

VegeeFull Kitchen Treno Notte

☎ 042-373-7323

URL <http://www.treno-notte.com/>



- 📍 5F Parthenon Tama, 2-35 Ochiai, Tama-shi
- 🕒 11:30 - 15:00/17:00 - 22:00
- ✕ Same with Parthenon Tama
- 🚶 5 min. walk from Tama Center Station of either Keio Sagami-hara Line, Odakyu Tama Line or Tama Monorail



Signature menu

Salad Buffet Lunch

Price 1,000yen

Available Year-round

Ingredients Seasonal vegetables used from Hachioji



By-street Wine Pub Lido

☎ 042-400-7445

URL <http://www.lido-vins.com/>



- 📍 B1 Ochiai Alley, 1-11-3 Ochiai, Tama-shi
- 🕒 17:00 - 24:00
- ✕ Irregular
- 🚶 1 min. walk from Tama Center Station of either Keio Sagami-hara Line, Odakyu Tama Line or Tama Monorail



Signature menu

Assortment of Farm-fresh Vegetables

Price 680yen

Available Year-round

Ingredients Seasonal vegetables from used Hachioji and Tama



Tama Udon Ponpoko

☎ 042-319-6441

URL <http://tamaudonponpoko.nomaki.jp/>



- 📍 2-21-3-7 Hijirigaoka, Tama-shi
- 🕒 11:00 – 19:00 (Last Call 18:30)
- ✖ Sundays and Thursdays
- 🚶 15 min. walk from Nagayama Stn of either Keio Sagami-hara Line or Odakyu Tama Line
Bus ride from either Nagayama station or Keio Line Seiseki-sakuragaoka Stn for Hijirigaoka Danchi, getting off at Hijirigaoka Center stop.



Signature menu

Various Udon Noodles

Price	From 470yen (for example, 650yen for noodles and meat with dipping soup)
Available	Year-round
Ingredients used	Tama-produced flour made into noodles at the restaurant Seasonal vegetables from Tokyo

Wagamama (As you like) Udon Noodles

Price	570yen
Available	Year-round
Ingredients used	Tama-produced flour made into noodles at the restaurant Kitsune and Tanuki (Deep-fried bean curd is also produced in Tama-shi)



ORTOLANA

☎ 042-407-5659

URL <http://ortolana.kitchen/>



- 📍 965-1 Oomaru, Inagi-shi
- 🕒 11:00 – 14:30 Last Call
(From 11:30 for weekends and Holidays)
17:30 – 21:00 Last Call
- ✖ Tuesdays (May be closed on other days)
- 🚶 2 min. walk from JR Nambu Line Minami-Tama Station



Signature menu

Peperoncino with Inagi Vegetables

Price	1,100yen
Available	Year-round
Ingredients used	Seasonal vegetables from Inagi (cucumbers, carrots, paprika, hayatauri melon, norabona, etc.)

Baguna Cauda with Grilled Inagi Vegetables

Price	1,200 - 1,300yen
Available	Year-round
Ingredients used	Seasonal vegetables from Inagi (purple onions, black carrots, kinbi carrots, madake bamboos, broccoli, cauliflower romanesco, satsuma taros, etc.)



54 CAFE

☎ 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

Price 500yen

Available Year-round

Ingredients used Pork from Ome

*Smoked butter is handmade at the café.



Udon/Soba Noodles 100% Home Farm Grown Flour

Shougotei

☎ 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



Signature menu

Hikuridashi 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 used (Home-farm in Akiruno-shi)



Kurochaya

☎ 042-596-0129

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



Signature menu

- 📍 167 Konakano, Akiruno-shi
- 🕒 11:00 – 21:00 (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



Sumibiyaki Char-grilled/ Yamazato Village Dishes

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

Available 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

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

Available Year-round

Ingredients Seasonal mountain vegetables,
used river fish, etc.



Restaurant FOREST

attached to Cottage Shinrinmura

☎ 042-595-2210

URL <http://shinrinmura.com/>



Signature menu

- 📍 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.



Akigawa Beef Stew with Red Wine

Price 2,100yen

Available So long as Akigawa beef is produced

Ingredients Akigawa beef
used (from Akiruno-shi)

Akigawa Beef Sirloin Steak (180 g)

Price 4,980yen

Available So long as Akigawa beef is produced

Ingredients Akigawa beef
used (from Akiruno-shi)



Home of Bread A La Mode

☎ 042-550-6505

URL <http://tabelog.com/tokyo/A1330/A133001/13121599/>



📍 1-1-16 Akigawa, Akiruno-shi

🕒 7:30 - 19:30

✖ Sundays

🚶 Near JR Itsukaichi Line Akigawa Station



Signature menu

Juicy Curry Bread

Price 190yen

Available Year-round

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

Juicy Curry and Cheese Bread

Price 190yen

Available Year-round

Ingredients Akigawa beef (from Takeuchi 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)



※日替定食の一例「海鮮のつけ丼」

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, *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)



Soba Noodles Restaurant
Yanagiya

☎ **042-596-0071**

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



Signature menu

📍 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*,
used *rukinkotou*, 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
used from the day's purchased food stuffs



Chinese Home-style Dishes
Bokkakyō Tanashi

☎ **042-451-8852**

URL <http://bokkakyō.blog61.fc2.com/>



Signature menu

📍 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 - 22:30 (Last Call 21:30)

✖ 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)



Café Run & Happy



Signature menu

☎ 042-439-3622

URL <http://runandhappy.on.omisenomikata.jp/>

📍 3F Namiki No.2 Bldg., 3-3-14
Hibarigaoka-Kita, Nishitokyo-shi

🕒 Wed - Fri 11:30 - 18:00
Sat 11:30 - 17:00

✕ Sundays, Mondays and Tuesdays

🚶 Near Seibu Ikebukuro Line
Hibarigaoka Station North Exit



Chef's Lunch Set

Price	1,080yen
Available	Year-round
Ingredients used	Seasonal vegetables and herb from Nishitokyo-shi

Bit-sticky cake set

Price	900yen
Available	Year-round
Ingredients used	Japanese mustard spinach, carrots, sweet potatoes and pumpkins from Nishitokyo



Restaurant Kenzou



Signature menu

☎ 042-465-0300

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

📍 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



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
(Over-the-counter egg sales: every day.)
- 🚶 500 meters from the Mizuho Mall for Kawagoe along Route 16



Signature menu

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



Kurazou Mizuho

☎ 042-556-0003

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



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



Signature menu

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, <i>negi</i> (spring onions), pumpkins, zucchinis, etc.) from Mizuho and adjacent Hamura and Ome



Tourist Inn Mitou Sansou

☎ 042-598-6138

URL <http://akiruno.town-info.com/units/36232/mitousansou>



📍 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 local farm grown vegetables

Tempura Set Meal/ River Fish Set Meal

Price -

Available Year-round

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



NPO Restaurant Hinohara Shikinosato

☎ 042-598-1060 (Reservations only)

Inquiries to NPO Fujinomori Secretariat (Tel: 042-598-6928)

URL <http://www.fujinomori.net/html/index/sikinosato.html>



📍 5493 Hinohara-mura, Nishitama-gun

🕒 11:30 - 14:00 (Last Call)

✕ Mondays and Fridays

(Additionally some other irregular days)

🚌 Bus ride (Nishitokyo Bus) from JR Itsukaichi Line Mushashi-Itsukaichi Station for either Kazuma or Fujikura, getting off at Hossawa Fall Entrance Stop.



Signature menu

Shikinosato lunch

Price 1,200yen (tax incl.)

Available Year-round

Ingredients Farm grown vegetables and mountain vegetables from Hinohara-mura (* Volume limited)

Maitake Mushrooms and Seasonal Vegetables Tempura Set Meal

Price 1,200yen (tax incl.)

Available Year-round

Ingredients Hinohara-mura's maitake mushrooms and seasonal vegetables



Meat Restaurant in the Forest
Earth Garden

☎ **0428-85-5101**

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



Signature menu

- 📍 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



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



Okutama

Yamabato

☎ **0428-85-2158**

🌐 <http://www.yamabatonosu.com/>



Signature menu

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



Lunch set

Price 1,180yen

Available Year-round (Tuesday - Friday)

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

Soba noodle salad

Price 650yen

Available Year-round

Ingredients used Burdock roots and carrots (from Ome)



Okutama

Folk Tale Inn **Arasawayaya**

☎ 0428-83-2365

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

Signature menu

Japanese Dinner
(an example)Char-grilled Okutama *yamame* trout, wild mountain vegetables, hot pot *nabe* stew with *awabitake* mushrooms, handmade *sashimi konnyaku* from potatoes, etc.

Price

-

Available Year-round

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

📍 1446 Hikawa, Okutama-machi, Nishitama-gun

🕒 Dinner 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

Robata (Fireside) **Akabeko**

☎ 0428-83-2365

URL <http://akabeko.tokyo/>

Signature menu

A la carte

Price From 432yen

Available Year-round

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

📍 1446 Hikawa, Okutama-machi, Nishitama-gun

🕒 17:30 - 23:00

✕ Irregular (Usually Tuesdays)

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

Yamasemi

☎ 0428-86-2552

URL <http://www.yamafuruyamasemi.info/>



- 📍 Mountain of Furusato Village, 1740 Kawano, Okutama-machi, Nshitama-gun
- 🕒 9:00 – 16:30
- ✖ Tuesdays and Wednesdays (Tuesdays only in August and November)
- 🚶 Inside Tokyo Metropolitan Okutama Lakeside Park Mountain of Furusato Village Shuttle bus service to and from JR Ome Line Oku-Tama Station (*Inquiry requested)



Signature menu

Fried Okutama Yamame Trout Set Meal

Price 1,110yen (tax incl.)

Available Year-round

Ingredients used Okutama *yamame* trout and salad of seasonal vegetables from Ome and Okutama farms

Soba/Udon Noodles with Mountain Vegetables

Price 670yen (tax incl.)

Available Year-round

Ingredients used Warabi bracken from Okutama



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 Mikawayaya Ryokan

Dozoushokutei

☎ 0428-83-2027

URL <http://www.mikawayaya-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)



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.

Okutama

Signature menu

Okutama *Sansui* Set Meal

Price	1,300yen (as of March 2018)
Available	Year-round
Ingredients used	Okutama <i>yamame</i> trout



Canyons 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

Okutama

Signature menu

Volcano Venison

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



