

Udon/Soba Noodles 100% Home Farm Grown Flour

Shougotei



Signature menu

Hikizuridashi Udon Noodles

Price 830yen

Available Year-round

Ingredients Home farm-harvested wheat flour (Home-farm in Akiruno-shi)

Morisoba Noodles

Price 830yen

Available While new-harvest buckwheat is available

Ingredients Home-grown buckwheat flour (Home-farm in Akiruno-shi)

☎ 042-596-0541

URL <http://www.gws.ne.jp/home/shogotei/>

- 📍 233 Aza Shougo, Sannai, Akiruno-shi
- 🕒 11:00 – 16:30 (Last entry 16:00)
- ✕ Thursdays and Fridays (Open when falling on holidays)
- 🚶 3 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station for Ome along the tracks



Sumibiyaki/Yamazato Village Dishes

Kurochaya



Signature menu

Sumibiyaki Char-grilled/Yamazato Village Dishes

Price 4,800yen - 7,800yen (Tax and 10%-service charge excl.)

Available Year-round (Char-grilled dishes may not be served in summer.)

Ingredients Seasonal mountain vegetables, river fish, etc.

Hoba Leaf-grilled and Mountain Vegetable Dishes

Price 4,800yen - 9,800yen (Tax and 10%-service charge excl.)

Available Year-round

Ingredients Seasonal mountain vegetables, river fish, etc.

☎ 042-596-0129

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

- 📍 167 Konakano, Akiruno-shi
- 🕒 11:00 – 20:00 (Reception)
- ✕ Tuesdays (Open when falling on holidays) *Open every day in Apr, May, Aug, Oct, Nov and Dec
- 🚶 Near Konakano Cross on Hinohara Way (Parking space for 50 cars) Near from the closest bus stop Nishi-Konakano



Restaurant FOREST

attached to Cottage Shinrinmura

☎ 042-595-2210

URL <http://shinrinmura.com/>



📍 810 Otsu, Akiruno-shi

🕒 11:00 - 21:00

✕ Wednesdays

(Following days when falling on holidays)

🚌 15 min. bus ride (Nishitokyo Bus) from JR

Itsukaichi Line Musashi-Itsukaichi Stn for either Kazuma, Hossawa Fall Entrance or Koiwa-Fujikura, getting off at Shinrinmura Forest Village Stop.



Signature menu

Akigawa Beef Stew with Red Wine

Price 2,100yen

Available So long as Akigawa beef is produced

Ingredients used Akigawa beef (from Akiruno-shi)

Akigawa Beef Sirloin Steak (180g)

Price 4,980yen

Available So long as Akigawa beef is produced

Ingredients used Akigawa beef (from Akiruno-shi)



Oven Grilled Cuisine YOSHIZO



☎ 042-595-3885

URL <http://pizza-yoshizo.com/>

📍 808-13 Ina, Akiruno-shi

🕒 11:30 - 14:30 (Last Call 14:00)

17:00 - 23:00 (Last Call 22:00)

✕ Open everyday

(Closed for New Year's holidays)

🚌 Immediately by JR Itsukaichi Line Musashi-Masuko Station



Signature menu

Chilled Soup of Roasted Corn

Price 451yen

Available Jul to Aug

Ingredients used Corn, gravis corn, etc. (from Akigawa, Akiruno-shi)

Grilled Fresh Vegetables Bought at Akiruno's Farmers Market with Egg Yolk and Butter Sauce

Price 1,260yen

Available Apr to Jun

Ingredients used Spring cabbage, asparagus, and 5 other used vegetables (from Itsukaichi, Akiruno-shi)



*Content varies depending on the season.

Home of Bread A La Mode

☎ 042-550-6505

URL <http://alamode-pan.com/>

- 📍 1-1-16 Akigawa, Akiruno-shi
- 🕒 8:00 - 20:00
- ✖ Thursdays
- 🚗 Near JR Itsukaichi Line Akigawa Station



Signature menu

Akigawa Beef Curry Bread

Price 200yen (tax incl.)

Available Year-round

Ingredients Akigawa beef (from Takeuchi used Ranch in Akiruno-shi)

Akigawa Beef Curry Bread (with Cheese Filling)

Price 200yen (tax incl.)

Available Year-round

Ingredients Akigawa beef (from Takeuchi used Ranch in Akiruno-shi)



Otowa-Sushi

serving *Sushi*/Chinese Dishes/*Unagi* Eel

☎ 042-596-0009

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

- 📍 50 Itsukaichi, Akiruno-shi
- 🕒 11:00 - 14:00 (Last Call 13:50)
16:00 - 21:00 (Last Call 20:40)
- ✖ Wednesdays
- 🚗 8 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station (Parking lot for cars and bicycles)



*Kaisei nokkedon Rice Bowl, one example of the daily special set meals

Signature menu

Daily Special Set Meals (served also at dinner time)

Price 1,050yen (tax incl.)

Available Year-round

Ingredients Seasonal vegetables (cabbages, lettuce, green leaves, used *norabona*, etc.) from Akiruno-shi's Itsukaichi area

Superb Boneless Rib Akigawa Beef

Price 1,600yen (tax incl.)

Available Year-round

Ingredients Akigawa beef (from Sugao, Akiruno-shi) and seasonal vegetables (from Itsukaichi, Akiruno-shi)



Dining Bar KAI Akigawa

☎ **042-550-6633**

URL <http://www.hotpepper.jp/strJ000165757/>



📍 1-1-10 Akigawa, Akiruno-shi

🕒 Weekdays 17:00-3:00

Fri, Sat and before holidays 17:00 - 4:00

Sun and Holidays 17:00 - 1:00

✖ Tuesdays

🚶 1 min. walk from JR Itsukaichi Line Akigawa Station North Exit



Signature menu

Grilled Akigawa Beef Skewers

Price 350yen (tax excl.)

Available Year-round

Ingredients Akigawa beef (from Takeuchi Pastures, Akiruno-shi)

Chilled Tomato Carpaccio

Price 520yen (tax excl.)

Available Summer

Ingredients Local tomatoes (bought at Akigawa Farmer's Center)



KAI'S BAL

☎ **042-518-7888**

URL <http://kais-bal.jp>



📍 1F Akiruno Rupia, 1-8 Akigawa, Akiruno-shi

🕒 Lunch 11:00 - 15:00

Dinner 16:00 24:00

✖ 3rd Wednesday of every month, other irregular days (days when Akiruno Rupia is closed)

🚶 2 min. walk from Musashi-Itsukaichi Line Akigawa Station



Signature menu

Akigawa Beef Steak
(3,980yen/200g for sirloin, 1,980yen/150g for round steak)

Price

Available Year-round

Ingredients used Akigawa beef (from Takeuchi Pastures, Akiruno-shi)



Soba Noodles Restaurant

Yanagiya



Signature menu

☎ 042-596-0071

URL <http://a-yanagiya.com/>

- 📍 218 Tateya, Akiruno-shi
- 🕒 Wed - Fri 8:30 - 14:00
Sat 8:30 - 17:00
Sun and Holidays 11:00 - 18:00
- ✕ Mondays and Tuesdays
- 🚶 1 min. walk from JR Itsukaichi Line
Musashi-Itsukaichi Station



Satoyama Bento Boxed Lunch

(For 5 guests only for weekends and Holidays/For maximum 10 guests after reservations)

Price 1,500yen

Available Year-round

Ingredients Products form around Itsukaichi (Menus change by season. For spring: *norabona*, *fukinokou*, etc.; summer: *ayu* sweetfish, eggplants, tomatoes, etc.; fall: chestnuts, *maitake* mushrooms, etc.; and winter: *Daikon* radishes, *yuzu*, etc.)

Seasonal Choices of the Chef

Price 200yen - 1,000yen

Available Year-round

Ingredients Season-felt a la carte from the day's purchased food stuffs



Chinese Home-style Dishes

Bokkakyō Tanashi



Signature menu

☎ 042-451-8852

URL <https://bokkakyotanash.lowst.jp/>

- 📍 4-24-1 Tanashicho, Nishitokyo-shi
- 🕒 Weekdays 11:30 - 15:00 (Last Call 14:30)
17:00 - 22:30 (Last Call 21:30)
Weekends and Holidays 11:30 - 22:00 (Last Call 21:00)
- ✕ Open every day
- 🚶 5 min. walk from Seibu Shinjuku Line Tanashi Station North Exit

Salad-style
Fresh Sashimi and Flavor Vegetables

Price 1,490yen (1,000yen for small size) (tax incl.)

Available Year-round

Ingredients Arugura, watercress, etc. from used Tanashi (Niikura Farm)

Herb and Tomato Salad from
Niikura Farm

Price 990yen (600yen for small size) (tax incl.)

Available Year-round

Ingredients Arugura, watercress, etc. from used Tanashi (Niikura Farm)



Restaurant Kenzou

☎ **042-465-0300**

URL <http://restaurant-kenzou.jimdo.com/>



Signature menu

- 📍 6-6-13, Tanashicho, Nishitokyo-shi
- 🕒 11:30 – 14:30 (Last Call 14:00)
17:30 – 22:00 (Last Call 21:00)
- ✕ Mondays and one more irregular day per month
- 🚶 7-8 min. walk from Seibu Shinjuku Line Tanashi Station North Exit



Lunch courses/Dinner courses

Price	From 1,750yen (tax excl.)/ from 2,900yen (tax excl.)
Available	Year-round
Ingredients used	Seasonal vegetables harvested in the home garden in Nishitokoyo

Stuffed tomatoes

(soup, bread and coffee served)

Price	1,100yen (tax excl.)
Available	While tomatoes are harvested
Ingredients used	Tomatoes, carrots and onions from the home garden in Nishitokyo-shi



Nishitokyo

Egg Center Ueno

☎ **042-557-0494**

URL <http://www.1105ueno.com/>



Signature menu

- 📍 133 Komagatafujiyama, Mizuho-machi, Nishitama-gun
- 🕒 10:00 – 18:00 (Café opens at 13:00.)
- ✕ Mondays
- 🚶 500 meters from the Mizuho Mall for Kawagoe along Route 16



Melty Puddings

Price	230yen
Available	Year-round
Ingredients used	Eggs from free-range chickens at the home-farm and Tokyo Milk

Sponge Cake Rolls

Price	1,200yen
Available	Year-round
Ingredients used	Organic flour and eggs from the home-farm and Tokyo Milk



Mizuho

Kurazou Mizuho

☎ 042-556-0003

URL <http://www.kzkurazo-mizuho.com/>



Signature menu

- 📍 215-15 Hakonegasaki, Mizuho-machi, Nishitama-gun
- 🕒 15:00 – 24:00
- ✖ Mondays
- 🚗 10 min. walk from JR Hachiko Line Hakonegasaki Station East Exit



TOKYO X Pork *Tonkatsu* (breaded pork cutlet) Supreme Loin

Price 1,280yen

Available Year-round

Ingredients used TOKYO X Pork loin

Steamed Vegetable Basket

Price 680yen for middle size/880yen for large size

Available Year-round

Ingredients used Seasonal vegetables (cabbages, *negi* (spring onions), pumpkins, zucchini, etc) from Mizuho and adjacent Hamura and Ome



Shogaiseishunnoyu

Tsurutsuru Hot Spring

☎ 042-597-1126

URL <http://www.gws.ne.jp/home/onsen/>



Signature menu

- 📍 4718 Oguno Hinode-machi, Nishitama-gun
- 🕒 10:00 – 20:00 (Reception closes at 19:00)
- ✖ 3rd Tuesdays
- 🚗 Take the bus from Musashi-Itsukaichi Station, get off at the "Tsurutsuru Onsen" final stop



Tsurutsuru Grilled Magnolia Leaf Tokyo Wagyu Beef

Price 1,600yen

Available Year-round

Ingredients used Akigawa Beef (from Akirunoshi)

Akai Red *Udon* Noodles

Price 760yen

Available Year-round

Ingredients used Hinode tomatoes (from Hinode)



Tourist Inn Mitou Sansou

☎ 042-598-6138

URL <http://www.mitou-sansou.com>



📍 2603 Kazuma, Hinohara-mura, Nishitama-gun

🕒 11:00 – 17:00

✖ Thursdays

(Additionally some other irregular days)

🚌 Bus ride (Nishitokyo Bus) from JR Itsukaichi Line Musashi-Itsukaichi Stn for Kazuma, getting off at the last stop (10 min. walk from Kazuma Stop (last stop) for Forest of Tokyo Citizen



Signature menu

Seasonal Mountain Vegetables in 22 Small Dishes

Price 1,600yen - 2,800yen (tax excl.)

Available Year-round

Ingredients Local mountain vegetables and used local farm grown vegetables

Tempura Set Meal/ River Fish Set Meal

Price 1,700 – 2,000yen (tax excl.)

Available Year-round (Tempura set meal, March to end of June)

Ingredients Local mountain vegetables/yamame trout and iwana trout from local rivers



Kazumanoyu Hot Springs Hinohara Onsen Center

☎ 042-598-6789

URL <http://spa-kazuma.com/>



📍 2430 Kazuma, Hinohara-mura, Nishitama-gun

🕒 Weekdays 10:00 – 19:00

Sat, Sun and Holidays 10:00 – 20:00

✖ Mondays (The following day if Monday is a holiday)

🚌 From JR Musashi-Itsukaichi Station take the "Kazuma Yuki" Nishi-Tokyo Bus for about one hour to the "Onsen Center" stop. Immediately by the bus stop.



Signature menu

Maitake Mushrooms and Shrimp Tempura Rice Bowl

Price 1,150yen

Available Year-round

Ingredients Hinohara maitake mushrooms used

Maitake Tempura with Soba or Udon Noodles

Price 890yen

Available Year-round

Ingredients Hinohara maitake mushrooms used



Meat Restaurant in the Forest
Earth Garden



Signature
 menu

**Loin Cutlet & Minced Meat
 Cutlet with Assorted Vegetables**

Price 2,160yen (tax excl.)

Available Year-round

Ingredients used Okutama *wasabi*

Okutama *wasabi* croquette

Price 300yen a piece (tax excl.)

Available Year-round

Ingredients used Okutama *wasabi*

☎ **0428-85-5101**

URL <http://www.okutama-earthgarden.com>

- 📍 361-1 Shiromaru, Okutama-machi, Nishitama-gun
- 🕒 11:00 – 16:00
- ✕ Open 365 days a year
- 🚶 7 min. walk from JR Ome Line Shiromaru Station



Yamabato



Signature
 menu

Lunch set

Price 1,220yen

Available Year-round (Tuesday - Friday)

Ingredients used Seasonal vegetables from Ome-shi's Nariki area

Soba noodle salad

Price 800yen

Available Year-round

Ingredients used Burdock roots and carrots (from Ome)

☎ **0428-85-2158**

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

- 📍 380 Tanazawa, Okutama-machi, Nishitama-gun
- 🕒 10:00 – 17:00
- ✕ Mondays
- 🚶 1 min. walk from JR Ome Line Hatonosu Station



Suzukiya

☎ 0428-83-2401

URL



- 📍 199-7 Hikawa, Okutama-machi, Nishitama-gun
- 🕒 11:00 - 18:00
- ✖ Wednesdays and 3rd Tuesdays
- 🚶 1 min. walk from JR Ome Line Oku-Tama Station



Signature menu

TOKYO X Pork Udon Noodles

Price	920yen
Available	Year-round
Ingredients used	TOKYO X Pork

TOKYO X Pork Seiro Soba Noodles

Price	920yen
Available	Year-round
Ingredients used	TOKYO X Pork



Okutama

Kamameshi Nakai

☎ 0428-85-1345

URL <http://www.okutama.gr.jp/mikaku/nakai/nakai.htm>



- 📍 175 Otaba Okutama-machi, Nishitama-gun
- 🕒 11:00 - 18:00 (Last Call)
- ✖ 2nd Wednesdays and Thursdays
- 🚶 30 min. walk from JR Kawai Station, near Otaba Kokusai Fishing Area, or 5 min. by car (Parking lot available)



Signature menu

Mushroom Kamameshi Set

Price	1,550yen
Available	Year-round
Ingredients used	Okutama <i>shimeji</i> mushrooms, <i>konjac sashimi</i> (from Okutama)

Zaru soba noodles / Zaru udon noodles

Price	720yen
Available	Year-round
Ingredients used	Okutama wasabi



Okutama

Hikawa Service Station

☎ 0428-83-2140

URL <http://station.webcrow.jp>

- 📍 213 Hikawa, Okutama-machi, Nishitama-gun
- 🕒 12:00 - 18:00
- ✕ Thursdays, 1st & 3rd Fridays
- 🚉 Near JR Ome Line Oku-Tama Station



Signature menu

Deep-fried Yamame Trout

Price	550yen (tax excl.)
Available	Year-round
Ingredients used	Okutama yamame trout

Kinoko Mushroom Rice

Price	650yen (tax excl.)
Available	Year-round
Ingredients used	Shimeji mushrooms (from Okutama)



Asaha Spa Hikawa Country Mikawayu Ryokan

Dozoushokutei

☎ 0428-83-2027

URL <http://www.mikawayu-ryokan.com>

- 📍 1414 Hikawa, Okutama-machi, Nishitama-gun
- 🕒 Dozoushokutei lunch: 11:30 - 15:00
- ✕ Irregular
- 🚉 177 min. walk from JR Ome Line Oku-Tama Station



Signature menu

Okutama Yamame Trout Sashimi

Price	1,200yen (tax excl.)
Available	Year-round (Reservation required)
Ingredients used	Okutama yamame trout

Wasabi Mizuyokan with Cofee

Price	500yen (tax excl.)
Available	July - September
Ingredients used	Hon-wasabi (from Okutama)



Folk Tale Inn Arasawayaya

☎ 0428-83-2365

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



Signature menu

📍 1446 Hikawa, Okutama-machi, Nishitama-gun

🕒 Dinner 18:00, 18:30 or 19:00
(Breakfast time to be decided after check-in)

✕ Irregular (Basically Tuesdays)

🚶 5 min. walk from JR Ome Line Oku-Tama Station



Japanese Dinner (an example)

Char-grilled Okutama *yamame* trout, wild mountain vegetables, hot pot *nabe* stew with *awabtake* mushrooms, handmade *sashimi konnyaku* from potatoes, etc.

Price -

Available Year-round

Ingredients *Awabtake* mushrooms, seasonal vegetables, char-grilled fish, used *wasabi* (from Okutama), etc.



Okutama

Robata (Fireside) Akabeko

☎ 0428-83-2365

URL <http://akabeko.tokyo/>



Signature menu

📍 1446 Hikawa, Okutama-machi, Nishitama-gun

🕒 17:30 – 23:00

✕ Irregular (Usually Tuesdays)

🚶 5 min. walk from JR Ome Line Oku-Tama Station



A la carte

Price From 432yen

Available Year-round

Ingredients Seasonal vegetables from Okutama, natural river fish, Okutama *yamame* trout, *awabtake* mushrooms, used various mountain vegetables, TOKYO X pork, etc.



Okutama

Okutama Mizu To Midori No Fureaikan

☎ 0428-86-2733

URL <http://www.okutamas.co.jp/>

- 📍 5 Hara, Okutama-machi, Nishitama-gun
- 🕒 10:00 - 17:00 (Last Call 16:30)
- ✖ Wednesdays
- 🚌 Bus ride (Nishitokyo Bus) from JR Ome Line Oku-Tama Stn for either Lake Okutama, Kamosawanishi, Taba. Minedani or Tozura, getting off at Lake Okutama Stop.

Signature menu

Okutama *Sansui* Set Meal

Price	1,300yen
Available	Year-round
Ingredients used	Okutama <i>yamame</i> trout



Okutama riverside café awa

☎ 0428-74-9947

URL <http://canyons.jp/okutama-cafe/>

- 📍 54-1 Kawai, Okutama-machi, Nishitama-gun
- 🕒 11:00 - 16:00
- ✖ Summer: Irregular
Winter: Mon-Thu
(Open Fridays and Weekends only)
- 🚌 20 min. walk from JR Ome Line Mitake Station for Okutama along Ome Way



Signature menu

Volcano Venison

Price	2,000yen
Available	Irregular
Ingredients used	Venison from Okutamav

