Tar TarT

Signature menu

used

Available Year-round

Musashino



☎ 0422-22-1495

URL http://www.cporganizing.com/tartart.



- 💽 2nd Quarter, Atre 1F, 1-1-24
- Kichijoji Minamicho, Musashino-shi 9:00 – 23:00
- 🔀 Same as Atre Kichioji
- First floor of Atre Kichioji Station





Comrade Mitaka

Ingredients Seasonal vegetables from Musashino (direct from a farm in

Healthy Salad of Seafood and Musashi Vegetables

Specialty Meat and Vegetable Garden Cuisine

Kokubunji and grown in Musashino)



2 0422-41-9449

URL http://be-comrade.com/



- B1F Mitaka City Arts Center, 6-12-14 Kamirenjaku, Mitaka City
- 11:30 21:45
- X Mondays (Based on the Arts Center's holidays)
- From JR Mitaka Line take the bus at the No. 4 or No. 5 bus stop. Get off at the third stop, Yawata-mae Gijutsu Bunka Center" and it is right where you get off.





Signature menu

> Chef's Choice Salad with Musashino Vegetables

Available Year-round

Ingredients Each season has a plethora of used seasonal vegetables stocked from nearby farms

Bolognese with Farm Vegetables and Two Kinds of Cheese (Original fresh pasta mixed with vegetables) Available Year-round Ingredients Healthy pasta with lots of used Tokyo vegetables



Vegetable Garden Cafe ono

Signature menu



a 0422-76-3488

URL http://be-comrade.main.jp/shoplist/dono_mitaka/



- 2F Sansan Bldg., Mitake City Public Hall, 1-1-1 Nozaki, Mitaka
- 11:00 21:15 (Last call 20:45)
- Every Monday (same days as Mitake City Public Hall)
- 30 min. walk from JR Mitaka Station South Exit (10 min. by bus: 1 min. walk from the Odakyu Bus "Mitaka Shiyaku-sho" stop)





Healthy Plate of Multi-Grain Rice, Tatsuta Fried Chicken & Eggplant Flavored Lemon Sauce (with Tokyo vegetables and a soft drink) Available Year-round Ingredients Seasonal vegetables from used

Tokyo

Healthy Plate of Multi-Grain Rice, Ise Sea Lettuce, and Avocado Taco Rice (with Tokyo vegetables and a soft drink)	
Available	Year-round
Ingredients used	Seasonal vegetables from Tokyo



Dining & Gallery Mayugura



C 0428-21-7291 URL http://www.mayugura.com/



Ome

- 3-127 Nishiwake-cho, Ome-shi
- [] 11:00 17:00 (Last call 16:30)
- Open everyday (Except New Year Holidays)
- 10 min. walk from JR Ome Station or Higashi-Ome Station



Signature menu

Vegetarian Plate

Available Year-round (Changes monthly) Ingredients Sunny Lettuce, Snow peas (from Ome), norabona (from Akiruno) used

Mayu-zen Set

Available Year-round (Changes monthly) Ingredients Spinach, bamboo shoots used (from Ome)



Suzuki ya Eel and *Tempura* Restaurant

3 0428-22-2064 URL

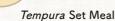


- 💽 153 Honcho, Ome-shi
- 🕒 11:30 14:00/17:00 21:00
- 🔀 Wednesdays

(Changes sometimes, please call in advance)

Approx. 2 min. walk from JR Ome Line Ome Station





Signature menu

> Available Year-round Ingredients Vegetable tempura (from Nishitama) used

Sashimi Set Meal

Available Year-round Ingredients Wasabi (from Okutama and used others)



Imoutoya



Skewered Grilled Trout

Available Year-round Ingredients Trout (Mitake)

2 0428-78-7230

URL http://www.sawanoi-sake.com/imoutoya/



- 💽 1-2-5 Mitake, Ome-shi
 - Теа 10:30 - 16:00 (Last call 16:00)
 - Lunch 11:00 - 15:00 (Last call 15:00)
- 🔀 Mondays

(Or the following Tuesday if Monday is a Holiday) Closed intermittently for other events as well

5 min. walk from JR Ome Line Mitake Station





used

Signature menu

Mamadaya



Signature

1 Night, 2 Meal Course

 Available
 Year-round (Reservation required)

 Ingredients
 Eggs from Ome, Okutama trout, seasonal used

 vegetables
 (Some from Ome)

☎ 0428-74-4221

URL http://mamadaya.com/



💽 5-3140 Osoki, Ome-shi

Check-in 15:00 Check-out 10:00

🔀 Irregular

(Mostly open on weekends. Inquire for details.)

From JR Higashi-Ome Station North Exit, ride the Seibu Bus bound for "Hanno-eki Minami-guchi" for approximately 20 minutes, get off at the "Iwakura Onsen" bus stop and walk 2 minutes





*A set of three ume-shu plum wines (kiki ume-shu) from Nishitama is available.

CAFE YUBA



☎ 0428-74-4405 IRI https://cafeyuba.com



Ome

- 💽 5-3142 Osoki, Ome-shi
- Thu./Fri./Sat./Sun./Holidays 10:30 18:00 (10:30 – 17:00 from November to February)
- 🔀 Mondays, Tuesdays, Wednesdays
- From JR Higashi-Ome Station North Exit, ride the Seibu Bus bound for "Hanno-eki Minami-guchi" for approximately 20 minutes, get off at the "Iwakura Onsen" bus stop and walk 2 minutes



Signature

Handmade Cake

(Chiffon cake, sweet potato cake, gateau chocolate, etc.)

Available	Year-round
	Eggs from Ome,
used	home grown herbs

Handmade Cake Set

 Available
 Year-round

 Ingredients
 Handmade cake (Using eggs from Ome) and Tokyo Black Tea Mizuho or Iwakura Coffee as a set



Ome

Tsubuan Cafe



Signature

Daily Rice, Salad, and Soup Set

 Available
 Year-round (Weekdays)

 Ingredients
 Seasonal vegetables from Ome used

 (includes soup and salad)

© 0428-25-2251 IRI http://tsubuancafe.com/



- 🕐 131 Honcho, Ome-shi
- 🕒 11:00 17:00
- 🔀 Thursdays

📋 1 min. walk from JR Ome Line Ome Station





Ome Blue Lemonade Available Year-round Ingredients Uses locally produced used green tea



Ome Shuku Bonbon-tei



C 0428-23-0110 IRI http://www.bonbontei.jp



- IF Showa Retro Goods Museum,¹ 65 Sumiecho Ome-shi
- 🕒 11:00 21:00
- Mondays (Tuesdays when Monday is a holiday)
- 🗐 5 min. walk from JR Ome Line Ome Station





Signature

Sashimi with Okutama Yamame Trout Available Year-round Ingredients Okutama Yamame Trout used (from Okutam
 Soup dumplings, steamed dumplings

 Available
 Year-round

 Ingredients used
 All vegetables are from Ome. Also uses Ome sangen pork (mixed grain rice, pickled zha cai mustard plant included)



Ome

Italian Restaurant Toscana

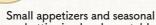


C 0428-24-3755 IR http://toscanaome.vpweb.jp/



- 🕐 10-5-4 Kabe-machi, Ome-shi
- 🕒 11:00 14:30/17:00 21:00
- X Mondays (Open if Monday is a Holiday)
- 5 min. walk from JR Ome Line Kabe Station North Exit





Signature

Signature

Small appetizers and seasonal spaghetti using local vegetables

 Available
 Year-round

 Ingredients
 Seasonal vegetables from Ome (summer: eggplants, cucumbers, tomatos/ winter: sweet potatoes, *Daikon* radidsh, potatoes, etc)

Chef's Special Minestrone

Available November to March Ingredients Seasonal vegetables from Ome used (spinach, carrot, onions, etc.)



Soba Noodles Tsukumo



☎ 0428-32-1230

URL http://www1.odn.ne.jp/~tsukumo



Ome

- 5-45-2 Shinmachi, Ome-shi
- 🕒 11:30 20:30
- S First Monday and Wednesday
- Take the Nishitokyo Bus from the East Exit of JR Ozaku Station. On the Mistuharajunkan Nishi-mawari Route, get off at "Chikusanshikensho" and walk 1 min.



TOKYO X Meat *Udon | Soba*, Developed in Ome

 Available
 Year-round

 Ingredients
 TOKYO X Pork Yuzu citrus

 used
 (From Ome)

Minced Tokyo Shamo Chicken Rice Bowl Set Available Year-round Ingredients Tokyo shamo Chicken, shiitake used mushrooms (from Ome)



Tamagawa-ya Sohonten



🕿 0428-78-8345

URL http://www.tamagawa-ya.com



- 💽 360 Mitakehon-cho, Ome-shi
- 🕒 11:00 18:00
- 🔀 Mondays
 - (Closed Tuesday if Monday is a Holiday)
- 3 min. walk from JR Ome Line Mitake Station





Ome

TOKYO X Pork Bouillon Soba/Udon Noodles

Available Year-round Ingredients TOKYO X Pork (from Ome) used

TOKYO X Pork Deep Fried Soba/Udon Soup Noodles Available Year-round Ingredients used TOKYO X Pork (from Ome)



Soba Noodles Inariya



☎ 0428-76-0915



- 2-419-7 Wada-machi, Ome-shi
- 🕒 12:00 14:00/18:00 23:00
- 🔀 Wednesdays
- 10 min. walk from JR Ome Line Miyanohira Station or Hinatawada Station





TOKYO X Pork Udon

 Available
 Year-round

 Ingredients
 Meat (TOKYO X Pork), vegetables and plum sauce (from Ome)

TOKYO X Minced Meat Cutlet

 Available
 Year-round

 Ingredients
 Meat (TOKYO X Pork), vegetables

 used
 (from Ome), eggs (from Ome)



*The restaurant also serves *Tokyo Ome Plum Orchard Soba* made with flour from buckwheat raised on the site of former plum orchards in Ome

84

Ome

Moriman

Signature





- 🕐 3-9-7 Higashiome, Ome-shi
- 🕒 10:00 20:00
- The 13th of each month (Once per month)
- 5 min. walk from JR Ome Line Higashiome Station North Exit



TOKYO X Pork Katsudon

Available Year-round Ingredients used TOKYO X Pork (from Ome)

TOKYO X Pork Udon

Available Year-round Ingredients used TOKYO X Pork (from Ome)



*TOKYO X Pork is used for many other items on the menu as well.

Kappo Cooking Mikawaya



☎ 0428-22-2716

URL http://www.t-net.ne.jp/~mikawaya/



Ome

- (?) 1-192 Katsunuma, Ome-shi
 (!) 11:00 14:00/16:00 21:00
- Mondays
- 2 min. walk from JR Ome Line Higashiome Station





Signature

Kaiseki Course Dining

Available Year-round

Ingredients Eggs for general cooking (from Osoki and within the city), *yuzu* citrus (from Sawai within the city), *norabona* greens (from Akiruno)

Chawan mushi Egg Custard

Available Year-round Ingredients Eggs for general cooking (from Osoki and within the city)



Kominka Irori



Signature menu

2 0428-74-7104 URL https://kominkairori.owst.jp/



- 💽 1-135 Kosoki. Ome-shi
- (11:00 21:00 (Last call 19:00)
- Mondavs and Tuesdavs (Open on Holidays)
- From Ken-O Expressway Ome IC, drive 2 km along Iwakura Kaido (parking available)



River Fish Salt Grilled or Simmered in Sweeten Soy Sauce

Available Year-round Ingredients Sweetfish, trout, char, sockeye salmon (from the Tama River in Okutama) used

Irori (Hearth) Set

Available Year-round Ingredients Mushrooms from Ome used (shiitake mushrooms)



Fujimineken



Wasabi Soba Available April to early September

Ingredients Wasabi Flowers (from Okutama)

2 0428-78-8451 URL http://www7b.biglobe.ne.jp/fujimineken/



- 💽 17 Mitakesan. Ome-shi Plaza at Cable Mitakesan Station
- 9:00 17:30
- 🔀 Open everyday
- Get off at Cable Mitakesan Station







Ome

used

Signature menu

Soba Noodles Waraku



C 0428-33-0141 URL



- 💽 8-20-9 Shinmachi. Ome-shi
- []] 11:00 15:00/17:00 20:00
- 🔀 Wednesdays

Seiro Steamed Tenpura

Okutama wasabi, and green pepper,

eggplant, pumpkin, sweet potato, oba leaf,

25 min. walk from JR Ome Line Ozaku Station





*At our shop we recommend that you eat the freshly sourced Okutama soba directly with your soba noodles.

Ingredients

used

Available Year-round

etc. (from Ome)

Sushi Midoriya

Seiro Steaming

Ingredients Okutama Wasabi

Available Year-round

used



2 0428-22-7507 URL



Ome

- 💽 6-3-15 Kabemachi, Ome-shi
- Lunch 12:00 14:00 Dinner 17:00 - 23:00
- Mondays (Open on holidays)
- 9 min. walk from JR Ome Line Kabe Station



Signature menu

Conger eel and Rice Meal

Available Year-round Ingredients Live conger eels (from Tokyo Bay) used

Tamago-yaki	
Available	Year-round
Ingredients used	Local eggs



Yaokyu Sweets and Meals



Signature menu

Mitake Dango Soup (with Ome Pork and Sawanoi Sake Lees)

Available Year-round Ingredients Pork from Ome, Sawanoi sake lees, and seasonal vegetables from Ome used

2 0428-78-8411 URL http://yao9.main.jp/



💽 266 Mitakehoncho. Ome-shi

🕒 Summer: 11:00 – 19:00 Winter: 11:00 - 18:00 (depending on the season)

🔀 Wednesdays and Thursdays

1 2 min. walk from JR Ome Line Mitake Station



Anmitsu Jelly

Available Year-round Ingredients Tengusa agar from used Niijima



Ome

Ome

Kawashima Soba and Udon Noodles



2 0428-78-9155 URL sobakawasima.moo.jp/



- 💽 3-841-3 Futamatao, Ome-shi
- 🕒 11:00 15:00
- 🔀 Tuesdays
- 🖲 3 min. walk from Ome Line **Futamatao Station**





Seiro-steamed Kakiage Vegetable Tempura

Available Year-round Ingredients Seasonal vegetables from used Ome and Okutama

Fried Mochi along with Spicy and Refreshing Soba

Available Summer Ingredients Seasonal vegetables from Ome used and Okutama



Signature menu

Ome Beer

Signature menu

Signature menu

used

Available Year-round

Ingredients and thighs from parent birds)

Eggs from Ome



C 0428-78-3106

URL https://www.facebook.com/omebeer.tokyo/



- 🕐 145 Honcho, Ome-shi
- Weekdays 12:00 14:00/17:00 23:00 Weekends and Holidays 12:00 - 20:00
- 🔀 Tuesdays
- 3 min. walk from Ome Line Ome Station





100% Ome Pork Hamburg Steak	
Available Year-round	
Ingredients used Pork from Ome	



IKADA Sumidorikura



IKADA Set (Set of mukashi-dori chicken, ajitama balls,

and bakudan onijiri rice balls)

Japanese pepper from Mitake (home grown)

Mukashi-tori chicken meat from Ome (wings

2 0428-85-8726 URL http://ikadamitake.com/



Ome

- 2-313 Mitake, Ome-shi
- 🕒 11:00 to 17:00 from April to December (Until 16:00 from January to March)
- Every Friday (open on holidays)
- 13 min. walk from JR Ome Line Mitake Station



Individual Charcoal Grilled
Mukashi-tori Chicken Skewers

ų

Available	Year-round
Ingredients used	<i>Mukashi-tori</i> chicken meat from Ome (wings and thighs from parent birds)



cinnamon

Ome



C 0428-21-5578

URL https://cinnamon-ome.jimdofree.com



- 💽 4-12-9 Kabemachi, Ome-shi
- 🕒 11:30 17:00

(Operates at night via reservations)

- Sundays (Operates on holidays via reservations)
- 🔁 4 min. walk from JR Ome Line Kabe Station South Exit





Simmered Hamburger and Tomato Sauce

Available	Year-round
Ingredients	Seasonal vegetables from
used	Tokyo (Tama area)
•••••	•••••••••••••••••••••••••••••••••••••••

Dessert Set

Available Year-round Ingredients Seasonal fruits from Tokyo used (Tama area)



Namikian

Signature menu



2 042-362-8462 URL http://r.gnavi.co.jp/e540000/



- 2-29-5 Nishifu-cho. Fuchu-shi
- 11:00 15:00 (Weekdays: 11:30-) 17:30 - 21:00
- X Mondays
- 7 min. walk from JR Nambu Line Nishifu Station North Exit



Tempura and Soba with Vegetables from Fuchu

Available Year-round Ingredients Seasonal vegetables used from Fuchu



Signature menu

Musashi Fuchu Kofun Tempura on Rice

Available Year-round Ingredients Seasonal vegetables used from Fuchu and Hachioji

Kotomi Cafe



☎ 042-302-4020

IURL http://www.city.fuchu.tokyo.jp/kirari/sagasu/ theme/jiman/kotomicafe.html



Fuchu

- 6-32-10 Koremasa, Fuchu-shi (Fuchu City Kyoudo-no-mori Local Products and Tourism Center)
- 🕒 10:00 18:00
- Every Monday (closed the next day if Monday is a national holiday)
- Approx. 20 min. walk from Keio Line/JR Nambu Line Bubaigawara Station Approx. 20 min. walk from JR Musashino Line/Nambu Line Fuchuhommachi Station Approx. 20 min. walk from Seibu Tamagawa Line Koremasa Station





Signature menu

Udon Noodles and Salad with Fuchu Vegetables

Available	Year-round
	Black rice from Fuchu
*****	••••••••••••••••

Kodai Rice Curry

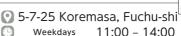
	Year-round
	Black rice from Fuchu
•••••	••••••



Soba & Sake Suzuya



2 042-361-3834 URL http://soba-suzuya.jp/



- Weekdays 11:00 14:00 17:00 - 21:00 Weekends and 11:00 - 20:00
 - eekends and 11:00 20:00
- 🔀 Thursdays
- Near the Seibu Tamagawa Line Koremasa Station Ticket Gate





Signature

Salad Udon

Available	Summer	
Ingredients	Vegetables from Tokyo	
used	(Mainly the Tama Area)	

Tokyo Islands Fish

Available Depending on inventory Ingredients used From the Izu Islands



Manzoan Soba Restaurant



C 042-362-4590 IRI http://r.gnavi.co.jp/gcw0300/

- 2-4-7 Wakamatsucho, Fuchu-shi
- Lunch 11:00 15:00 Dinner 17:30 – 20:30
- 🔀 Tuesdays
- 7 min. walk from Keio Line Higashi-Fuchu Station



Soba Kaiseki Cuisine

Signature

	Year-round (Only by reservation)
Ingredients	Seasonal vegetables from
used	
•••••	•••••••••••••••••••••••••••••••••••••••

Generous Serving of Fuchu Soba Buckwheat Noodles

Available May-August Ingredients Seasonal vegetables from used Fuchu



Fuchu

Fuchu

LAMPIONE



☎ 042-319-2834



- IF Hommachi Plaza Mansion, 2-20-11 Honcho, Fuchu-shi
- (E) 11:30 14:00 (Last call) 17:30 – 22:00 (Last call)
- Mondays, 2nd and 3rd Tuesday of every month
- 1 min. walk from JR Nambu Line Fuchohommachi Station



Insalata Salad

	Year-round
	Seasonal vegetables from
used	Fuchu

 Bagna càuda

 Available
 Year-round

 Ingredients
 Seasonal vegetables from used



Signature

Pork Cutlet Cuisine Yasui Meat

Signature menu

A 042-363-8601 URL https://yasui-meat.com/



- 1-23-3 Shiraitodai, Fuchu-shi
- Lunch Mon. Sat. 11:30 14:00 (Closed on Sundays and Holidays) 17:00 - 23:00 Pub

(Sun.: 16:30 - 22:30/Closed on Tuesdays and Holidays)

- I Tuesday nights and Holidays
- 10 min. walk from Keio Line Tama-Reien Station Transfer at JR Chuo Line Musashi-Sakai Station (Bound for Koremasa), 7 min. walk from Shiraitodai Station



Ton	katsu	Set
ion	Katsu	Set

Available Year-round Ingredients Tamacho Cabbage from used Fuchu (during harvests)

*Daily menus using locally grown seasonal vegetables

Kirari Japanese Style Dining



2 042-302-8808 URL

Tsuzuki Family Fried Eggplant (Night Menu)

Ingredients Tamacho Eggplants from

Fuchu-shi

Available Summer

used



Shiraitodai

Musashinodai

Tama-Reien

Fuchu

- 2F 2-18-2 Miyamachi, Fuchu-shi
- 11:30 14:00/17:30 23:30
- Sundays, the 2nd and 4th Mondays of each month
- 5 min. walk from Keio Line Fuchu Station





Minced katsuo bonito salad with onion slices from Fuchu

menu

	•••••••••••••••
Available	Mid-May to early July
Ingredients used	Spring onions, etc. from Fuchu
•••••	••••••••••••••••

Boiled Greens from Fuchu		
Available	November to July	
Ingredients used	Vegetables from Fuchu (spinach, Japanese mustard spinach, etc.)	



Restaurant Cantallo



3 050-3734-3208 IRI http://www.cantallo.com/



- IF Fuchu-no-Mori Arts Theater 1-2 Sengen-cho, Fuchu-shi
- 🕒 11:00 22:00
- 🔀 Irregular
- 7 min. walk from Keio Line Higashi-Fuchu Station North Exit



Baby Shrimp Pasta with Anchovies and Local Cabbage

Available Year-round Ingredients used Locally grown cabbage

Bagna Càuda with Local Vegetables		
	Available	
oles	Ingredients used	
oles		



Trattoria La Vita



C 042-360-1166 IRI http://r.gnavi.co.jp/a036400/



- 204 Castle Plaza, 1-8-12 Fuchu-cho, Fuchu-shi
- 🕒 11:30 14:30/17:30 22:00
- Mondays
- 3 min. walk from Keio Line Fuchu Station North Exit



Salad with Seasonal Vegetables Grown by Nishifu-cho's Ishikawa Farm

Available Year-round

Ingredients Seasonal vegetables from the fields used of Ishikawa Farm in Fuchu-shi

Bagna Cauda

Available September-March Ingredients Seasonal vegetables from the fields of Ishikawa Farm in Fuchu-shi



Fuchu

Signature

Oriental Bar AKICHI



🔁 042-333-4311

URL https://www.facebook.com/akichidining/



- 💽 3-8-11 Midoricho, Fuchu
- 17:00 25:00 (Last Call 24:00)
- Open everyday
- 3 min. walk from Keio Line Higashi Fuchu Station North Exit





Fritter with *Shiitake* Mushrooms from Fuchu

Signature

	Year-round
Ingredients	Shiitake mushrooms from
used	Fuchu
**********	•••••••••••••••••••••••••••••••••••••••

Spaghetti with Fresh Tomato and Basil Available Year-round Ingredients Tomatoes and mini tomatoes used from Fuchu



Heiji No *O-udon*



C 042-354-8555 IRI https://heijinooudon.jp/



Chofu

- Veil Maison Fuchu, 3-3-1 Midori-cho, Fuchu-shi
- 🕒 111:00 15:00/17:00 22:00
- 🔀 Open everyday
- 4 min. walk from Keio Line Higashi-Fuchu Station





Bouillon Udon

Signature

Ava	ailable	Year-round
Ing use	redients d	<i>Wakenegi</i> scallions

Seasonal Tempura 3-Piece Set

Available Year-round Ingredients Seasonal vegetables used from Fuchu



Wine Terrace Yu-me



042-302-3977
 Inttp://wineterraceyume.com/



- 💽 2-4-2 Miyamachi, Fuchu
- Eunch 11:30 15:00 Dinner 17:30 – 23:00
- 🔀 Irregular
- 4 min. walk from Keio Line Fuchu Station





Bagna Càuda with Roasted

Signature

Fuchu Vegetables

Ingredients Seasonal vegetables from used Fuchu

Pickled Fuchu Vegetables

Available Year-round Ingredients Seasonal vegetables from used Fuchu



Musashinodai Shoten



☎ 042-306-8280

URL https://musashinodai-syouten.com/



- 4-18-4 Shiraitodai, Fuchu-shi Directly in front of the Keio Line Musashinodai Station ticket gate
- Mondays Saturdays 7:00-22:00 Sundays and Holidays 8:00-20:00
- Open everyday
- 🗐 Within Keio Line Musashinodai Station





Seiro-mushi Steamed Vegetables

Available Year-round Ingredients Seasonal vegetables from used Tokyo (Tama area) Grilled Vegetables and Ginger

Available Year-round (depending on availability) Ingredients Seasonal vegetables from used Tokyo (Tama area)

Signature

Fuchu