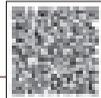


Italian Restaurant  
**Crescere**

☎ **042-578-3368**  
URL <http://cordialita.com/>



- 📍 First floor, 4-15-11  
Gonokami, Hamura-shi
- 🕒 11:30~15:00 (Last Call 14:30)  
17:30~23:00 (Last Call 22:00)
- ✖ Sundays
- 🚶 2 min. walk from JR Ome Line  
Hamura Station East Exit



Signature  
menu

Peperoncino Spaghetti with Fresh Tomatoes,  
Bell Peppers, and Roasted Eggplant

Available Jul to Nov

Ingredients Tomatoes, bell peppers, eggplants  
used (from Hamura)

Grilled Cheese with Eggplant and  
Minced Meat

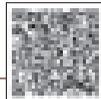
Available Jul to Nov

Ingredients Eggplants (from Hamura)  
used



54 Cafe & Crepe

☎ **042-533-6208**  
URL <http://54cafecrepe.tokyo/>



- 📍 1F Mansion Nakano, 1-5-12  
Midorigaoka, Hamura-shi
- 🕒 Weekdays 12:00 - 20:00  
Weekends and  
Holidays 10:30 - 21:00 (Last Call 20:30)
- ✖ Tuesdays
- 🚶 11 min. walk from JR Ome Line  
Hamura Station East Exit



Signature  
menu

Grilled-Ome Pork  
Fried Rice Crepe

Available Year-round

Ingredients Pork from Ome  
used



\*Smoked butter is handmade at the café.

Akiruno Takumi *Udon* Noodles

## Shougotei

Signature  
menu*Hikizuridashi Udon* Noodles

Available Year-round

Ingredients Home farm-harvested wheat  
used flour (Home-farm in Akiruno-shi)*Morisoba* NoodlesAvailable While new-harvest buckwheat is  
availableIngredients Home-grown buckwheat flour  
used (Home-farm in Akiruno-shi)

☎ 042-596-0541

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

- 📍 233 Aza Shougo, Sannai, Akiruno-shi
- 🕒 Weekdays 11:00-15:30  
Holidays 11:00-16:30
- ✕ Wednesdays and Thursdays  
(Open when falling on Holidays)
- 🚶 4 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 DishesAvailable Year-round (Char-grilled dishes  
may not be served in summer.)Ingredients Seasonal mountain vegetables,  
used river fish, etc.*Hoba* Leaf-grilled and Mountain  
Vegetable Dishes

Available Year-round

Ingredients Seasonal mountain vegetables,  
used 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

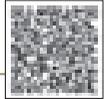


# Restaurant FOREST

attached to Cottage Shinrinmura

☎ 042-595-2210

🌐 <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 Koiva-Fujikura, getting off at Shinrinmura Forest Village Stop.



Signature menu

## Akigawa Beef Stew with Red Wine

Available So long as Akigawa beef is produced

Ingredients Akigawa beef (from Akiruno-shi)

## Akigawa Beef Sirloin Steak (200 g)

Available So long as Akigawa beef is produced

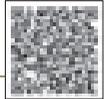
Ingredients Akigawa beef (from Akiruno-shi)



# Oven Grilled Cuisine YOSHIZO

☎ 042-595-3885

🌐 <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

Available Jul to Aug

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

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

Available Apr to Jun

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

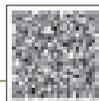


\*Content varies depending on the season.

## Handmade Bread Studio Sourire

☎ 042-518-7754

URL <http://www.sourire.jp/>



- 📍 699 Amema, Akiruno-shi
- 🕒 10:00 - 18:00
- ✖ Tuesdays
- 🚶 Approx. 15 min. walk from JR Itsukaichi Line Akigawa Station



Signature menu

### Springy Nishitama Muffin

Available Year-round

Ingredients Eggs from Nishitama, Tokyo milk, and seasonal local vegetables

### Sakedane Anpan

Available Year-round

Ingredients Rice *koji* from Akiruno



## 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

Available Year-round

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

### Akigawa Beef Curry Bread (with Cheese Filling)

Available Year-round

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

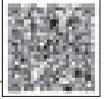


# Otowa-Sushi

serving *Sushi/Chinese Dishes/Unagi Eel*

☎ **042-596-0009**

🌐 <http://www.otowasushi.com>



📍 50 Itsukaichi, Akiruno-shi

🕒 11:00 - 14:00 (Last Call 13:40)

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)

Available Year-round

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

## Superb Boneless Rib Akigawa Beef

Available Year-round

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



# Soba Noodles Restaurant Yanagiya

☎ **042-596-0071**

🌐 <http://a-yanagiya.com/>



Signature menu

📍 218 Tateya, Akiruno-shi

🕒 Apr.-Nov. Wed.-Sun. 11:00 - 17:00

Dec.-Mar. Wed.-Sun. 11:00 - 16:00

✕ Mondays and Tuesdays

🚶 1 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station



## Satoiyama Bento Boxed Lunch

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

Available Year-round

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

## Seasonal Choices of the Chef

Available Year-round

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



## Dining Bar KAI Akigawa

☎ 042-550-6633

URL <http://www.hotpepper.jp/strJ00016575/>

📍 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

Available Year-round

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

## Chilled Tomato Carpaccio

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  
(200g for sirloin, 150g for round steak)

Available Year-round

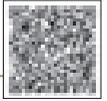
Ingredients Akigawa beef (from Takeuchi Pastures, Akiruno-shi)



Tokura Shiroyama Terrace  
**Restaurant Shokuinshitsu**

☎ **042-595-1234**

🌐 <http://tokura-taiken.jp/restaurant/>



- 📍 Inside the Tokura Experience Training Center, Akigawakeikoku, 325 Tokura, Akiruno-shi
- 🕒 11:30 - 14:00
- ✖ Tuesdays and 28 December-January 1
- 🚌 Take the bus from JR Itsukaichi Line Musashi-Itsukaichi Station, then a 7 min. walk after getting off at the Tokura bus stop.



Signature menu

**Inaka Countryside Curry Plate**

Available Year-round

Ingredients Seasonal vegetables from Akiruno (mainly root vegetables)

**Salt Grilled Satoyama Masu Trout Set Meal**

Available Except for June and August

Ingredients Seasonal vegetables from Akiruno (ingredients in *kenchin* soup) and *masu* trout from Akikawa



**Hanagaki Soba Noodles**

☎ **042-559-7081**

🌐 <http://akiruno.town-info.com/units/36232/hanagaki/>



- 📍 608-3 Ninomiya, Akiruno-shi
- 🕒 11:00 - 20:30 (Last call 19:50)
- ✖ Tuesdays
- 🚌 10 min. walk from JR Itsukaichi Line Higashi Akiru Station



Signature menu

**Hinohara Maitake Mushroom Tempura**

Available Year-round

Ingredients *Maitake* mushrooms from Hinohara

**Vegetable Tempura**

Available Year-round

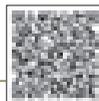
Ingredients Seasonal vegetables from Akiruno



# Juan Chuzaemon

☎ 042-595-2438

URL <http://www.sumiya-men.com/>



- 📍 64 Itsukaichi, Akiruno-shi
- 🕒 11:00 - 14:30/16:30 - 19:30
- ✕ Wednesdays
- 🚶 6 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station



Signature menu

## Recommended Seasonal Menu

(Boiled *norabouna* vegetables, seasonal vegetable tempura, etc.)

Available Every season

Ingredients Seasonal vegetables from Tokyo  
used Edo Tokyo Vegetables (*norabouna* vegetables, etc.)

## Soba noodles (Okutama *wasabi*)

Available Year-round

Ingredients Okutama *wasabi*  
used

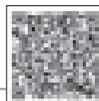


Chinese Home-style Dishes

# Bokkakyō Tanashi

☎ 042-451-8852

URL <https://bokkakyotanashi.owst.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



Signature menu

## Special seasonal vegetables with Okinawa salt stir-fry

Available Year-round

Ingredients Seasonal vegetables from  
used Higashikurume (Endonouen)

## Herb and Tomato Salad from Niikura Farm

Available Year-round

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



# Kichinosuke Sake Dining

☎ 042-423-6760

URL <http://www.kanpai.biz/>



📍 4-1-6 Hibarigaoka Kita, Nishitokyo-shi

🕒 Weekdays 17:00 – 24:00 (Last call 23:00)  
Weekends and Holidays 17:00 – 23:00 (Last call 22:00)

✕ Irregular

🚶 2 min. from Seibu Ikebukuro Line Hibarigaoka Station North Exit



Signature menu

## Bagna Càuda Style Seasonal Vegetables and West Tokyo Vegetables

Available Year-round

Ingredients Organic vegetables from used Nishitokyo-shi



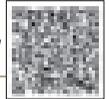
\*All dishes use seasonal vegetables from Nishitokyo-shi (Depending on availability)

# Saikabo

Four Seasons Vegetables Chinese Cuisine

☎ 042-513-9077

URL <http://mizuho.shop-info.com/units/36260/saikabou/>



📍 274 Nagaokahasebe, Mizuho-cho, Nishitama-gun

🕒 11:30 – 14:30 (Last call 14:00)  
17:00 – 22:00 (Last call 21:30)

✕ Mondays

🚶 Along Shin-ome-kaido Ave (parking available)



Signature menu

## Gyoza Dumplings (with homemade yuzu citrus pepper)

Available Year-round

Ingredients Cabbage, Chinese cabbage, yuzu citrus, and pepper from Mizuho-cho (mostly homegrown)

## Leek Ramen with Homegrown Leeks

Available Year-round

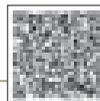
Ingredients Leeks from Mizuho-cho (mostly homegrown)



# Egg Center Ueno

☎ 042-557-0494

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



- 📍 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



Signature menu

## Melty Puddings

Available Year-round

Ingredients Eggs from free-range chickens at the home-farm and Tokyo Milk

## Sponge Cake Rolls

Available Year-round

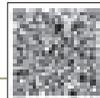
Ingredients Organic flour and eggs from the home-farm and Tokyo Milk



# Odaka Hakonegasaki

☎ 042-557-8541

URL <http://mizuho.shop-info.com/units/36260/odaka2/>



- 📍 1F Grandeur Harashima, 2262 Hakonegasaki, Mizuho-machi, Nishitama-gun
- 🕒 Tuesdays, Wednesdays, Thursdays and Sundays 17:30 – 23:30 (Last call 23:00)  
Fridays, Saturdays 17:30 – 24:00 (Last call 23:30)
- ✖ Mondays
- 🚶 Approx. 10 min. walk from Hakone Line Hakonegasaki Station



Signature menu

## Milt and Ponsu Sauce

Available Winter

Ingredients Leeks and cucumbers from Mizuho-cho and neighboring towns

## Omelette and Tonkatsu Pork Cutlet

Available Year-round

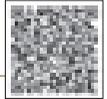
Ingredients Cabbage and yellow onions from Mizuho-cho



# Kurazou Mizuho

☎ **042-556-0003**

🌐 <http://hitosara.com/0006047746/>



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

Available Year-round

Ingredients used TOKYO X Pork loin

## Steamed Vegetable Basket

Available Year-round

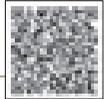
Ingredients used Seasonal vegetables (cabbages, *negi* (spring onions), pumpkins, zucchini, etc.) from Mizuho and adjacent Hamura and Ome



# WESTLAND FARM

☎ **042-557-8077**

🌐 <https://www.westlandfarm.tokyo>



Signature menu

- 📍 353-3 Nagaokahasebe, Mizuhocho-oaza, Nishitama-gun
- 🕒 10:30 – 17:00
- 🗑 Wednesdays and New Year Holidays
- 🚶 3 min. by car from Ken-o Expressway Ome Interchange 10 min. by car from JR Hakonegasaki Station Parking lot for 50 cars



## Gelato from Freshly Squeezed Milk

Available Year-round

Ingredients used Homemade raw milk from Shimizu Ranch

## Gelato with Seasonal Local Ingredients

Available Seasonal. Tokyo tea is year-round.

Ingredients used Homemade raw milk from Shimizu Ranch, locally harvested fruits and vegetables (Tomato, kabocha pumpkin, blueberry, mikan oranges, kiwi, yuzu citrus, strawberry, Tokyo tea, *hojicha* tea, etc.)

