

# Ógasawara Islands

In the far south of the Izu Islands, there are islands collectively called the Ogasawara Islands.

People live mainly in Chichijima and Hahajima. Okinotorishima, Iwo Jima, and Nishinoshima, which was connected with the island that was born by recent eruption, belong to the Ogasawara Islands.



Since they are isolated in the open ocean, many animals and plants of endemic species exist in the islands.

Due to the temperate climate throughout the year, many tourists from domestic and overseas visit for leisure activities in the sea.

Enjoy your summer in Tokyo at the Ogasawara Islands, which were registered as a World Natural Heritage Site in 2011 and are attractting more and more attention!



# Ogasawara Islands Chichijima Hahajima

-Oshima

-Toshima

-Kozushima *O*—Miyakejima

Mikurashima --o

— Niijima / Shikinejima

Hachijojima

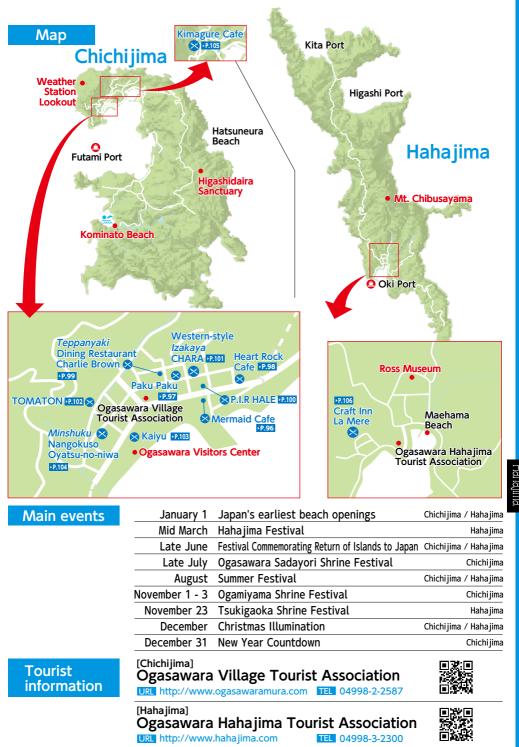
The wilderness of the Ogasawara Islands can also be called paradise of life. Experience the World Natural Heritage.

The Ogasawara Islands are composed of some 30 large and small islands, and the people live mainly in Chichijima and Hahajima.

Chichijima, located about 1,000 km from the central Tokyo, and Hahajima, about 50 km from Chichijima, both on a similar geographical latitude as Okinawa. With its remaining unspoiled nature, the Ogasawara Islands were registered as a World Natural Heritage Site in 2011.

An undestroyed distinctive ecosystem and unaffected landscape in its natural state are popular among visitors.





# Mermaid Cafe

Address: Higashimachi, Chichijima, Ogasawara-mura Opening hours: Around 11:30 - 17:00 Closing day: Not fixed





A cafe made of a minivan.

Small as it is, they have a wide selection of menus including cafe menus and cake menus.

Enjoy authentic coffee and original homemade cake while watching the beachfront scenery.



# Ogasawara salt caramel pound cake

Food used ►Ogasawara salt Available: Year-round



They knead homemade caramel cream with Ogasawara salt into dough and bake it into a pound cake.



### Ogasawara salt caramel Frappuccino

Food used ►Ogasawara salt Available: Year-round ¥600

Salt filled with blessings of Ogasawara sea adds accent to the taste of caramel, and is finished in a deep-flavored drink.



## Island Iemon squash

Food used ▶ Island lemon Available: Year-round

¥500

Island lemon juice with a mild sour taste is used. Once you drink it, the refreshing aroma spreads in your mouth.



## Roselle cup rare cheesecake

#### Food used ► Roselle

#### Available: Year-round



They made jam from roselle of hibiscus tea and topped it to rare cheesecake.

# Paku Paku

http://www2.odn.ne.jp/makimaki/newpage25.htm

Address: Higashimachi, Chichijima, Ogasawara-mura Opening hours: 11:30 - 14:00 / 17:30 - 22:00 Closed: The next day after departure of Ogasawara Maru





Paku Paku, which is marked with red lanterns, is a restaurant that has a retro atmosphere of Showa era. Once you step into the store you can casually eat and drink there.

Sea turtle meat, an ingredient unique to Ogasawara, is cooked and offered as *sashimi* and stew. The rare chance for you to taste this uncommon special menue.

# Paku Paku champuru

Available: Year-round

Food used ▶ Seasonal local fish, island vegetables

From ¥**1,265** 

(04998-2-3060

A hearty menu of stir-fried island vegetables with minced local fish balls.

You can add rice, *miso* soup, and a side dish in a small bowl as a set meal for additional 250 yen.



# Bukkake-don

Available: Year-round

Food used ▶Seasonal local fish

From ¥1.485

It is a local menu that uses island fish marinated by secret sauce.

It is also delicious to taste as a topping on rice.



## Shochu-based cocktail with passion fruit juice Shochu-based cocktail with lemon juice

Food used ▶ Passion fruit, islands lemon

Available: Year-round

From **¥715** 

Take your fatigue from the day away with a flavorful *shochu*-based cocktail with passion fruit juice and refreshing cocktail with lemon juice.



Heart Rock Cafe



Address: Higashimachi, Chichijima, Ogasawara-mura Opening hours: 9:00 - 18:00 Open: 365 days of the year





How about a relaxing time of the island with tropical sweets under sunbeams shining through branches of the big symbol tree "Indian laurel"? They serve menus that make use of original taste of the ingredients including seasonal fish, vegetables, and fruits, depending on the season.

# Homemade cake

Food used ▶Passion fruit, island banana, island lemon, strawberry guava

#### Available: Year-round

From **¥300** 

They serve cheesecake, tart, and other cakes that use plenty of island fruit.

Please enjoy the fluffy pancakes with passion fruit butter or island honey.





#### Homemade ice cream Food used ▶ Passion fruit, island salt, island banana, strawberry guava

Available: Year-round

¥400

Ice cream made from lavish use of island bananas and passion fruits. The most popular: banana chocolate ice cream with plenty of island bananas.



# Shark burger

Food used ▶ Thresher shark

#### Available: Year-round

# ¥500

A special burger with fried thresher shark caught at Ogasawara, which can only be tasted here. There is also a set menu with French fries and drinks.

# Dining Restaurant Charlie Brown



1.050円

Address: Higashimachi, Chichijima, Ogasawara-mura Opening hours: 17:00 - 24:00 Closing day: Not fixed

### **(04998-2-3210**



The Stars and Stripes are decorated at the entrance. You can enjoy dining with family and even alone in a cozy and American classical style-like atmosphere. A blackboard in front of the store shows the menu of the month to make people feel more comfortable with ingredients from the island.

Swordfish steak

ginger.



# Island *sushi* croquette

#### Food used ▶Wahoo, swordfish, greater amberjack, etc.

#### Available: Year-round

This is a well-known island *sushi* arranged into a croquette-style. Cooked with a twist so that visitors can enjoy *sushi* casually without going to the *sushi* shop. It looks like *takoyaki* (octopus dumplings) with sauce, mayonnaise, green laver, and red pickled ginger.





Steaked swordfish, which is a specialty of the island. It has an impact on appearance and taste, with a soy sauce-based ginger sauce that uses plenty of



# Mixed salad with island vegetables

Food used ►Tomato, *okra*, kidney beans, cucumber, celery, etc.

Available: Year-round

950円

A bowl of mixed salad with sweet-tasting tomato, *okra* having good stickiness and texture, and fresh cucumber and celery. Handmade apple dressing that uses island salt further enhance the original taste of vegetables.

800円

# Chichijima P.I.R HALE

http://papasds.com Address: Higashimachi, Chichijima, Ogasawara-mura Opening hours: 9:00 - 18:00

Closed: The next day after departure of Ogasawara Maru

# **\04998-2-2265**



It is a cafe where you can spend a pleasant moment while feeling the clear air and wind of Ogasawara on the open terrace with the view of the sea and the sky.

Locally produced ingredients are fully used to put the taste and flavor of the island in the food.

Available: Year-round



# Various kinds of cakes

Food used ▶ Passion fruit, islands lemon

From ¥530

Chiffon cake and baked cheesecake with plenty of specialty fruits. Very popular with its refreshing flavor and a subtle sweetness.



# Kaisen-don

Food used ►Yellowfin tuna, swordfish, bigfin reef squid, etc.

Available: Year-round

¥1,100

Kaisen-don (vinegared rice bowl topped with sashimi) of seasonal fish from Ogasawara marinated in original sauce. Easy to eat because fish are diced. Only served during lunch time.



# 100% original juice

Food used ►Island lemon, island honey, passion fruit

Available: Year-round



100% fruit juice of locally produced green lemon, passion fruit, and Ogasawara honey.



Chichijima Western-style Izakaya CHARA



### (04998-2-3051



Through our deep connections with the island fishermen we buy and offer rare fish that aren't seen or offered in more terrestrial areas. Additionally, even for large fish, we buy entire fish, allowing our customers to enjoy eating them for a low price.

# **Passion fruit parfait**

#### Food used ▶ Passion fruit

#### Available: May to July

A parfait with plenty of passion fruit — the jelly and sherbet also contain passion fruit. Depending on the season will change to be a mango parfait, etc.



## Sliced / boiled / roasted turtle, Stir-fried turtle innards and *miso*

Food used ► Aoumigame turtle

Available: Year-round ¥700–1,290

#### nichijim ahajim

Turtle dishes are an important part of the island's culture. In addition to classic boiled turtle and sliced turtle, we also prepare roasted turtle and a *miso* and turtle innards stir-fry. Around April it is possible to eat sliced liver from freshly gathered turtles (dependent on availability, etc.)



# Fried sode squid rings

#### Food used ► Sode squid

Available: Year-round

Sode squid are Japan's largest squid — the body alone weighs more than 10 kg — and slices become our squid rings. It's a dish with impact — it doesn't just look good, it tastes good too.

¥950

# Shima sushi, two kinds of shima sushi spring roll

#### Food used ►Local fish

#### Available: Year-round

¥700-850

Shima sushi is a dish that is only served when the Ogasawara-maru is in port. Fresh sushi ingredients are marinated in a soy sauce based sauce, have mustard, instead of wasabi, added, and are then served. Our shima sushi spring rolls, made from shima sushi, shiso leaves, and pickled ginger wrapped together in rice paper, also provide a unique texture and taste for you to enjoy, just like our regular shima sushi.



# Chichijima TOMATON

#### http://tomaton-ogasawara.com

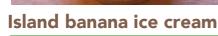
Address: Nishimachi, Chichijima, Ogasawara-mura Open hours: 9:30-18:00 Closed: while the ship Ogasawara Maru is out of port on Saturdays, Sundays, and Holidays



This shop makes and sells sweets and jams using local island ingredients.

It is located a slight distance from the busier shopping area. Many of the products can be found only here.





Food used ⊾Island banana Available: Year-round

¥378

This ice cream makes generous use of the deeply flavored bananas of Ogasawara.



# Dacquoise

Food used ▶Island honey

Available: Year-round

¥390

This sweet is made by sandwiching butter cream made with local island honey between layers of meringue.

# Island lemon jelly with fruit chunks

Food used ▶Island lemon

Available: Year-round

This rich lemon jelly is neither too sour nor too sweet.



¥250







Address: Nishimachi, Chichijima, Ogasawara-mura, Tokyo Opening hours: 11:00 - 14:00 Closed: 1 or 2 days after departure of Ogasawara Maru



Always developing menus that use ingredients from the island.

# Blacktip grouper ramen

Food used ► Blacktip grouper

Available: Year-round



A well-known hilgendorf saucord *ramen* with exquisite soup stock of "Blacktip grouper" from Chichijima.



# Billfish Chinese-style noodles

#### Food used ► Swordfish

Available: Year-round

¥900

A bowl of billfish Chinese-style noodles that uses island specialty, swordfish.



# Passion fruit soft serve

Food used ▶ Passion fruit

Available: Year-round

# ¥600

It is passion fruit soft serve topped with island passion fruit juice and other fruits.



# Minshuku Nangokuso Oyatsu-no-niwa



http://nangokuso.com

Address: Nishimachi, Chichijima, Ogasawara-mura Opening hours: 13:00 - 14:00 on days with port arrivals/departures, 14:00 - 16:00 on other days Closed: No fixed

### **(04998-2-2295**



Twenty different kinds of tropical fruits are grown in the shop's own garden.

No store-bought juice is used, and great effort is made so that you can enjoy the true taste of the fruits. Our opening hours are short, but if you put in a reservation or order by 11:00, then you can take your time and enjoy your order from 13:00 to 17:30 after closing (excluding port arrival days and holidays). Boiled turtle is also available.







### Super rich Kouhaku (red and white) guava juice

#### Food used ⊾guava

#### Available: Year-round

¥480

The red portion has a hint of strawberry, and the white is similar to peach.

The drink, much like a smoothie, is made with 100% fruit juice.

# Taiwan style island lemon shaved ice

#### Food used ▶island lemon

#### Available: Year-round

The shaved ice is made from frozen island lemon juice. The island lemon cooked in syrup is also delicious.



# Kimagure Cafe



#### facebook@ogasawarakimagure

Address: Miyanohamamichi, Chichijima, Ogasawara-mura Opening hours: 12:00 - 17:00 (until 17:30 in July and August) Closed: No fixed 090-5307-1297



We use abundant amounts of fruit, primarily harvested in the summer, from inside the shop you can hear the birds chirping, and we have also prepared a sofa so that you can spend a relaxing time. Additionally, there is a space for feline aficionados to spend time with our cats.

## Kimagure parfait

Food used ▶Island fruits (passion fruit, banana, mango, etc.)

Available: End of June to end of August

¥600-700

A parfait made using plenty of island fruits. Fruits from the southern island, sweeeeeeet vanilla ice cream and fresh cream make for a fantastic combination.

## Island banana milk, Island guava milk

Food used ▶Island bananas, island guavas Available: End of June to end of August ¥500

Island banana milk uses only ripe island bananas, and without any added sugar or artificial sweeteners, you can really taste the natural sweetness.



# **Roselle Pie**

 Food used > Homemade roselle jam (Chichijima roselle)

 Available: October to around April

 ¥400

We stick mainly to our homemade roselle jam so that the pie isn't too sweet. We bet you'll fall in love with this pie's baked, sweet-tart flavor.





# Hahajima Craft Inn La Mere

http://www.lamere-inn.jp Address: Shizukazawa, Hahajima, Ogasawara-mura Open: 365 days of the year





It is a pension that offers comfort in a cozy atmosphere.

Each room has different structure and interior, so even repeat guests can have a fresh pleasure every time.

They serve the distinctive dinner with carefullyselected seasonal ingredients.



# Dinner with island fish and island vegetables

Food used ► Seasonal local fish, seasonal vegetables, etc.

#### Available: Year-round

#### Included in the lodging charges

Tasty cuisine that combines fish and vegetables from Hahajima.

Additionally, we also offer uncommon turtle meat *sashimi* and simmered turtle meat (depending on purchase).

