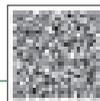


Tabegotoya-Norabo

☎ 03-3395-7251

URL



- 📍 4-3-5Nishiogikita, Suginami-ku
- 🕒 17:00 - 0:00
- ✖ Mondays
- 🚶 7 min. from Chuo Line Nishiogikubo Station North Exit



Signature menu

Local vegetables and
tofu salad

Available Year-round

Ingredients (Almost completely) Uses seasonal vegetables from Mitaka City

Kakiage tempura with corn and
edamame soybeans

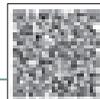
Available June-July

Ingredients Corn and edamame soybeans from Mitaka City



Royal Garden Cafe MEJIRO

☎ 03-3988-1161

URL <https://royal-gardencafe.com/mejiro/>

- 📍 2F TRAD Mejiro, 2-39-1 Mejiro, Toshima-ku
- 🕒 Mondays-Saturdays: 11:00 - 23:00
Sundays: 11:00 - 22:00
- ✖ New Year Holidays (New Year's Eve/New Year's Day)
- 🚶 Immediately from JR Mejiro Station



Signature menu

Recommended Seasonal Tokyo Vegetables Menu
(Menu varies by season)

Available Year-round

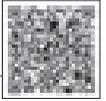
Ingredients Seasonal vegetables from Tokyo and Edo Tokyo



Yofu Souzai Teppan Daidokoro
Theory Akabane

☎ 03-6454-4252

URL <https://www.hotpepper.jp/strJ001162446/>



- 📍 1-29-7 Akabane, Kita-ku
- 🕒 Mon. 18:30 – 22:00
Tue – Sun 12:00 – 15:00/17:30 – 22:00
- 📅 Mondays
- 🚶 5 min. walk from JR Akabane Station East Exit



Signature menu

Hiroshima Yaki

Available Year-round

Ingredients used cabbages from Nerima

Cabbage with Salt-Based Sauce

Available Year-round

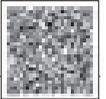
Ingredients used cabbages from Nerima



Izumiya Home Cooking

☎ 03-3894-4226

URL <http://www.yuenchidori.com>



- 📍 6-30-9 Nishiogu, Arakawa-ku
- 🕒 11:00 – 14:00 / 17:00 – 22:00
- 📅 Tuesdays
- 🚶 2 min. walk from Toden Arakawa Line Arakawayuenchi-Mae Station



Signature menu

Whole onions roasted on an open grill
(Dinner menu)

Available Year-round

Ingredients used Onions from Higashiyamato

Tokyo matcha tea shaved ice

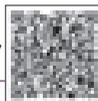
Available Year-round

Ingredients used Tokyo Sayama tea from Higashiyamato



Enza

☎ 03-3995-1577

URL <http://www.udon-enza.com/>

- 📍 Inside the Furusato Museum at Shakujii Park, 5-12-16 Shakujii-machi, Nerima-ku
- 🕒 11:00 – 15:30
- ✖ Mondays and the first Tuesday of each month
- 🚗 15-20 min. walk to Furusato Museum through Shakujii Park from Seibu Ikebukuro Line Shakujii-koen Station



Signature menu

Mizorekate Udon (hot or cold)

Available Year-round

Ingredients leafy vegetables, Japanese mustard spinach, spinach, *Daikon* radish, etc. (from Nerima)Mixed *Tempura* of Local Vegetables

Available Year-round

Ingredients eggplant, onion, carrot and seasonal vegetables

**"Hingya no Shio"* salt (from Aogashima Island) is used for some dishes.

Gochiso Bar yasu

☎ 03-6479-2252

URL



- 📍 105 Diamond Building, 4-24-5 Oizumi Gakuencho, Nerima-ku
- 🕒 17:00 – 23:00 (Last call 22:30)
- ✖ Irregular Please contact us
- 🚗 Take the bus from the Seibu Ikebukuro Line Oizumigakuen Station North Exit. 1 min. after getting off in front of "Oizumi Yubinkyoku Mae"



Signature menu

Daikon radish saladAvailable When *daikon* radish are availableIngredients *Daikon* radishes (from Oizumi)

Roll cabbage

Available When cabbage is available

Ingredients Cabbage (from Oizumi)



Chinese Restaurant
Taishoken

☎ **03-3923-7770**

🌐 <http://s-taishouken.com/>



📍 8-22-1 Shakujidai, Nerima-ku

🕒 11:30 - 21:00

🗓️ Tuesdays

🚶 From South Exit of Oizumi-gakuen Station on Seibu Ikebukuro Line, take the bus for Kichijoji Station and it is soon reached on foot from Nishimura bus stop.



Signature menu

Anton Gyoza Dumpling

Available Year-round

Ingredients Nerima grown cabbages from used Nerima (at harvest time)

Nerima Vegetable Tanmen Noodles

Available Year-round

Ingredients Nerima grown cabbages from used Nerima (at harvest time)



Koryouri Ishii

☎ **03-4283-1430**

🌐 <http://www.koryouri-ishii.com/>



📍 First Floor, 5-36-14 Higashioizumi, Nerima-ku

🕒 11:30 - 14:00 (Last Call 13:30)
17:30 - 22:00 (Last 21:30)

🗓️ Sundays, Holidays and the first Monday of each month

🚶 3 min. walk from Seibu Ikebukuro Line Oizumi-gakuen Station



Signature menu

Evening Course

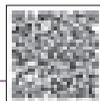
Available Year-round

Ingredients Seasonal vegetables from Tokyo, especially Nerima-ku (The day's menu is displayed on the blackboard)
used Course example: Zoshigaya eggplant surinagashi cream soup / Nerima daikon radish salad, etc. (Dependent upon the season)



Patisserie Kamitani

☎ 03-3922-2780

URL <http://kamitani.cart.fc2.com/>

- 📍 1F SFC Bldg., 4-27-40 Higashi Oizumi, Nerima-ku
- 🕒 Weekdays: 10:00-19:00 Sundays: 10:00-18:30
- ✖ Mondays Once a month on Sundays (Irregular, check the homepage)
- 🚶 3 min. from Seibu Ikebukuro Line Oizumigakuen Station North Exit



Signature menu

Oizumi Gakuen Morning Picking
Blueberry Madeleine

Available Year-round

Ingredients Blueberries from Oizumi Gakuen,
used Nerima-ku

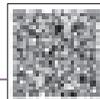
Tokyo Lemon Cake

Available Year-round

Ingredients Lemons from Nerima-ku
used

Pizzeria Gtalia da Filippo

☎ 03-5923-9783

URL <https://tabelog.com/tokyo/A1321/A132103/13149962/>

- 📍 2-13-5-103 Shakujimachi, Nerima-ku
- 🕒 12:00 - 15:00/17:30 - 23:00 (22:30 last order)
- ✖ Thursdays
- 🚶 3 min. walk from Seibu Ikebukuro Line Shakujii-kōen Station North Exit



Signature menu

Whimsical Mixed Salad
with Nerima Vegetables

Available Year-round

Ingredients Uses seasonal vegetables
used mainly from Nerima farmersTokyo NMP (Pizza) with Nerima
Greens and Musashino Pork

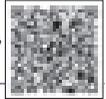
Available Year-round

Ingredients Uses mainly greens from Mr. Shiraishi
used of Doshida (varies according to the season). Nerima daikon radish are also used when in season.

Komorebi

☎ 03-6904-8797

🌐 <https://r.goope.jp/komorebi2017>



- 📍 1F Maison Yamazaki, 1-39-25 Kami-Shakujii, Nerima-ku
- 🕒 12:00 – 15:00
17:30 – 24:00
- ✖ Irregular (Reservations are recommended)
- 🚶 5 min. walk from Seibu Shinjuku Line Kami-shakujii Station South Exit



Signature menu

Akirruno-shi grown Akikawa Beef Steak cooked on Mt. Fuji Lava Stone Plate

Available Year-round

Ingredients Akikawa beef and Tokyo used grown vegetables

French-cooked rice with Truffle and Nerima Vegetables

Available Year-round

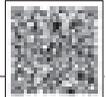
Ingredients Nerima grown vegetables, Tokyo *Shamo* Chicken bouillon used



Kutsurugi-dokoro Toride

☎ 03-3995-9378

🌐 <https://www.hotpepper.jp/strJ000634835/>



- 📍 3-26-3 Shakujii-machi, Nerima-ku
- 🕒 17:00 – 23:30
- ✖ Mondays
- 🚶 3 min. walk from Seibu Ikebukuro Line Shakujii-kōen Station



Signature menu

Seiro-mushi Steamed seasonal vegetables

Available Year-round

Ingredients Seasonal vegetables from Nerima used

Ami-yaki Grilled Seasonal Vegetables

Available Year-round

Ingredients Seasonal vegetables from Nerima used



Japanese Cuisine **Musashino**

☎ 03-5372-4501

URL <http://www.h-cadenza.jp/musashino.html>📍 1F Hotel Kadenza Hikarigaoka,
J. CITY, 5-8 Takamatsu, Nerima-ku🕒 Weekdays 11:30 - 15:00/17:30 - 21:30
Weekends and
Holidays 11:30 - 21:30

✕ Mondays (Open on Holidays)

🚗 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station
Exit 3, Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line
Narimasu Station South Exit, Seibu Ikebukuro Line Shakuji-koen StationSignature
menu**Steamed Nerima *Daikon*
and Salmon**

Available Served at peak season (approximately 1 month)

Ingredients used Nerima *daikon* radish**Waseda Ginger and Zoshigaya
Eggplant *Tempura***

Available Served at peak season (approximately 1 month)

Ingredients used Waseda Ginger and Zoshigaya
EggplantChinese Cuisine **Hakurakuten**

☎ 03-5372-4500

URL <http://www.h-cadenza.jp/hakurakuten.html>📍 1F Hotel Kadenza Hikarigaoka,
J. CITY, 5-8 Takamatsu, Nerima-ku🕒 Weekdays 11:30 - 15:00/17:30 - 21:30
Weekends and
Holidays 11:30 - 21:30

✕ Tuesdays (Open on Holidays)

🚗 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit 3,
Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line Narimasu
Station South Exit, Seibu Ikebukuro Line Shakuji-koen StationSignature
menu**Nerima *Daikon* and Pork Spare
Rib Earthenware Hotpot**

Available Served at peak season (approximately 1 month)

Ingredients used Nerima *daikon* radish**Nerima Cabbage Twice
Cooked Pork Buns**

Available Served at peak season (approximately 2 months)

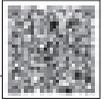
Ingredients used Cabbage from Nerima



Lounge Voisin

☎ 03-5372-4499

URL <http://www.h-cadenza.jp/voisin.html>



📍 1F Hotel Cadenza Hikarigaoka, J. City, 5-8 Takamatsu, Nerimu-ku

🕒 Weekdays 9:30 – 21:00
Weekends and Holidays 9:30 – 21:30

🗨️ Open everyday

🚗 Pick-up bus from Tokyo Metro Yurakucho Line Narimasu Station Exit 3, from Toei Oedo Line Hikarigaoka Station Exit A5, from Tobu Tojo Line Narimasu Station South Exit, and from Seibu Ikebukuro Line Shakuji-Koen Station



Signature menu

Pasta with clams and Waseda *myogatake* Japanese ginger shoots

Available Provided on spot when in season (1 month)
Ingredients Waseda *myogatake* Japanese ginger shoots (from Kanodai, Nerima-ku)

Fresh Pasta and Sauce with Dried Tomatoes

Available Provided on spot when in season (3 month)
Ingredients From Oizumi-cho, Nerima-ku (Murata Farm)



Bakery Shop Bon Parfum

☎ 03-5372-4518

URL <http://www.h-cadenza.jp/bonparfum.html>



📍 1F Hotel Cadenza Hikarigaoka, J. CITY, 5-8 Takamatsu, Nerima-ku

🕒 Everyday 10:00 – 20:00

🗨️ Open everyday

🚗 Shuttle buses from Tokyo Metro Yurakucho Line Narimasu Station Exit 3, Toei Oedo Line Hikarigaoka Station Exit A5, Tobu Tojo Line Narimasu Station South Exit, Seibu Ikebukuro Line Shakuji-koen Station



Signature menu

Nerima *Komorebi* Leaf Pie/Honey and Miso Florentine Cookies

Available Year-round
Ingredients Honey from Nerima, Nakamura-bashi, Nerima used
Kojiya Saburo Eimon Old-fashioned Miso

Luxurious Nerima Blueberry Tart

Available Served at peak season (approximately 2 months)
Ingredients Blueberries from Nerima



Tonkatsu Marutoshi

☎ 03-3931-2588

URL <http://www.kitamachi.or.jp/marutoshi.htm>



- 📍 2-36-3 Kitamachi, Nerima-ku
- 🕒 12:00 – 15:00
18:00 – 21:30
- ✖ Irregular
- 🚶 1 min. walk from Tobu Tojo Line
Tobu-Nerima Station



Signature
menu

Marutoshi Set Meal

Available Year-round

Ingredients Seasonal vegetables from Nerima
(cabbage, daikon radish in our pickles,
carrots in our *butajiru* soup, etc.)

Nerima Kitamachi Shigure Simmered Set Meal

Ingredients Seasonal vegetables from Nerima (cabbage,
used daikon radish in our pickles, carrots in our
butajiru soup, etc.)
*ground daikon radish in addition to the above



Pizzeria 222

☎ 03-6882-4138

URL <https://www.facebook.com/Pizzeriaduecentoventidue222/>



- 📍 6-47-11 Higashi Oizumi,
Nerima-ku
- 🕒 12:00 – 14:30 (Last call 14:00)
17:30 – 22:00 (Last call 21:00)
- ✖ Tuesdays, Irregular
- 🚶 8 min. walk from Seibu Ikebukuro
Line Oizumigakuen Station



Signature
menu

Chilled Potage with Oizumi Corn

Available Mid-June to mid-July

Ingredients Corn from Nerima-ku (Oizumi)
used

Pizza with simmered pork and corn from Oizumi

Available Mid-June to mid-July

Ingredients Corn from Nerima-ku (Oizumi)
used

