



# IZU Islands

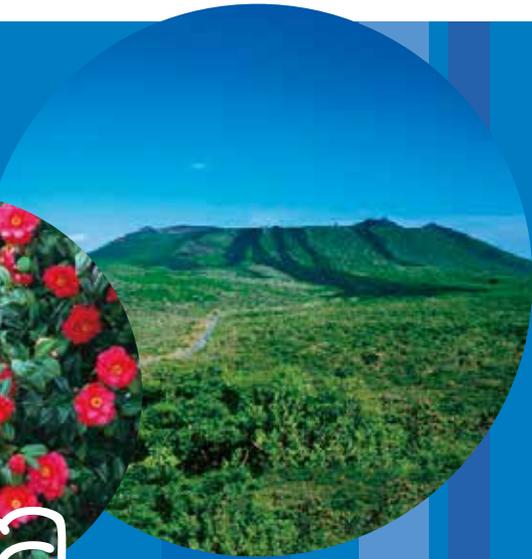
The Izu Islands, which are part of Tokyo, are a group of volcanic islands that runs from Izu Oshima off the coast of Sagami Nada and continues for about 600 km to the south.

Many of the volcano-made islands are shaped like mountains floating on the ocean, and volcanic activities are still continuing in Oshima and Miyakejima.

Fishery and seafood processing industries are thriving in each island, and delicious fish cuisine and unique souvenirs are abundant. For example, camellia oil was a popular item among the commoners of the Edo period.

In this chapter, we will introduce attractions and restaurants of Oshima, Toshima, Niijima, Shikinejima, Kozushima, Miyakejima, Mikurashima, Hachijojima, and Aogashima.



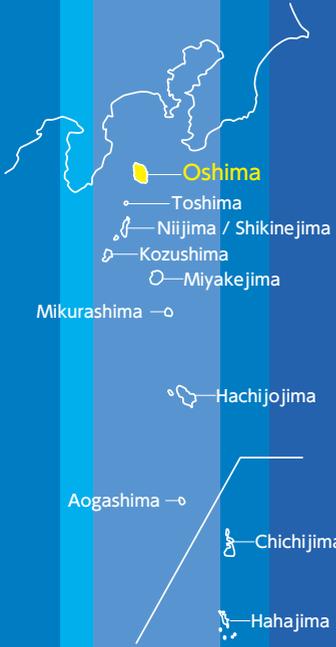


# Oshima

The largest island of the Izu Islands where people and nature coexist around the grand Mt. Mihara.

Oshima is the largest island of the Izu Islands located about 120 km from the central Tokyo. Mt. Mihara rises in the center of the island, and they have a very popular hiking course where the crater can be seen from the top of the mountain. The climate is warm and humid because of the Kuroshio Current, and the average annual temperature is around 16 °C (60.8 °F).

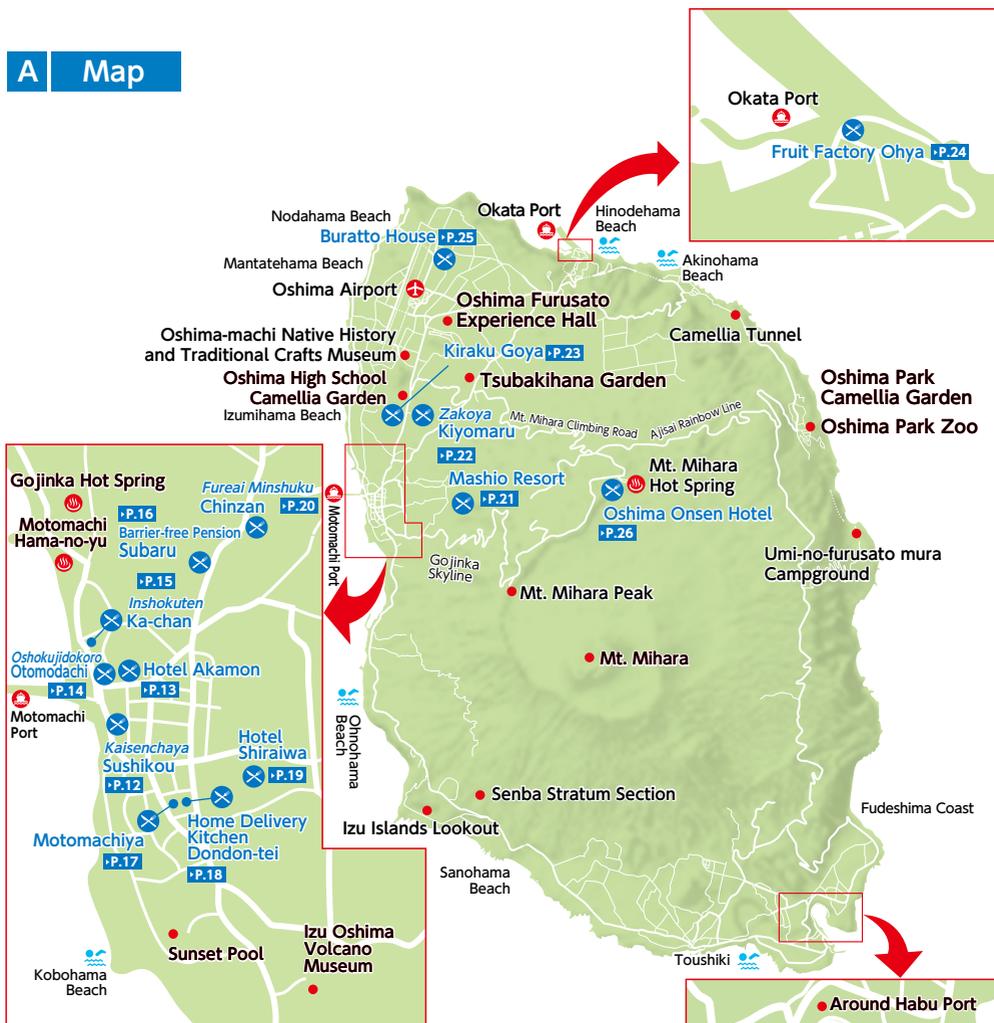
As the closest Izu island to the central Tokyo, Oshima is crowded with many tourists during the period of camellia bloom and summer.



## Access

<b>Takeshiba Passenger Ship Terminal</b> (Tokai Kisen)	<div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> <b>High-speed jet ferry</b> [1hour45minutes]       </div> <p>High-speed jet ferries are also in service from Atami. (45 minutes)</p> <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block; margin-top: 5px;"> <b>Large passenger ship</b> [8hours]       </div>	Oshima
<b>Chofu Airport</b> (New Central Airservice)	<div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block; text-align: center;"> <b>Airplane</b> [25minutes]       </div>	
<p><b>&lt;Contact&gt;</b> Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191</p>		

**A** Map



**B** Main events

Late January to late March	Izu Oshima Tsubaki Matsuri (Camellia Festival)
February	Izu Oshima Geopark Rogaining
	Izu Oshima Camellia Marathon
	Camellia Queen Contest / Photo Session
June	Izu Oshima Triathlon
August	Summer Festival
	Miss Oshima / Miss Anko Presentation
October	Autumn Fair
December	Izu Oshima Marathon

**C** Tourist information

**Oshima Tourism Association**

URL <http://www.izu-oshima.or.jp> TEL 04992-2-2177



# Oshima Kaisenchaya Sushikou

ACCESS MAP



Address: 1-4-7 Motomachi, Oshima-machi  
 Opening hours: 11:00-15:00 (LO 14:00) / 17:00-22:00 (LO 21:00)  
 Closed: Wednesdays

☎04992-2-0888



Sushikou has a great view as it is located on the second floor of a building within a short walk from Motomachi Port. You can enjoy your food looking out at the sea.

Their menu consists mainly of fresh fish caught at Oshima.



## Godzilla sushi

Food used ▶ Bermuda catfish

Available: Year-round

¥1,000

Godzilla *sushi* uses Bermuda catfish, which is a black purple fish like Godzilla of Izu Oshima that has a sharp tooth in a big mouth.

Although it is fatty, it is not heavy and has a great aftertaste. Great choice for a souvenir, too.



## 12 pieces of Nigiri-sushi of the island

Food used ▶ Tuna, *bekko*, seasonal fish

Available: Year-round

¥2,200

They serve hand-formed *sushi* using *bekko*, tuna, and other fresh local fish that every visitor should try.

The restaurant's original menu, *bekko-don* in the stone-roasted *bibimbap* style is popular for the taste of the scorched rice. Mix and taste with local laver and raw egg. You can also enjoy it in *ochazuke* (boiled rice in soup) style.



## Stone-roasted *bekko-don*

Food used ▶ *bekko*, island laver

Available: Year-round

¥1,450



## Shima-don

Food used ▶ Splendid alfonsino, tuna, *bekko*, seasonal local fish

Available: Year-round

¥1,600

In addition to tuna and *bekko* (a local specialty of white-meat fish marinated in a soy and island chili pepper), three kinds of fresh local fish are served in a bowl.

Oshima

# Hotel Akamon

ACCESS MAP



<http://www.ooshima-akamon.com/>

Address: 1-16-7 Motomachi, Oshima-machi

Opening hours: 7:30 - 20:00 (Reception)

☎04992-2-1213



At Hotel Akamon, located not far from Motomachi Port, Oshima's entryway to the sea, you can enjoy an open-air bath supplied by hot spring water, uncommon in Izu Oshima. Akamon also functions as a museum – everywhere in its vast premises, you can feel the impact upon history by “Chinzei Hachiro Minamoto no Tametomo,” a legendary samurai and archer. You can also see the vermilion gate (red gate) and Tametomo Shrine which were specially authorized for Tametomo by the Tokugawa shogunate.

## Shima-Gozen

Food used ▶ Seasonal fish, local vegetables

Available: Year-round

Included in the lodging charges

Made using the currently best available ingredients, taken from the nearby local waters. Vegetables taken from the hotel's vegetable garden make the dish crisp and fresh. We hope you enjoy this meal, crafted with care, as part of your stay.



## Sashimi selection

Food used ▶ Seasonal fish

Available: Year-round

Included in the lodging charges

Enjoy fish taken from the Oshima's local waters.



## Original camellia sushi

Food used ▶ Seasonal fish

Available: While camellia are in bloom

Included in the lodging charges

Mention Oshima, and camellia come to mind. At Hotel Akamon, we offer an original camellia *sushi*, which is a delight to look at.





# Oshokujidokoro Otomodachi

ACCESS MAP



<http://www.otomodachi-osi.com/>

Address: 1-17-3 Motomachi, Oshima-machi

Opening hours: Morning set meal: 6:00-10:00 (5:00-10:00 in summer) (only when large passenger ships are in service)

Regular service: 10:00-15:00 (Last order: 14:00) Closed: Wednesdays

☎04992-2-0026



Located in the immediate vicinity of Motomachi Port, the ocean spreads out in front of the shop. Seasonal fish, recommended by fishermen, are available at any time. We also serve a delicious morning set meal for those arriving early by large passenger ship. We look forward to your visit.

## Kinmedai-ni set meal

Food used ▶ Splendid alfonsino

Available: Year-round **¥2,000**

A set meal using splendid alfonsino from the waters around Oshima.



## Bekko-don

Food used ▶ Seasonal fish

Available: Year-round **¥1,200**

A local island cuisine where *sashimi* from local fish is mixed with island chili peppers and soy sauce then put over a bowl of rice.



## Local fish sashimi set meal – 6 or 4 pieces

Food used ▶ Seasonal fish

Available: Year-round

**6 pieces ¥1,800 or 4 pieces ¥1,200**

Set meal with fish caught around the island. Enjoy the bounty of Oshima's ocean.





# Inshokuten Ka-chan



Address: 1-17-9 Motomachi, Oshima-machi  
Opening hours: 11:00-14:30 Closed: Tuesdays

☎04992-2-1127



Located near Motomachi Port, the island's entryway to the sea, the store's lineup of dishes uses fresh sazae sea snails and ise lobsters, taken from the tank inside the store. The Pacific ocean stretches out in front of the store, and on clear days you can enjoy a panoramic view of the Izu Peninsula and Mt. Fuji.

## Bekko sushi

Food used ▶ Island chili peppers and budai parrotfish

Available: Year-round

¥1,080

Bekko sushi, the pride of the shop, is pickled in island chili peppers, sake, and soy sauce. Ise lobster miso soup is included.



## Iso ramen

Food used ▶ Sazae sea snails, shrimp, squid, seasonal seaweed, etc.

Available: Year-round

¥864

On top of ramen, sazae sea snails, shrimp, squid, and other ingredients are added, making a luxurious iso ramen.\*

\*Ingredients change according to the season.



## Sashimi set meal

Food used ▶ Seasonal fish

Available: Year-round

¥1,620

A set meal using local fish and vegetables that change with the seasons. In addition, there are a variety of set meals that use the island's ingredients (grilled fish set meal ¥1,404, simmered fish set meal ¥1,404, kusaya set meal ¥1,290)





# Barrier-free Pension **Subaru**

ACCESS MAP



<http://userweb.www.fsinet.or.jp/subaru/>

Address: 1-23-6 Motomachi, Oshima-machi

Opening hours: 13:00 - 14:30 / 18:00- 21:00 Closing day: Not fixed

☎04992-2-1142



The owners started this small hotel because they wanted people to feel truly enriched by interacting with others and nature. They serve food hoping that customers say, "I want to go to Oshima because I want to eat delicious island cuisine in the barrier-free Subaru!"

On a warm, sunny day, you can also enjoy your meal on the lawn terrace.



## Shima kaiseki

Food used ▶ Splendid alfonsino, yellowstriped butterfish, chicken grunt, abalone, *ashitaba*, green chili, etc.

Available: Year-round

From ¥4,320

They plan the menu every day based mainly on the fish caught on that day and serve dishes with a menu card.

(Example) *Ashitaba Namul*, *sashimi*, salt-grilled red sea bream head, *Magochazuke* (raw fish and boiled rice in a soup) of bonito, etc.

## Seafood wappa-meshi set meal

Food used ▶ *Hambanori* (local laver), abalone, *ashitaba*

Available: Year-round

From ¥2,700

Based on the local cuisine "*hambanori* (local laver) and rice," it's the fish, abalone, and vegetables from Oshima such as *ashitaba* all steamed in "*wappa* (circular wooden container)." Enjoy while it's hot.

## Camellia petal jam

Food used ▶ Camellia petals

Available: Year-round

¥756

Brilliant pink jam made by boiling "camellia petals" which can be used in various ways such as eating with bread and making a Russian tea by putting it in your tea and enjoy watching the petals floating in the tea.

Camellia Petal Jam is also produced and sold at a hotel in Tokyo as its private brand product.





# Motomachiya



Address: 2-11-4 Motomachi, Oshima-machi

Opening hours: 11:15 - 13:30 (evenings available by reservation)

Closed: Mondays

☎04992-2-1215/0665



A 5 minutes' walk from Motomachi Port is this stylish shop with an ambience symbolizing the culture of the island. Various kinds of *shochu* liquor are available, and the noodles here use camellia oil (produced on Toshima), which contains more oleic acid than olive oil. As they are produced and created without the use of pesticides, Toshima camellia oil is precious and expensive. Please enjoy it along with the island's food.

## Pako ramen

Food used ▶ Seasonal local vegetables, island laver

Available: Year-round

¥980

In addition to the attention paid to the chicken stock and the quality of the pork, the fried pork rib, after being marinated in a secret tare sauce, is topped with seasonal island vegetables, island laver, and camellia oil from Toshima.



## Wonton noodles

Food used ▶ Seasonal local vegetables, island laver

Available: Year-round

¥950

The *wontons*, handmade at the shop, are combined with seasonal island vegetables, island laver, and camellia oil for an unparalleled flavor.



## Oyakodon

Food used ▶ Island laver

Available: Year-round

¥850

The *oyakodon* is confidently made using chicken, tenderized by an original method, and fluffy eggs. Island laver is then layered on top, accenting the flavor.





Home Delivery  
Kitchen

# Dondon-tei

ACCESS MAP



Address: 2-11-13 Motomachi, Oshima-machi

Opening hours: Mon to Sat 17:30 - 22:00/Sun 6:00 - 22:00

Open 365 days of the year

☎090-3343-3001



The store serves *donburi* (rice bowls) made from seafood and agricultural products in Oshima.

They pay a lot of attention to broth and sauce made by its own recipe, and pursue the taste unique to this store.

In addition to the dishes served in the store, they also offer takeout and delivery services.



## Seared *bekko-don* of splendid alfonsino

Food used ▶ Splendid alfonsino, green chili

Available: Year-round

¥1,300

This is their original *bekko-don* with seared fish of proprietary recipe marinated in *bekko* sauce which is richer than ordinary one.

You can enjoy splendid alfonsino which can only be tasted here.

## Dondon-tei Special *Ashitaba-don*

Food used ▶ *Ashitaba*, island laver, seafood

Available: Year-round

¥680

*Kakiage tempura* on hot rice along with *ashitaba*, Japanese leek, and rock laver sautéed with Dondon-tei's original broth and sesame oil.

Enjoy food from the mountains and the sea of Oshima in one bowl.



# Oshima Hotel Shiraiwa

<http://www.h-shiraiwa.com/>

Address: 3-3-3 Motomachi, Oshima-machi

Opening hours: 7:30 - 20:00 Open all year round

ACCESS MAP



☎04992-2-2571



This beautiful hotel is known for "Benitsubaki -no-yu," a hot spring generated by the eruption of Mt. Mihara in 1986. They put a lot of thought into the ways to make tourists enjoy food from the mountains such as *ashitaba* and various types of seafood by using camellia oil from Takata Seiyujo, the long-established refinery, and the *Umi-no-sei* salt made from seawater of Oshima.

## Live abalone *sashimi*

Food used ▶ Abalone

Available: January to October **¥4,320**

You can savor the texture of abalone and smell of ocean as the *sashimi* is prepared from live abalone caught in the sea around Izu Oshima just before serving. It's usually eaten with regular *wasabi* soy sauce, but the Island's special green chili soy sauce is also recommended.



## Live spiny lobster *sashimi*

Food used ▶ Japanese spiny lobster

Available: Mid-October to early May **¥7,560**

You can savor the sweet plump white meat of Japanese spiny lobster as the *sashimi* is prepared from live lobster caught in the sea around Izu Oshima just before serving. Upon request, *miso* soup using the lobster's shell and tomalley for broth will be served for breakfast the next morning.



## Simmered whole splendid alfonsino

Food used ▶ Splendid alfonsino

Available: Year-round **¥3,780**

They simmered whole splendid alfonsino caught in the vicinity of Izu Oshima with sweetened soy sauce. A large pot is used to cook, which makes it a gorgeous dish that you cannot taste in everyday life. You can taste all of splendid alfonsino, from the tip of the head to the base of the tail.



# Oshima Fureai Minshuku Chinzan

ACCESS MAP



<http://www.chinzan-web.jp/>

Address: 4-19-52 Motomachi, Oshima-machi

Opening hours: 14:00 - 21:30 (Reception) Closed: Last Sunday of the year to January 7th

☎04992-2-1488



A small *minshuku* bed and breakfast with six rooms. Our chilled foods are served chilled, our warm foods are served warm, and we prioritize locally produced ingredients. We offer our seasonal fish *sashimi* selection to overnight guests (selection depends on the number of guests). To finish, try our exceptional and highly-popular *oyaji-don*.

## Kinmedai sugata tsukuri

Food used ▶ Splendid alfonsino and local fish

Available: Year-round

Included in the lodging charges

We hope you enjoy the *sashimi* with our special *oyaji* soy sauce.



Example of a dinner course



## Oyaji-don

Food used ▶ Local fish and okra, etc.

Available: Year-round

Included in the lodging charges

Finely sliced local fish marinated in special *oyaji* soy sauce, minced *yamatoimo* yams, and beaten raws eggs are put over rice to form a delicious meal. Finally, sprinkle with *sazae* sea snail *dashi* and enjoy!





# Mashio Resort



<http://www.mashio.com>

Address: 492-1 Ohora, Motomachi, Oshima-machi

Opening hours: 18:00 - 22:00 (reservation required) Open all year round

☎04992-2-7317



The hotel is located in the heart of nature's bounty on the hillside of a mountain. You can enjoy their original cuisine made from distinctive fresh local ingredients and the view of the Izu Peninsula and Mt. Fuji outspreading before you.

\* We apologize in advance that the hotel does not accept pre-school children. However, this does not apply to the exclusive use of the entire hotel.



## Mashio's special dinner

Food used ▶ Seasonal local fish, seasonal vegetables, Oshima milk, Oshima salt, etc.

Available: Year-round

¥6,480

(Course example) Appetizer, seasonal soup, carpaccio of local fish, frita of local shellfish, main dish of local fish, etc.

This special course is lavished with island vegetables and fish from which you can savor tastes of all four seasons.

The brilliant colors of the ingredients grown in the sea and the soil of Izu Oshima are filled with energy. The owner focuses on serving colorful dishes hoping that visitors will be more energetic tomorrow than today.



# Oshima Zakoya Kiyomaru

ACCESS MAP



Address: 262-26 Manose, Motomachi, Oshima-machi  
 Opening hours: 11:30 - 13:30 and 17:30 - 20:00 Closed: No fixed

☎04992-2-1414



The “zako” (small fish) in our store’s name is for various fish, and just like the name suggests, we serve various local cuisines unique to the island, using fish which are available in Tokyo only in small quantities. The inside of the store has a breezy, southern atmosphere. We have also exhibited at the Izu Oshima C-Class Gourmet Championship, and came away with first prize the first and second time the event was held.

## Bekko sushi (evening only)

Food used ▶ Medai white fish, green chili peppers

Available: Year-round

¥940

Bekko sushi made with fresh white fish filets that have been marinated in aoto soy sauce (soy sauce infused with chili peppers). A great way for you to enjoy the spiciness and kick of the island’s flavors.



## Zako set meal

Food used ▶ Ashitaba, seasonal local fish, green chili peppers

Available: Year-round

¥1,750

A set meal that uses fresh fish taken from the waters around Oshima to make sashimi, simmered fish, etc. A menu where you can enjoy the flavors of various fish.

## Ashitaba fried rice

Food used ▶ Ashitaba

Available: Year-round

¥1,100

We take ashitaba fried rice that you can make at home and elegantly add the flavors of our shop to the dish. As an accent, we add sesame-seasoned ashitaba onto the same plate; truly a fried rice we are proud of.





# Kiraku Goya



Oshima

Address: 244-1 Yaenomizu, Motomachi, Oshima-machi

Opening hours: 11:00 - 17:00 (last order) for March to October, 11:00 - 16:00 (last order) for November to February Closed: Mondays, Tuesdays, Wednesdays, Thursdays

☎04992-2-0003



\* Locally, we say "ashitabo leaves" instead of the regular pronunciation of "ashitaba"

## Ashitabo Fried Rice

Food used ▶ *Ashitaba*, homemade bacon

Available: Year-round

¥750

Cooked at high temperatures, the fried rice is crispy and crunchy.



100% hand-constructed by a master, an out of the way building in the middle of a wooded thicket. We also have outdoor seating, letting you fully experience nature while listening to the voices of wild birds and insects. We feature cuisine, cake, and seasonal jams (loquat, blueberry, *daidai* citrus, plum, etc.), all hand made without any preservatives or added color for safety and peace of mind! Small children are also welcome.

## Iwanori ashitabo pizza

Food used ▶ *Ashitaba*

Available: Year-round

¥800

Our homemade dough (thin and crispy) pairs perfectly with the *iwanori* topping.



## Chiffon cake

Food used ▶ *Ashitaba*, sakura blossoms, blueberries, loquat, chestnuts, etc.

Available: Year-round

¥350 - 400

We don't use any chemicals in the cultivation of our *ashitaba* leaves or fruits, and the cake contains freshly squeezed camellia oil. The cake uses sakura blossoms and leaves from Oshima sakura trees and is flavored with *yaezakura* blossoms produced on the island.

## Fresh juice

Food used ▶ *Ashitaba*, blueberries, etc.

Available: Year-round

¥500

Our *ashitaba* banana milk uses *ashitaba* we gathered. We also have rich and luxurious fruit juices, with plenty of fruit.



# Oshima Fruit Factory Ohya

Address: 5 Okata, Oshima-machi

Opening hours: 10:00 - 16:00

Closed: Tuesday & Wednesdays, sailing days from Motomachi Port (excluding summer)

☎04992-2-8503

ACCESS MAP



They make confiture, compote, smoothie, etc. from carefully- selected seasonal fresh fruit. Based on the concept of natural products, they pay attention to bringing out the natural taste of the fruit without using preservatives or artificial colors.

## Seasonal fruits compote/ confiture

Food used ▶ Seasonal fruits

Available: Depends on availability period of fruit

¥1,200 | ¥900  
for Large | for Medium

We prepare marmalade, compote and confiture jams that use seasonal fruits, such as Oshima produced figs, kiwi, strawberries, blueberries, passion fruits, kumquats, etc., as ingredients.



## Oshima grape smoothie

Food used ▶ Oshima grapes

Available: Year-round

¥500

A fragrant smoothie using Oshima produced grapes, a rarity on Oshima.

## Ashitaba green smoothie

Food used ▶ Ashitaba

Available: Year-round

¥500

They made the smoothie by mixing apple and lemon with *ashitaba* from Oshima. You can enjoy the refreshing flavor with a scent of *ashitaba*.

## Oshima milk and strawberry smoothie

Food used ▶ Oshima milk, strawberries

Available: Year-round

¥500

A popular menu item for children, this smoothie matches the sweetness of Oshima produced strawberries with freshly squeezed Oshima milk.

## Passion fruit smoothie

Food used ▶ Passion fruit

Available: Year-round

¥500

A smoothie using very fragrant passion fruit from Oshima. You will taste the rich tropical flavor in your mouth.



# Buratto House



Oshima

Address: 87-1 Shinkai, Okata, Oshima-machi

Opening hours: 9:00 - 16:00

Open all year round (excluding the Year-End / New Year holidays)

☎ 04992-2-9233



Buratto House is a farmers market that sells fresh fruits and vegetables harvested on Oshima, livestock products, and processed goods. As its name suggests, the Buratto House is a “place where you can casually drop in” (i.e. *burrato*), a community gathering spot for producers and locals residents. It is also famous as a sightseeing spot, and many products almost sell out as soon as it opens. On days with good weather you can take in the Izu Peninsula and Mt. Fuji from the terrace.

## Soft serve ice cream & gelato

Food used ▶ Oshima milk and seasonal ingredients (*ashitaba*, Oshima salt, camellia petal jam, pumpkin, passion fruit, etc.)

Available: Year-round

Soft serve ice cream **¥300**

Gelato single **¥250**; double **¥380**

Oshima milk soft serve ice cream, which uses fresh, raw milk received directly from the Oshima Milk Factory, is a special treat! Our gelato lets you enjoy the flavor of each season. There are limited time flavors, so make sure to check availability. Services for cyclists such as cycle racks and bicycle tools, etc. are also provided. Additionally, we also have *omiyage* souvenir, so please, come and *burrato*.



\* Fresh vegetables sold in the market are also recommended.





# Oshima Onsen Hotel

ACCESS MAP



<http://www.oshima-onsen.co.jp/fac.html>

Address: 3-5 Kitsunba, Senzu, Oshima-machi

Opening hours: 12:00 - 14:00 and 18:00 - 20:00 (reservation required) Closed: Open everyday

☎04992-2-1673



With an open-air *rotenburo* bath that overlooks the magnificent Mt. Mihara, you can relax in 100% natural hot spring water. At our hotel you can also eat fresh seafood and *tsubaki* fondue, our specialty. For those that are looking to taste Oshima's cuisine, we have prepared a generous seafood plan and a bountiful special dinner.



## Kin-shabu

Food used ▶ Splendid alfonsino

Available: Year-round

¥2,700

The "shabu-shabu" preparation of splendid alfonsino, different from *sashimi*, simmered, or overnight drying preparations, will let you fully enjoy the delicious taste of splendid alfonsino taken from the waters around Oshima.

## Tsubaki fondue

Food used ▶ *Tsubaki* oil, *ashitaba*, seasonal local fish

Available: Year-round

¥2,700

Our *tsubaki* fondue offers the great experience of making your own tempura skewers from ingredients such as shrimp and *ashitaba* using *tsubaki* oil, Oshima's specialty.

Another distinguishing feature of *tsubaki* oil is that, in addition to giving foods a light, delicate fry, *tsubaki* oil is good for your body because of the high amount of healthful oleic acid that it contains.



## Splendid alfonsino bekko sushi

Food used ▶ Splendid alfonsino

Available: Year-round

¥648

A sushi that uses fresh splendid alfonsino, marinated in soy sauce and Oshima island chili peppers. The spicy flavor makes the sushi extraordinary.



# Tokyo Vone Ten

<http://tokyovonetten.com>

Address: 6 Habu-minato, Oshima-machi

Opening hours: 11:00 - 17:00 Closed: Mondays, Tuesdays

ACCESS MAP



☎04992-4-1567

Oshima



A café with a characteristic building reminiscent of the good old *Showa* era.

In addition to serving shaved ice and fish-shaped pancakes (*Taiyaki*) made with Oshima's specialties such as *ashitaba*, eggs, ocean salt, and Oshima milk, they also sell handmade souvenirs by local artists.



## Ashitaba shaved ice topped with sweet beans/condensed milk made from Oshima milk

Food used ▶ *Ashitaba*, Oshima milk

Available: May to October

¥650

This is the original *ashitaba* shaved ice with sweet beans. Enjoy the taste of sweetened *Dainagon azuki* beans which pair wonderfully with *ashitaba* syrup. Topping of homemade condensed milk made from Oshima milk is also recommended.

## Brown rice risotto in a fish-shaped *Taiyaki* pancake

Food used ▶ *Ashitaba*, Oshima milk, local eggs, ocean salt

Available: Year-round

¥300

Italian-inspired fish-shaped *Taiyaki* pancake with brown rice risotto inside which is cooked with *ashitaba*, carrots, potatoes, and hemp seed nuts in homemade tomato-*miso* sauce.



## Cold fish-shaped *Taiyaki* pancake with *ashitaba* in the batter

Food used ▶ *Ashitaba*, Oshima milk

Available: Year-round

¥250

Bright-colored, chewy cold *Taiyaki* pancake with tapioca powder and *ashitaba* powder in the batter.



# Oshibana

ACCESS MAP



<http://blog.livedoor.jp/kanabun16/archives/4467841.html>

Address: Okinone Sashikiji, Oshima-machi

Opening hours: 11:00 - 16:00 Closed: Saturdays, Sundays, Holidays

☎ 090-9011-1950



The pressed flower artwork displays, created by the owner, foster a relaxed atmosphere where you can enjoy a ¥500 set meal, from main course to dessert. All of our ingredients are safe, as we raise them in our own garden without the use of pesticides.

## Set meal (changes daily)

Food used ▶ Local vegetables

Available: Year-round **¥500**

We hope you enjoy your daily set meal, which uses fruits and vegetables raised in our own garden without the use of any pesticides.



## Eggplant and mushroom pizza

Food used ▶ Local vegetables

Available: Year-round **¥500**

Plenty of cheese covers our pizza's vegetables, which we raise without the use of pesticides. The spicy taste of island chili peppers accents the vegetables.



## Cream anmitsu

Food used ▶ Tengusa algae agar

Available: Year-round **¥300**

Tengusa algae taken from the ocean near Oshima is simmered to make agar and then turned into tokoroten jelly strips. We hope you enjoy their flavor when paired with seasonal fruit.

