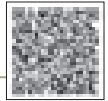


Fukuhana

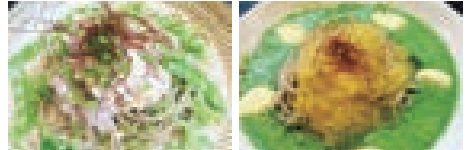
Seasonal Cuisine and Handmade *Soba* Buckwheat Noodles

☎ 042-546-2917

🌐 <https://www.fukuhana2987.com/>



- 📍 1-3-1-117 Tamagawacho, Akishima-shi
- 🕒 17:30 – 23:00 (Last call 22:30)
- ✕ Every Wednesday, first Tuesday of every month
- 🚶 1 min. walk from JR Ome Line Higashi-Nakagami Station



Akishima

Signature menu

Seasonal *Soba* Buckwheat Noodles

(Edo Tokyo vegetables, Kawaguchi peas, *soba* buckwheat noodles, and jelly with *norabouna* and *mikan* oranges)

Available Year-round (Each seasonal menu has about a 1 month cycle)

Ingredients used Edo Tokyo vegetables and seasonal vegetables from Hachioji, Akishima, and Tachikawa

Tempura with Hajima Japanese Leeks and Edo Tokyo Vegetables

Available Winter only (November to early February)

Ingredients used Hajima Japanese leeks from Akishima

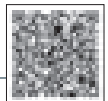


comrade

grill and pasta Trie Keio Chofu

☎ 042-444-2271

🌐 <http://be-comrade.com/>



- 📍 1F Trie Keio Chofu Bldg. C, 2-61-1 Kojimacho, Chofu-shi
- 🕒 11:00 – 23:00 (Last Call 2:00)
- ✕ Open everyday
- 🚶 Immediately next to Keio Line Chofu Station



Chofu

Signature menu

Salad with Vegetables from Musashino, Direct from the Farm

Available Year-round

Ingredients used Vegetables from Tokyo via direct, contracted delivery

Tomato Sauce with Basil from the Musashino Vegetable Fields (Original fresh pasta mixed with vegetables)

Available Year-round

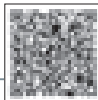
Ingredients used Vegetables from Tokyo via direct, contracted delivery



Micchan Sengawa Honten

☎ Please check operation status on Facebook

🌐 [URL https://www.facebook.com/modernyaki](https://www.facebook.com/modernyaki)



📍 1-10-19 Midorigaoka, Chofu-shi

🕒 11:00 – 14:00

17:00 – 22:00

(Until 21:00 on Sundays and Holidays)

✕ Irregular

🚶 7 min. walk from Keio Line Sengawa Station



Signature menu

Okonomiyaki

Available Year-round

Ingredients Vegetables from Mitaka and
used Chofu (cabbage, onions, carrots)

Yakisoba Grilled Noodles

Available Year-round

Ingredients Vegetables from Mitaka and
used Chofu (cabbage, onions, carrots)

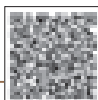


Kamado Kunsei

Farm Cuisine Takamiya

☎ 042-734-3336

🌐 [URL http://takamiya.la.coocan.jp/](http://takamiya.la.coocan.jp/)



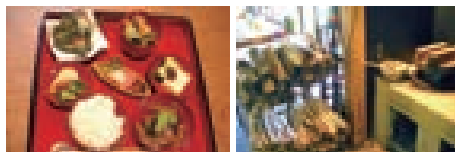
📍 800-2 Nozuta-machi, Machida-shi

🕒 11:30 – 14:30/17:30 – 20:30

(Reservations required, evening service is Tuesday, Saturday and Sunday only)

✕ Wednesdays and Thursdays

🚶 From Tsurukawa Station in Machida, get off at Fukurobashi Bus Stop, walk 5 minutes



Signature menu

1 Soup 3 Sides (5 dishes total)
to 1 Soup 7 Sides (9 dishes total)

Available Year-round

Ingredients Wild and farmed vegetables
used from Machida

Children's Lunch Standard/
Special (for small children)

Available Year-round

Ingredients Wild and farmed vegetables
used from Machida

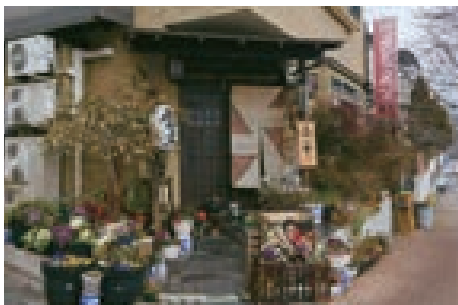
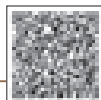


(Examples Meal: Seasonal wild vegetable *tempura*, *miso* pickles, boiled spinach, field mustard with smooth *tofu*, etc.)

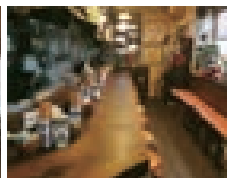
Raimon Ramen

☎ 042-722-5567

URL



- 📍 973-16 Hommachida, Machida City
- 🕒 Weekdays 11:00 – 15:30
Weekends and Holidays 11:00 – 16:30
- ✕ Every Monday, second Tuesday of each month
- 🚌 Bus from JR Odakyu Line Machida Station, 2 min. walk after getting off at "Sugawara Jinjya Mae"



Signature menu

Ramen

(Soy sauce flavored or salt flavored broth)

Available Year-round

Ingredients used Japanese leeks from Machida
Broth also uses vegetables from Machida

Set with *Takikomi* Seasoned Rice (limited quantities)

Available Year-round

Ingredients used Seasonal vegetables from Machida (side dishes such as pickles or simmered food)

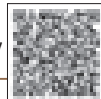


Musashido Ramen

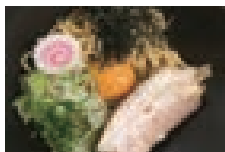
Aiharacho Station

☎ 042-782-5390

URL <https://musashido.amebaownd.com/>



- 📍 1152-4 Aiharacho, Machida-shi
- 🕒 Tuesdays-Fridays 18:00-23:30
- ✕ Saturdays, Sundays, Mondays
- 🚶 Immediately next to JR Yokohama Line Aiharacho Station East Exit



Signature menu

Abura Soba Buckwheat Noodles

Available Year-round

Ingredients used Eggs from Machida (Kato Farm)
In addition, there is also a limited *ramen* with homemade *yuzu* citrus pepper using ingredients from Machida

Raw eggs for TKG (*Tamago-Kake-Gohan*, raw eggs over rice)

Available Year-round

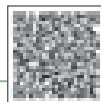
Ingredients used Eggs from Machida (Kato Farm)
Tamago-Kake Soy Sause from the local Okanaosaburo Shouten company in Machida



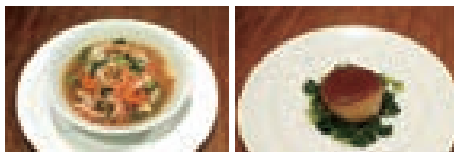
Van de Rhu

☎ 042-383-4908

URL



- 📍 103 City Life, 2-6-10 Honcho, Koganei City
- 🕒 12:00 - 14:00/18:00 - 22:00
- 🗓️ Tuesdays
- 🚶 Approx. 5 min. walk from JR Musashi-Koganei Station North Exit



Signature menu

Simmered Soup of Edo Tokyo Vegetables

Available December-February

Ingredients *Magome Sanzung* Carrots, Kameido Daikon Radishes

Daizo Daikon Radish Steak

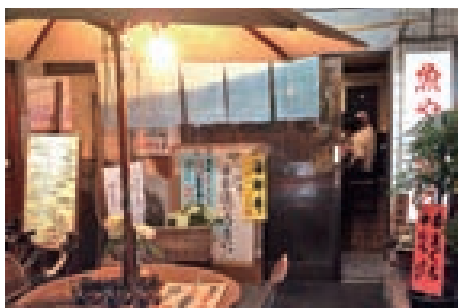
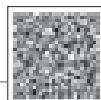
Available December-February

Ingredients *Okura daikon* radishes

Sakanaya No Daidokoro

☎ 042-382-1455

URL



- 📍 2-6-10 Hon-cho, Koganei-shi
- 🕒 11:00 - 13:30
16:30 - 23:30 (Last call 23:00)
- 🗓️ May be closed for lunch if wild fish is not delivered
- 🗓️ Irregular
- 🚶 5 min. walk from JR Chuo Line Musashi Koganei Station North Exit



Signature menu

Sashimi Assorted

Available Irregular

Ingredients Fish from Miyake Island (horse mackerel, mackerel)

Ashitaba with Sesame Sauce

Available Irregular

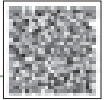
Ingredients Fish from the Izu Islands



Cafe 5884

☎ 042-387-1004

URL <http://cafe5884.com>



- 📍 1-11-21 Sakuracho, Koganei-shi
- 🕒 11:00 – 18:00 (Last Call 17:30)
- ✖ Irregular
- 🚶 20 min. walk from JR Chuo Line Musashi-Koganei Station
1 min. walk from Kanto Bus "Edo Tokyo Tatemonoen Mae" Bus Stop
7 min. walk from Seibu Bus "Koganei Bashi" Bus Stop



Signature menu

Today's 5884 Plate

| | |
|------------------|--|
| Available | Year-round |
| Ingredients used | Frequently uses vegetables from the "Koganei Edo Farmhouse street" direct sales location Also uses Edo Tokyo vegetables when they are received. |

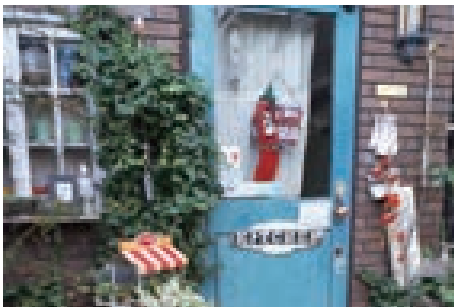
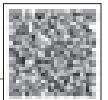


Koganei

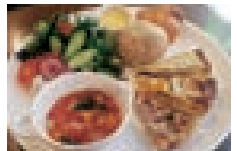
Cafe Mother's Kitchen

☎ Please check Facebook for operating information.

URL <https://www.facebook.com/pages/category/Grocery-Store/Cafe-Mothers-Kitchen-215678762297896/>



- 📍 5-16-23 Nukuiminamicho, Koganei City
- 🕒 11:00 – 17:00
- ✖ Sundays
- 🚶 From JR Kokubunji Station by the "Bun Bus." 3 min. from the "Shinmachi Sanhome" bus stop.



Signature menu

Three Kinds of Main Dish Lunch (Comes with side dish of four kinds of vegetables, a vegetable salad, *miso* soup with plenty of vegetables, and a small platter of vegetables)

| | |
|------------------|--|
| Available | Year-round |
| Ingredients used | Seasonal fruits and vegetables from Tachikawa, Koganei, and Kokubunji Edo Tokyo vegetables |

Three Kinds of Quiche Lunch Plate (Comes with a vegetable salad and Western-style *koji* soup with plenty of vegetables)

| | |
|------------------|--|
| Available | Year-round |
| Ingredients used | Seasonal fruits and vegetables from Tachikawa, Koganei, and Kokubunji Edo Tokyo vegetables |

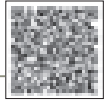


Koganei

Kiraku Zushi

☎ 042-341-6781

URL <http://www.kiraku.ne.jp/>



- 📍 1-8-4 Gakuen-Higashi-cho, Kodaira-shi
- 🕒 11:30 - 14:30/16:30 - 23:00
- ✕ Wednesdays
- 🚶 2 min. walk from Seibu Tamako Line Hitotsubashi-Gakuen Station North Exit



Signature menu

Original Kodaira Roll

Available Year-round

Ingredients used Blueberries (Kodaira)

Goseki Late Ripened Marbled Thick Omelettee

Available November to April

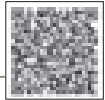
Ingredients used Goseki Late Ripened Japanese mustard spinach (Kodaira)



Cafe Laguras

☎ 042-344-7199

URL <https://www.cafelaguras.jp/>



- 📍 1F Van Vere, 1-24-14 Misonocho, Kodaira-shi
- 🕒 10:30 - 18:00
- ✕ Irregular
- 🚶 3-4 min. walk from Seibu Shinjuku Line Kodaira Station South Exit (Before Ajisai Park)



Signature menu

Blueberry Chifon Cake

Available August 1st to 31st

Ingredients used Raw blueberries from Kodaira (Kodaira Blueberry Council designated farm)

Yuzu Citrus Cake

Available Year-round

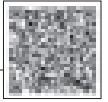
Ingredients used Yuzu citrus from Kodaira (Uchibori Farm)



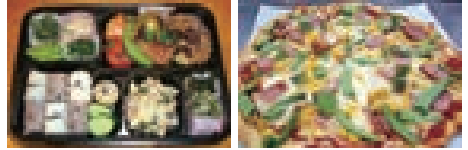
Japanese Cooking Onoya

☎ **042-341-1248**

🌐 <http://www.k-onoya.com/>



- 📍 2-1330-17 Ogawa-cho, Kodaira-shi
- 🕒 11:30 – 14:00/16:30 – 21:00 (Last call 21:00)
- 🗑️ Mondays
- 🚶 Walk 3 min. towards Hitotsubashi Gakuen from Seibu Tamako Line Ome-Kaido Station



Signature menu

Kodaira Vegetables *Bento*

Available Year-round
 Ingredients All ingredients grown in used Kodaira

Kodaira Pizza

Available Year-round
 Ingredients Corn, kidney beans, tomatoes, basil, used eggplant, onions (from Kodaira)

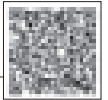


Kodaira

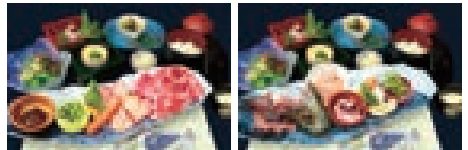
Irori no Sato

☎ **042-321-0294**

🌐 <http://www.irorinosato.jp/>



- 📍 2-19-22 Josuihoncho, Kodaira-shi
- 🕒 11:00 – 21:30
- 🗑️ Closed Tuesdays (operates seasonally), non-fixed days, and New Year's holidays
- 🚶 15 min. walk from Seibu Tamako Line Hitotsubashi-Gakuen Station South Exit



Signature menu

Course Using Local Vegetables

Available Year-round
 Ingredients Seasonal vegetables from used Kodaira

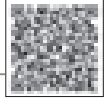


Kodaira

Kakyoan

Handmade *Soba* and *Sake*

☎ 042-347-0655

URL <http://bishu-kakyou.com/>

- 📍 2-1362 Ogawacho, Kodaira-shi
- 🕒 11:30 - 14:00/17:30 - 22:00 (LO 21:00)
- ✕ Mondays and the third Tuesday of the month (the following day in the case of a holiday)
- 🚶 3 min. walk from Seibu Tamako Line Omekaido Station



Signature menu

Seasonal *Soba* Noodles (mainly with Kodaira vegetables)

Available Year-round

Ingredients Vegetables from Kodaira, used *soba* noodles

Snack of Kodaira Vegetables

Available Year-round

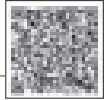
Ingredients Vegetables from Kodaira used



Handmade *Udon* Noodles Dontaku

☎ 042-585-2222

URL



- 📍 1352-6 Hino, Hino-shi
- 🕒 11:00 - 21:00 (Closed from 14:30 - 17:30)
- ✕ Wednesdays
- 🚶 3 min. walk from Tama Toshi Monorail Line Koshu-Kaido Station



Signature menu

Tenzaru *Udon* Noodles

Available Year-round

Ingredients Chrysanthemums, *shiitake* mushrooms, *shishito* peppers, eggplant, and potato, etc. from Hino

Salad *Udon*

Available Year-round

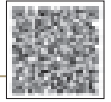
Ingredients Cabbages, tomatoes, cucumber, etc. (from Hino)



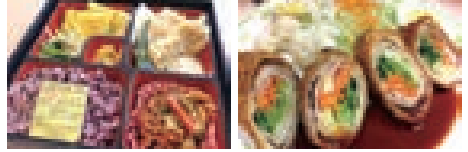
Hino Local Restaurant Bell Heart

☎ 042-585-2238

URL <http://www.bell-heart.jp/>



- 📍 Inside Hino City Hall
1-12-1 Shinmei, Hino-shi
- 🕒 10:00 - 17:00
(Meals are from 11:00 to 15:00)
- ✖ Weekends and Holidays
- 🚶 15 min. walk from JR Chuo Line Hino Station (Inside Hino City Hall)



Signature menu

Sennosuke Bento (Changes daily)

Available Year-round
Ingredients Seasonal vegetables and black rice from Hino

Daily Set Meal

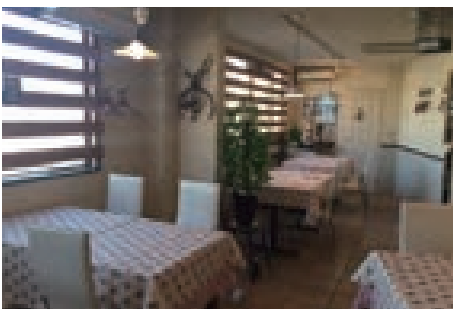
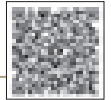
Available Year-round
Ingredients Seasonal vegetables and black rice from Hino



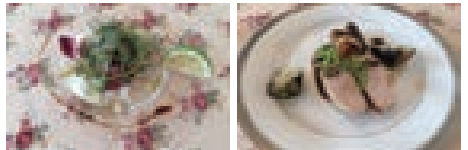
Restaurant Mokuba

☎ 042-594-7375

URL



- 📍 2F Kamino Bldg., 5-12-3 Hirayama, Hino-shi
- 🕒 17:30-14:00 (Last call)
17:30-20:00 (Last call)
- ✖ Mondays (other irregular holidays)
- 🚶 5 min. walk from Keio Line Hirayamajoshi-koen Station



Signature menu

Lunch Course

Available Year-round
Ingredients Seasonal vegetables from Hino-shi and Hirayama
(Example: Soup is either a Western-style pork broth soup with plentiful seasonal vegetables, or a potage, or a cold soup in the summer)

Dinner Course

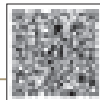
Available Year-round
Ingredients Seasonal vegetables from Hino-shi and Hirayama
(Example: Salads and the garnish for the main course, etc. also use local seasonal vegetables)



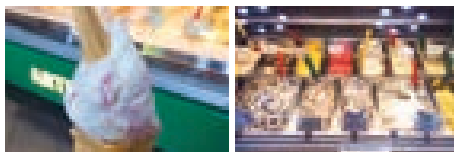
Artigiano Gelateria

☎ 042-599-2880

URL <http://www.artigiano-gelateria.com/>



- 📍 329 Mogusa Hino-shi
- 🕒 11:00 - 18:00
(December-February 11:00 - 17:00)
- ✕ Thursdays
- 🚆 7 min. from Keio Line Mogusaen Station



Signature menu

Freshly squeezed milk (gelato)

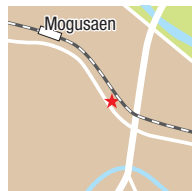
Available Year-round

Ingredients Homemade milk used (Mogsa Farm)

Seasonal Fruit Gelato

Available Year-round

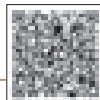
Ingredients Homemade milk (Mogsa Farm) used Seasonal fruits and vegetables from Hino (blueberries, strawberries, tomatoes, etc.)



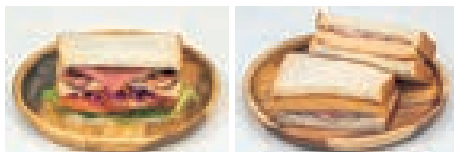
green oasis cafe 042

☎ 042-843-4038

URL <http://greenoasiscafe.jp/>



- 📍 Alongside JA Farmers Market Minami no Megumi, 6-31 Manganji Hino-shi
- 🕒 10:00 - 17:00
- ✕ Wednesdays
- 🚆 10 min. from Tama Toshi Monorail Line Manganji Station
15 min. from Keio Line Takahatafudo Station



Signature menu

Salad and Roast Beef Sandwich

Available Year-round

Ingredients Seasonal vegetables from Hino City, Tama City, and Inagi City used

PuruPuru Thick Japanese Scrambled Eggs and Pepper Ham

Available Year-round

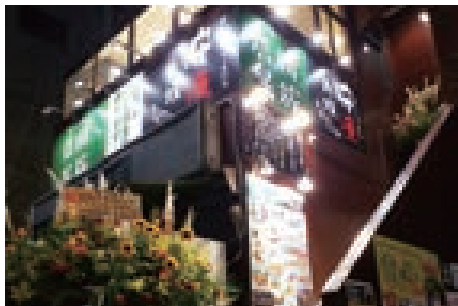
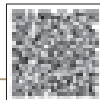
Ingredients egg used



Noukou Minzoku Hino

☎ 042-586-0650

URL <https://noukouminzoku.owst.jp/>



- 📍 4-6-4 Honcho Hino-shi
- 🕒 Mondays-Fridays 11:30 - 14:00/17:00 - 23:00
Saturdays 17:00 - 23:00
- ✖ Sundays
- 🚶 1 min. walk from JR Chuo Line Hino Station



Signature menu

Grilled Hino Vegetables and Plenty of Cheese

Available Year-round

Ingredients used Various seasonal vegetables (from the Hino and Tama areas)

Ajsainouta (Tama vegetables and potato salad)

Available Year-round

Ingredients used Various seasonal vegetables (from the Hino and Tama areas)

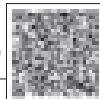


Sushiko

Higashimurayama

☎ 042-395-0522

URL <http://www.sushiten.com/tokyo/sushiko>



- 📍 2-6-25 Honcho Higashimurayama-shi
- 🕒 11:30 - 14:00 (Last call 13:40)
17:00 - 23:00 (Last call 22:30)
- ✖ Wednesdays
- 🚶 1 min. walk from Seibu Shinjuku Line Higashimurayama Station East Exit



Signature menu

Fresh Spring Roll Salad with Seasonal Vegetables

Available Year-round

Ingredients used Daimon radish, Japanese mustard greens, tomatoes, carrots, cucumbers, etc. from Higashimurayama

Seasonal Vegetable Tempura

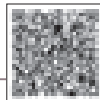
Available Year-round

Ingredients used Maruju, kabocha pumpkins, corn, eggplant, edamame soybeans, shiitake mushrooms, etc. from Higashimurayama

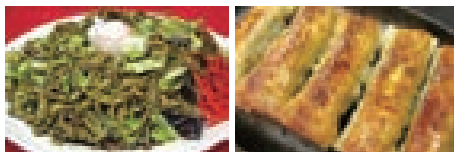


SAIKA

☎ 042-392-5505

URL <http://saika-dining.jimdo.com/>

- 📍 2-39-18 Sakae-cho, Higashimurayama-shi
- 🕒 11:00 – 15:00 (Last call 14:30)
17:00 – 22:30 (Last call 22:00)
- ✕ Tuesdays
- 🚶 4 min. walk from Seibu Shinjuku Line Kumegawa Station
5 min. walk from Seibu Tamako Line Yasaka Station



Signature menu

Higashimurayama Charred Soba

Available Year-round

Ingredients Cabbage, carrots
used (from Higashimurayama)

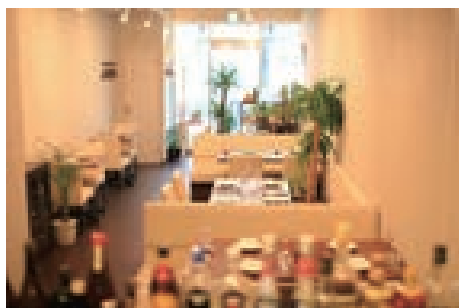
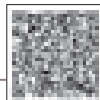
Teppan Gyoza

Available Year-round

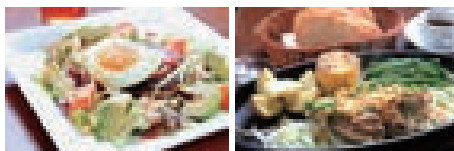
Ingredients Cabbage
used (from Higashimurayama)

kitchen KEIJI

☎ 042-395-3325

URL <http://www.hotpepper.jp/strJ000750035/>

- 📍 1F Takeda Bldg., 2-31-1 Sakaecho, Higashimurayama-shi
- 🕒 11:00 – 15:00/17:00 – 22:30
- ✕ Mondays
- 🚶 1 min. walk from Seibu Shinjuku Line Kumegawa Station South Exit



Signature menu

DON Burg

Available Year-round

Ingredients Used for vegetable garnishes
used (tomatoes, sunny lettuce, etc.)

Bagna càuda

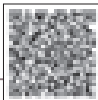
Available Year-round

Ingredients Tomatoes, cucumbers,
used *daikon* radish, etc. from Higashimurayama

Shimizuya Sweets

☎ 042-391-0172

URL Shimizuya on Facebook
~Higashimurayama's Famous Sweets Store~



- 📍 2-4-1 Noguchicho, Higashimurayama-shi
- 🕒 9:30 - 18:30
- ✖ Wednesdays
- 🚶 7 min. walk from Seibu Shinjuku Line Higashimurayama Station West Exit



Signature menu

Hachikokuyama Blueberries *Manju* Bun /
Hachikokuyama Blueberry Jelly

Available Year-round

Ingredients Blueberries from
used Higashimurayama (Suzuki Farm)

Higashimurayama Salt
Dorayaki Pancakes

Available Year-round

Ingredients Flour (*Sekida Yuzo*) from
used Higashimurayama-shi

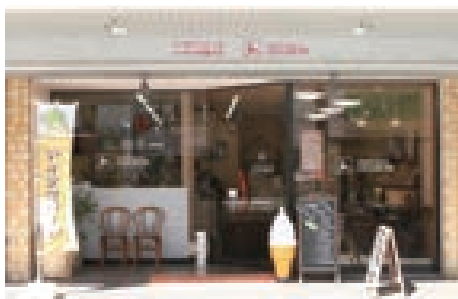
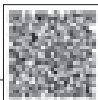


Higashimurayama

Chamois Pastry Shop

☎ 042-313-3474

URL <https://chamois1978.com>



- 📍 104, 2-37-8 Sakae-cho, Higashimurayama-shi
- 🕒 10:00 - 20:00
- ✖ Irregular
- 🚶 5 min. walk from Seibu Shinjuku Line Kumegawa Station South Exit



Signature menu

Tamakko Ice Cream

Available Year-round

Ingredients Fruits and vegetables from
used Higashimurayama

Tamakko Roll / Tamakko
Pudding

Available Year-round

Ingredients Flour from Higashimurayama
used Crow bones chicken eggs from
Higashimurayama



Higashimurayama