com/">https://www.shinjyuku-wh.com/</a>	1617	¥¥	✓	3	English, Chinese, Korean							✓	✓
Ueno Akihabara	Mitsui Garden Hotel Ueno	3-19-7 Higashi-ueno   Taito-ku   Tokyo 110-0015 Tel: +81-3-3839-1131 <a href="http://www.gardenhotels.co.jp/eng/ueno/">http://www.gardenhotels.co.jp/eng/ueno/</a>	245	¥¥	✓	1	English					✓			✓
	Super Hotel Akihabara Suehirocho	3-2-5 Ueno   Taito-ku   Tokyo 110-0005 Tel: +81-3-6848-9000 <a href="http://www.superhotel.co.jp/s_hotels/akihabara/">http://www.superhotel.co.jp/s_hotels/akihabara/</a>	106	¥¥	✓	0	Japanese						✓		✓
Asakusa	The Gate Hotel Asakusa Kaminarimon	2-16-11 Kaminarimon   Taito-ku   Tokyo 111-0034 Tel: +81-3-5826-3877 Email: <a href="mailto:info-kaminarimon@gate-hotel.jp">info-kaminarimon@gate-hotel.jp</a> <a href="https://www.gate-hotel.jp/en/asakusa-kaminarimon/">https://www.gate-hotel.jp/en/asakusa-kaminarimon/</a>	134	¥¥	✓	2	English					✓			✓
	Dormy Inn • global cabin Asakusa	1-3-4 Hanakawado   Taito-ku   Tokyo 111-0033 Tel: +81-3-3845-1122 <a href="https://www.hotespa.net/hotels/asakusa/">https://www.hotespa.net/hotels/asakusa/</a>	75	¥¥	✓	0	English, Chinese, Korean				✓				

Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Asakusa	Andon Ryokan Tokyo Japan	2-34-10 Nihonzutsumi   Taito-ku   Tokyo 111-0021 Tel: +81-3-3873-8611 Email: ryokan@andon.co.jp http://www.andon.co.jp/	20	¥	✓	1	English	✓							✓
Ryogoku Kinshicho	The Gate Hotel Ryogoku	1-2-13 Yokoami   Sumida-ku   Tokyo 130-0015 Tel: +81-3-5637-7041 https://www.gate-hotel.jp/en/ryogoku/	126	¥¥	✓	2	English					✓			✓
	Lotte City Hotel	4-6-1 Kinshicho   Sumida-ku   Tokyo 130-0013 Tel: +81-3-5619-1066 https://lottecityhotel.jp/en/	213	¥¥	✓	3	English					✓		✓	✓
	Tobu Hotel Levant Tokyo	1-2-2 Kinshicho   Sumida-ku   Tokyo 130-0013 Tel: +81-3-5611-5511 https://www.tobuhotel.co.jp/levant/	383	¥¥	✓	4	English		✓			Partly available			✓
Yanaka Nezu Sendagi	Ryokan Sawanoya	2-3-11 Yanaka   Taito-Ku   Tokyo 110-0001 Tel: +81-3-3822-2251 E-mail: ryokan@sawanoya.com http://www.sawanoya.com/	12	¥	✓	0	English								✓
Marunouchi Nihonbashi	Four Seasons Hotel Tokyo at Marunouchi	1-11-1 Marunouchi   Chiyoda-ku   Tokyo 100-6277 Tel: +81-3-5222-7222 https://www.fourseasons.com/tokyo/	57	¥¥¥¥	✓	2	English, Chinese, Korean, Hindi, French, Italian, Spanish, Thai, Sri Lankan, Tagalog, Nepalese	✓			✓	✓			✓
	The Gate Hotel Tokyo	2-2-3 Yurakucho   Chiyoda-ku   Tokyo 100-0006 Tel: +81-3-6263-8233 Email: info-tokyo@gate-hotel.jp https://www.gate-hotel.jp/en/tokyo/	164	¥¥¥	✓	3	English					✓			✓
	Imperial Hotel Tokyo	1-1-1 Uchisaiwai-Cho   Chiyoda-Ku   Tokyo 100-8558 Tel: +81-3-3504-1111 https://www.imperialhotel.co.jp/	570	¥¥¥¥	✓	17	English, Chinese, Korean, Spanish, French	✓	✓	✓		✓	Partly available	✓	✓
	Palace Hotel Tokyo	1-1-1 Marunouchi   Chiyoda-ku   Tokyo 100-0005 Tel: +81-3-3211-5211 https://en.palacehoteltokyo.com/	284	¥¥¥¥	✓	10	English, Chinese, Korean, Spanish, Portuguese, Italian, French, Tagalog, German, Lithuanian, Hindi, Thai, Sri Lankan, Arabic, Nepalese, Russian, Indonesian, Czech, Vietnamese	✓	✓	✓	✓	✓	Partly available	✓	✓
	The Peninsula Tokyo	1-8-1 Yurakucho   Chiyoda-ku   Tokyo 100-0006 Tel: +81-3-6270-2888 http://www.peninsula.com/en/tokyo	314	¥¥¥¥	✓	8	English, Chinese (Cantonese, Mandarin), Korean, Spanish, Italian, French, German, Hindi, Nepalese, Arabic, Bengali	✓		✓	✓	✓			✓
	Shangri-La Tokyo	Marunouchi Trust Tower Main, 1-8-3 Marunouchi Chiyoda-ku   Tokyo 100-8283 Tel: +81-3-6739-7888 http://www.shangri-la.com/tokyo/shangrila	200	¥¥¥¥	✓	3	English, Korean, Chinese (Cantonese, Mandarin), German, French, Hindi, Tagalog, Malay, Indonesian, Nepalese, Arabic, Vietnamese, Mongolian	✓		✓	✓	✓	Partly available		✓
	The Tokyo Station Hotel	1-9-1 Marunouchi   Chiyoda-ku   Tokyo 100-0005 Tel: +81-3-5220-1111 Email: info@the.tokyostationhotel.jp http://www.thetokyostationhotel.jp/	150	¥¥¥¥	✓	10	English, Chinese, Korean	✓			✓	✓			✓
	HOTEL METROPOLITAN TOKYO MARUNOUCHI	1-7-12 Marunouchi   Chiyoda-ku   Tokyo 100-0005 Tel: +81-3-3211-2233 Email: info@hm-marunouchi.jp https://marunouchi.metropolitan.jp	343	¥¥¥	✓	1	English	✓					✓		✓
	Akasaka Roppongi	The Capitol Hotel Tokyo	2-10-3 Nagatacho   Chiyoda-ku   Tokyo 100-0014 Tel: +81-3-3503-0109 https://www.capitolhoteltokyo.com/en/	251	¥¥¥¥	✓	4	English, French, Chinese, Korean	✓	✓	✓	✓	✓	Partly available	
Grand Hyatt Tokyo		6-10-3 Roppongi   Minato-Ku   Tokyo 106-0032 Tel: +81-3-4333-1234 Email: tokyo.grand@hyatt.com http://tokyo.grand.hyatt.com	387	¥¥¥¥	✓	10	English, German, Spanish, French, Japanese, Korean, Portuguese, Russian, Simplified and Traditional Chinese	✓	✓	✓	✓	✓			✓

Area	Hotel	Contact Information	Room	Price	Wi-Fi	Restaurant & Bar	Languages	Room Service	Bus	Pool	Spa	Barrier Free	Free Breakfast	ATM	Laundry Services
Akasaka Roppongi	The Ritz-Carlton, Tokyo	9-7-1 Akasaka   Minato-ku   Tokyo 107-6245 Tel: +81-3-3423-8000 <a href="http://www.ritzcarlton.com/en/hotels/japan/tokyo">http://www.ritzcarlton.com/en/hotels/japan/tokyo</a>	247	¥¥¥¥	✓	7	English, Chinese, Italian, Spanish, German, French, Korean	✓	✓	✓	✓	✓		✓	✓
	ANA InterContinental Tokyo	1-12-33 Akasaka   Minato-ku   Tokyo 107-0052 Tel: +81-3-3505-1111 <a href="https://anaintercontinental-tokyo.jp/en/">https://anaintercontinental-tokyo.jp/en/</a>	844	¥¥¥	✓	11	English	✓	✓	✓	✓	✓		✓	✓
	Hotel New Otani Tokyo	4-1 Kioi-Cho   Chiyoda-ku   Tokyo 102-8578 Tel : +81-3-3265-1111 <a href="https://www.newotani.co.jp/en/tokyo/">https://www.newotani.co.jp/en/tokyo/</a>	1479	¥¥¥	✓	37	English, Chinese, Spanish, Korean	✓	✓	✓	✓	✓	Partly available	✓	✓
Shinbashi Shiodome	Andaz Tokyo Toranomon Hills	1-23-4 Toranomon   Minato-ku   Tokyo 105-0001 Tel: +81-3-6830-1234 Email: <a href="mailto:tokyo.host@andaz.com">tokyo.host@andaz.com</a> <a href="http://www.andaztokyo.com">http://www.andaztokyo.com</a>	164	¥¥¥¥	✓	5	English, Chinese (Mandarin, Taiwanese), Korean	✓	✓	✓	✓	✓			✓
	Conrad Tokyo	1-9-1 Higashi-Shinbashi   Minato-ku   105-7337 Tokyo Tel: +81-3-6388-8000 <a href="http://www.conradtokyo.com">http://www.conradtokyo.com</a>	291	¥¥¥	✓	5	English, Chinese, Korean, Italian	✓	✓	✓	✓	✓			✓
	Dai-ichi Hotel Tokyo	1-2-6 Shimbashi   Minato-ku   Tokyo 105-8621 Tel: +81-3-3501-4411 <a href="https://www.hankyu-hotel.com/en/hotel/dh/dhtokyo">https://www.hankyu-hotel.com/en/hotel/dh/dhtokyo</a>	278	¥¥¥	✓	9	English	✓	✓	✓	✓	✓			✓
	InterContinental Tokyo Bay	1-16-2 Kaigan   Minato-Ku   Tokyo 105-8576 Tel: +81-3-5404-2222 <a href="https://www.interconti-tokyo.com/en/">https://www.interconti-tokyo.com/en/</a>	330	¥¥¥	✓	7	English	✓	✓			✓	Partly available		✓
	The Okura Tokyo	2-10-4 Toranomon   Minato-ku   Tokyo 105-0001 Tel: +81-3-3582-0111 <a href="https://theokuratokyo.jp/en/">https://theokuratokyo.jp/en/</a>	508	¥¥¥¥	✓	7	English	✓	✓	✓	✓	✓	Partly available	✓	✓
	Park Hotel Tokyo	1-7-1 Higashi Shimbashi   Minato-ku   Tokyo 105-7227 Tel: +81-3-6252-1111 <a href="https://parkhoteltokyo.com/">https://parkhoteltokyo.com/</a>	270	¥¥¥	✓	4	English, Italian, Russian, Spanish, Nepalese	✓	✓		✓	✓			✓
	The Prince Park Tower Tokyo	4-8-1 Shibakoen   Minato-ku   Tokyo 105-8563 Tel: +81-3-5400-1111 <a href="https://www.princehotels.com/parktower/">https://www.princehotels.com/parktower/</a>	603	¥¥¥	✓	12	English	✓	✓	✓	✓	✓	Partly available	✓	✓
	Tokyo Prince Hotel	3-3-1 Shibakoen   Minato-ku   Tokyo 105-8560 Tel: +81-3-3432-1111 <a href="https://www.princehotels.com/tokyo/">https://www.princehotels.com/tokyo/</a>	462	¥¥	✓	10	English		✓	Partly available	✓	✓	Partly available	✓	✓
	The Royal Park Hotel Iconic Tokyo Shiodome	1-6-3 Higashi-shimbashi   Minato-ku   Tokyo 105-8333 Tel: +81-3-6253-1111 <a href="https://www.the-royalpark.jp/the/tokyoshiodome/en/">https://www.the-royalpark.jp/the/tokyoshiodome/en/</a>	490	¥¥¥	✓	4	English, Korean		✓		✓	✓	Partly available		✓
Ikebukuro	Hotel Metropolitan Tokyo Ikebukuro	1-6-1 Nishiikebukuro   Toshima-ku   Tokyo 171-8505 Tel: +81-3-3980-1111 <a href="https://tokyo-ikebukuro.hotel-metropolitan.com/">https://tokyo-ikebukuro.hotel-metropolitan.com/</a>	800	¥¥¥	✓	8	English	✓	✓	✓		✓			✓
Odaiba Bay Area	Grand Nikko Tokyo Daiba	2-6-1 Daiba   Minato-ku   Tokyo 135-8701 Tel: +81-3-5500-6711 <a href="https://www.tokyo.grandnikko.com/">https://www.tokyo.grandnikko.com/</a>	882	¥¥¥	✓	9	English	✓	✓	✓		✓		✓	✓
	Tokyo Bay Ariake Washington Hotel	3-7-11 Ariake   Koto-ku   Tokyo 135-0063 Tel: +81-3-5564-0111 <a href="https://tokyobay.washington-hotels.jp/">https://tokyobay.washington-hotels.jp/</a>	830	¥¥	✓	12	English, Chinese, Korean	✓	✓			✓		✓	✓
Others	Hotel Chinzanso Tokyo	2-10-8 Sekiguchi   Bunkyo-ku   Tokyo 112-8680 Tel: +81 3 3943-1111 Email: <a href="mailto:info@hotel-chinzanso.com">info@hotel-chinzanso.com</a> <a href="https://www.hotel-chinzanso-tokyo.com/">https://www.hotel-chinzanso-tokyo.com/</a>	267	¥¥¥¥	✓	9	English, Chinese	✓	✓	✓	✓	✓			✓
	Hilltop Hotel	1-1 Surugadai Kanda   Chiyoda-ku   Tokyo 101-0062 Tel: +81-3-3293-2311 <a href="https://www.yamanoue-hotel.co.jp/eng/index.html">https://www.yamanoue-hotel.co.jp/eng/index.html</a>	35	¥¥¥	✓	7	English	✓							✓
	The Royal Park Hotel Tokyo Haneda	2-6-5 Haneda Airport   Ota-ku   Tokyo 144-0041 Tel: +81-3-6830-1111 <a href="https://www.the-royalpark.jp/the/tokyohaneda/en/">https://www.the-royalpark.jp/the/tokyohaneda/en/</a>	313	¥¥¥	✓	1	English					✓	Partly available		✓

# Casual Restaurant Chains in Tokyo!

## SOBA

Buck wheat noodle served in cold or hot soup.



### FUJISOBA

Soba, udon, curry, and "don" menus  
[fujisoba.co.jp](http://fujisoba.co.jp)



## UDON

Flour noodle served in hot or cold soup.



### NAKAU

Udon set menus, gyu-don (beef bowl), and other "don" menus  
[www.nakau.co.jp/en/](http://www.nakau.co.jp/en/)



## TEISHOKU

A healthy balance of dishes on a single tray containing rice, miso soup, main and side dishes.



### YAYOI

Teishoku menus  
[www.yayoiken.com/en/](http://www.yayoiken.com/en/)



## DON

Bowl dish with main (tempura, beef, cutlet, etc.) and rice



### SUKIYA

Gyu-don (beef bowl), pork bowl, curry, and set menus  
[www.sukiya.jp/en/](http://www.sukiya.jp/en/)



### TENYA

Ten-don (tempura bowl), other "don" menus  
[www.tenya.co.jp/english/](http://www.tenya.co.jp/english/)



## Yaki-, -yaki (焼き)

Grilled, baked, roasted (e.g. Yakitori, Yakiniku, Kushiyaki, Teppanyaki, Okonomiyaki, Sukiyaki, etc.)

## -age (揚げ)

Deep-fried (e.g. Kushi-age: Skewered ingredients deep-fried with batter coated by bread crumbs)

## Kushi- (串)

Skewer (e.g. Kushikatsu: Skewered cutlets of meats and vegetables, Kushiyaki: Meat, fish, shellfish, vegetables and other items placed on skewers and grilled, etc.)

## Izakaya (居酒屋)

Japanese-style pub. The dishes are usually small and affordably priced.



### HANAYA YOHEI

Sushi, sashimi, tempura, soba, udon, ten-don, sukiyaki, shabu-shabu, and more  
[www.hanayayohei.co.jp/en/](http://www.hanayayohei.co.jp/en/)



### HAMAZUSHI

Sushi, and more  
[www.hamazushi.com/en/](http://www.hamazushi.com/en/)



### COCO'S RESTAURANT

Hamburger steak and other set menus  
[www.cocos-jpn.co.jp/](http://www.cocos-jpn.co.jp/)



### FRESHNESS BURGER

Hamburger, cafe  
[www.freshnessburger.co.jp](http://www.freshnessburger.co.jp)



## Nabe (鍋)

Hot pots. They are very popular in the winter. Various ingredients are placed into a big pot, boiled with a special soup, and placed at the center of the table for everyone to share.

## Ramen (ラーメン)

Types of noodle that originally came from China. Basic flavors of the soup are salt, soy sauce, miso, and tonkotsu.

## Sukiyaki (すき焼き)

Kind of nabe flavored in soy sauce and sugar. Main ingredients are sliced beef and vegetables that are eaten with raw beaten egg.

## Tonkatsu (とんかつ)

Japanese-style pork cutlets

## Shabu-shabu (しゃぶしゃぶ)

Dipping thinly sliced pork or beef in boiling water with your chop sticks, and eating with different kinds of sauce.

## Yakiniku (焼肉)

Korean barbecue.

## Monjayaki (もんじゃ焼き)

Flour based batter pan-fried with ingredients such as cabbage, seafood, meat, and cheese.

## Okonomiyaki (お好み焼き)

Round pancake made with ingredients such as flour, cabbage, eggs, seafood, meat, yam, and spring onions. Once cooked, it is topped with bonito flakes, dried seaweed, mayonnaise, and sauce.

# USEFUL PHONE NUMBERS

## EMERGENCY CALLS

Toll free number that can be dialed from any phone

**110**  
POLICE

**119**  
FIRE / EMERGENCY

Non-emergency help hotline  
(Tokyo Metropolitan Police Department  
General Advisory Center)  
**9110**

## TRANSPORTATION

Flight Information (Haneda Airport)  
**03-5757-8111**

Flight Information (Narita Airport)  
**0476-34-8000**

Toei Transportation (Subway)  
**03-3816-5700**

JR-EAST (Railway)  
**050-2016-1603**

Tokyo Metro (Subway)  
**0120-10-4106**

Nihon Kotsu (Taxi)  
**03-5755-2336**



## LOST AND FOUND

The Tokyo Metropolitan Police Department  
Lost and Found Center  
**0570-55-142**

Tokyo Metro (Subway)  
**03-3834-5577**

Toei Transportation (bus and subway)  
**03-3816-5700**

Taxi  
**03-3648-0300**

JR-EAST (Railway)  
**050-2016-1601**



## TOURIST INFORMATION

Japan National Tourism Organization  
(Tourist Information Center)  
**03-3201-3331**

Tokyo Metropolitan Government Building  
Headquarters  
**03-5321-3077**

Tourism Information Center Tokyo  
**03-5220-7055**

Tokyo Tourist Information Center Haneda  
Airport Branch  
**03-6428-0653**

Tokyo Tourist Information  
Center Keisei Useno Branch  
**03-3836-3471**



## HOSPITALS & CLINICS (ENGLISH SERVICES AVAILABLE)

St. Luke's International Hospital  
**03-5550-7166**

American Clinic Tokyo  
**03-6441-0969**

Tokyo Midtown Clinic  
**03-5413-7911**

International Clinic  
**03-3582-2646**

The King Clinic  
**03-3409-0764**



## HEALTHCARE INFORMATION

Tokyo Metropolitan Health and Medical  
Informational Center (Himawari)  
**03-5285-8181**

Fire Station Telephone Service (Guidance for  
medical institutions)  
**03-3212-2323**

日本の酒情報館

## Japan Sake and Shochu Information Center

The Japan Sake and Shochu Information Center allows people from around the world to learn and experience Japanese sake, honkaku shochu, and awamori.

About 100 different types of sake and shochu are available at all times for tasting from 100 yen per glass.

A wide variety of sake including Daiginjo sake, Junmai sake and matured sake can be enjoyed in addition to imo (sweet potato)/mugi (barley)/kome (rice)/kokuto (brown sugar) honkaku shochu, awamori, and fruit liqueur from across Japan.


If you are not sure of what to order, try Sake 101 Set (500 yen) or Shochu 5 Types Set (500 yen) to find out your favorite "Kokushu", a national alcoholic beverage of Japan.



Address: Nihon Shuzo Toranomon Building 1st Floor, 1-6-15 Nishi Shimbashi, Minato-ku, Tokyo  
Phone: 03-3519-2091  
Nearest Station: Tokyo Metro, Ginza Line, Toranomon Station  
Hours: 10:00AM-6:00PM  
Days closed: Saturday, Sunday, public holidays, year-end and New Years holidays

[www.japansake.or.jp/sake/english](http://www.japansake.or.jp/sake/english)

[www.honkakashochu-awamori.jp/english](http://www.honkakashochu-awamori.jp/english)



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THE CAPITOL HOTEL TOKYU TOKYO

## The Capitol Hotel Tokyu

2-10-3 Nagatacho, Chiyoda-ku, Tokyo 100-0014, Japan

Tel +81-3-3503-0109 [www.capitolhoteltokyu.com/en/](http://www.capitolhoteltokyu.com/en/)



LEGEND  
*Preferred*  
HOTELS & RESORTS