

Take a bite of Tokyo. **2019**

Guide to Tokyo's Locavore Restaurants



Introduction

To more widely promote local food production and consumption, the Tokyo Metropolitan Government registers restaurants that actively use ingredients sourced locally from Tokyo's 23 special wards and the Tama area as "Tokyo's Locavore Restaurants," and publishes an annual guidebook of the same name.

In doing so, we aim to foster understanding of Tokyo's agricultural, forestry and fishery products to expand their production and consumption.

The English-language edition of the guidebook was created so that international visitors to Tokyo can also enjoy locally sourced ingredients. Of the registered restaurants, 222 that have English menus and have asked to be included in this guidebook are introduced.

In addition, we have also compiled an English-language edition of "Locavore Dining in the Tokyo Islands," a guidebook which introduces restaurants in the Tokyo Islands.

We hope that you find both of these guidebooks useful in your travels.

March 2019

Food Safety Section
Agriculture, Forestry and Fishery Division
Bureau of Industrial and Labor Affairs
Tokyo Metropolitan Government

〈はじめに〉

東京都では、地産地消を推進するため、東京都内（区部及び多摩地域）で生産された農林水産物を積極的に使用しているお店を「とうきょう特産食材使用店」として登録し、毎年これらの登録店をまとめたガイドブックを発行して広くPRしています。

これにより、都内産農林水産物への理解を促進し、消費及び生産の拡大を図ることを目指しています。

東京を訪れる外国人の皆様にも、都内産農林水産物を活用した料理を味わっていただくために、「とうきょう特産食材使用店」ガイドブックの英語版を作成しました。全登録店のうち、英語版のメニューを有しており、掲載を希望した222店舗を掲載しています。

旅のお供にご活用いただければ幸いです。

また、島しょ地域のお店をまとめた「東京島じまん食材使用店」ガイドブックの英語版もございます。あわせてご覧いただければ幸いです。

平成31(2019)年3月

東京都産業労働局農林水産部食料安全課

The Tokyo Metropolitan Government supports restaurants contributing to local production and consumption.

Establishments registered

"Tokyo's Locavore Restaurants," operate in the central 23-ward area and Tama area in western Tokyo, and engage in the following initiatives.

- Strive to use locally sourced ingredients throughout the year.
- Provide customers with information on local products from Tokyo that they use
- Carry out initiatives that facilitate local production and consumption
- Will further their use of Tokyo ingredients into the future
- Will cooperate with Tokyo's measures for food education and local production and consumption

Look for these signboards



Sample page

Nanko Rest House



Exterior, interior, etc.

Name of establishment

Telephone number 03-3231-0878

URL <http://www.fng.or.jp/>

Address 1-1 Kokyogaien, Chiyoda-ku

Hours 11:00~14:00

Closed December 28 to January 1

Nearest station, etc. 10 min. walk from JR Tokyo and Yurakucho stations
5 min. walk from Tokyo Metro Nijubashimae and Hibiya stations

Featured dishes




Chiyoda

Municipality



Map

Signature menu

Edo Eco Koraku-ju		Ichi-ju San-sai (1 soup, 3 side dishes) Gozen	
Price	1,836 yen (tax incl.)	Price	From 1,000yen (tax incl.)
Available	Year-round	Available	Year-round
Ingredients used	Fish (Hachiojima Island), vegetables (Nerima-ku), salt (Oshima Island)	Ingredients used	Fresh local ingredients of the day

* Salt: Umi no Sei from Oshima Island

- ※The featured dishes are representative dishes that use Tokyo sourced ingredients. Please understand that dishes will vary depending on the season or other factors.
- ※Prices may change in conjunction with changes in consumption tax
- ※Restaurant information is current as of December 2018.

東京都が地産地消に取り組む 飲食店を応援します。

登録されているお店は

「とうきょう特産食材使用店」に登録されているお店は、(区部及び多摩地域)で営業している飲食店で、以下の取組みをしています。

- 都内産農林水産物を食材としておおむね年間を通じて使用している。
- 使用している都内産農林水産物の情報を来店者に提供している。
- 地産地消の促進につながる取組を行っている。
- 今後もさらに都内産農林水産物の使用をすすめる。
- 都の食育・地産地消推進の施策等に協力する。

このボードが目印です



紹介ページの見方



外観・店内風景、他

店名 楠公レストハウス

電話番号 ☎ 03-3231-0878

URL <http://www.fng.or.jp/>

所在地 如 千代田区皇居外苑1-1

営業時間 営 11:00~14:00

休み 休 12月28日~1月1日

最寄駅等 交 JR東京駅・有楽町駅より徒歩約10分
地下鉄二重橋前駅・日比谷駅より徒歩約5分

主なメニュー、他



メニュー名・価格・提供時期・使用食材等

「江戸エコ行楽重」

提供価格 1,836yen(税込)

提供時期 Year-round

使用食材 魚類(八丈島)、野菜(練馬)、塩(大島)

「一汁三菜御膳」

提供価格 1,000yen(税込)~

提供時期 Year-round

使用食材 厳選した新鮮な地場の食材を中心に使用(日替り)

地図



お店の地図はすべて上が北の方角です

※塩は大島産の「海の精」を使用しています

※メニューには都内産農林水産物を使用した代表的なメニューを掲載しています。
 なお、季節等によりメニューに変更がある場合がありますのでご了承ください。
 ※消費税率の変更に伴い、提供価格が変更になる場合があります。
 ※お店の情報は平成30年12月時点のものです。

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Please note that listed menu contents and prices may change based on the availability of ingredients.