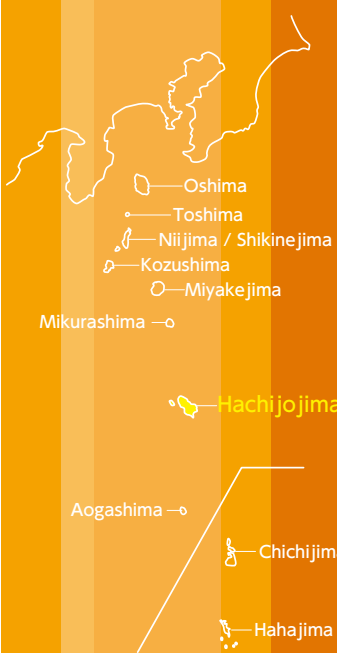




# Hachijojima

Hachijojima is located in the southern part of the Izu Islands. Take time to explore the island's unique culture and history.

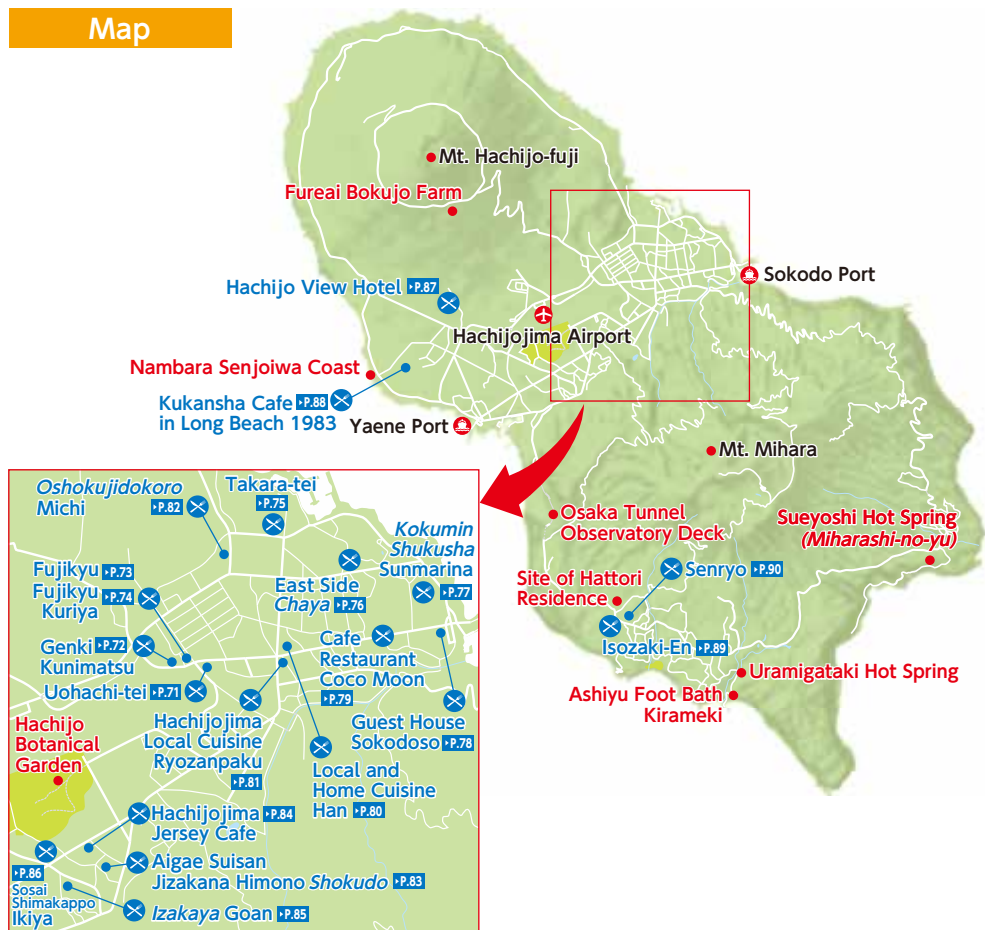
Hachijojima is located in the southern part of the Izu Islands, about 290 km off central Tokyo. Subtropical palms, ferns, and hibiscus are thriving across the island. You can experience the island's culture and history through the sight of *Tama-Ishigaki* - round-stone walls which are said to have been built by exiled convicts - and through the textile weaving experience of *kihachijo* (silk fabric) which is one of the traditional crafts of the island. After enjoying marine leisure, trekking and other activities, you can relax and refresh your mind and body in a hot spring or a foot spa with a full view of the vast Pacific Ocean.



## Access

<b>Takeshiba Passenger Ship Terminal</b> (Tokai Kisen)	Large passenger ship [10hours20minutes]	<b>Hachijojima</b>
	Airplane [55minutes]	
	Helicopter [55minutes]	
<b>Haneda airport</b> (ANA)		
<b>Oshima</b> (Toho Air Service)		
Tokai Kisen Customer Center: 03-5472-9999 ANA Domestic Reservation/Information Center: 0570-029-222 Toho Air Service Hachijojima Office: 04996-2-5200		

## Map



Hachijojima

## Main events

January	Hachijojima Public Road Race
Late March - Early April	Hachijojima Freesia Festival
Late July	Hachijojima Summer Festival
July to August	Moonlight Mushroom Gazing Party
August	Hachijojima Beach Festival
	Hachijojima Summer Fireworks Festival
October	24-Hour Challenge Hachijo <i>Daiko</i>

## Tourist information

**Hachijojima Tourism Association**

URL <http://www.hachijo.gr.jp> TEL 04996-2-1377





# Uohachi-tei



<http://uohachitei.com/>

Address: 198-1 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:30 - 3:00 (Last Order 3:00) Closed: No fixed days

☎04996-2-2807



Uohachi-tei serves local fish while it's still fresh. They take last orders at 3 a.m., so it's a perfect place for those who like to stay up late. Their menu offers a good variety of choices, including dishes with local seafood and *yakitori*.



## Homemade dried-salted local fish

Food used ▶ Largescale blackfish

Available: Year-round

From ¥680

A popular staple menu with largescale blackfish, surf casters' favorite fish, salted and dried.



## Fried mahi-mahi

Food used ▶ Mahi-mahi

Available: June to September

¥700

A hearty dish with thick-sliced and fried mahi-mahi caught at Hachijojima. It is a seasonal limited menu served from early summer to high summer.



## Assorted sashimi of 5 kinds of local fish

Food used ▶ Seasonal local fish

Available: Year-round

From ¥2,500

A plate of seasonal local fish beautifully served. Luxurious assortment of *sashimi*. Enjoy the taste of the season that the island can offer.

Hachijojima

# Genki Kunimatsu

ACCESS MAP



Address: 202-7 Mitsune, Hachijo-machi, Hachijojima  
 Opening hours: 17:00 - 0:00 Closed: Wednesdays

☎04996-2-3110



Built in an old private residence that has been renovated, there is a sunken hearth in the center of the store, and customers can enjoy the cozy atmosphere with their meal while grilling fish and vegetables, procured that day. Genki Kunimatsu is also very popular with anglers, as you can bring in the fish you catch and have them cooked.

## Fried Ashitaba and Shitadami Kakiage

Food used ▶ Ashitaba, shitadami sea snails, sweet potatoes, shiitake mushrooms

Available: Year-round

¥600

Shitadami are small sea snails that have been used as an ingredient in Hachijojima since ancient times, and which have a unique texture and taste. They are particularly popular when combined with *ashitaba* and sweet potatoes into fried *kakiage*.



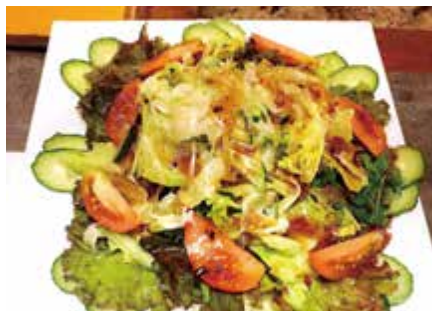
## Assortment of Island Fish Sashimi

Food used ▶ Seasonal local fish

Available: Year-round

From ¥1,500

Seasonal fish that were caught in the nearby seas and prepared to showcase their freshness, allowing customers to enjoy the color, texture, and taste that freshness brings. The original *ashitaba*, passion fruit beer, and *shochu* drinks make for a nice accompaniment.



## Vegetable Salad

Food used ▶ Seasonal vegetables

Available: Year-round

¥450

Using seasonal vegetables that are home-grown in the area around the store, this Hachijojima vegetable salad is pesticide-free and has outstanding freshness.

# Hachijojima Fujikyu



Address: 203-2 Mitsune, Hachijo-machi, Hachijojima  
 Opening hours: 8:00 - 19:00 Closed: No fixed days

☎ 04996-2-3047



A single-storied inn located close to the Hachijojima Airport.

They constantly improve menus and make dishes easier to eat by preparing *ashitaba*, seasonal vegetables and fish in a contemporary style.

The building looks a little ancient, but once inside, the friendly staff will greet you with hospitality.

## Dinner at *minshuku* (inn)

Food used ▶ *Ashitaba*, seasonal local fish, etc.

Available: Year-round Included in lodging charges

They plan a meal based on cuisine from the island with seasonal ingredients.

For those staying for more than one night, they will change the menu for every meal with different ingredients and recipes.





Hachijojima

# Fujikyū Kuriya

Address: 203-2 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:00 - 14:00 (13:30 LO)

Closed: Sundays

☎04996-2-3047



This store, in the style of a traditional private residence, which gives the image of visiting an island home.

Quiet jazz also plays within the store.

## Chef's choice

Food used ▶ Splendid alfonsino, greater amberjack, *ashitaba*, vegetables, etc.

Available: Year-round **¥1,800**

Seasonally changing ingredients have been incorporated and artfully arranged to create this easy-to-eat dish that lets customers enjoy simple island tastes.



## Island sushi

Food used ▶ Blue fusiliner, Japanese butterfish, long-tailed red snapper, etc.

Available: Year-round **¥1,700**

The slices of fish (*sushi-neta*) for island *sushi* vary depending on the season and sea conditions, but the island *sushi* with mustard marinade is always delicious island cuisine.



## Dipping *ashitaba* noodles

Food used ▶ *Ashitaba*, salt

Available: Year-round **¥1,600**

This *tempura*, made from young *ashitaba* and island vegetables, is delicious when pair with *ashitaba* salt.



Hachijojima

# Takara-tei

<http://www.8fc.jp/takaratei.html>

Address: 765 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:30 - 15:00 / 17:30 - 21:30 Closed: No fixed days

☎04996-2-0650

ACCESS MAP



Takara-tei offers live fish dishes, centered around the fish caught in the nearby seas, seaweed dishes, and *tempura* made from ingredients such as Japanese spiny lobster, *tokobushi* abalones, *kusaya*, and *ashitaba*. Depending on the day's catch, a fish carving show will be held in front of customers, then served as well-liked *sashimi*. If you contact the store in advance then it is possible to cook fish that you catch. There is also a daily lunch menu.

## Sashimi Set Meal

Food used ▶ Splendid alfonsino, Blue fusilier, flying fish, and amberstripe scad, etc.

Available: Year-round

¥1,650

Fresh, seasonal Hachijojima fish (4-5 kinds) offered as *sashimi*. Is even more delicious when eaten with "Shima-tou Soy Sauce," which uses island chili peppers. Comes with home-made *tokoroten* agar jelly.



## Ashitaba Cuisine

Food used ▶ *Ashitaba*

Available: Year-round

¥550-880

Served with *tempura*, boiled greens, sesame sauce, and mayonnaise, etc., this dish lets you enjoy *ashitaba* with a variety of flavors.

## Island Sushi

Food used ▶ Japanese butterfish, long-tailed red snapper, blue fusilier, splendid alfonsino, greater amberjack, etc.

Available: Year-round

¥1,650

The fish are marinated in a soy sauce-based sauce, with mustard used instead of *wasabi*, and then the island *sushi* made with the slightly sweet vinegared rice is exquisitely delicious. (Reservation required)





# East Side Chaya

ACCESS MAP



<https://eastsidechaya.com/> Instagram: eastsidechaya

Address: 892-2 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 17:30 - 24:00 (LO 23:00) Closed: Tuesdays

☎04996-2-4758



With a large, 120-inch TV in the spacious-feeling store, customers can enjoy watching sports games and feel like they're right next to the action. Seasonal dishes and drinks made with home-grown vegetables and island ingredients are also available.

## Ashitaba, Mozzarella, and Ham Pizza

Food used ▶ Ashitaba

Available: Year-round

¥1,300

Baked pizza using homemade dough and a Genovese-style ashitaba sauce.



## Ashitaba and Ham Roll

Food used ▶ Ashitaba

Available: Year-round

¥650

The bitterness of the ashitaba and the salty taste of the ham make for an exquisite pairing.



## Miso-Grilled Rice Balls with Island Chili Peppers

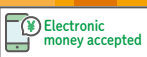
Food used ▶ Island chili peppers

Available: Year-round (2 pieces) ¥500

Spicy miso rice balls with fragrant island chili peppers that are slow-grilled to perfection.







# Kokumin Shukusha Sunmarina



<http://sunmarina2002.wix.com/sunmarina>

Address: 1291-9 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 24 hours (Telephone reservation: 7:00 - 21:00)

Closed: No fixed days

☎04996-2-3010



Sunmarina is located a little way from the Hachijo Isshu Road. It's close to the sea, and there are ocean view rooms from which guests can enjoy a view of the ocean; there are also mountain view rooms overlooking Mt. Hachijo Fuji.

You can also have a nice view from the terrace and the garden, and you can fully enjoy Hachijojima with food made from local ingredients and the magnificent scenery.

## Sauteed chicken with Hachijo fruit lemon sauce

Food used ▶ Hachijo fruit lemon

Available: December to March

### Included in the lodging charges

The mildly-acid and juicy Hachijo fruit lemon is a special produce from Hachijojima.

Hachijo fruit lemons, which can be eaten without peels as they don't have the typical bitterness, are used for the sauce, which makes the chicken meat tender and further improves the texture and flavor.



## Hachijojima *sushi* of the inn

Food used ▶ Seasonal local fish

Available: Year-round

### Included in the lodging charges

The rice seasoned with a little sweeter-than-usual *sushi* vinegar is topped with fish marinated in special sauce.

Island *sushi*, the island's local cuisine of which seasoning differs from restaurant to restaurant, is characterized by Japanese *karashi* mustard.



## Hachijo mackerel simmered in a ketchup sauce

Food used ▶ Largescale blackfish

Available: Year-round

### Included in the lodging charges

A blue mackerel simmered with ketchup and ginger. With its plain flavor, it can be a perfect side dish not only with rice but also with alcohol such as the island *shochu*.





# Guest House Sokodoso

ACCESS MAP



<http://sokodo-so.com/>

Address: 1307 Mitsune, Hachijo-machi, Hachijojima

Reception hours: 8:00 - 20:00 Open all year round

☎04996-2-0092



The best location in Hachijojima! A 2 min. walk from Sokodo Port, the gateway to the sea, this is a great location for ocean leisure and sightseeing. Business plans and overnight trips for students are also available. The dinner menu features dishes that make use of plenty of island ingredients, and in the courtyard, Guest House Sokodoso's pride, customers can enjoy BBQ while taking in the sea, starry sky, and banyan trees. A banquet course is available via advance reservation, and English is available as well. Come, use Guest House Sokodoso, and create wonderful travel memories.

## Finely Sliced Hachijojima Bonito

Food used ▶ Bonito, seasonal local fish

Available: Year-round

Cooking fee: From ¥500

Caught fish are prepared in a variety of ways, including *sashimi*, salt-grilling, and simmering, and customers can add dishes with fresh fish, a feature unique to Guest House Sokodoso and its close proximity to the port. The seafood that guests pick can also be arrayed on their table!!



## Spring Banquet Course

Food used ▶ Homegrown vegetables, seasonal local fish, bonito

Available: Year-round

Please inquire

A variety of banquet courses are on offer so that guests can spend a pleasant time with dishes made from fresh, seasonal ingredients.



## Dinner Featuring Plentiful Hachijojima Ingredients

Food used ▶ Splendid alfonso, Japanese butterfish, tuna, bigeye scad, amberstripe scad, flying fish, *ashitaba*, island okra, iwa laver, passion fruit (summer only)

Available: Year-round

Included in the lodging charges

In addition to *sushi* and *sashimi* made with fish directly sourced from the port and delicious Hachijo local dishes such as *tempura* made with organic, home-grown vegetables, guests can also enjoy the tastes of the island with Guest House Sokodoso's own original and creative menu.



Hachijojima

# Cafe Restaurant **Coco Moon**

ACCESS MAP



Address: 1440-2 Mitsune, Hachijo-machi, Hachijojima  
 Opening hours: 11:30 - 15:00, 18:00 - Closed: Thursdays

☎ 04996-2-0269



You can enjoy dishes with various ingredients including food from the island. *Ashitaba* menus are the most popular.

## **Ashitaba soba salad**

Food used ▶ *Ashitaba soba* noodles, vegetables, duck

Available: Year-round **¥1,000**

A salad with *soba* noodles made with *ashitaba* kneaded into the dough, topped with lots of vegetables. The salad dressing is also the restaurant's original, which gives the dish a distinctive taste.

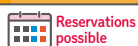


## **Ashitaba pasta**

Food used ▶ *Ashitaba* powder, shavings of *ashitaba*, bacon, pasta noodles, powdered cheese

Available: Year-round **¥1,540**

Rich *ashitaba* pasta dish using pasta dough mixed with *ashitaba* powder, topped with fluffy *ashitaba* shavings.



# Local and Home Cuisine Han

ACCESS MAP



Address: 1636-5 Mitsune, Hachijo-machi, Hachiojima

Opening hours: Breakfast: 7:00 - 9:00, lunch 11:00 - 13:00, dinner 17:30 - 21:00

Closed: Thursdays

☎04996-2-7080



They serve both a la carte and set meals using ingredients from the island. They set as reasonable prices as possible, so that everyone from solo customers to families can visit casually. They are looking forward to your visit.

## Island Sushi and Zuke-Don Mini Marinated Local Fish Ricebowl Set

Food used ▶ *Ashitaba*

Available: Year-round (Only in the evenings)

¥1,200

The "mini size" of the popular *zuke-don* marinated rice bowl, made even more of a deal by being in a set with the island *sushi*.



## Bento with Steamed Shumai Ashitaba Dumplings

Food used ▶ *Ashitaba* etc.

Available: Year-round (Only in the evenings) ¥800

*Ashitaba* were added to these homemade steamed *shumai* dumplings to make the flavor even better. The side dishes use seasonal island ingredients.



## Morning Set Meal

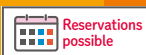
Food used ▶ Japanese butterfish, Spanish mackerel, *ashitaba*, etc.

Available: Year-round

¥750

Customers can choose their favorite side dish.





Reservations possible



Credit cards accepted



Electronic money accepted



Hachijojima Local Cuisine

# Ryozanpaku

ACCESS MAP



<http://www.rzp.jp/>

Address: 1672 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 17:30 - 23:00 (Last order 22:00) Closed: Sundays

☎04996-2-0631



They prepare dishes to traditional recipes using ingredients from the island as much as possible to make them match with island *shochu* and also taste even more delicious.



## Mozzarella cheese made from Hachijo milk and tomato

Food used ▶ mozzarella cheese

Available: Year-round

¥1,210 (tax included)

This premium mozzarella cheese is made from the rich and delicious milk of Hachijo-Jima's own Jersey cows.

## Shiitake mushroom fry

Food used ▶ Shiitake mushrooms

Available: Year-round

¥880

This dish uses Hachijo-jima's *Umikaze shiitake* mushrooms known for being meaty, offering a pleasant after taste, lacking in the harsher taste typical of *shiitake*.



## Assorted sashimi

Food used ▶ Seasonal fish only from Hachijojima

Available: Year-round

¥1,166

The menu may not be available depending on the weather, since it only uses ingredients from Hachijojima.



# Oshokujidokoro Michi



<http://nttbj.itp.ne.jp/0499621002/smp-index.html>

Address: 4419-11 Mitsune, Hachijo-machi, Hachiojima

Opening hours: 7:00 - 9:30 / 11:00 - 14:00 / 17:00 - 24:00

Closed: Tuesdays

☎04996-2-1002



Izakaya (Japanese bar & grill), with various set meals that is open from early in the morning, during which they serve so-called "one-coin" breakfasts for just 500 yen.

They have a good selection of dishes using island's ingredients, such as simmered fish, broiled fish and *sushi*. It's a place where you can have a lot of fun with a group of friends as well as family members.



## Ashitaba and Island Lemon Miso Oshizushi

Food used ▶ Ashitaba, homemade lemon salt

Available: Year-round

¥680

Oshizushi made with a sauce using specialty Hachiojima *ashitaba* and homegrown lemons. Enjoy the slight bitterness and the refreshing tang of the lemon *miso*.



## Russian-roulette island sushi

Food used ▶ Seasonal fish including Japanese butterfish, flying fish, bonnetmouth

Available: Year-round

¥980

Pieces of island *sushi*, which look like just another local cuisine, but one of them contains a lot of island chili. Try your luck with friends and enjoy the night of the island.



## Bukkake Set Meal

Food used ▶ Japanese butterfish, tuna, greater amberjack

Available: Year-round

¥1,200

A luxurious set meal that can be eaten in a variety of ways, such as with a dashi soy sauce that uses raw eggs and island chili peppers, with a local fish *sashimi* sauce, or with a spicy egg and rice marinade.



Aigae Suisan

# Jizakana Himono Shokudo



<http://across.co.jp/aigaesuisan/>

Address: 2333 Okago, Hachijo-machi, Hachijojima

Opening hours: Lunch 11:30-14:00/Dinner 17:00-20:30 (Reservations possible only for dinner)

Closed: Sundays (Open throughout during August)

☎04996-2-2745



This cafeteria serves *Kusaya* seafood prepared by a company specializing in *Kusaya* processing. The spacious concrete interior with its high ceiling gives an atmosphere of endless summer.

## Local fish Zuke-don set

Food used ▶ Japanese butterfish, Splendid alfonsino etc.

Available: Year-round **¥1,848**

Fresh fish caught near the island is marinated in a home made sauce and placed over rice with a topping of *Shiso* for this *Donburi* dish. The accompanying miso soup is based on a broth made with *Kame-no-te* shellfish and a generous portion of island *Nori* seaweed.



## Matured raw Kusaya

Food used ▶ Blue mackerel scad

Available: Year-round **¥1,045**

This *Kusaya* is so soft you can break it apart with your chopsticks because it is marinated in a secret traditional *Kusaya* sauce and matured without drying.

## Island sushi and Aburi sushi half and half set

Food used ▶ Japanese butterfish, Splendid alfonsino, etc.

Available: Year-round **¥1,760**

This is a traditional dish on Hachijojima in which the fish is marinated in a special sauce and made into *sushi* using *Karashi* mustard instead of *Wasabi*. The meal is served in the cafeteria's original style in which half of the *sushi* are lightly flame broiled on the outside, called *Aburi*, and eaten with *Yuzu* pepper. Flame broiling brings out the fat and makes the result go very well with the *sushi* rice.



P 30 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted

ACCESS MAP



Hachijojima

# Hachijojima Jersey Cafe

<http://www.hachijo-milk.co.jp/jerseycafe>

Address: 2370-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 10:00 - 17:00 Closed: No fixed days

☎04996-2-5922



A cafe where you can taste jersey milk and other dairy products produced by Hachijo Dairy Industry Inc. The chic and relaxing room is decorated by a female interior designer who lives on the island. You can enjoy drinks and sweets at 8 table seats and 6 seats at counter.

## Jersey soft serve ice cream

Food used ▶ Jersey milk

Available: Year-round

¥400

The Cafe's specialty dessert made from milk of Jersey cow grazing on the farm of Hachijo Dairy Industry Inc.



## Hachijo Jersey yogurt drink

Food used ▶ Jersey milk

Available: Year-round

¥400

This yogurt is made from the slow fermentation of Hachijojima Jersey milk and lactic acid bacteria, selected to match it. Although rich, it is a yogurt drink whose defining characteristic is its simplicity.



## Jersey cafe au lait

Food used ▶ Jersey milk

Available: Year-round

¥500

Cafe au lait with pasteurized non-homo jersey milk. Served at a slightly-lower temperature to enable visitors to get the flavor of the milk itself. Iced cafe au lait is also available.



## Ashitaba parfait with rice-flour dumplings and sweet azuki beans

Food used ▶ Jersey milk, ashitaba powder

Available: Year-round

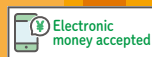
¥600

Parfait with soft serve made from Jersey cow milk grazing on the farm of Hachijo Dairy Industry Inc. and Hachijojima's ashitaba powder. Rice-flour dumplings and sweet azuki beans match perfectly.



Hachijojima





Hachijojima **Izakaya Goan**

ACCESS MAP



<http://goan.o.oo7.jp/>

Address: 2403-4 Okago, Hachijo-machi, Hachijojima

Opening hours: 17:30 - 22:00 Closed: Mondays

☎04996-2-0965



The manager goes to the port every day to purchase fish so that customers can enjoy fish caught in the island.

For those fish whose deliciousness can be enhanced by aging, preserved for a while at freezing temperature.

The manager serves fish that he himself would love to eat.

### Assorted sashimi

Food used ▶ Seasonal fish landed at Hachijojima Port

Available: Year-round

From ¥1,480

At times serve fish caught on that day depending on the day's catch. Their local sashimi, which you may never have heard of in Tokyo, is outstandingly fresh. Enjoy it as an assortment.

Use island green chili as you like.



### Ashitaba tsukudani fried rice

Food used ▶ Ashitaba, shochu

Available: Year-round

¥860

Ashitaba of Hachijojima made into tsukudani (food simmered in soy sauce and sugar with special recipe) with Hachijojima shochu is the key factor of this fried rice, and a slightly sweet taste is given to the rice.



### Fried local fish with Japanese leek and ponzu sauce

Food used ▶ White meat local fish (Japanese butterfish, mahi-mahi, etc.)

Available: Year-round

¥980

They fry white meat fish, which is fresh enough to serve as sashimi. Coating of fried fish soaked in special handmade Japanese leek and ponzu sauce makes the menu more addictive. It is also perfectly match with potherb.



### Salt-grilled splendid alfonsino collar

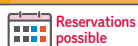
Food used ▶ Splendid alfonsino

Available: Year-round

¥980

Big eyes of splendid alfonsino contain "collagen". Recommended to eat with a bit of soy sauce! Please taste the whole fish, including even bones.





# Sosai Shimakappo Ikiya

ACCESS MAP



Address: 2434-3 Okago, Hachijo-machi, Hachijojima  
Opening hours: 17:30-22:00 Closed: Wednesdays

☎04996-9-5611



The food at this restaurant is made from the produce of Hachijo-jima and fish caught in nearby seas based on the principles of valuing seasonal flavors and sincerity. Private booths are available, and the restaurant is popular with large groups and families as well.



## Sashimi and island sushi

Food used ▶ Seasonal fish

Available: Year-round

From ¥1,100/¥800

This assortment primarily uses seasonal local fish caught nearby Hachijo-jima. The sugar, vinegar, and salt flavors stand out in the island *sushi*.



## Island Tempura assortment

Food used ▶ *Ashitaba*, *Umikaze Shiitake* mushrooms, island bamboo shoots, island okra, and local fish

Available: Year-round ¥880-1080

This *Tempura* assortment includes *Tempura* made from local Hachijo-jima *Ashitaba*, the popular *Umikaze Shiitake* mushrooms, and other seasonal island ingredients.



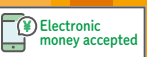
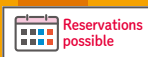
## Kabutsu (citrus fruit) beer, fresh passion fruit sour

Food used ▶ *Kabutsu* citrus fruit, passion fruit, and island lemon

Available: Year-round

From ¥748

This beer made from the juice of a citrus fruit called *Kabutsu* on Hachijo-jima is quite popular. The fresh sour is made seasonally with passion fruit or island lemon.



# Hachijo View Hotel

ACCESS MAP



<http://www.hachijo-v.co.jp/>

Address: 4422-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 24 hours Open all year round

☎04996-2-3221



This *ryokan*-type hotel is located on the hills of Hachijo Fuji and its Japanese-style rooms have incredible views. The Hachijo Japanese-style *kaiseki* meal, an arrangement of fresh local fish caught on Hachijojima and *ashitaba*, famed as a health food, is quite popular. The content of the dishes may change depending on the season.

## Assortment of Local Fish

Food used ▶ Seasonal fish

Available: Year-round

¥3,300

In the waters near Hachijojima, a large number of high-class migratory fish and seasonal local fish, such as flying fish, are caught, so enjoy being able to eat these island-only fish while they are still fresh.



Hachijojima



## Traditional Hachijojima Island Sushi

Food used ▶ Seasonal fish

Available: Year-round

¥2,200

Island *sushi* is synonymous with Hachijojima's traditional local cuisine. The *nigiri sushi* (7 - 8 pieces) is made by marinating fresh local fish, using sweet sushi rice, and then sprinkling not *wasabi*, but mustard on top. Truly top-tier island cuisine.



# Kukansha Cafe in Long Beach 1983

ACCESS MAP



<http://w01.tp1.jp/a079783401/toiawase.html>

Address: 8144-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 13:00-18:00 Closed: Tuesdays, Fridays (Open every day during the busy season)

☎04996-2-4154



This quiet cafe in a converted home hides quietly in a forest.

The interior and tableware at the cafe are carefully selected, creating a stylish and relaxing space where time passes slowly.

## Ashitaba Cheese cake set

Food used ▶ Ashitaba

Available: Year-round **¥800**

This cheese offers the essence of *Ashitaba* and rich cheese for a smooth taste to the palate.

Enjoy it with your drink included in the set. Also take notice of the carefully selected tableware.



## Ashitaba Adzuki Milk

Food used ▶ Ashitaba

Available: Year-round **¥800**

This tall pile of shaved ice is topped with *Ashitaba* powder, and the bitterness of the *Ashitaba*, slightly different from that of *Matcha* tea, goes perfectly with the sweetness of the milk syrup.



Hachijojima

# Isozaki-En

Address: 347 Kashitate, Hachijo-machi, Hachijojima  
 Opening hours: 11:00-14:00 (at night only by reservation, call by 15:00)  
 Closed: No fixed days

☎ 04996-7-0041

アクセスマップ



Isozaki-En's calm, Japanese style rooms were built over more than a hundred years by collecting driftwood that washed up on the coast, and guests can enjoy dining in a tropical Japanese-style room that was built using an old stone wall. Particular attention is paid to the island's ingredients, with the flavors of fresh seafood and pesticide free, home-grown vegetables being on offer, as well as dishes that let guests feel the history of Hachijojima's cuisine.

## Kuroshio Cuisine

Food used ▶ Seasonal fish, taro, seaweed,  
seasonal vegetables

Available: Year-round **¥1,760**

In the past there was no rice on the island, so *miso*-flavored barley porridge was eaten. The barley porridge comes with Hachijojima-produced *sashimi* local seaweed and vegetable dishes, and fish soup.



## Island Sushi

Food used ▶ Seasonal fish

Available: Year-round **From ¥1,760**

Conceived of as a *bento* lunch for long cruises, the rice has added sugar, vinegar, and salt, and mustard is used instead of *wasabi*. Fresh fish is sprinkled with soy sauce and then wrapped with *iwa laver* to form the *sushi* pieces. (Reservation required)



## Goshamen Cuisine

Food used ▶ Seasonal fish, taro, seaweed,  
seasonal vegetables

Available: Year-round **¥5,610**

Isozaki-En's original, celebratory cuisine, serving dishes that use banana leaves as plates. In addition to the *Kuroshio* Cuisine, the *Goshamen* Cuisine features a fish figure and salt-encrusted grilled fish, where an entire fresh fish is encased in salt and grilled. (For 2 or more people, reservation required)





# Senryo

ACCESS MAP



Address: 2056 Kashitate, Hachijo-machii, Hachijojima  
Opening hours: 11:00-14:00/17:00-19:00 Closed: Mondays

☎04996-7-0040



This shop offers a menu featuring island ingredients such as home grown vegetables. The cook makes an effort so that you can enjoy the deliciousness of the Hachijo-jima produce as simply and directly as possible. The atmosphere of the single story house is inviting to visitors passing by on a walk.



## Tenzaru noodles

Food used ▶ *Ashitaba*

Available: Year-round

¥990

These refreshing chilled noodles are topped with *Ashitaba Tempura*. The new buds of the *Ashitaba* plant are used, providing a delicious and fresh flavor.

## Island *Takuan* pickles

Food used ▶ *Radish*

Available: Year-round

¥220

These island *Takuan* pickles are made by fermenting home grown *Daikon* radishes in salt and rice bran. The fermentation process takes between three and six years resulting in a deliciously deep fermented flavor.



## Gyoza dumplings

Food used ▶ *Garlic, Ginger*

Available: Year-round

¥550

These Gyoza dumplings that use ginger and Hachijo-jima's large and fresh garlic are the second most popular dish on the menu.