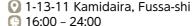
Kurazo – Fussa Honten

2 042-530-0008

URI http://www.kzkurazo.com/



- 7 min. walk from JR Ome Line Fussa Station East Exit







Signature menu

Steamed Pork Rib and Cabbage

Price	880yen
Available	Year-round
Ingredients	TOKYO X Pork Ribs

Seasonal vegetables from the Akiyama's

Price	380 yen
	Year-round
Ingredients used	Seasonal vegetables from Ome



Ikesu Restaurant Hamazen

☎ 042-551-0035

URI www.kourakuen.com



- 1018 Kumagawa, Fussa-shi
- 11:00- 22:00
- Open everyday (Only closed for New Year's holidays)
- 5 min. walk from JR Musashi-Itsukaichi Line Kumagawa Station





Signature menu

Nishitama Nigiwai Meal

Price 1,980yen Available Year-round
Ingredients Pork from Ome, freshwater Ayu Fish
used from Akigawa, corn from Akiruno, etc.
Ingredients change with the seasons.

Tempura Assorted

rempura Assorted		
Price	1,300yen	
Available	Year-round	
	Maitake mushrooms from Hinohara, etc.	



Asian Restaurant Komae Saigon

22 03-3430-5186

IRI http://www.hotpepper.jp/strJ000230484/

- 1-3-1 Izumihoncho. Komae-shi
- 11:30 15:00 (Last Call 14:30) 17:00 – 24:00
- Mondays (Changes on public holidays)
- 3-4 min. walk from Odakyu Line Komae Station





Signature menu

Coriander Salad

Price	780yen
Available	Year-round

Ingredients Coriander (from Komae and used Setagaya)

Water Spinach and Garlic Stif-fry

Price	980yen
Available	Year-roun

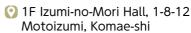
Ingredients Water spinach (from Komae used and Setagaya)



Italian Restaurant Vino Uno

2 03-3430-4884

URL http://vinouno-komae.com/



- (5) 12:00 14:30 (Last call 14:00) 18:00 21:30 (Last call 21:00)
- **Mondays**

(Substituted to Tuesday if Monday is a holiday)

1 min. walk from Odakyu Line Komae Station North Exit







Lunch Course

Price A: 1,600yen/B: 2,200yen/ C: 3,000yen/D: 4,000yen (tax excl.)

Available Year-round

Ingredients GAP Komae vegetables, Komae vegetables, used homemade yeast bread using black rice from Fuchu

Dinner Course

Price A: 3,000yen/B: 4,000yen (tax excl.)

Available Year-round (Dinner only, reservation required)

Ingredients GAP Komae vegetables, Komae vegetables, homemade yeast bread using black rice from Fuchu



Komae

Jack Pot Komae

2 03-5761-7180

URL http://www.jack-pot.co.jp/



- (11:00 22:00 (Last call 21:00)
- Open everyday
- 2 min. walk from Odakyu Komae Station North Exit (Inside Komae City Hall)







Seasonal Vegetable Simple Salad

Price 650yen (tax excl.)

Available Year-round

Ingredients Seasonal vegetables from

d Komae

Oyster and Vegetable Cream Spaghetti

Price 1.200ven (tax excl.)

Available Year-round

Ingredients Seasonal vegetables from

sed Komae



Teppan TOKIO

3 03-5761-8805

URL https://www.instagram.com/iron_plate_tokio/



- Second floor, 1-20-4 Higashiizumi, Komae-shi
- 17:00 25:00
- Thursdays
- Immediately next to Odakyu Line Komae Station







Salad with our Renowed Homemade Dressing

Price 480yen (tax excl.) Available Year-round
Ingredients Seasonal vegetables from Komae
used "Served with homemade dressing

*Served with homemade dressing that uses onions, carrots, etc. from Komae (changes with the seasons)

Potage with Butternut Squash from Komae

Price 300yen (tax excl.)

Available Around Aug to Nov

Ingredients Butternut squash from Komae



Soba Noodles Omura

2 042-561-2421





- 12:00 15:00/17:00 20:00
- Saturdays
- 3 min. walk from Seibu Haijima Line Higashi-Yamatoshi Station







Tempura Zaru Soba

Price	1,350yen
Available	Year-round
Ingredients used	Seasonal vegetables from Higashiyamato

Vegetable Tempura

(Customers who order nour looks or zow solor may choose one of the following for free tea leaves (1st and 2nd fresh bads (May to September!), pickled plums, sweet potatines, or carrots)

Price

Available Year-round

Ingredients Seasonal vegetables from used Higashiyamato



^{*}Only domestic ingredients are used, especially from local areas such as Higashiyamato

Petit Point

JONEN

D493-2202

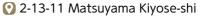
Petit Point JONEN

はおに思しめる

ランス料理の別

2 042-493-2262

URL



11:30 - 13:30

17:00 – 20:00 (Only reservation)

Thursdays

8 min. walk from Seibu Ikebukuro Line Kiyose Station South Exit







Vegetable Soup

Price	700yen
Available	Year-round
	Seasonal vegetables from

Warm Vegetable Garnish

Available	Year-round	
	Seasonal vegetables from	
used	Kiyose	



Price

Kivos

Shunsaigyo hiro



2 042-459-1486

URL http://www.localplace.jp/t100056643/

- 1F Namiki Bldg., 1-13-7 Motomachi, Kiyose-shi
- 11:00 14:30 (Last Call 14:00) 16:00 - 24:00 (Last Call 23:00)
- Sundays and days with no fish deliveries
- 3 min. walk from Seibu Ikebukuro Line Kiyose Station North Exit







Kiyose Salad

Price 810yen for large size/627yen for small size

Available Year-round

Ingredients Seasonal vegetables from Kiyose

Fish and Kiyose Vegetables Tempura

Price 842yen

Available Year-round

Ingredients Seasonal vegetables from used Kiyose



Ika Bar x *Niku* Bar Haru

☎ 042-497-9268

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



- (5) 16:00 24:00 (Last Call 23:00)
- Open everyday
- 1 min. walk from Seibu Ikebukuro Line Kiyose Station North Exit







Salad with Raw Ham and Arugula from Kiyose

Price 780yen

Available Year-round
Ingredients used Arugula from Kiyose

Fish and Kiyose Vegetables Tempura

Price	780yen
Available	Year-round
Ingredients used	Turnips from Kiyose



Handmade Ice Cream Workshop Verde



2 042-560-6651

URL http://gelat-verde.jp/

- 1-80-3 Mitsufuji, Musashimurayama-shi
- Apr Sep 11:00 18:00
 Oct to Mar 11:00 17:30
- Tuesdays (Only open on Saturdays, Sundays, and Holidays in January)
- 5 min walk from Tachikawa Bus and Seibu Bus "Aeon Mall" bus stop





Signature menu

	Milk
Price	260yen
Available	Year-round
Ingredients used	Milk from Musashimurayama (store produced)

Blueberry 260yen

Available Middle of June to early September

Milk from Musashimurayama

(the produced) blockers from

used (store produced), blueberry from Musashimurayama (store produced)



^{*}There will be also Okutama wasabi, Ogasawara lemon, potatoes from Hinohara, black tea, edamame soybeans, American potato from Niijima, Ashitaba, chestnuts from Musashimurayama depending on the season.

Price

Beer Restaurant Cotton Field

2 042-569-2011







- 1-72 Mitsufuji, Musashimurayama-shi 18:00 – 25:00
- □ Tuesdays
- 5 min. walk from the Tachikawa Bus or Seibu Bus "Aeon Mall" stop





Signature menu

Ajillo with Pasta

Price 1,500yen

Available Year-round

Ingredients Seasonal vegetables from used Musashimurayama (broccoli, paprika)

Cotton's Baked Curry (with salad)

Price 850yen

Available Year-round

Ingredients Seasonal vegetables from Musashimurayama (lettuce, cucumber)



Traditional Home Cooking Sho

22 042-561-3744

URL http://sho.ikidane.com/

- 3-5-4 Ominami, Musashimurayama-shi
 11:30 14:00
- Mondays, Tuesday, and Sundays
- Nearest Station: Seibu Haijima Line Musashi-Sungawa Station *Parking is available (5 spaces)







Udon with Tempura

Price 850yen (tax incl.)

Available Year-round

Ingredients Seasonal vegetables from Musashimurayama (onions, used carrots, eggplants, pimento peppers, etc.) wheat flour

Ude (steamed) Manju

Price 100yen (tax excl.)

Available Middle of June to early September

Ingredients Wheat flour

used (from Musashimurayama and Kanto)



Nikujiru Udon Nagashimaya

2 042-516-8669

URL http://www.shokokai.or.jp/13/132231S0026/index.htm



- 1-135-2 Ominami, Musashimurayama-shi
- Sunch 11:30 15:00 Dinner 18:00 – 22:00
- Take the bus from the Tachikawa Station. 2 min. walk from "Ominami 1-chome" bus stop







Nikujiru Udon

Price 700yen Available Year-round

Ingredients Seasonal vegetables from Tokyo (mainly from used Musashimurayama)

"A portion of our flour is from Musashimurayama"

Matsuzen (Wikujiru udon and tempura rice bowl) / Takezen (Wikujiru udon and tempura)

Price 980/880yen Available Year-round
Ingredients Seasonal vegetables from Tokyo (mainly from
Musashimurayama)

"A portion of our flour is from Musashimurayama



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 Sagamihara Line, Odakyu Tama Line or Tama Monorail







Signature menu

Salad Buffet Lunch

Price 1.000ven Available Year-round

Ingredients Seasonal vegetables from Hachioji

By-street Wine Pub Lido



URI 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 Sagamihara Line, Odakyu Tama Line or Tama Monorail







Assortment of Farm-fresh Vegetables

Price 680yen Available Year-round

Ingredients Seasonal vegetables from Hachioji and Tama



Run! Yoshoku-ya-san♪

Inagi Satoyama Kitchen



2 042-331-3318

URL http://soup-shisyou.jimdo.com/

- 💽 36-104 Hirao Jutaku, 3-1-1Hirao, Inagi-shi (1) 11:30 - 16:00/17:00 - 21:00 (Mon to Fri) 11:30 - 21:00 (Sat, Sun and Holidays)
- Wednesdays
- Take the bus from either Odakyu Line Shin-Yurigaoka Station or Keio Line Inagi Station. Store is immediately next to the "Hirao Danchi" bus stop.





Signature menu

Hearty Domestic Beef Stew

Price Just a Beef Stew 900 yen / set meal 1,150 yen Available Year-round

Ingredients Seasonal vegetables from Inagi (broccoli, Green beans, carrots, sunny lettuce, etc.)

Inagi Satoyama Special Taco Rice

Price 1,000yen Available Year-round Ingredients Seasonal vegetables from Inagi used

(Red leaf lettuce, lettuce, tomatos, broccoli, carrots, green beans, etc.)



Akariya Kosen

Handmade Soba Noodles



5 042-379-9225

URI http://akariyakosen.com/

- 310-10 Yanokuchi, Inagi-shi
- (14:40 Closed) 17:30 - 21:00 Last Call (21:30 Closed)
- Mondays and 4th Tuesdays (closed the following day if a holiday)
- 1 min. walk from Nambu Line Yanokuchi Station





Signature menu

Duck Hot-pot

Price One person 2,900yen Available Oct to Mar Ingredients Seasonal vegetables from Inagi (Vegetables received: Long leeks, chrysanthemums, used

shiitake mushrooms, etc.)

Pear Soba

Price 1,100yen Available End of August to early October Ingredients Pears from Inagi (Inagi, Niitaka, etc.) used



ORTOLANA

3 042-407-5659

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

Ortolana Napolitan Pasta

Price 1,000yen

Available Year-round

Ingredients Seasonal vegetables from Inagi (onions, carrots, bell peppers, used eggplants, chayote, *norabou* greens, cabbage, etc.)

Baguna Cauda with Grilled Inagi Vegetables

Price 1,200 - 1,300yen

Available Year-round

Ingredients Seasonal vegetables from Inagi (purple onions, black carrots, kinôr carrots, used madake bamboos, broccoli, caviliflower romanesco, satoimo taros, etc.)



imacoco coffee

2 080-5674-7374

URL http://imacococoffee.web.fc2.com



- Weekdays 7:30 18:00
 Weekends 10:00 18:00
 (All days 18:00~21:00 by reservation only)
- 10 min. walk from Keio Sagamihara Line Inagi Station







Imacoco Original Salad

Price 300yen

Available Year-round

Ingredients To the greatest extent possible, we use seasonal

vegetables from Inagi

Homemade Pie and Pear Jam

Price 380yen

Available Year-round

Ingredients Pears from Inagi (Kaya En used Produce)



Hamura

Italian Restaurant Crescere

(Acid.)

2 042-578-3368

URL http://cordialita.com/

- First floor, 4-15-11 Gonokami, Hamura-shi
- (5) 11:30~15:00(LO14:30) 17:30~23:00(LO22:00)
- Sundays
- 2 min. walk from JR Ome Line Hamura Station East Exit





Signature menu

Peperoncino Spaghetti with Fresh Tomatos, Bell Peppers, and Roasted Eggplant

Price 1,000yen (tax excl.)

Available Jul to Nov

Ingredients Tomatoes, bell peppers, eggplants used (from Hamura)

Grilled Cheese with Eggplant and Minced Meat

Price 980yen (tax excl.)

Available Jul to Nov

Ingredients Eggplants (from Hamura)



54 CAFÉ & Crepe

2 042-533-6208

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







Grilled-Ome Pork Fried Rice Crepe

Price 500yen
Available Year-round
Ingredients Pork from Ome



