VegeeFull Kitchen Treno Notte

12 042-373-7323

URL http://www.treno-notte.com/



- 5F Parthenon Tama, 2-35 Ochiai, Tama-shi
- (1) 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 1,000yen

Available Year-round

Ingredients Seasonal vegetables used from Hachioji

By-street Wine Pub Lido

2 042-400-7445

URL 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 used Hachioji and Tama



=

Tama *Udon* Ponpoko



5 042-319-6441

URL http://tamaudonponpoko.nomaki.jp/

- 2-21-3-7 Hijirigaoka, Tama-shi
- 11:00 19:00 (Last Call 18:30)
- Sundays and Thursdays
- 15 min. walk from Nagayama Stn of either Keio Sagamihara Line or Odakyu Tama Line Bus ride from either Nagayama station or Keio Line Seiseki-sakuragaoka Stn for Hijirigaoka Danchi, getting off at Hijirigaoka Center stop.





Signature menu

Various Udon Noodles

Price From 470yen (for example, 650yen for noodles and meat with dipping soup)

Available Year-round

Available Teal-Tourid

Ingredients Tama-produced flour made into noodles at the restaurant Seasonal vegetables from Tokyo

Wagamama (As you like) Udon Noodles

Price 570yen

Available Year-round
Ingredients Tama-produced flour made into noodles at the restaurant Kitsune used and Tanuki (Deepfried bean curd is also produced in Tama-shi)



ORTOLANA

3 042-407-5659

URL http://ortolana.kitchen/



- 965-1 Oomaru, Inagi-shi
- (5) 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

Peperoncino with Inagi Vegetables

Price	1,100yen
Available	Year-round
Ingredients used	Seasonal vegetables from Inagi (cucumbers, carrots, paprika, hayatouri melon, norabona, etc.)

Baguna Cauda with Grilled Inagi Vegetables

Price	1,200 - 1,300yen
Available	Year-round
Ingredients used	Seasonal vegetables from Inagi (purple onions, black carrots, <i>kinbi</i> carrots, madále bamboos, broccoli, cauliflower romanesco, <i>satoimo</i> taros, etc.)



54 CAFE



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







Signature menu

Grilled-Ome Pork Fried Rice Crepe

Price 500yen

Available Year-round

Ingredients pork from Ome used

Udon/Soba Noodles 100% Home Farm Grown Flour Shougotei



2 042-596-0541

URL http://www.gws.ne.jp/home/shogotei/

- 🖸 233 Aza Shougo, Sannai, Akiruno-shi
- (5) 11:00 16:30 (Last entry 16:00)
- Thursdays and Fridays (Open when falling on holidays)
- 3 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station for Ome along the tracks





Signature menu

Hikizuridashi Udon Noodles

Price 830yen

Available Year-round

Ingredients Home farm-harvested wheat used flour (Home-farm in Akiruno-shi)

Morisoba Noodles

Price	830yen
Available	While new-harvest buckwheat is available
Ingredients used	Home-grown buckwheat flour (Home-farm in Akiruno-shi)



^{*}Smoked butter is handmade at the café.

Sumibiyaki/Yamazato Village Dishes

Kurochaya



2 042-596-0129

URL http://www.kurochaya.net/

- 167 Konakano, Akiruno-shi
- (9) 11:00 21:00 (Reception)
- ▼ Tuesdays (Open when falling on holidays) *Open every day in Apr, May, Aug, Oct, Nov and Dec
- Near Konakano Cross on Hinohara Way (Parking space for 50 cars)

Near from the closest bus stop Nishi-Konakano





Sumibiyaki Char-grilled/ Yamazato Village Dishes

Price 4,800yen - 9,800yen (Tax and 10%-service charge excl.)

Available Year-round (Char-grilled dishes may not be served in summer.)

Ingredients Seasonal mountain vegetables, used river fish, etc.

Hoba Leaf-grilled and Mountain Vegetable Dishes

Price 4,800yen - 9,800yen (Tax and 10%-service charge excl.)

Available Year-round

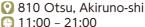
Ingredients Seasonal mountain vegetables, used river fish, etc.



Restaurant FOREST

☎ 042-595-2210

URL http://shinrinmura.com/



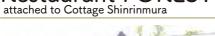
Wednesdays

(Following days when falling on holidays)

15 min. bus ride (Nishitokyo Bus) from JR Itsukaichi Line Musashi-Itsukaichi Stn for either Kazuma, Hossawa Fall Entrance or Koiwa-Fujikura, getting off at Shinrinmura Forest Village Stop.







Signature

Akigawa Beef Stew with Red Wine

Price 2,100yem

Available So long as Akigawa beef is produced

Ingredients Akigawa beef used (from Akiruno-shi)

menu

Akigawa Beef Sirloin Steak (180 g)

Price 4,980yen

Available So long as Akigawa beef is produced
Ingredients Akigawa beef
used (from Akiruno-shi)



Home of Bread A La Mode

2 042-550-6505

URL http://tabelog.com/tokyo/A1330/A133001/13121599/

- 1-1-16 Akigawa, Akiruno-shi
 - 7:30 19:30
- Sundays
- Near JR Itsukaichi Line Akigawa Station







Signature menu

Juicy Curry Bread

Price 190yen

Available Year-round

Ingredients Akigawa beef (from Takeuchi used Ranch in Akiruno-shi)

Juicy Curry and Cheese Bread

Price 190yen

Available Year-round

Ingredients Akigawa beef (from Takeuchi used Ranch in Akiruno-shi)



Otowa-Sushi

serving Sushi/Chinese Dishes/Unagi Eel

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2 042-596-0009

URL http://www.otowasushi.com

- 2 50 Itsukaichi, Akiruno-shi
- 11:00 14:00 (Last Call 13:50) 16:00 – 21:00 (Last Call 20:40)
- 8 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station (Parking lot for cars and bicycles)





※日替定食の一例「海鮮のっけ丼」

Daily Special Set Meals (served also at dinner time)

Signature menu

Price 1,050yen (tax incl.)

Available Year-round

Ingredients Seasonal vegetables (cabbages, lettuce, green leaves, used norabona, etc.) from Akiruno-shi's Itsukaichi area

Superb Boneless Rib Akigawa Beef

Price 1,600yen (tax incl.)

Available Year-round
Ingredients Akigawa beef (from Sugao, Akiruno-shi) and

seasonal vegetables (from Itsukaichi, Akiruno-shi)



used

Nishitokyc

Soba Noodles Restaurant

Yanagiya



☎ 042-596-0071

URL http://a-yanagiya.com/

218 Tateya, Akiruno-shi

Wed - Fri 8:30 - 14:00 8:30 - 17:00 Sat

Sun and Holidays 11:00 - 18:00

Mondays and Tuesdays

1 min. walk from JR Itsukaichi Line Musashi-Itsukaichi Station





Satoyama Bento Boxed Lunch (For 5 guests only for weekends and Holidays/For maximum 10 guests after reservations)

1,500yen Available Year-round

Products form around Itsukaichi (Menus change by season. For spring: norabona, Ingredients fukinotou, etc.; summer: ayu sweetlish, eggplants, tomatoes, etc.; fall: chestnuts, maitake mushrooms, etc.; and winter: Daikon radishes, yuzu, etc.)

Seasonal Choices of the Chef

Price 200yen - 1,000yen Available Year-round Season-felt a la carte Ingredients

used

from the day's purchased food stuffs



Chinese Home-style Dishes

Bokkakyo Tanashi



5 042-451-8852

URI http://bokkakyo.blog61.fc2.com/

💽 4-24-1 Tanashicho, Nishitokyo-shi

Weekdays 11:30 - 15:00 (Last Call 14:30) 17:00 - 22:30 (Last Call 21:30)

11:30 - 22:30 (Last Call 21:30)

Open every day

🗐 5 min. walk from Seibu Shinjuku Line Tanashi Station North Exit





Signature menu

Salad-style Fresh Sashimi and Flavor Vegetables

Price 1,490yen (1,000yen for small size) (tax incl.) Available Year-round

Ingredients Arugura, watercress, etc. from used Tanashi (Niikura Farm)

Herb and Tomato Salad from Niikura Farm

Price 990yen (600yen for small size) (tax incl.) Available Year-round Ingredients Arugura, watercress, etc. from

Tanashi (Niikura Farm)



Café Run & Happy



5 042-439-3622

URL http://runandhappy.on.omisenomikata.jp/

- 3F Namiki No.2 Bldg., 3-3-14 Hibarigaoka-Kita, Nishitokyo-shi
- Wed Fri 11:30 18:00 Sat 11:30 – 17:00
- Sundays, Mondays and Tuesdays
- Near Seibu Ikebukuro Line Hibarigaoka Station North Exit





Signature menu

Chef's Lunch Set

Price	1,080yen
Available	Year-round
Ingredients	Seasonal vegetables and herb

from Nishitokyo-shi

Bit-sticky cake set

Available Year-round

900ven

Price

Ingredients Japanese mustard spinach, carrots, sweet used potatoes and pumpkins from Nishitokyo



Restaurant Kenzou

2 042-465-0300

URI http://restaurant-kenzou.jimdo.com/



- 11:30 14;30 (Last Call 14:00) 17:30 – 22:00 (Last Call 21:00)
- Mondays and one more irregular day per month
- 7-8 min. walk from Seibu Shinjuku Line Tanashi Station North Exit







Lunch courses/Dinner courses

Price From 1,750yen (tax excl.)/
from 2,900yen (tax excl.)

Available Year-round
Ingredients Seasonal vegetables harvested in

the home garden in Nishitokoyo

Stuffed tomatoes (soup, bread and coffee served)

Price 1,100yen (tax excl.)

Available While tomatoes are harvested Ingredients Tomatoes, carrots and onions from used the home garden in Nishitokyo-shi

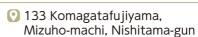


Egg Center Ueno

たまご工房うえの。

2 042-557-0494

URI http://www.1105ueno.com/



- (1) 10:00 18:00 (Café opens at 13:00.)
- Mondays (Over-the-counter egg sales: every day.)
- 500 meters from the Mizuho Mall for Kawagoe along Route 16







Price

Melty Puddings Sponge Cake Rolls 230ven Price 1.200ven Available Year-round Available Year-round Ingredients Organic flour and eggs from Ingredients Eggs from free-range chickens at the home-farm and Tokyo Milk the home-farm and Tokyo Milk



Kurazou Mizuho

2 042-556-0003

URI http://www.kzkurazo-mizuho.com/



- 💽 215-15 Hakonegasaki, Mizuhomachi, Nishitama-gun
- (1) 15:00 24:00
- Mondays
- 📵 10 min. walk from JR Hachiko Line Hakonegasaki Station East Exit





TOKYO X Pork Tonkatsu (breaded pork cutlet) Supreme Loin

Price 1,280yen Available Year-round Ingredients TOKYO X Pork loin

Steamed Vegetable Basket

Price 680yen for middle size/880yen for large size Available Year-round Seasonal vegetables (cabbages, negi (spring Ingredients onions), pumpkins, zucchini, etc.) from

Mizuho and adjacent Hamura and Ome



Tourist Inn Mitou Sansou

2 042-598-6138

URI http://akiruno.town-info.com/units/36232/mitousansou



- 2603 Kazuma, Hinohara-mura, Nishitama-gun
- 11:00 17:00
- ▼ Thursdays

(Additionally some other irregular days)

Bus ride (Nishitokyo Bus) from JR Itsukaichi Line Musashi-Itsukaichi Stn for Kazuma, getting off at the last stop (10 min. walk from Kazuma Stop (last stop) for Forest of Tokyo Citizen





Signature menu

Seasonal Mountain Vegetables in 22 Small Dishes

Price 1,600yen - 2,800yen (tax excl.)

Available Year-round

Ingredients Local mountain vegetables and local farm grown vegetables

Tempura Set Meal/ River Fish Set Meal

Price

Available Year-round

Ingredients Local mountain vegetables/yamame used trout and iwana trout from local rivers



NPO Restaurant Hinohara Shikinosato

TO 042-598-1060 (Reservations only) Inquiries to NPO Fujinomori Secretariat (Tel: 042-598-6928)

| Nttp://www.fujinomori.net/html/index/sikinosato.html



- 💽 5493 Hinohara-mura, Nishitama-gun
- (11:30 14:00 (Last Call)
- Mondays and Fridays
 (Additionally some other irregular days)
- Bus ride (Nishitokyo Bus) from JR Itsukaichi Line Mushashi-Itsukaichi Station for either Kazuma or Fujikura, getting off at Hossawa Fall Entrance Stop.







Shikinosato lunch

Price 1,200yen (tax incl.)

Available Year-round

Ingredients Farm grown vegetables and mountain vegetables used from Hinohara-mura (* Volume limited)

Maitake Mushrooms and Seasonal Vegetables Tempura Set Meal

Price 1,200yen (tax incl.)

Available Year-round

Ingredients Hinohara-mura's maitake mushrooms used and seasonal vegetables



Meat Restaurant in the Forest

Earth Garden

2 0428-85-5101

URL http://www.okutama-earthgarden.com



- 361-1 Shiromaru, Okutama-machi. Nishitama-gun
- 11:00 16:00
- Open 365 days a year
- 7 min. walk from JR Ome Line Shiromaru Station





Signature menu

Loin Cutlet & Minced Meat **Cutlet with Assorted Vegetables**

2,160yen (tax excl.)

Available Year-round

Ingredients Okutama wasabi

Okutama wasabi croquette

300ven a piece (tax excl.)

Available Year-round

Ingredients Okutama wasabi



Yamabato

2 0428-85-2158

URL http://www.yamabatonosu.com/



- 💽 380 Tanazawa, Okutama-machi, Nishitama-gun
- 10:00 17:00
- Mondays
- 1 min. walk from JR Ome Line Hatonosu Station





Signature menu

Lunch set

Price 1,180yen

Available Year-round (Tuesday - Friday) Ingredients Seasonal vegetables from used Ome-shi's Nariki area

Soba noodle salad

Price 650yen Available Year-round Ingredients Burdock roots and carrots (from Ome)



Folk Tale Inn Arasawaya

5 0428-83-2365

URL http://arasawaya.co.jp/



- 1446 Hikawa, Okutama-machi, Nishitama-gun
- Dinner 18:30 or 19:00 (Breakfast time to be decided after check-in)
- 5 min. walk from JR Ome Line Oku-Tama Station





Japanese Dinner (an example)

Char-grilled Okutama yamame trout, wild mountain vegetables, hot pot nabe stew with awabitake mushrooms, handmade sashimi konnyaku from potatoes, etc.

Price

Signature menu

Available Year-round

Ingredients Awabitake mushrooms, seasonal vegetables, char-grilled fish,

wasabi (from Okutama), etc.



Robata (Fireside) Akabeko

2 0428-83-2365

URI http://akabeko.tokyo/



- 1446 Hikawa, Okutama-machi, Nishitama-gun
- 17:30 23:00
- 5 min. walk from JR Ome Line Oku-Tama Station





Signature

	A la carte		
rice	From 432yen		

Available Year-round

Seasonal vegetables from Okutama, natural river Ingredients fish, Okutama yamame trout, awabitake mushrooms, various mountain vegetables, TOKYO X pork, etc.



Suzukiya

12 0428-83-2401

URL



- 199-7 Hikawa, Okutama-machi, Nishitama-gun
- 11:00 18:00
- Wednesdays and 3rd Tuesdays
- 1 min. walk from JR Ome Line Oku-Tama Station





Signature menu

TOKYO X Pork Udon Noodles

Price	920yen
Available	Year-round
Ingredients	TOKYO X pork

TOKYO X Pork Seiro Soba Noodles

Price	920yen
Available	Year-round
Ingredients used	TOKYO X pork



Yamasemi

2 0428-86-2552

IRI http://www.yamafuruyamasemi.info/

- Mountain of Furusato Village, 1740 Kawano, Okutama-machi, Nsihitama-gun
- 9:00 16:30
- Tuesdays and Wednesdays (Tuesdays only in August and November)
- Inside Tokyo Metropolitan Okutama Lakeside Park Mountain of Furusato Village Shuttle bus service to and from JR Ome Line Oku-Tama Station (*Inquiry requested)







Fried Okutama Yamame Trout Set Meal

Price	1,110yen (tax incl.)
Available	Year-round
Ingredients used	Okutama <i>yamame</i> trout and salad of seasonal vegetables from Ome and Okutama farms

Soba/Udon Noodles with Mountain Vegetables

Price	670yen (tax incl.)
Available	Year-round
	<i>Warabi</i> bracken from Okutama



Hikawa Service Station

5 0428-83-2140

URL http://station.webcrow.jp



- 213 Hikawa, Okutama-machi. Nishitama-gun
- 12:00 18:00
- ★ Thursdays, 1st & 3rd Fridays
- Near JR Ome Line Oku-Tama Station





Signature menu

Deep-fried Yamame Trout

Price	550yen (tax excl.)
Available	Year-round
Ingredients	Okutama <i>yamame</i> trout

Kinoko Mushroom Rice

Price	650yen (tax excl.)
Available	Year-round
Ingredients used	<i>Shimeji</i> mushrooms (from Okutama)



Asaha Spa Hikawa Country Mikawaya Ryokan Dozoushokutei

5 0428-83-2027

URL http://www.mikawaya-ryokan.com



- 💽 1414 Hikawa, Okutama-machi, Nishitama-gun
- Dozoushokutei lunch: 11:30 15:00
- 📵 177 min. walk from JR Ome Line Oku-Tama Station





Signature menu

Okutama Yamame Trout Sashimi

Price	1,200yen (tax excl.)
Available	Year-round (Reservation required)
Ingredients used	Okutama <i>yamame</i> trout

Wasabi Mizuyokan with Cofee

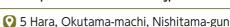
	• • • • • • • • • • • • • • • • • • • •
Price	500yen (tax excl.)
	July - September
Ingredients used	Hon-wasabi (from Okutama)



Okutama Mizu To Midori No Fureaikan

2 0428-86-2733

URL http://www.okutamas.co.jp/



- (10:00 17:00 (Last Call 16:30) Wednesdays
- Bus ride (Nishitokyo Bus) from JR Ome Line Oku-Tama Stn for either Lake Okutama. Kamosawanishi, Taba. Minedani or Tozura, getting off at Lake Okutama Stop.







Signature menu Okutama Sansui Set Meal 1,300yen (as of March 2018) Available Year-round Ingredients Okutama yamame trout

Canyons Café AWA

2 0428-74-9947

URL http://canyons.jp/okutama-cafe/



- 54-1 Kawai, Okutama-machi, Nishitama-gun
- (9) 11:00 16:00
- Summer: Irregular Winter: Mon-Thu

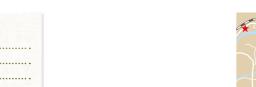
(Open Fridays and Weekends only)

🗐 20 min. walk from JR Ome Line Mitake Station for Okutama along Ome Way





Mitake





Volcano Venison 2,000yen Available Irregular Ingredients Venison from Okutamav