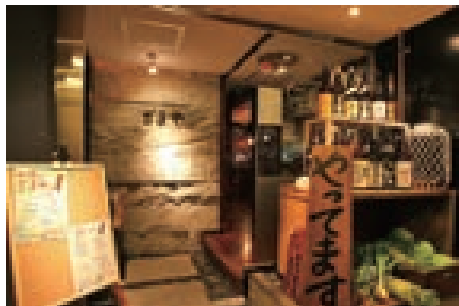


Gomaya Shinjuku-Sancho

☎ 050-3155-1545

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

- 📍 5F Higashi Shinjuku Bldg. 3-4-1 Shinjuku, Shinjuku-ku
- 🕒 11:30 - 15:30 / 17:30 - 23:30
- ✖ Open everyday
- 🚶 5 min. walk from JR Shinjuku Station East Exit
1 min. walk from Shinjuku-sancho Subway Station Exit C3



Signature menu

Chopped, Hefty, Amazing Salad

Available Year-round

Ingredients Seasonable vegetables from used Komae

Fiery Bagna Cauda with Plenty of Colorful Veggies

Available Year-round

Ingredients Seasonable vegetables from used Komae



HATAKE CAFÉ

☎ 03-5925-8220

URL <http://www.hatake-cafe.com>

- 📍 B2F Shinjuku Isetan Main Building, 3-14-1 Shinjuku, Shinjuku-ku
- 🕒 10:00 - 20:00
- ✖ Irregular (Same holidays as Shinjuku Isetan)
- 🚶 1 min. walk from Tokyo Metro Marunouchi Line Shinjuku-sancho Station
3 min. walk from Toei Shinjuku Line Shinjuku-sancho Station
5 min. walk from JR/Seibu Shinjuku Line Shinjuku Station



Signature menu

HATAKE Vegetables Special Lunch Set

Available Year-round

Ingredients A portion of the meal is seasonal vegetables from used Tokyo (contents vary depending on availability)

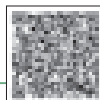


*Menus using seasonal ingredients (Edo Tokyo vegetables, etc.) are provided.

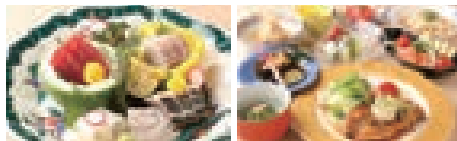
Gensai Honten

☎ 03-3371-7533

URL <http://gensai.co.jp>



- 📍 1F Daini Ito Bldg, 7-10-11 Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:30 – 14:30/17:00 – 23:30 (to 23:00 on Saturdays)
- 🗓️ Sundays and Holidays
- 🚶 2 min. walk from Toei Oedo Line Shinjuku-nishiguchi Station
2 min. walk from Seibu-Shinjuku Station
5 min. walk from Shinjuku Station West Exit on each line



Signature menu

Splendid alfonsino Shabu-Shabu Style Salad

Available Year-round (served from 11:30)

Ingredients Splendid alfonsino (from Oshima Island, Kozushima Island and Nijijima Island)

Conger Eel as Sashimi / Tempura / Shirayaki (lightly grilled)

Available Year-round (served from 17:00)

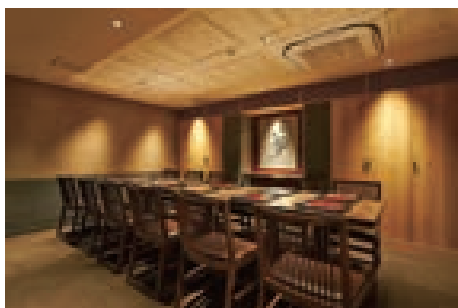
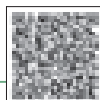
Ingredients conger eel (from Tokyo Bay, etc.)



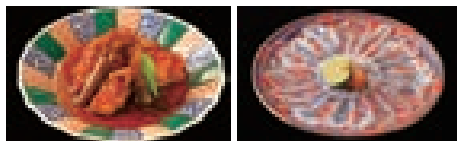
GENSAI ICHIJYO

☎ 03-3369-5110

URL <http://gensai.co.jp>



- 📍 2F Daiichi Ito Bldg, 7-9-17 Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:30 – 14:00/17:00 – 23:00 (to 23:00 on Saturdays)
- 🗓️ Sundays and Holidays
- 🚶 1 min. walk from Toei Oedo Line Shinjuku-nishiguchi Station
2 min. walk from Seibu-Shinjuku Station
3 min. walk from Shinjuku Station West Exit on each line



Signature menu

Simmered Head of Splendid alfonsino

Available Year-round

Ingredients Splendid alfonsino (from Kozushima Island)

Diamond Squid Sashimi

Available Year-round

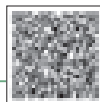
Ingredients Diamond squid (from Ogasawara)
*One of the largest edible cuttlefishes



*Also served as sashimi, boiled and shabu-shabu style, etc.

Kaidarake

☎ 03-6279-0116

URL <http://mikore.info/>

- 📍 1F LeCIEL Nishi-Shinjuku,
1-13-8 Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:30 – 23:30
(Lunch served till 15:00)
- 🗓️ X Sundays
- 🚶 5 min. walk from Shinjuku Station West Exit
on each line

Signature
menu

Green Salad

Available Year-round

Ingredients Seasonal vegetables from Mitaka (cabbage,
used lettuce, tomato, carrot, cucumber, etc.)

Vegetable Tempura

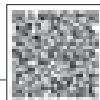
Available Year-round

Ingredients Seasonal vegetables from Mitaka (mushroom,
used potato, shiso Japanese basil, carrot, etc.)

Charcoal Grill Kappo

Mikore Shinjuku Nishiguchi

☎ 03-6302-0903

URL <http://mikore.info/>

- 📍 3F Masuya Bldg, 1-15-5
Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:30 – 24:00
(Lunch served till 15:00)
- 🗓️ X New Year Holidays
- 🚶 5 min. walk from Shinjuku Station West Exit
of each line

Signature
menu

Fresh Vegetable Salad

Available Year-round

Ingredients Seasonal vegetables from Mitaka (cabbage,
used lettuce, tomato, carrot, cucumber, etc.)

Tempura of the Season

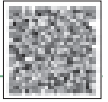
Available Year-round

Ingredients Seasonal vegetables from Mitaka (mushroom,
used potato, shiso Japanese basil, carrot, etc.)

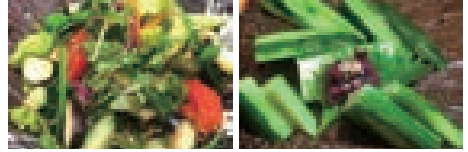
Sakana no Mikore

☎ 03-5990-5906

URL <http://mikore.tokyo/>



- 📍 B1F Sunflower Bldg, 1-3-1 Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:30 – 5:00 next morning (Lunch served till 16:00)
- ✖ New Year Holidays
- 🚶 3 min. walk from Shinjuku Station West Exit on each line



Shinjuku

Signature menu

Freshly-Picked Veggie Sticks

Available Year-round

Ingredients used Seasonal vegetables from Mitaka (*Daikon* radish, kidney bean, carrot, cucumber, etc.)

Smashed Cucumber Salad

Available Year-round

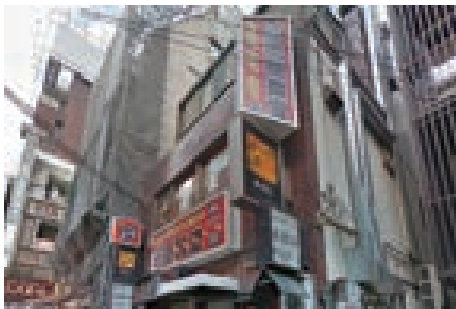
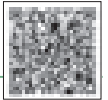
Ingredients used cucumbers from Mitaka



Mikore Shokudo

☎ 03-6279-4767

URL <http://mikore.top/>



- 📍 2F Seiei Bldg, 1-16-9 Nishi-Shinjuku, Shinjuku-ku
- 🕒 11:00 – 15:00/17:00 – 23:00
*Subject to change.
- ✖ Sundays
- 🚶 3 min. walk from Shinjuku Station East Exit



Shinjuku

Signature menu

Organic Vegetable & Tofu Salad

Available Year-round

Ingredients used Seasonal vegetables from Mitaka and Setagaya (cabbage, red leaf lettuce, carrot, broccoli, cucumber, etc.)

Cucumber seasoned with Japanese Plum

Available Year-round

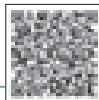
Ingredients used cucumbers (from Mitaka and Setagaya)



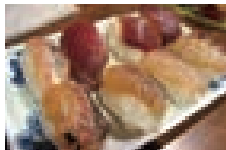
Tokyo Islands *Shochu Izakaya*

Kokkome

☎ 080-9971-3471

URL <https://m.facebook.com/kokkome8jo/>

- 📍 2F Maneki Dori Golden Street, 1-1-5 Kabukicho, Shinjuku-ku
- 🕒 19:00 – 3:00 next morning
- ✕ Irregular
- 🚶 10 min. walk from JR Shinjuku Station East Exit



Signature menu

Hachijojima Island *Kusaya* (dried fish)

(Two or three days dried mackerel scad, lightly salted and semi-dried mackerel scad and flying fish)

Available Year-round

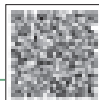
Ingredients Mackerel scad and flying fish used from Hachijojima Island

Ashitaba Tempura and Boiled Salad

Available Year-round

Ingredients *Ashitaba* (from Miyakejima Island, Hachijojima Island, etc.) usedTOKYO Tocho
Gijido Restaurant

☎ 03-3345-8703

URL <https://tokyotochougizidourestaurant.gorp.jp/>

- 📍 1F Tokyo Metropolitan Assembly Building, 2-8-1 Nishishinjuku, Shinjuku City
- 🕒 10:00 – 22:00
- ✕ Saturdays, Sundays, and Holidays
- 🚶 Immediately from Toei Subway Lines Tocho-mae Station. 10 min. walk from JR Shinjuku Station.



Signature menu

Ashitaba Tempura

Available Year-round (17:00-21:00)

Ingredients *Ashitaba* from Izu Island used

Three Slices Grilled Pork with TOKYO Sauce

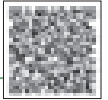
Available Year-round (17:00-21:00)

Ingredients Seaweed from Izu Islands, island *shochu* liquor used

Cafe Hananoki

☎ 03-3341-1461

🌐 <http://www.fng.or.jp>



- 📍 Inside the Shinjuku Gyoen National Garden Information Center, 11 Naito-cho, Shinjuku-ku
- 🕒 9:00 – 16:00
- 🚫 Closed days for Shinjuku Gyoen National Garden
- 🚶 In the information center next to [Shinjuku Gate] at Shinjuku Gyoen
Nearest station to Shinjuku Gate: 5 min. walk from Shinjuku-gyoenmae /Shinjuku -sanchoe Subway Stations



Signature menu

Naito Red Pepper and Strawberry Sauce Ice Cream

Available Year-round

Ingredients used Vegetables grown in Tokyo (Nerima, Kodaira, Koganei, etc.)

Cake & Drink Set-Yuzu Flavor Leek and Red Pepper Cake

Available Year-round

Ingredients used Vegetables grown in Tokyo (Nerima, Kodaira, Koganei, etc.)

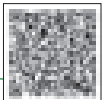


* Oshima Island "Umi no Sei" sea salt is used.

Restaurant Yurinoki

☎ 03-3341-1461

🌐 <http://www.fng.or.jp>



- 📍 11 Naito-cho, Shinjuku-ku (In the Shinjuku Gyoen National Garden * separate admission fees for the garden)
- 🕒 9:00 – 16:00
- 🚫 Closed days for Shinjuku Gyoen National Garden
- 🚶 Shinjuku Gate /Ookido Gate: 5 min. walk from Shinjuku-gyoenmae/Shinjuku-sanchoe Subway Stations (10 min. walk from Shinjuku station on each line)
Sendagaya Gate: 5 min. walk from JR Sendagaya Station/ Kokuritsu-kyogijo Subway Station



Signature menu

Curry Rice with Ezo Deer Meat with Naito chili peppers

Available Year-round

Ingredients used Vegetables grown in Tokyo (Nerima, Kodaira, Koganei, etc.)

Satogaeri Gozen (Homecoming Special Set Meal)

Available Year-round

Ingredients used Vegetables grown in Tokyo (Nerima, Kodaira, Koganei, etc.)



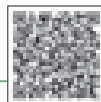
* Oshima Island "Umi no Sei" sea salt is used.

Tokyo Catering

Tokyo Metropolitan Government Main Building No.2. Staff Cafeteria

☎ 03-5320-7516

URL



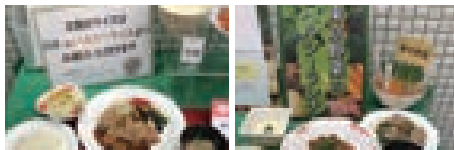
📍 4F Tokyo Metropolitan Government Main Building No.2 2-8-1 Nishi-Shinjuku, Shinjuku-ku
(The entry procedure will be required on the first floor or the second floor of the government building)

🕒 [Lunch] 11:30 – 14:00

[Staff Club Cafeteria] 17:30 – 21:00

✕ Weekends and Holidays (Closed days for Tokyo Metropolitan Government Buildings)

🚶 2 min. walk from Toei Subway Oedo Line Tochomae Station



Signature menu

Tokyo Veggie Healthy Lunch (daily menu)

Available Year-round (daily menu)

Ingredients Seasonal vegetables grown in Tokyo (sample menu: Martin and vegetables dressed with yuzu citrus pepper)

Variety Lunch Special

Available Year-round (weekly menu served for everyday)

Ingredients e.g. soft pork used (produced in Tachikawa)

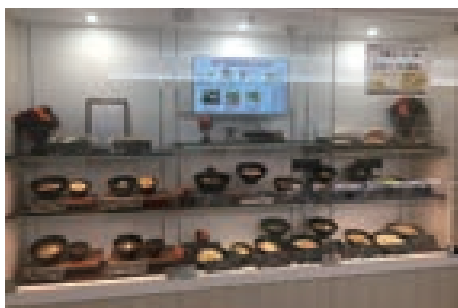
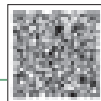


Eurest Japan, Inc.

Tokyo Tochou

☎ 03-5320-7510

URL



📍 32F Tokyo Metropolitan Main Building No.12-8-1 Nishishinjuku, Shinjuku-ku
(Must complete entrance procedures on first or second floor)

🕒 11:30 – 14:00

✕ Saturdays, Sundays, Holidays, New Year Holidays

🚶 Immediately in front of Toei Oedo Line Tochomae Station or 10 min. walk from JR Shinjuku Station



Signature menu

Ashitaba Roll Katsu

Available Year-round

Ingredients Hachiojima Ashitaba used

Murobushi Croquette and TOKYO X Pork Tonjiru Pork Soup

Available Year-round

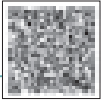
Ingredients Hachiojima scad katsuobushi, Tokyo X Pork used



Tokyo *Shamo* Chicken Restaurant
Nezu Torihana

☎ **03-5834-8079**

🌐 <http://tokyoshamo.com>



- 📍 2F Daini Takano Bldg, 1-27-1 Nezu, Bunkyo-ku
- 🕒 Tue - Sat 12:00 - 14:00 (Last Call 13:30)
Tue - Sat 17:30 - 22:30 (Last Call 21:30)
Sun. and Holidays 17:30 - 21:30 (Last Call 20:30)
- 🗓 Mondays (or Tuesday if a Holiday falls on a Monday)
- 🚶 5 - 6 min. walk from Nezu, Sendagi and Todaimae subway stations



Signature menu

Tokyo *Shamo* Chicken Course Meal

Available Year-round

Ingredients used Tokyo *Shamo* Chicken

Tokyo *Shamo* Chicken Oyakodon

Available Year-round

Ingredients used Tokyo *Shamo* Chicken

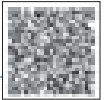


*Tokyo Tamago no Kagayaki Purin (Tokyo Egg Shining Pudding) and Tokyo Milk Dainagon Pudding are offered at the restaurant and can be purchased for take-out as well.

Creative Dining
Bonin Island Chef

☎ **03-3235-0070**

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



- 📍 1-1-4 Sekibuchi, Bunkyo-ku
- 🕒 11:30-14:00 (Last call 13:30)
17:00-23:00 (Last call 22:00)
*Sundays is closed at 22:00.
- 🗓 Tuesdays
- 🚶 3 min. walk from Tokyo Metro Yurakucho Line Edogawabashi Station Exit A4



Signature menu

Tempura/salad with seasonal Ogasawara vegetables

Available Year-round (content changes based on availability)

Ingredients used Winged beans, okra, green papaya, green beans, cucumbers, tomatoes, etc.

Direct-from-Ogasawara Fruit Sour

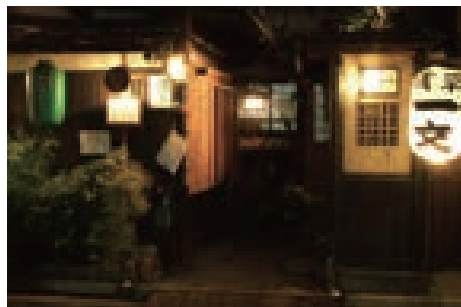
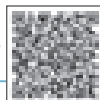
Available Year-round (content changes based on availability)

Ingredients used Passion fruit, green lemon, tomatoes, etc.



Asakusa Shuzen Ichimon Honten

☎ 03-3875-6800

URL <http://www.asakusa-ichimon.com/>

📍 3-12-6 Asakusa, Taito-ku

🕒 Mon - Fri 18:00 - 23:00

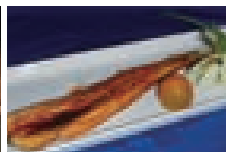
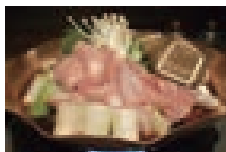
Weekends and
Holidays 17:00 - 22:00

✖ New Year Holidays

🚶 7 min. walk from Tokyo Metro Tawaramachi Station

12 min. walk from Tokyo Metro Hibiya Line Iriya Station

3 min. walk from Tsukuba Express Asakusa Station

Signature
menuEdo Negima Hot-pot
Upper / Premium

Available Year-round

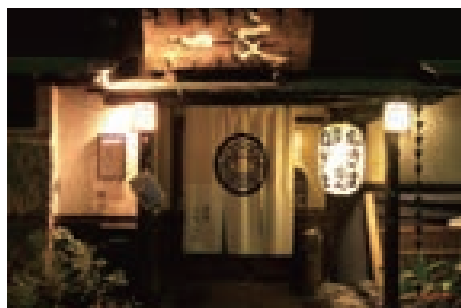
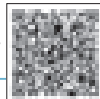
Ingredients Seasonal Edo Tokyo
used vegetablesTokyo Bay Simmered Conger
Eel, Kohada Vinegar

Available Year-round

Ingredients Conger eel and kohada from
used Tokyo Bay

Asakusa Shuzen Ichimon Bekkan

☎ 03-3871-1015

URL <http://www.asakusa-ichimon.com/>

📍 3-32-2 Asakusa, Taito-ku

🕒 18:00 - 22:30

✖ Sundays and Holidays

🚶 8 min. walk from Toei Subway Asakusa Station

8 min. walk from Tobu Isesaki Line Asakusa Station

6 min. walk from Tsukuba Express Asakusa Station

Signature
menuKaiseki Group Course
(Tokyo Bay Shellfish, Edo Tokyo Vegetables)

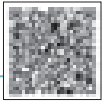
Available Year-round

Ingredients General fish and shellfish from Tokyo Bay
used Seasonal Edo Tokyo vegetablesEdo Negima Hot-pot Upper /
Premium

Available Year-round

Ingredients Seasonal Edo Tokyo
used vegetables

Miyatogawa Asakusa



- 2-7-13 Asakusa, Taito-ku
- Weekdays 17:00 – 24:00
Weekends and Holidays 12:00 – 24:00
- Wednesdays
- 5 min. walk from Toei Asakusa Line Asakusa Station Exit A4
5 min. walk from Tokyo Metro Ginza Line Asakusa Station Exit 1



Signature menu

Grilled Terajima Nasu (eggplant)

Available June to September

Ingredients Terajima *nasu* eggplant (from Sumida)

Negima (Chicken and Leek Skewers)

Available Year-round

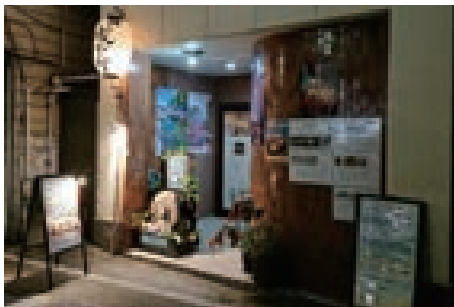
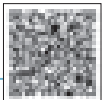
Ingredients Senju *negi* (spring onions) (from Sumida)



Asakusa Joka-machi

03-6231-6552

<https://asakusajokamachi.wixsite.com/asakusajokamachi>



- 4-14-10 Kotobuki, Taito-ku
- 19:00 – 24:00
- Open everyday (Reservation required on Sundays and holidays)
- 3 min. walk from Toei Asakusa Station subway Exit A1
3 min. walk from Tokyo Metro Ginza Line Tawaramachi Station
5 min. walk from Toei Subway and Oedo Line Kuramae Station Exit A5



Signature menu

Simmered *tokobushi* abalones from Oshima Island

Available Year-round

Ingredients *Tokobushi* abalones (Oshima Island)

Grilled *kusaya* dried fermented fish

Available Year-round

Ingredients *Kusaya* dried fermented fish used

