

Locavore Dining in the Tokyo Islands

2023



FREE
Please feel
free to take one.

"Locavore Dining in the Tokyo
Island" English Edition:
Scan the below QR code!



Introduction

To more widely promote local food production and consumption, the Tokyo Metropolitan Government registers restaurants that actively use ingredients sourced locally from Tokyo's Islands as "Locavore Dining in the Tokyo Islands," and publishes an annual guidebook of the same name.

In doing so, we aim to foster understanding of the agricultural, forestry and fishery products of the Tokyo Islands to expand their production and consumption.

The English-language edition of the guidebook was created so that international visitors to the Tokyo Islands can also enjoy locally sourced ingredients. Of all the registered restaurants, this guidebook introduces 82 restaurants that actively accept foreign guests, such as by having an English menu.

In addition, we have also compiled an English-language edition of "Tokyo's Locavore Restaurants," a guidebook which introduces restaurants in Tokyo's 23 special wards and Tama area.

We hope that you find both of these guidebooks useful in your travels.

March 2023

Food Safety Section
Agriculture, Forestry and Fishery Division
Bureau of Industrial and Labor Affairs
Tokyo Metropolitan Government

〈はじめに〉

東京都では、地産地消を推進するため、東京の島しょ地域で生産された農林水産物を積極的に使用しているお店を「東京 島じまん食材使用店」として登録し、毎年これらの登録店をまとめたガイドブックを発行して広くPRしています。

これにより、島しょ産農林水産物への理解を促進し、消費及び生産の拡大を図ることを目指しています。

東京を訪れる外国人の皆様にも、島しょ産農林水産物を活用した料理を味わっていただくために、「東京 島じまん食材使用店」ガイドブックの英語版を作成しました。全登録店のうち、英語版のメニューを有するなど外国人の受け入れに積極的で、掲載を希望した82店舗を掲載しています。

旅のお供にご活用いただければ幸いです。

また、区部及び多摩地域のお店をまとめた「とうきょう特産食材使用店」ガイドブックの英語版もございます。あわせてご覧いただければ幸いです。

令和5(2023)年3月

東京都産業労働局農林水産部食料安全課



The Tokyo Metropolitan Government registers restaurants that actively use the attractive, locally sourced ingredients of the rich nature of the islands as "Locavore Dining in the Tokyo Islands" and, through public relations activities, promotes local production for local consumption of island produced ingredients. In this guidebook, "Locavore Dining in the Tokyo Islands" for the Izu Islands and the Ogasawara Islands is introduced.

Also included are overviews of each island, instructions on how to get there and a map of each island.

Please enjoy what the great outdoors of Tokyo has to offer!

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伊豆
諸島

+

小笠原
諸島

+

食材

東京都では、東京の島しょ地域において豊かな自然に育まれた、魅力的な食材である農林水産物を積極的に活用している島の飲食店を「東京 島じまん食材使用店」として登録し、PRすることにより、島しょ産食材の地産地消を進めています。

このガイドブックでは、伊豆諸島、小笠原諸島の「東京 島じまん食材使用店」をご紹介します。

あわせて、島の概要やアクセス、地図も掲載します。

東京にある大自然の恵みをぜひお楽しみください。



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Locavore Dining in the Tokyo Islands



Establishments registered as “Locavore Dining in the Tokyo Islands,” operate on Tokyo’s islands and engage in the following initiatives:

- Use island products throughout most of the year or during peak periods to offer dishes characteristic of the island cuisine, and/or unique dishes.
- Provide customers with information on the local products they use and carry out initiatives that facilitate local production and consumption.
- Contribute to the promotion of island tourism.
- Cooperate with Tokyo’s activities to promote food education and local production and consumption.

Look for these signboards.



Icon Explanation

Five types of icons are displayed at the top of each store's page – if an icon is not displayed, then that service is not supported by the store. Please contact each store for details on the type of credit cards and electronic money that can be used.

*These details may vary because of the situation with COVID-19. Please contact each store for details.

Reservations
(Reservations possible/
Reservations required)

Parking lot available
Wi-Fi available

Credit cards
accepted

Electronic money
accepted
(public transport IC cards,
QR code payments, etc.)

Address
Opening hours
Closed

Island name Oshima

Store name Kaisenchaya Sushikou

Address 1-4-7 Motomachi, Oshima-machi

Opening hours 11:00-15:00 (LO 14:00) / 17:00-22:00 (LO 21:00)

Closed Wednesdays, open on public holidays

Tel. No. 04992-2-0888

Signature menu

- Ingredients
- Availability
- Price, etc.

8 pieces of Nigiri-sushi of the island

Food used ▶ Tuna, beiko, seasonal fish

Available: Year-round

¥2,400

They serve hand-formed sushi using beiko, tuna, and other fresh local fish that every visitor should try.

How to use
this guidebook.

QR code to access maps



Each store information page has a 2D code as shown on the left.

By reading this 2D code using mobile terminals, etc., you can access an online map.

*Internet connection is required.

*Packet communication fees may be charged.

*Depending on the specifications of the information provider, some mobile terminals may be unable or limited in ability to display maps.

*The stability or accuracy of the displayed maps cannot be guaranteed. For details, please directly contact the establishment.

* The prices of the menus are current as of October 2022. Unless otherwise specified, prices include the 10% consumption tax (or 8% when the reduced tax rate applies, such as for take home bento lunches).

* Please understand that the dishes will vary depending on the season or other factors.

* To prevent the spread of infectious diseases, opening hours may change.

* Due to food stuffs' rising prices, etc., the prices of cuisines may change.

東京 島じまん 食材使用店



「東京 島じまん食材使用店」に登録されているお店は、都内島しょ地域で営業している飲食店等で、以下の取組をしています。

- 島しょ産農林水産物を、概ね年間を通じて使用しているか、来島者の多い時期に使用し、島しょの特徴的な料理や独自に創作した料理を提供しています。
- 使用している農林水産物の情報を来島者に提供し、地産地消の推進につながる取組を行っています。
- 島しょ観光の振興に貢献しています。
- 東京都の食育・地産地消推進活動に協力しています。

「東京 島じまん食材使用店」のお店は、下記のボードが目印です。



アイコン表示について

各店舗ページ上部に5種類のアイコンを表示しています。

アイコン表示のない場合は、当該店舗では未対応となります。

利用可能なクレジットカードの種類や電子マネーの種類については、各店舗にお問い合わせください。

※新型コロナウイルス等の状況により異なる場合があります。詳細は各店舗にお問い合わせください。



元町港から歩いてすぐの、階段をあがった2階にお店があるため、店内からの眺めが良く、海を見ながら、食事を楽しめます。
大島でとれた新鮮な魚を中心に、季節の魚の仕入れ状況により価格を変更する場合があります。

メニュー名
・使用食材
・提供時期
・価格等



島にぎり 8 貫
使用食材▶マグロ、べっごう、奄の地魚
時期▶通年 2,400円
島で一度は味わいたいべっごう、マグロや他の新鮮な地魚を盛りまして提供。



紹介ページ の見た

QRコードで地図表示



各店舗情報のページには、左のようなQRコードを表示しています。

QRコードの読み取りができる携帯端末等を使うことで、インターネットのマップを表示することができます。

※インターネットへの接続環境が必要です。

※パケット通信料が発生する場合があります。

※マップ画面は情報提供先の仕様により、表示できない又は制限される携帯端末があります。

※表示するマップは、妥当性や正確性について完全を保証するものではありません。詳細な場所は、各店舗へお問い合わせください。

※掲載しているメニューの価格は、令和4年10月現在の価格です。特に記載のない場合、消費税10% (持ち帰り用の弁当など軽減税率が適用される場合は8%) の税込価格です。

※感染症等拡大防止のため、営業時間が増える場合があります。

※原材料の高騰等により、価格が変更する場合があります。

※掲載している料理の内容は、季節や仕入れ状況により異なる場合があります。

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Izu Islands

The Izu Islands, which are part of Tokyo, are a group of volcanic islands that runs from Izu Oshima off the coast of Sagami Nada and continues for about 600 km to the south.

Many of the volcano-made islands are shaped like mountains floating on the ocean, and volcanic activities are still continuing in Oshima and Miyakejima.

Fishery and seafood processing industries are thriving in each island, and delicious fish cuisine and unique souvenirs are abundant. For example, camellia oil was a popular item among the commoners of the Edo period.

In this chapter, we will introduce attractions and restaurants of Oshima, Niijima, Shikinejima, Kozushima, Miyakejima, Mikurashima, and Hachijojima.



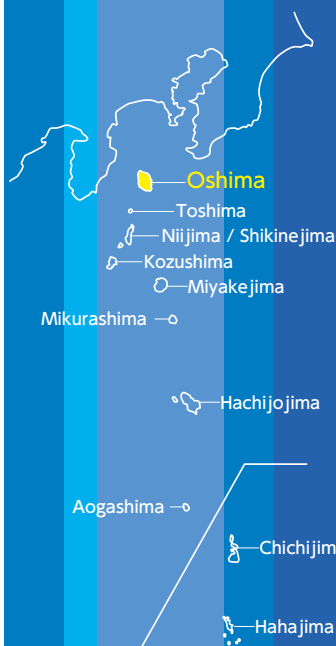


Oshima

The largest island of the Izu Islands where people and nature coexist around the grand Mt. Mihara.

Oshima is the largest island of the Izu Islands located about 120 km from the central Tokyo. Mt. Mihara rises in the center of the island, and they have a very popular hiking course where the crater can be seen from the top of the mountain. The climate is warm and humid because of the Kuroshio Current, and the average annual temperature is around 16 °C (60.8 °F).

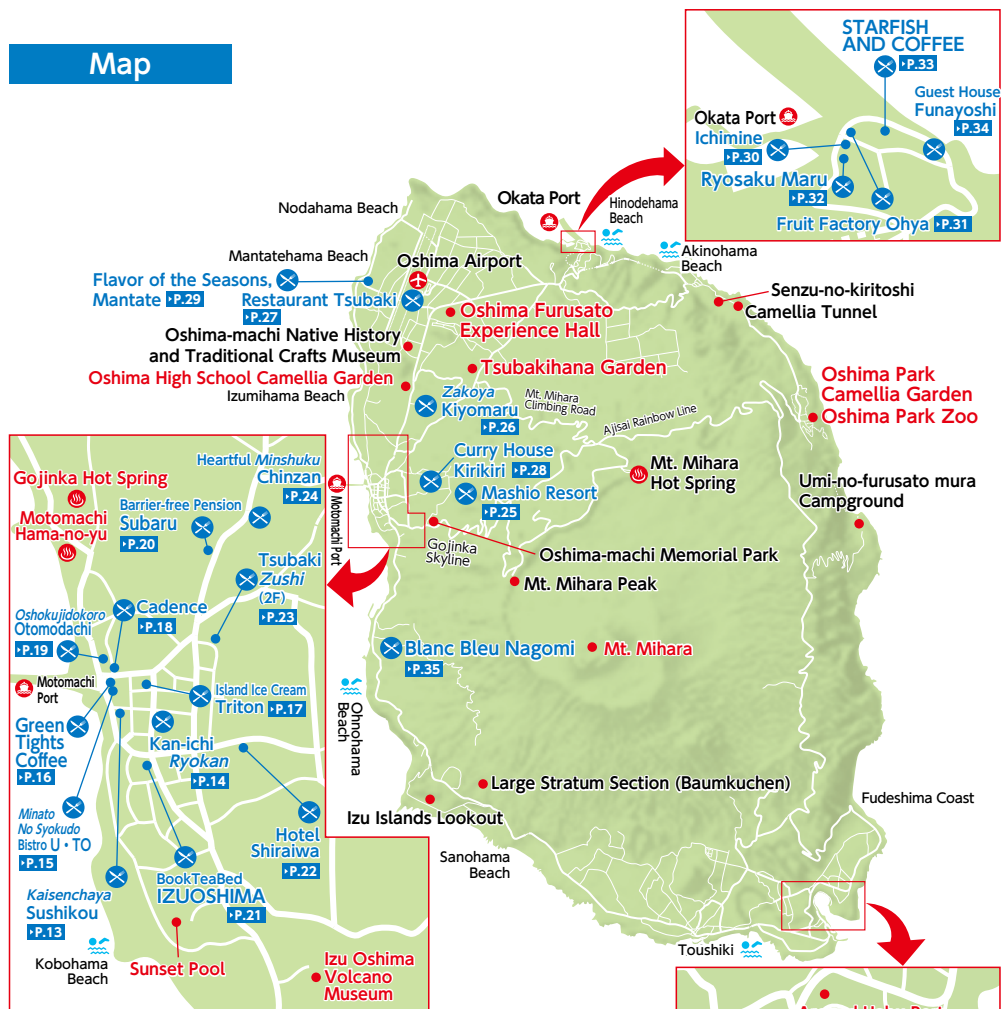
As the closest Izu island to the central Tokyo, Oshima is crowded with many tourists during the period of camellia bloom and summer.



Access

Takeshiba Passenger Ship Terminal (Tokai Kisen)	High-speed jet ferry [1hour45minutes]	Oshima
	High-speed jet ferries are also in service from Atami. (45 minutes)	
Chofu Airport (New Central Airservice)	Large passenger ship [8hours]	Oshima
	Airplane [25minutes]	
(Contact) Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191		

Map



Main events

Late January to late March	Izu Oshima Tsubaki Matsuri (Camellia Festival)
February	Izu Oshima Camellia Marathon
	Camellia Queen Contest / Photo Session
June	Izu Oshima Triathlon
August	Summer Festival
	Miss Oshima / Miss Anko Presentation
October	Autumn Fair
October to November	Izu Oshima Geopark Rogaining
December	Izu Oshima Marathon

**Tourist
information**

Oshima Tourism Association

URL <http://www.izu-oshima.or.jp> TEL 04992-2-2177





Kaisenchaya Sushikou



Address: 1-4-7 Motomachi, Oshima-machi

Opening hours: 11:00-15:00 (LO 14:00) / 17:00-22:00 (LO 21:00)

Closed: Wednesdays, open on public holidays

☎04992-2-0888



Sushikou has a great view as it is located on the second floor of a building within a short walk from Motomachi Port. You can enjoy your food looking out at the sea.

Their menu consists mainly of fresh fish caught at Oshima.

※Prices are subject to change in the future based on fish availability.



8 pieces of Nigiri-sushi of the island

Food used ▶ Tuna, bekkou, seasonal fish

Available: Year-round

¥2,400

They serve hand-formed sushi using bekkou, tuna, and other fresh local fish that every visitor should try.



Shima-don

Food used ▶ Splendid alfoncino, tuna, bekkou, seasonal local fish

Available: Year-round

¥2,000

In addition to tuna and bekkou (a local specialty of white-meat fish marinated in a soy and island chili pepper), three kinds of fresh local fish are served in a bowl.

The restaurant's original menu, bekkou-don in the stone-roasted bibimbap style is popular for the taste of the scorched rice. Mix and taste with local laver and raw egg. You can also enjoy it as ochazuke (boiled rice in soup).



Stone-roasted bekkou-don

Food used ▶ Bekkou, island laver

Available: Year-round

¥1,500



Kan-ichi Ryokan



Address: 1-6-4 Motomachi, Oshima-machi

Reception hours: 8:00-20:00 Reservations accepted by phone only.

Closed: Year-end and New Year holidays; No fixed days

☎04992-2-2016



Five-minute walk from Motomachi Port!
Located along Naka-dori Street, central Motomachi, we accept maximum seven guests for six rooms in a family atmosphere. During the summer festival in August every year, you can enjoy fairs and street performances just in front of you. Please stay with us for sightseeing and/or business tours.

*We are scheduled to reopen in December 2022 after a full renovation. (Renovation is underway as of October 2022.)



Kan-ichi dinner course 1

Food used ▶ Seasonal local fish, seasonal local vegetables

Available: Year-round

Included in the lodging charges

We are particular about using ingredients from Oshima, serving seasonal local vegetables and local fish just caught. We cook them in our original cuisine. Please enjoy the flavor of vegetables growing wild that our proprietress has picked.

(Example 1 of the menu)

Takabe fish broiled with salt, assorted tempura (ashitaba, yomogi (mugwort), fukinoha (leaves of sweet coltsfoot), etc.), vinegared ashitaba and inori seaweed, assorted otsukuri (sashimi beautifully decorated) and so on

Kan-ichi dinner course 2

Food used ▶ Seasonal local fish, seasonal local vegetables

Available: Year-round

Included in the lodging charges

(Example 2 of the menu)

Super-fresh aji sashimi, deep fried minced fish, tobiuo (flying fish) pickled in red pepper sauce, stir-fried chingensai (bok-choy) and meat, etc.





Minato No Syokudo

Bistro U・TO



<https://bistro-u-to.business.site/>

Address: 2F 1-9-4 Motomachi, Oshima-machi

Opening hours: 18:00-22:00 (Make reservations by the day before) Closed: No fixed days ☎080-7934-2244



This bistro is located on the second floor of a building that provides an unobstructed view of Motomachi Port. The only bistro on the island, the mood lets you momentarily forget that you are on Oshima. They offer a mix of original cuisine using carefully selected seasonal produce from the island as well as French cuisine found only here.

Chef's course

Food used ▶ Island seafood, local vegetables

Available: Year-round

From ¥6,600

The menu is based on French cuisine with elements from Japanese, western, and ethnic cuisines added and prepared optimally using seasonal ingredients. Courses are generally comprised of a plate of hors d' oeuvres, local fish carpaccio, a main dish, dessert, and a drink after the meal.

(Example menu 1)

Carpaccio using local fish, in salad style, with *karasumi* (salted mullet roe)



(Example menu 2)

An ensemble of *Kinmedai* (splendid alfonsino) and *okimejina* (girella) with saffron-flavored butter sauce



(Example menu 3)

Crème-brulee of *ashitaba*





Green Tights Coffee



<https://twitter.com/gritacoffee>

Address: 1-9-5 Motomachi, Oshima-machi Abemori Store (Mezzanine Floor)

Opening hours: 10:00-17:00 Closed: Mondays and Tuesdays (Not fixed)



One-minute walk from Motomachi Port. The coffee stand was built by hand by the store manager and opened in June 2022. He selects nicely green coffee beans carefully and roast them for sale. Hand-filtered takeout coffee and Dutch coffee (cold brewed coffee) are served with care. If you stop in, we thank you very "tights"ly!



Café au lait (hot/ice)

Food used ▶ Oshima milk

Available: Year-round

¥500

The flavor of coffee roasted in front of you educs sweetness and richness of Oshima milk. The café au lait that we specialize in is loved by those who have had a sense of aversion to coffee.

Gri-Tai Float (Green Tights Float)

Food used ▶ Oshima milk

Available: Year-round

¥650

Carefully hand-filtered Brazilian chocolate coffee is a perfect match to plain-taste ice cream from Oshima milk. It is incredible that you sense flavors of nuts. This dessert coffee is our specialty.





Island Ice Cream Triton

Address: 1-10-9 Motomachi, Oshima-machi
Opening hours: 10:00 - 18:00
Closed: Wednesdays



04992-7-5425



Come and enjoy a variety of ice cream flavors made from Oshima milk and other ingredients produced on the island. Many different requests can be accommodated via the wide assortment of flavors.

Chocolate Banana

Food used ▶ Oshima milk

Available: Year-round

¥300

Ice cream that was developed by the children of Oshima. By incorporating chocolate chips into the ice cream and using Oshima milk, the chocolate and banana flavors create an even better match.



Kuromitsu and Green Kinako

Food used ▶ Oshima milk

Available: Year-round

¥300

A generous amount of *kinako* soybean flour is kneaded into the ice cream, and then dark *kuromitsu* molasses is added as a topping. The sensation of eating the chilled *kinako* soybean flour makes this taste more like a traditional Japanese *wagashi* sweet than ice cream.



Passion Fruit

Food used ▶ Oshima milk,
Oshima passion fruit

Available: Summer only

¥300

Ice cream using plenty of both Oshima milk and Oshima passion fruit.





Cadence

https://www.instagram.com/ebisuya_miyageten/

Address: 1-17-1 Motomachi, Oshima-machi

Opening hours: 11:00-17:00 Roughly Closed: Please confirm on Instagram etc. since we do not close on fixed days.

ACCESS MAP



Orange-colored kitchen car running in Oshima.

Try shaved ice with fruit harvested in Oshima as toppings!

Try French fries seasoned with locally produced salt!

Try oden containing local specialty of *ashitaba*!

We also serve another local specialty of milk *senbei* (crackers).

Passion fruits and condensed Oshima milk

Food used ▶ Fruits (passion fruits, lemons, melons),
Oshima milk

Available: Summer

From ¥400

Our shaved ice with sweet-and-sour Oshima passion fruits as toppings is hugely popular! As toppings, you can also enjoy our home-made condensed Oshima milk.



Salt produced in Oshima

Food used ▶ Salt

Available: Spring and autumn From ¥350

We are particular about potatoes and so do not use frozen ones. Our mashed Dutch potatoes are hot just from the fryer! Long-sized French fries, light outside and soft inside, go well with Oshima salt sprinkled on.

Ashitaba chicken balls

Food used ▶ *Ashitaba*, salt

Available: Autumn to winter From ¥150

Oshima's specialties of *ashitaba* and salt are kneaded into balls together with chicken, onions and gingers. Please try them with our original oden soup.





Oshokujidokoro Otomodachi

<http://www.otomodachi-osi.com/>

Address: 1-17-3 Motomachi, Oshima-machi

Opening hours: Morning set meal: 6:00-10:00 (5:00-10:00 in summer) (only when large passenger ships are in service)

Regular service: 10:00-15:00 (Last order: 14:00) Closed: Wednesdays



☎04992-2-0026



Located in the immediate vicinity of Motomachi Port, the ocean spreads out in front of the shop. Seasonal fish, recommended by fishermen, are available at any time. We also serve a delicious morning set meal for those arriving early by large passenger ship. We look forward to your visit.

Kinmedai-ni set meal

Food used ▶ Splendid alfonsino

Available: Year-round **¥2,000**

A set meal using splendid alfonsino from the waters around Oshima.



Bekko-don

Food used ▶ Seasonal fish

Available: Year-round **¥1,200**

A local island cuisine where *sashimi* from local fish is mixed with island chili peppers and soy sauce then put over a bowl of rice.



Local fish sashimi set meal – 6 or 4 pieces

Food used ▶ Seasonal fish

Available: Year-round

6 pieces ¥1,800 or 4 pieces ¥1,200

Set meal with fish caught around the island. Enjoy the bounty of Oshima's ocean.





Oshima

Barrier-free Pension Subaru

<http://userweb.www.fsinet.or.jp/subaru/>

Address: 1-23-6 Motomachi, Oshima-machi

Opening hours: 13:00 - 14:30 / 18:00- 21:00 Closed: No fixed days

☎04992-2-1142



The owners started this small hotel because they wanted people to feel truly enriched by interacting with others and nature. They serve food hoping that customers say, "I want to go to Oshima because I want to eat delicious island cuisine in the barrier-free Subaru!"

On a warm, sunny day, you can also enjoy your meal on the lawn terrace.



Shima kaiseki

Food used ▶ Splendid alfonso, yellow-striped butterfly, chicken grunt, abalone, *ashitaba*, green chili, etc.

Available: Year-round

From ¥4,320

They plan the menu every day based mainly on the fish caught on that day and serve dishes with a menu card.

(Example) *Ashitaba Namul*, sashimi, salt-grilled red seabream head, *Magochazuke* (raw fish and boiled rice in a soup) of bonito, etc.

Seafood wappa-meshi set meal

Food used ▶ *Hambanori* (local laver), abalone, *ashitaba*

Available: Year-round

From ¥2,700

Based on the local cuisine "*wappa* (local laver) and rice," it's the fish, abalone, and vegetables from Oshima such as *ashitaba* all steamed in "*wappa* (circular wooden container)." Enjoy while it's hot.



Camellia petal jam

Food used ▶ Camellia petals

Available: Year-round

¥770



Brilliant pink jam made by boiling "camellia petals" which can be used in various ways such as eating with bread and making a Russian tea by putting it in your tea and enjoy watching the petals floating in the tea.

Camellia Petal Jam is also produced and sold at a hotel in Tokyo as its private brand product.



Book Tea Bed IZUOSHIMA



<https://bookteabed.com/ja/izuoshima/>

Address: 2-3-4 Motomachi, Oshima-machi

Opening hours: 8:00-22:00 Open all year round

☎04992-7-5972



This inn is based on a concept combining books, tea, and bed. Visitors can read one of the almost 4,000 books available at the adjacent cafe bar while enjoying a light meal made with

Azuki (Red Beans) butter hot sandwich

Food used ▶ Oshima butter

Available: Year-round

¥650

This sandwich uses the highly valued and richly flavored Oshima butter. The filling sandwich is filled with ample portions of chunky anko bean paste and Oshima butter.



Sweet and spicy chicken hot sandwich

Food used ▶ Island chili peppers

Available: Year-round

¥650

Paired with the chicken, this sweet and spicy combination of mayonnaise and an island chili pepper sauce make for an irresistibly delicious hot sandwich. Also popular as a breakfast item.



Ashitaba tea

Food used ▶ Ashitaba

Available: Year-round

¥450

Ashitaba, a specialty of Oshima, is served as tea. You can enjoy its sophisticated taste and flavor all year round.



Oshima Hotel Shiraiwa

<http://www.h-shiraiwa.com/>

Address: 3-3-3 Motomachi, Oshima-machi

Opening hours: 7:30 - 20:00 Open all year round

ACCESS MAP



☎04992-2-2571



This beautiful hotel is known for "*Benitsubaki-no-yu*," a hot spring generated by the eruption of Mt. Mihara in 1986. They put a lot of thought into the ways to make tourists enjoy food from the mountains such as *ashitaba* and various types of seafood by using camellia oil from Takata Seiyujo, the long-established refinery, and the *Umi-no-sei* salt made from seawater of Oshima.

Live abalone sashimi

Food used ▶ Abalone

Available: January to October **¥4,400**

You can savor the texture of abalone and smell of ocean as the *sashimi* is prepared from live abalone caught in the sea around Izu Oshima just before serving. It's usually eaten with regular *wasabi* soy sauce, but the Island's special green chili soy sauce is also recommended.



Simmered whole splendid alfonsino

Food used ▶ Splendid alfonsino

Available: Year-round **¥3,850**

They simmered whole splendid alfonsino caught in the vicinity of Izu Oshima with sweetened soy sauce. A large pot is used to cook, which makes it a gorgeous dish that you cannot taste in everyday life. You can taste all of splendid alfonsino, from the tip of the head to the base of the tail.

Live spiny lobster sashimi

Food used ▶ Japanese spiny lobster

Available: Mid-October to early May **¥7,700**

You can savor the sweet plump white meat of Japanese spiny lobster as the *sashimi* is prepared from live lobster caught in the sea around Izu Oshima just before serving. Upon request, *miso* soup using the lobster's shell and tomalley for broth will be served for breakfast the next morning.



Oshima

Tsubaki Zushi

Address: 2F 4-10-3 Motomachi, Oshima-machi

Opening hours: 17:00-22:00 Closed: Mondays

ACCESS MAP



04992-7-5689



Since opening, this *sushi* restaurant has long entertained diners with cuisine made using ingredients only available on the island.

The menu features dishes ingeniously made with seasonal ingredients, and should not be missed.

Bekko sushi

Food used ▶ Seasonal local fish

Available: Year-round ¥1,760

This is *Bekko*-colored, or tortoise shell colored *Nigiri-sushi*. The local fish is marinated in a sauce made from soy sauce, sake, and green chili peppers.



Nigiri-sushi of local fish

Food used ▶ Seasonal local fish

Available: Year-round ¥1,760

This *nigiri-sushi* features freshly caught local fish and fresh seafood brought over from Toyosu. We recommend it to those who wish to satisfy their craving for other kinds of *sushi* in addition to the *Bekko sushi*.



Heartful Minshuku Chinzan

ACCESS MAP


<http://www.chinzan-web.jp/>

Address: 4-19-52 Motomachi, Oshima-machi

Reception hours: 14:00-21:30 (Reservations accepted by phone only.)

Closed: From the last Sunday of a year to New Year's first seven days

04992-2-1488



At our six-room *minshuku* (common lodging house), we select locally produced ingredients. We serve cold ingredients while they are cold, and warm and hot ones, while warm and hot. Even for solo guests, we take time to decorate sashimi of seasonal fish (*isaki* (chicken grunt), *tobi* (flying fish), *aji* (horse mackerel), etc.) to recreate its original whole shape. For two or more guests, we arrange and serve sashimi of *kinmedai* (splendid alfonsino) in its original whole shape together with other assorted sashimi. Our *Oyaji-don*, served at the end of the course, has a reputation of being exceptionally delicious.

Kinmedai (splendid alfonsino) sashimi decorated to be in its original whole shape

Food used ▶ Splendid alfonsino and local fish

Available: Year-round

Included in the lodging charges

Please try with our original sashimi soy sauce made by the *minshuku* manager.



Oyaji-don

Food used ▶ Local fish, okra, etc.

Available: Year-round

Included in the lodging charges

Placed on a bowl of rice are non-fillet parts of local fish, cut off and pickled in sashimi soy source made by the *minshuku* manager, and uncooked eggs mixed with minced okra and *yamatoimo* (yam). And then, you pour broth made from *sazae* (turban shell) and eat it like *hitsumabushi*. We recommend you to try *oyaji-don* in this way.



An example of dinner



*Ingredients of the course menu have been partially changed to prevent the spread of COVID-19.

*We have been suspending service of *sazae* since 2021.



Mashio Resort

<http://www.mashio.com>

Address: 492-1 Ohora, Motomachi, Oshima-machi

Opening hours: 18:00 - 22:00 (reservation required) Open all year round

☎04992-2-7317

ACCESS MAP



The hotel is located in the heart of nature's bounty on the hillside of a mountain. You can enjoy their original cuisine made from distinctive fresh local ingredients and the view of the Izu Peninsula and Mt. Fuji outspreading before you.

※We apologize in advance that the hotel does not accept pre-school children. However, this does not apply to the exclusive use of the entire hotel.



Mashio's special dinner

Food used ▶ Seasonal local fish, seasonal vegetables, Oshima milk, Oshima salt, etc.

Available: Year-round

¥6,600

(Course example) Appetizer, seasonal soup, carpaccio of local fish, frita of local shellfish, main dish of local fish, etc.

This special course is lavished with island vegetables and fish from which you can savor tastes of all four seasons.

The brilliant colors of the ingredients grown in the sea and the soil of Izu Oshima are filled with energy. The owner focuses on serving colorful dishes hoping that visitors will be more energetic tomorrow than today.





Zakoya Kiyomaru

ACCESS MAP



Address: 262-26 Manose, Motomachi, Oshima-machi

Opening hours: 11:30 - 13:30 and 17:30 - 20:00 Closed: No fixed days

☎04992-2-1414



The “zako” (small fish) in our store’s name is for various fish, and just like the name suggests, we serve various local cuisines unique to the island, using fish which are available in Tokyo only in small quantities. The inside of the store has a breezy, southern atmosphere. We have also exhibited at the Izu Oshima C-Class Gourmet Championship, and came away with first prize the first and second time the event was held.

Bekko sushi (evening only)

Food used ▶ Medai white fish, green chili peppers

Available: Year-round

¥1,000

Bekko sushi made with fresh white fish filets that have been marinated in aoto soy sauce (soy sauce infused with chili peppers). A great way for you to enjoy the spiciness and kick of the island’s flavors.



Zako set meal

Food used ▶ *Ashitaba*, seasonal local fish, green chili peppers

Available: Year-round

¥1,950

A set meal that uses fresh fish taken from the waters around Oshima to make *sashimi*, simmered fish, etc. A menu where you can enjoy the flavors of various fish.

Ashitaba fried rice

Food used ▶ *Ashitaba*

Available: Year-round

¥1,200

We take *ashitaba* fried rice that you can make at home and elegantly add the flavors of our shop to the dish. As an accent, we add sesame-seasoned *ashitaba* onto the same plate; truly a fried rice we are proud of.





Restaurant Tsubaki



Address: 270 Kitanoyama, Motomachi, Oshima-machi
Opening hours: 8:00 – 16:00 Closed: No fixed days

☎04992-2-0377



A restaurant located in Oshima Airport, the gateway to Oshima's skies. All of the menus are available in the morning, including the morning menu, and there is a rich selection of noodles, bread, and a variety of set meals, so feel free to come in and have a meal or just to take a break. The large parking lot also makes it easy for customers coming by car.

※Opening hours may be extended in summer according to airline schedules.



Large Shrimp Tempura and Rice Box with Ashitaba Tempura

Food used ▶ Ashitaba

Available: Year-round

¥1,700

This luxurious dish is ample and generous, both to look at and to eat!

Soy Sauce Ramen with Island Laver

Food used ▶ Island laver

Available: Year-round

¥950

A menu item popular with customers of all ages, the simple soy sauce soup, with its aromas of the rocky shore and island laver, is sure to be a hit!



Banana Juice

Food used ▶ Oshima milk

Available: Year-round

¥600

A shake made of bananas and milk from cows raised right here on Oshima! Delicious!!





Curry House Kirikiri

<https://kirikiri-oshima.shopinfo.jp/>

Address: 417-9 Deharai, Motomachi, Oshima-machi

Opening hours: 11:30-17:00 (Reservations required by the day before)

Closed: Tuesdays and Wednesdays

ACCESS MAP



☎080-3409-9356



Curry House Kirikiri celebrated its 23th anniversary in February 2022.

The curry here is hand made with uncompromising attention given to the ingredients, including organic ingredients and local island produce. Everything on the original menu is made in-house.

※Check the website and contact the restaurant for reservations and menu choices no later than the day before.

※Access to the restaurant can be confusing so please check the website beforehand.



Curry set

Food used ▶Local vegetables, salt

Available: Year-round **¥1,300-1,850**

All menu items come with salad and rice or nan. The salad is made with seasonal organic vegetables from local farmers, topped generously with a dressing made from local hand made salt, pepper, and lemon. The nan set is 150 Yen extra. (Photo shows the chicken curry set)

Ashitaba pizza

Food used ▶Ashitaba, Tsubaki oil

Available: Year-round **¥1,400**

This Genovese pizza is made with fresh Ashitaba, camellia oil, nuts, and domestic garlic. The crust is made with domestic wheat and home made yeast (derived from apples, carrots, yams, and honey) and the dough allowed time to rise naturally.



Seasonal desserts

Food used ▶summer orange (Natsumikan), blueberries, eggs, pumpkin etc.

Available: Year-round **¥500**

The desserts on offer make good use of seasonal ingredients, such as the sweetened bitter summer orange jelly made with organic home grown bitter summer oranges, cheese cake made with Oshima grown organic blueberries and Oshima eggs, and the pumpkin soy milk pudding made with organic Oshima pumpkins. (Photo shows the pumpkin soy milk pudding)



Oshima

Flavor of the Seasons, **Mantate**
<https://ja-jp.facebook.com/hidetsugu.masuyama>

Address: 631-1 Noji, Motomachi, Oshima-machi

Opening hours: Lunch 11:00-13:30, Dinner 17:30-No fixed time

Closed: Tuesdays, occasionally other days (please call or check on Facebook before visiting.)

☎04992-2-0007



This restaurant is located very close to Mantate Beach and is popular with diners of all ages, from children to seniors. They use *Ashitaba* leaves grown organically and harvested from their own garden. The rice is all-you-can-eat, and the portions of the menu options are filling.

※See the restaurant's Facebook page for irregular closures and daily recommended dishes. Diners can pay via credit card, prepaid transportation cards, PayPay, and Merpay. Free WiFi available.

※Prices are as of November 2021 (lunchtime only)

**Utsubo (moray eel)
cut thinly**

Food used ▶ Moray eel

Availability: **¥1,200**
when supplies available

Thinly cut *utsubo* is very rare and its taste beats that of blowfish. You can also try *utsubo* in a variety of recipes.

**Dangerous
ginger-fried pork**Food used ▶ Island chili peppers,
local vegetablesAvailable: Year-round **¥1,600**

This amply portioned meal contains 230g of meat and 100g of chopped vegetables per person. It stands out for the sauce made with home made soy sauce. Diners who wish to avoid spicy hot flavors should say so when ordering.

Rice, soup, and pickles are included.

**Utsubo (moray eel)
cocktail**

Food used ▶ Utsubo

Availability: **¥900**
when supplies available

The key to this visually impressive *Utsubo* cocktail is the delicious home made broth.

**Camellia black pork (about 100 grams)
Grilled with island salt in combo with
grated radish seasoned with citrus juice**

Food used ▶ Camellia black pork

Availability: **¥1,500**
when supplies available

Camellia black pigs are raised with mixed feed containing pulp from Oshima *tsubaki* (camellia) oil production and *ashitaba*. The elegant flavor of their fat is beyond comparison.





Ichimine

ACCESS MAP



Address: 5 Okata, Oshima-machi Opening hours: 10:30 - 15:00
Closed: Thursdays, days with departures from Motomachi Port

☎04992-2-8524



A restaurant where you can enjoy local cuisine using sauces that have been passed down from generation to generation. In addition to *bekko*, there are also new local dishes using Oshima ingredients. Come and savor the island's home-cooked flavors.

Bekko-don

Food used ▶ White meat fish, green chili peppers

Available: Year-round

¥1,200

A local island dish made by marinating white meat fish fillets, such as Japanese butterfish, in a special soy-sauce based marinade infused with green chili peppers.

Island Spaghetti

Food used ▶ White meat fish, green chili peppers

Available: Year-round

¥750

With an aroma of the shore and the fragrance of its sauce, this appetizing and stimulating delicacy has stir-fried pasta, with a base made from white meat fish and a special green chili soy sauce using *bekko*, which is then finished by sprinkling on plentiful amounts of island laver.



Special-made Oshima Pudding

Food used ▶ Oshima milk, local eggs

Available: Year-round

¥260

Handmade pudding plentiful amounts of using Oshima milk, one of Oshima's local specialties, and local eggs. With its modest sweetness, it is a popular dish as an after-dinner dessert.



Oshima Fruit Factory Ohya

Address: 5 Okata, Oshima-machi

Opening hours: 10:00 - 16:00 Closed: Tuesdays, Wednesdays, Thursdays, Fridays, and sailing days from Motomachi Port

ACCESS MAP



04992-2-8503



They make confiture, compote, smoothie, etc. from carefully- selected seasonal fresh fruit. Based on the concept of natural products, they pay attention to bringing out the natural taste of the fruit without using preservatives or artificial colors.

Seasonal fruits compote/ confiture

Food used ▶ Seasonal fruits

Available: Depends on availability period of fruit

¥800 | ¥600
for Large | for Medium

We prepare marmalade, compote and confiture jams that use seasonal fruits, such as Oshima produced figs, kiwi, strawberries, blueberries, passion fruits, kumquats, etc., as ingredients.



Oshima grape smoothie

Food used ▶ Oshima grapes

Available: Year-round

¥500

A fragrant smoothie using Oshima produced grapes, a rarity on Oshima.

Ashitaba green smoothie

Food used ▶ Ashitaba

Available: Year-round

¥500

They made the smoothie by mixing apple and lemon with *ashitaba* from Oshima. You can enjoy the refreshing flavor with a scent of *ashitaba*.

Oshima milk and strawberry smoothie

Food used ▶ Oshima milk, strawberries

Available: Year-round

¥500

A popular menu item for children, this smoothie matches the sweetness of Oshima produced strawberries with freshly squeezed Oshima milk.

Passion fruit smoothie

Food used ▶ Passion fruit

Available: Year-round

¥500

A smoothie using very fragrant passion fruit from Oshima. You will taste the rich tropical flavor in your mouth.



Ryosaku Maru



Address: Address: 5 Okada, Oshima-machi
Reception hours: 10:00-20:00 Open all year round

☎04992-2-8545



Located just in front of Okada Port and three-minute walk from Hinodehama Bathing Beach. Our fishing inn can serve special cuisine with ocean-fresh fish since both the manager and his son are fishermen.

Mugi-chan, our "poster dog," is also waiting for your visit.

Dinner of Ryosaku Maru

Food used ▶ Seasonal local fish

Available: Year-round

Included in the lodging charges

Main dishes are fresh fish. We also serve local cuisines using fresh seasonal vegetables.

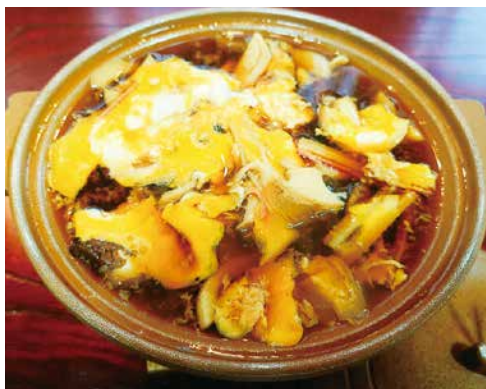


Tokobushi with beaten eggs

Food used ▶ Small abalone

Available: Year-round

Included in the lodging charges



Oshima Tokobushi (small abalone) on the hot porcelain plate with beaten eggs. When steaming starts, you drop eggs upon tokobushi and eat from the plate directly or you place egg-covered tokobushi upon rice. Please enjoy as you like! Even if you do not stay overnight, we can serve it on reservation. (It is ¥1,400 with side dishes and another bowl of rice.) On your reservation, we may serve, instead of tokobushi, Oshima sazae or Tokyo shamo (gamecocks) with beaten eggs.



STARFISH AND COFFEE



https://www.instagram.com/starfish_izuoshima/?hl=ja

Address: 6 Okada, Oshima-machi Opening hours: 10:00–16:00 (LO. 15:30)

Closed: Tuesdays Closed days vary during summer.

04992-7-5871



One-minute walk from Okada Port. The sign of a starfish is the landmark of our stylish café. Please enjoy the gentle flow of time of the island and relax yourself, listening to music in our inside open space finished with white plaster. Our lunch menus vary day by day, with lavish seasonal vegetables and fresh local seafood supplied by Izu Oshima Fisheries Co-operative.

Oshima Milk Café au lait

Food used ▶ Oshima milk

Available: Year-round

¥450

We carefully select coffee beans and serve our coffee with a lot of Oshima Milk.



Fish Burger

Food used ▶ Local fish

Available: Year-round

¥750

Thickly sliced fresh fish from Izu Oshima Fisheries Co-operative are put in between two buns. It is available nowhere else.



Special lunch box of island seaweed

Food used ▶ Local fish, seasonal vegetables, etc.

Available: Year-round

¥1,000

We are particular about island ingredients of fish, meat and vegetables and fill our "noriben (lunch box covered with seaweed)" with them. (For take-out we serve only on Saturdays and Sundays. Reservations by two days before your visit are accepted for an order of 10 or more lunch boxes.)





Guest House Funayoshi



Address: 7 Okata, Oshima-machi
Reception hours: 8:00-20:00 Open all year round

☎04992-2-8447



This guest house opened as an inn for sailors 50 years ago in 1971, and later renewed by the second generation owner and his wife as a guest house with meals included. Just 3 to 5 minutes' walk from Okata Port near Hinode Beach, the leading public beach on the island, the owner describes his philosophy as "like a hidden gem behind an act of kindness, it's an island inn you'll be glad you visited." The handmade cuisine here is popular, made with local fish, island vegetables, and other seasonal local ingredients, and can be enjoyed accompanied by the fragrance of the ocean breeze on the seashore.

Funayoshi dinner

Food used ▶ Seasonal fish, island vegetables

Available: Year-round

Included in the lodging charges

The dinners here feature island style home cooking with a focus on fresh seasonal island ingredients, such as local fish boiled, grilled with salt, or made into a broth, and *Tempura* and side dishes of local island vegetables such as *Ashitaba*.



Funayoshi breakfast

Food used ▶ Seasonal fish, island vegetables

Available: Year-round

Included in the lodging charges

The healthy breakfasts here feature seasonal dried fish such as *Aji* (Japanese jack mackerel) and *Saba* (Mackerel) with salads, side dishes local island vegetables, sometimes boiled.



Sashimi assortment special

Food used ▶ Seasonal local fish, shellfish

Available: Year-round

Available for an extra fee starting at 3,000 Yen for 3 or 4 people.

This recommended assortment features a generous array of seafood caught or harvested in the seas around Oshima for a reasonable price that belies the delicious taste. Please reserve before lunch on the day.



Island style barbecue special (Summer only)

Food used ▶ meats and seasonal fish, shellfish

Available: Summer

Available for 1,500 to 2,500 Yen extra per person

Enjoy a barbecue only possible on Oshima. Ask in advance to order local fish and shellfish. Enjoy an unrivaled moment surrounded by the smells of the sea and sounds of the waves.

※ Reservations required by one day before your stay. Barbecues may be cancelled when the weather is poor.



Blanc Bleu Nagomi



Oshima

Address: Address: Nomashi-owana, Oshima-machi

☎04992-2-0700



Our comfortable Japanese-style inn, built in a traditional architectural type of *Sukiya-zukuri*, is located on a quiet hill in Nomashi of Oshima. We serve our meals with island ingredients as much as possible, including local vegetables and home-grown organic vegetables. To educe their deliciousness to the maximum, we adopt the ways of cooking best fit for their seasons.

Breakfast of Blanc Bleu Nagomi (Reservations required)

Food used ▶ Seasonal vegetables, seasonal local fish

Available:
Only when there are supplies.

For
non-overnight
guests

¥1,500

Using fresh food stuffs from the island, we serve you the meals good for your health.



Lunch course of Blanc Bleu Nagomi

(Reservations required by noon of the previous day of your visit)

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

Available: Year-round

With blessings bestowed by nature of the island -- seasonal vegetables and fish -- arranged on one plate, a set of lunch course of pasta, coffee and a cake are served. Japanese cuisines (with dessert), different types month by month, are also prepared.

Only when there are supplies.
Please contact in advance.





Tokyo Vone Ten

<http://tokyovonetten.com>

Address: 6 Habu-minato, Oshima-machi

Opening hours: 11:00 - 17:00 Closed: Mondays, Tuesdays

☎04992-4-1567

ACCESS MAP



A café with a characteristic building reminiscent of the good old *Showa* era.

We serve shaved ice and fish-shaped pancakes (*Taiyaki*) made with Oshima's specialties such as *ashitaba*, ocean salt, and Oshima milk. Take-out reservations are also accepted.

Ashitaba shaved ice topped with sweet beans/condensed milk made from Oshima milk

Food used ▶ *Ashitaba*, Oshima milk

Available: May to October

¥700

This is the original *ashitaba* shaved ice with sweet beans. Enjoy the taste of sweetened *Dainagon azuki* beans which pair wonderfully with *ashitaba* syrup.

Topping of homemade condensed milk made from Oshima milk is also recommended.



Hanetsuki Taiyaki pancake

Food used ▶ Oshima milk, ocean salt

Available: Except July to September ¥300

This *Hanetsuki Taiyaki* pancake's dough is made from Oshima milk. They bake them after receiving your order. You can choose among three types with popular pastes: *Dainagon* mashed bean paste, custard cream and mayonnaise with ham and cheese.



Cold fish-shaped *Taiyaki* pancake with *ashitaba* in the batter

Food used ▶ *Ashitaba*, Oshima milk

Available: Year-round

¥300

Bright-colored, chewy cold *Taiyaki* pancake with tapioca powder and *ashitaba* powder in the batter.

Oshima

Oshibana

<https://ja-jp.facebook.com/伊豆大島でガイドカフェ押し花-561550324052185/>

Address: Okinone Sashikiji, Oshima-machi

Opening hours: 11:30 - 14:00 Closed: Saturdays, Sundays, Holidays

090-9011-1950

ACCESS MAP



Oshima



Set meal (changes daily)

Food used ▶ Local vegetables

Available: Year-round

¥600

We hope you enjoy your daily set meal, which uses fruits and vegetables raised in our own garden without the use of any pesticides.

The pressed flower artwork displays, created by the owner, foster a relaxed atmosphere where you can enjoy a ¥600 set meal, from main course to dessert. All of our ingredients are safe, as we raise them in our own garden without the use of pesticides.



Eggplant and mushroom pizza

Food used ▶ Local vegetables

Available: Year-round

¥600

Plenty of cheese covers our pizza's vegetables, which we raise without the use of pesticides. The spicy taste of island chili peppers accents the vegetables.



Cream anmitsu

Food used ▶ Tengusa algae agar

Available: Year-round

¥300

Tengusa algae taken from the ocean near Oshima is simmered to make agar and then turned into tokoroten jelly strips. We hope you enjoy their flavor when paired with seasonal fruit.



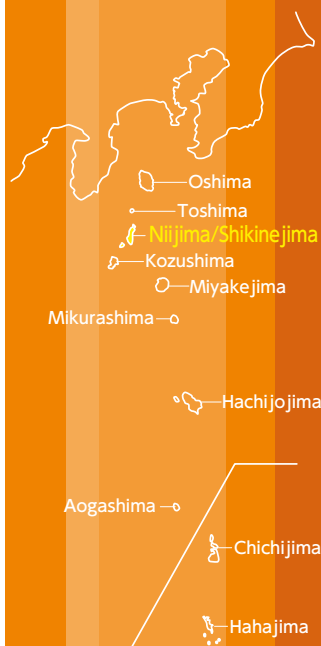


Niijima Shikinejima

You can enjoy two different attractions:
Niijima with shining white sand beach and
Shikinejima with full of nature
on a small island.

Niijima is an island located about 150 kilometers from the central Tokyo, in the middle of the Izu Islands. The east side of Niijima is a white sandy beach with the beautiful contrast between the sea and the sky, which is a popular area. The beach also has waves suitable for surfing, and professional surfing competitions are held there. Shikinejima, which belongs to the same Niijima-mura (village) and is located 2.4 km from Niijima, just 10 minutes by ferry, has spots including beachfront hot springs and beautiful swimming beaches where you can snorkel.

Access



**Takeshiba
Passenger
Ship
Terminal**
(Tokai Kisen)

High-speed jet ferry
[2hour50minutes]

Large passenger ship
[10hour35minutes]

**Chofu
Airport**
(New Central
Airservice)

→ Airplane
[35minutes]

Niijima

High-speed jet ferry
[15minutes]

Large passenger ship
[20minutes]

Ferry Nishiki
[10minutes]

Shikinejima

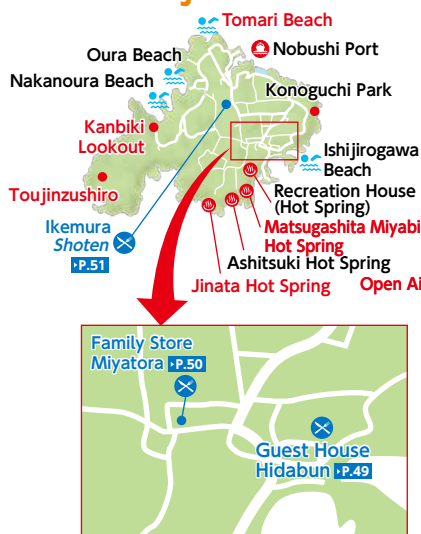
(Contact) Tokai Kisen Customer Center: 03-5472-9999

New Central Airservice: 0422-31-4191 Ferry Nishiki Office: 04992-7-0825

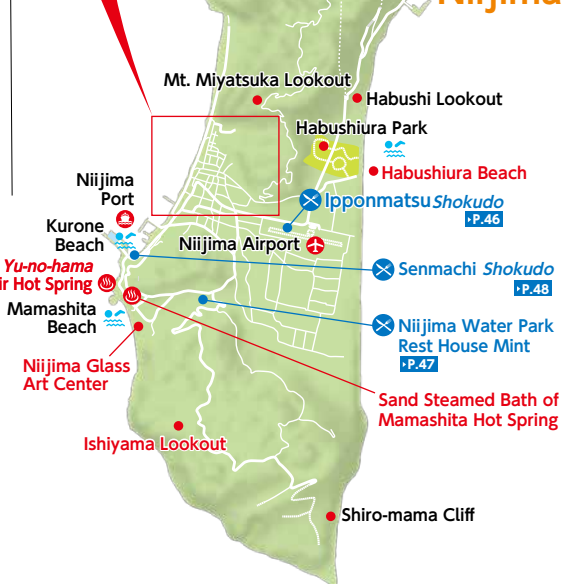
Map



Shikinejima



Niiijima



Main events

May	Niiijima Triathlon
June	Shikinejima Marathon
July	Niiijima Open Water Swimming Competition
July	Tokyo Governor's Cup / Seven Cross Tokyo Surfing Masters
August	JPSA Niiijima Professional Surfing Competition
October	Niiijima International Glass Art Festival

Tourist information

Industrial Tourism Division, Niiijima Village Office

URL <https://niiijima.com/kankou/>



Shikinejima Tourism Association

URL <https://shikinejima.tokyo> TEL 04992-7-0170



Niijima

Izakaya Nihonbashi

ACCESS MAP



Address: 1-3-6 Honson, Niijima-mura

Opening hours: 18:00-22:00

Closed: No fixed days

☎04992-5-1890



Enjoy the local sake and *shochu* along with a variety of dishes made with fresh local fish and a generous amount of home grown vegetables in an at-home atmosphere.

Minced fried blue mackerel scad

Food used ▶ Blue mackerel scad

Available: Year-round

¥600

Blue mackerel scad is favored as an appetizer when drinking alcohol for its protein rich flavor, and it is also dried and fermented for consumption as *Kusaya* on the island. The minced fish was prepared by carefully removing the bones, and the result is then deep fried.



Sashimi

Food used ▶ Seasonal local fish

Available: Year-round

(Depends on catch availability)

From ¥720

Seasonal fish caught on the island, such as chicken grunt, skipjack tuna, and greater amberjack, are used as is for this delicious *sashimi* through which you can enjoy their delicate texture and fresh-caught taste.

Ashitaba tempura

Food used ▶ Ashitaba

Available: Year-round

¥700

This generous portion of *Ashitaba Tempura* makes ample use of *Ashitaba* leaves, a famous product of Niijima. Sprinkle salt to taste and enjoy.



Niijima

Someimaru Inn

<https://ja-jp.facebook.com/年間民宿-お宿-そうめいまる-325248914236809/>

Address: 2-6-12 Honson, Niijima-mura

Opening hours: Open all year Closed: No fixed days

04992-5-1085

ACCESS MAP



The inn with the blue roof near Jyusansha Shrine on the eastern inland side of the Maehama coast. For a limited time, visitors can enjoy a barbecue in the garden using caught fish and vegetables harvested in the fields as ingredients. (Reservation required, please call and inquire)

Someimaru Dinner

Food used ▶ Seasonal local fish,
seasonal vegetables

Available: Year-round

Included in the lodging charges

Dinner consists of a variety of dishes that are prepared using local fish and vegetables from the island. The photo is an example dinner for two people, and, even though the dinner's ingredients change with the seasons, it is always delicious.



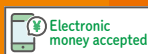
Sashimi with Local Fish

Food used ▶ Seasonal local fish

Available: Year-round

Included in the lodging charges

Fresh fish caught in the seas near Niijima are offered so that guests can enjoy the flavors of the season.



POOL island cafe • market

ACCESS MAP



<http://m.facebook.com/poolislandcafe>

Address: 2-9-23 Honson, Niijima-mura

Opening hours: 10:00 - 16:00 Closed: Thursdays

☎04992-5-0048



They use seasonal vegetables that they grow in behind the store and vegetables from Niijima. Everything from main dishes to dressing is homemade. This stylish and fashionable cafe is very comfortable and relaxing!

Freshly ground coffee for take-out is also popular as well as lunch!

They also sell many original souvenirs that are only available in the shop set up next to the store.



Island-zushi Poke-don seasoned with soy sauce

Food used ▶ Akaika (local squid), new onions, green chili, tatak (finely-chopped and seasoned fish), seasonal vegetables, ashitaba

Available: Golden Week holidays, summer season

¥1,500

They arranged Hawaii's popular poke bowl into the Niijima style rice bowl. Prepared with abundant ingredients such as tuna, island specialty of neon flying squid, fresh onions, island laver, seaweed, etc. marinated in sauce used for island-zushi. The set menu includes miso soup of ashitaba and tatak (finely chopped seasoned fish) and a drink of your choice.

Gaprao, spicy minced chicken on rice with fried egg

Food used ▶ Green chili, red peppers, basil

Available: Year-round

¥1,000

Ethnic cuisine made with minced chicken fried with island chili, basil, and oyster sauce. Comes with salad and drink. Gaprao is a spicy dish which is perfect for the hot summer! Popular lunch among locals and visitors alike. With a drink.



This week's POOL plate

Food used ▶ Seasonal vegetables

Available: Except Golden Week holidays and summer season

¥1,200

A weekly plate lunch that uses vegetables from Niijima. Enjoy the entirely-handmade lunch from the main dish, the side dish to the dressing. With a drink.



Nijima

Sakae Zushi

ACCESS MAP



Address: 5-2-9 Honson, Nijima-mura

Opening hours: 11:30 - 13:30/18:00 - 22:00 Closed: No fixed days

☎04992-5-1539



Sakae Zushi has been offering island sushi on the island for many years, and in the evening there are a variety of dishes available that are made using island ingredients. The restaurant may be quite crowded, especially in the summer, so checking in advance by phone is recommended. Lunch reservations are not accepted.

Island Sushi

Food used ▶ Seasonal local fish

Available: Year-round

¥2,200

Nijima's traditional island *sushi*. Seasonal fish such as red seabream, Japanese butterfish, and greater amberjack are marinated in soy sauce then garnished with mustard. This large, filling meal has thick slices of fish (*sushi-neta*) that practically melts in your mouth and a plentiful volume of sushi rice.



Ashitaba and Chikuwa Tempura

Food used ▶ Ashitaba

Available: Year-round

¥730

Soft and easy-to-eat *ashitaba*, produced on Nijima, are made into *tempura* together with *chikuwa*. The fluffy texture of the *chikuwa* and the slight bitterness of the *ashitaba* make for an addictive combination. Arranged like a blooming flower, the dish is as beautiful as it is delicious.



Fish Carpaccio

Food used ▶ Seasonal local fish

Available: Year-round

¥990

Fish carpaccio made with seasonal fish caught in the waters around Nijima, such as red seabream, Japanese butterfish, and greater amberjack. Enjoyed together with seasonal vegetables in a tangy sauce.



Niijima

Nagomidokoro Sunshine

<https://www.facebook.com/新島-和み処-サンシャイン-1624831054431371>

Address: 6-1-3 Honson, Niijima-mura

Open hours: 18:00-22:00 (May vary from day to day) Closed: No fixed days

ACCESS MAP



The owner and chef of the izakaya, located along the Honson Chuo-dori, began to produce salt in 2022 besides managing the eating and drinking house. So for cuisines to serve, he now lavishly uses home-made natural salt from the clean ocean surrounding Niijima. You can enjoy cuisines with drinks.



Akaika salt Yakisoba (fried noodles with local squid)

Food used ▶ Neon flying squid, island laver

Available: Year-round

¥1,000

Niijima's "Akaika Yakisoba (fried noodles with neon flying squid)" is a well-known local cuisine. We serve it in salty taste as our specialty dish.



Salty lemon sour

Food used ▶ Salt

Available: Year-round

¥650

We pickle preservative-free lemons with Niijima salt for a few months. The full-flavored sour is our most popular drink.



Kusaya

Food used ▶ Local fish

Available: Year-round

From ¥300

We prepare several kinds by season. Please enjoy it with island shochu (distilled spirits).

Niiijima

Kurobee Stand

ACCESS MAP


https://www.instagram.com/kurobei_stand/

Address: 6-2-14 Honson, Niiijima-mura

Opening hours: 9:00-21:00. Vary by season; We have time of recess.

Closed: Wednesdays (except summer) / Open only Saturdays, Sundays and holidays in the off-season

04992-5-0823



Our stand of take-out snacks and sweets, located at the entrance of Honson Central Street, serves a variety of cuisines, from crapes and other sweets to curry and rice bowl dishes such as *negimayocharsiu-don* (green onions in mayonnaise and roasted port fillet topped bowl of rice). Our organic coffee is also very sophisticated, using beans of our careful selection ground in front of you.

Ashitabanana juice

Food used ▶ Ashitaba

Available: Year-round

¥500

Our most popular juice of *ashitaba* and bananas. Sweetness comes from that of fully ripe bananas only. The juice is filling, not too sweet but refreshing.

Tuna mayo *ashitaba* hot sandwich set

Food used ▶ Ashitaba

Available: Depending on seasons of ingredients

¥800

The set of hot sandwich and coffee fits for your breakfast, too. The wonderful pair of Niiijima's *ashitaba* and a lot of tuna mayonnaise is the essence of this tightly filled sandwich.



Ashitaba ice crape

Food used ▶ Ashitaba

Available: Year-round

¥800

Original *ashitaba* icecream is used for this crape. Please enjoy the harmony of lavish whipped cream and refreshing *ashitaba* icecream.





Ipponmatsu Shokudo

ACCESS MAP



<https://www.instagram.com/niijima.ipponmatsu/>

Address: 204 Kawara, Niijima-mura

Opening hours: Lunch 11:30-13:30 Dinner 17:30-21:00 Closed: Tuesdays

Vary by season

☎04992-5-1808



You feel easy to visit our restaurant near Habushiura Beach and Niijima Airport. Our everyday efforts are focused upon obtaining super fresh fish. Please try shaved ice with fruit flavor that our own staffs love, too. The long banner that reads "OPEN" is the landmark.



Set meal of local fish

Food used ▶ fish, neon flying squid

Available: Spring and summer From¥1,500

We cook and offer fresh fish from Niijima by keeping their own freshness. We serve seasonal fruits of the sea.

Ashitaba kusaya soba noodles and udon noodles

Food used ▶ Ashitaba, kusaya (dried horse mackerel)

Available: Year-round From¥1,080

Niijima's traditional kusaya goes very well with soup of noodles, with *ashitaba* giving a kind of accent to the taste. Please enjoy it. As dessert, please try our shaved ice drink named Niijima Blue carrying an image of Niijima, and/or other types of shaved ice.



Ashitaba tempura soba, ashitaba tempura udon

Food used ▶ Ashitaba

Available: Year-round From¥900

Ashitaba is crisply fried in batter and placed as *tempura* in a volume. You can appreciate the delicate sweet-and-bitter flavor of *ashitaba* to your heart content.



Niijima

Niijima Water Park

Rest House Mint

Address: 120 Setoyama, Niijima-mura

Opening hours: 11:00 – 16:00 (10:00 – 17:00 in summer)

Closed: No fixed days

ACCESS MAP



☎04992-5-1772



A restaurant located in Niijima Water Park, whose trademark is artwork made from koga stone, mined here on Niijima.

You can spend a relaxing afternoon here, enjoying lunch or the cafe, while taking in the park's greenery and fountains.



Taco Rice with Island Laver

Food used ▶ Ashitaba, island laver

Available: Year-round

¥1,080

The island laver and slightly sweet and sour salsa sauce make for an excellent combination in this dish, bright and vibrant from using lots of vegetables.



Ashitaba Cream Soda

Food used ▶ Ashitaba

Available: Year-round

¥600

The image of *ashitaba* resting lightly on the cream soda brings to mind Niijima's blue sea and white waves, and when mixed, it changes to a beautiful hue closer in color to the Niijima's sea. Highly recommended.

Pasta with *ashitaba* and island laver

Food used ▶ Ashitaba

Available: Year-round

¥980

Pasta noodles boiled to *al dente* then topped with *ashitaba*, island laver, and black pepper. The flavor, reminiscent of the ocean, is sure to stimulate your appetite.

Salad rice with *Akaika* (local squid)Food used ▶ *Akaika* (local squid)

Available: Year-round

¥1,380

Our salad rice uses seasonal *Akaika* (local squid) prepared with a special sweet soy sauce. The combination of delicate sweetness and rich *umami* spread throughout your mouth.

Niijima

Senmachi Shokudo

ACCESS MAP



Location: 2nd floor, Niijima Port Passenger Terminal, Azakurone, Niijima

Opening hours: 10:00-15:00 Closed: Tuesdays and no fixed days



This diner is located on the second floor of the Niijima Port Passenger Terminal. Enjoy the beautiful ocean view as you dine on your meal made with local Niijima ingredients as you wait for your ferry or playing by the seaside. Take out is also available.

Laver bento

Food used ▶ Laver

Available: Year-round

¥600

Enjoy the fragrance of the sea in this dish that places Karaage fried chicken over deep-fried *Chikuwa* and fried eggs, topped with *Isonori* (seaweed) for a meal you can dig right into.



Ashitaba Pesto Pizza

Food used ▶ Ashitaba pesto (produced on Niijima)

Available: Year-round

¥1,500

An authentic pizza with *ashitaba* pesto layered on top of generous amounts of cheese and bacon. Sprinkling chili oil, made from island chili peppers, on top of the pizza will make it even more satisfying!

Tataki soup

Food used ▶ Blue mackerel, scad laver

Available: Year-round

¥250

Tataki, or minced and seasoned blue mackerel scad is a popular local dish on Niijima. Many restaurants serve their own versions of *Tatakiage*, or deep fried *Tataki*, but *Tataki* soup is found almost nowhere else. Enjoy the soft texture of the *Tataki* with the rich *Umami* (or savory) flavor of seafood.





Guest House Hidabun

<http://hidabun.com>

Address: 9 Shikinejima, Niijima-mura

Open all year round

ACCESS MAP



04992-7-0072



A convenient guest house, located just a short walk from Ishijirogawa Beach. Guests can choose from private rooms (Japanese-style or Western-style) or safe and reasonably-priced dormitories that are perfect for long-term stays. Meals are optional, and in addition to the dishes listed, set meals that use island ingredients are also available.

Niijima
Shikinejima

Seasonal sashimi (reservation required)

Food used ▶ Seasonal fish

Available: Year-round

From ¥2,000

This sashimi assortment is made using only seasonal fish, including such items as *Takabe* (yellow-striped butterflyfish) and *Ise-ebi* (Japanese spiny lobster). *Ikizukuri* (sashimi prepared while the fish is still alive) or *Akaika* (red flying squid) and *Tobiuo* (flying fish) sashimi.



Sautéed summer vegetables

Food used ▶ Tomato, eggplant, paprika

Available: July to September

From ¥600

Home grown summer vegetables such as tomatoes, eggplant, and paprikas are sautéed with olive oil and bacon.



Milk Kanten (agar jelly)

Food used ▶ *Tengusa* algae agar

Available: Year-round

From ¥300

Milk Kanten jelly is made with *Tengusa*, a type of seaweed that is collected on Shikinejima and that is rich in dietary fiber. *Anmitsu* and *tokoroten* jelly are also available. May also be used as a dessert to accompany meals.





Family Store Miyatora

<https://www.miyatora.com/>

Address: 283-2 Shikinejima, Niiijima-mura

Opening hours: 8:00-19:00 (open until 20:00 in summertime)

Closed: Sundays(open every day during summer and long holidays)

☎04992-7-0304

ACCESS MAP



This shop offers *Bento* boxed lunches available only here featuring ingredients from Niiijima and Shikinejima.

Their motto is to accommodate the needs of their customers as much as possible, and they're popular for the variety of the *Bentos* and other ready made meals on the menu. They accept credit cards, QR payment, and electronic money payments.



Tataki Maru

Food used ▶ *Ashitaba, kusaya*

Available: Year-round

¥250

Tataki is a dish local to Shikinejima. It consists of minced fish with seasonings kneaded in, and this shop features its own original blend.

Ashitaba Tsukudani (*Ashitaba* leaves boiled in soy sauce), *Kusaya* (fermented dried fish), and ham and cheese are variously wrapped in rice and then wrapped in *Tataki* and fried in this island's famous recipe.



Island Laver Bento

Food used ▶ *Ashitaba*

Available: Year-round

¥650

The store's most popular *bento*, with Shikinejima-produced *ashitaba tempura* and homemade fried local dishes. The laver layered on top of the rice brings out an island feeling.

Akaika Yakisoba (fried noodles with local squid)

Food used ▶ *Akaika (local squid)*

Available: Year-round (Reservation required off season)
(Orders closed when the supply of *Akaika*, local squid runs out)

¥650

Akaika Yakisoba (fried noodles with red flying squid) is a local dish popular with gourmands that is true to the Niiijima and Shikinejima brand.

The special extra thick noodles and special sauce, with the restaurant's own secret ingredient, is fried together with *Akaika* caught fresh by the fishermen of Shikinejima.



Shikinejima

Ikemura Shoten

<http://shikinejima.net/ikemura/>

Address: 348-1 Shikinejima, Niijima-mura

Opening hours: 7:30 - 19:00 (7:30 - 21:00 in summer)

Closed: No fixed days (Open during consecutive holidays and in summer)

☎04992-7-0016

ACCESS MAP



Popular items include *bento* lunchboxes, deli items, and various types of fresh-baked and fried breads, all made from island ingredients such as home-grown vegetables and fresh fish caught by the owner. Delivery to various locations on the island is also available for reservations of ¥1,500 or more. Please feel free to inquire. Also sold are beverages, island *shochu* liquor, and groceries.



Shikine bento

Food used ▶ Blue mackerel scad, flying fish, *ashitaba*, green chili

Available: Year-round

¥750

A bento with not only the regular rice with laver on top but also the *ashitaba* rice with island chili as a secret ingredient.



Laver bento

Food used ▶ Blue mackerel scad, flying fish, *ashitaba*

Available: Year-round

¥620

A bento with deep-fried *tataki* fish and *ashitaba tempura* on rice covered with the laver.



Tataki fish burger

Food used ▶ Blue mackerel scad, flying fish, *ashitaba*

Available: Year-round

¥250

Homemade deep-fried *tataki* (finely-chopped and seasoned fish) made from fresh island fish and *ashitaba*, which is stewed in a special sauce and sandwiched in between fluffy buns.



Ashitaba fried bread

Food used ▶ *Ashitaba*

Available: Year-round

¥180

A popular bread menu with freshly baked hot-dog buns that are then fried and dressed with *ashitaba* powder every morning.



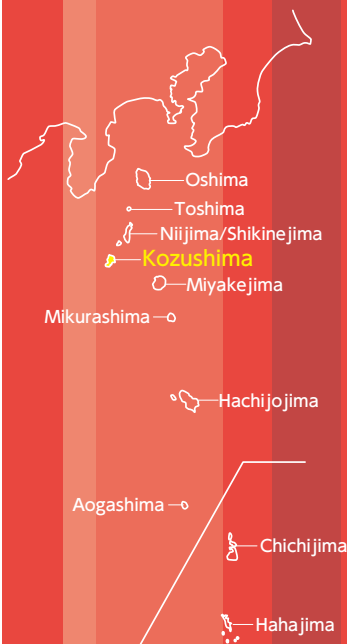
Kozushima

An island where gods
gathered together.

With clear spring water and flowers
blooming in the mountains,
it is an island with unchanged scenery.

Kozushima is an island located about 180 km away from the central Tokyo, between Niijima and Miyakejima. Mt. Tenjo, which is a symbol of the island, rises in the center of the island. At the summit of the mountain, which has a popular hiking course, you can look over the Pacific Ocean and also enjoy the unusual scenery of stretched desert. There are plenty of attractions such as swimming beach with white sand and small bay and facility with big open-air bath. You may not have enough time to visit all the places!

Access



**Takeshiba
Passenger
Ship
Terminal**
(Tokai Kisen)

High-speed jet ferry [3hour40minutes]

Large passenger ship [12hours]

**Chofu
Airport**
(New Central
Airservice)

Airplane [40minutes]

Kozushima

(Contact) Tokai Kisen Customer Center: 03-5472-9999
New Central Airservice: 0422-31-4191

Map



Kozushima

Main events

January 2	First Ride of the Year
April 15	Nagahama Festival
Early April	Kozu Ebine Exhibition
August 1 - 2	Monoiminanomikoto Shrine Festival
August 1	Kozushima Drum Festival
Early August	Nagisa Fireworks Festival
Mid-August	Bon Festival Dance
November 23	Commerce and Industry Festival

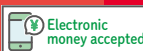
Tourist information

Kozushima Tourism Association

URL <https://kozushima.com>

TEL 04992-8-0321





Hyuga brewery

<https://ja-jp.facebook.com/Hyuga-brewery-1626260377681468>

Address: 142-2 Kozushima-mura

Opening hours: 18:00 - 22:30 (Last order: Food 21:30 / Drink 22:00)

Closed: Not fixed

ACCESS MAP



☎04992-7-5335



Hyuga Brewery is the first and only brewery on the Izu Islands, where you can enjoy an abundant selection of island shochu liquors and original cocktails, as well as several local beers inspired by Kozushima.

Please ask us about our party plan and surprise parties, etc.

Ashitaba pizza

Food used ▶ Ashitaba

Available: November to July

¥1,100

Using plenty of the Izu Islands' specialty *ashitaba* this pizza with homemade crust is one of our popular menu items. Limited availability depending on the season.



Ashitaba ale beer

Food used ▶ Ashitaba

Available: Year-round

From ¥770

Brewed with clear spring water, this beer features a comforting finish with moderate bitterness and a gentle aroma of *ashitaba*.



Baguette with salted squid guts

Food used ▶ Salted *akaika* (local squid) guts

Available: Year-round

¥500

Kozushima's famous salted squid guts prepared in a western style to go well with beer.





Yamacho

Address: 347 Kozushima-mura

Opening hours: 17:30 - 22:30 (LO 21:30)

Closed: Sundays

☎ 04992-8-0331 (~ 15:30) / 04992-8-0332 (15:30 ~)

ACCESS MAP



A popular *izakaya* where locals gather every night. Also brokers fresh fish, and as such always has delicious, seasonal fish that were carefully selected by connoisseurs, so come and enjoy Kozushima's unique and seasonal fish. *Sushi* is also served every Wednesday. Orders for fresh fish are accepted either by telephone or fax, so feel free to inquire. (Fax No.: 04992-8-1358)



Sashimi (Assorted)

Food used ▶ Local fish, *akaika* (local squid)

Available: Year-round

From ¥1,000

Sashimi made from seasonal fish caught on the island. A variety of seasonal fish produced in Kozushima are offered, including skipjack tuna, greater amberjack, Japanese bluefish, and *akaika* (local squid). (Photos is of *akaika*)

3 Sashimi Assortment

Food used ▶ Local fish

Available: Year-round

¥1,500

This *sashimi* assortment of seasonal fish caught on the island lets you taste and compare some of the seasonal fish produced in Kozushima, including skipjack tuna, greater amberjack, Japanese bluefish. (Photo shows 4 *sashimi* assortment)



Kozushima Iwa Laver

Food used ▶ Iwa laver

Available: Year-round

¥500

Grilled *iwa laver* from Kozushima, toasted until it becomes crispy and crunchy, so that you can enjoy the texture and the scent of the shore. *Iwa laver onigiri* rice balls, with generous amounts of *iwa laver*, are also recommended. (¥600/per each)



Sawaya Cordon Bleu

ACCESS MAP



Address: 676 Kozushima-mura

Opening hours: Lunch 12:00 - 14:00, Dinner 18:00 - 20:00

Closed: Tuesdays (with irregular holidays)

☎090-3992-5241



Having managed a French restaurant in Kyoto for 28 years, the restaurant moved to Kozushima in September 2016. They study every day to make the most of island ingredients and to serve more delicious dishes. The building is used to be a Japanese-style inn. Enjoy cuisine with plenty choice of wine and whiskey. Can't miss the house roasted coffee!!

Lunch set

Food used ▶ Local fish, local vegetables

Available: Year-round

Chicken ¥2,500

Fish or pork ¥2,500

Japanese beef ¥3,000

A lunch with salad, soup, main dish, and after-meal drink. They use plenty of fish and vegetables from the island (salad, soup, etc.).

Just a sample image ▶



Dinner set

Food used ▶ Local fish, local vegetables

Available: Year-round

Pork ¥4,000

Japanese beef ¥4,500

A dinner with hors d'oeuvres, soup, salad, fish dish, main dish, dessert, and after-dinner drink. The taste of the island is offered in various ways, including smoked island fish and salad of locally produced vegetables.

◀ Just a sample image



Miyako Zushi

Address: 913 Kozushima-mura

Opening hours: 11:30-13:30 (Last order)/18:00-20:00 (Last order)

*By reservation only (call by 18:00 the day before) Closed: No fixed days **☎04992-8-0602**



Seasonal fish caught fresh are served at this sushi restaurant. They also serve various dishes prepared using local ingredients such as *Ashitaba*, local *Nori* seaweed, and *Arani* using local fish (a dish made by boiling the head or other bony parts of a fresh fish in soy sauce).

※Reservations are required. Please call by 18:00 on the day before.

Shima sushi

Food used ▶ Local fish

Available: Year-round

¥3,000

The sushi here is known for using large, thick slices of fish (*sushi-neta*) that melt in your mouth. They use fish caught in waters around the island for their *Nigiri sushi*. Guests who have reserved by the previous day for daytime visits will be provided a discount of ¥500. Guests for evening courses with such reservations will get charge-free service of our home-made sake (*ashitaba* sake, *biwa* (loquat) sake, etc.) and *ara-ni* (simmered fish).



Local fish bowl

Food used ▶ Local fish

Available: Year-round

¥3,000

This dish is a bowl of rice topped with fresh fish caught in the waters around the island and sprinkled with local *Nori* seaweed. Guests who have reserved by the previous day for daytime visits will be provided a discount of ¥500. Guests for evening courses with such reservations will get charge-free service of our home-made sake (*ashitaba* sake, *biwa* (loquat) sake, etc.) and *ara-ni* (simmered fish).



Restaurant Sabusaki

ACCESS MAP



Address: 1-1 Sabisaki, Kozushima-mura, inside Kozushima Hot Spring Recreation Center
(no admission fee for those who have meals only)

Opening hours: Lunch 11:30 - 14:00, Dinner 16:30 - 21:00
(It varies according to the season)

Closed: Wednesdays (no holidays in summer and in May)

☎04992-8-1211



Fish caught on that day is served. Since the menu and ingredients change according to the season, please ask the menu to the waiter when visiting.

Others are also menus unique to the island, such as ice cream with locally-produced *ashitaba* and passion fruit.

Kaisen-don

Food used ▶ Seasonal local fish

Available: Year-round

¥1,800

A bowl of delicious vinegared *sushi* rice topped with fresh *sashimi* just caught and sliced and local laver, which can only be tasted in the island.

Soy-marinated-style "zuke-don" is also popular!



Ashitaba croquette

Food used ▶ *Ashitaba*, Potatoes

Available: Year-round

¥680

Homemade croquettes with a strong *ashitaba* flavor.



Island ten-don

Food used ▶ Seasonal local fish, seasonal vegetables

Available: Year-round

¥1,300

A hearty plate with 4 kinds of vegetables (*ashitaba*, etc.) *tempura* and 2 kinds of fish (splendid alfonso, etc.) *tempura*, all from the island.





oyado & cafe **Nora**

Address: 44-1 Chichibuyama, Kozushima

Opening hours: 9:00 - 21:00 (Reception)

(Reservation required for after 17:00) Closed: No fixed days

☎090-4599-6216



A small inn and cafe with a Nora-style original menu focusing on local fish and home-grown vegetables. The Miura Bay Scenic Lookout gives a great vantage point to see nearby Mt. Chichibu, the Matsuyama Promenade, Miyakejima, and Mikurashima, and is highly recommended for those who enjoy stargazing, mountain climbing, or walking. A 10% discount on the cafe's menu is given to guests staying overnight. A 2 minute walk from the Akabane Pass bus stop.

Breakfast

Food used ▶ Local fish, local vegetables

Available: Year-round

Included in the lodging charges

Enjoy with handmade dried fish.



Dinner

Food used ▶ Local fish, local vegetables

Available: Year-round

Included in the lodging charges

Enjoy home-cooked dishes using local fish and seasonal vegetables.



Lunch

(The daily recommended soup-curry and nan)

Food used ▶ Local fish, local vegetables

Available: Year-round

¥1,100

Starting with the daily recommendation (daily lunch), there are a variety of popular items available on the regular menu, including zuke-don marinade bowl, ashitaba pizza, roasted iwa laver and rice, drinks with originals syrups made from island fruits, shaved ice, and liquor-sours.



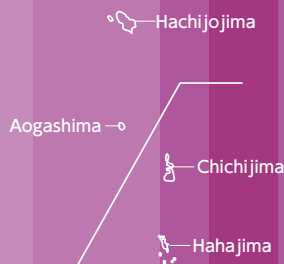
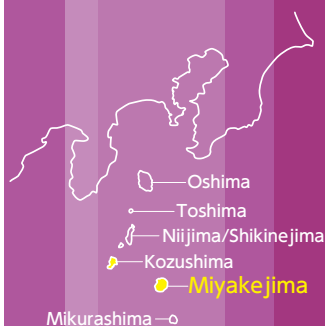


Miyakejima

Coexistence of the volcano and lives.
Force of eruption and regeneration.
Experience the power of the earth.

Miyakejima is an island located about 180 km from the central Tokyo. Mt. Oyama rises in the center of the island, and you can feel the great power of nature in the landscape formed by repeated eruptions. Visit and see the wild birds such as akacocco (Izu thrush), which is designated as a natural monument, around the island.

Feel the coexistence of the volcano and lives, and the dynamic power of Miyakejima that repeats eruption and regeneration as well.



Access

**Takeshiba
Passenger
Ship
Terminal**
(Tokai Kisen)

Large passenger ship [6hour30minutes]

**Chofu
Airport**
(New Central
Airservice)

Airplane [50minutes]

Oshima
(Toho Air Service)

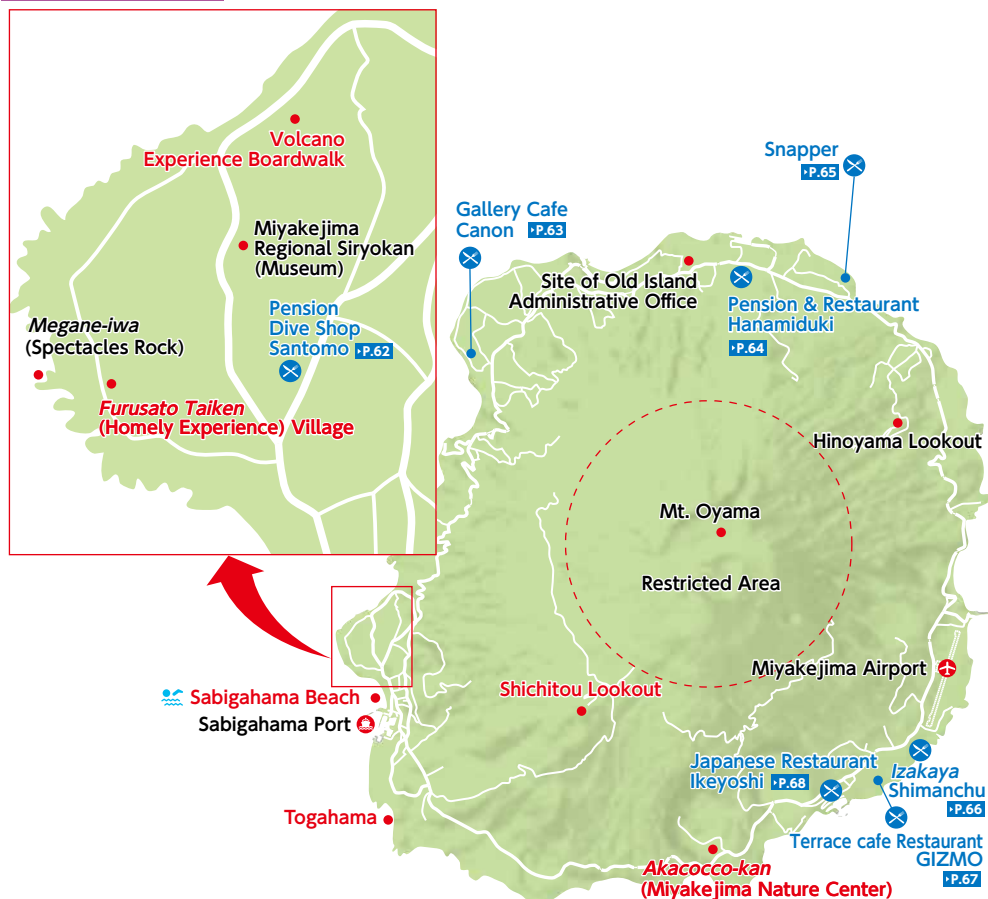
Helicopter [20minutes]

Miyakejima

(Contact)

Tokai Kisen Customer Center: 03-5472-9999
New Central Airservice: 0422-31-4191
Toho Air Service Hachijojima Office: 04996-2-5200

Map



Miyakejima

Main events

January 2	Ship Festival
July 3rd Sunday	Gozutenno Festival
Late July - early August	Marineshole 21 Festival
Early August (every other year)	Toga Shrine Festival
Late August to the end of October (planned)	Miyakejima Photo Contest
Late November (planned)	Miyakejima Industry Festival

Tourist information

Miyakejima Tourism Association

URL <https://www.miyakejima.gr.jp> TEL 04994-5-1144





Pension Dive Shop

Santomo

ACCESS MAP



<http://santomo15.com>

Address: 575 Ako, Miyake-mura, Miyakejima Inquiry hours: 9:00-20:00

Closed: No fixed days

☎04994-5-0532



Pension Dive Shop Santomo focuses on local production and local consumption in preparing their menu featuring a mix of East and West based on traditional local island cuisine. They use the optimal cooking methods for each fresh seasonal ingredient with a priority on fresh local produce from Miyake-jima.

The relaxing inn, or "pension" in Japan, is surrounded by seasonal flowers.



Kinmedai (splendid alfonsino) dishes

Food used ▶ Splendid alfonsino

Available: Year-round

Included in the lodging charges

The pension offers a variety of dishes using Kinmedai, one of the key foods of Miyake-jima. Enjoy the soft and crumbly meat of the fish.

Fresh spring roll with Ashitaba

Food used ▶ Ashitaba

Available: Year-round

Included in the lodging charges

This fresh spring roll contains vegetables such as Ashitaba. Enjoy it with a slightly sour sauce.



Kame-no-te miso soup

Food used ▶ Kame-no-te

Available: Year-round

Included in the lodging charges

Kame-no-te, or hand of the turtle, a type of local shellfish that attaches itself to seaside rocks, is so named because it looks similar to the foot of a turtle. Including it in the miso soup results in a delicious broth.

Miyakejima

Gallery Cafe **Canon**<http://natu07miyake.blog28.fc2.com>

Address: 36 Izu, Miyake-mura, Miyakejima

Opening hours: Wed, Thu, Fri & Sat 11:30 - 16:00

Closed: Sundays, Mondays, Tuesdays

ACCESS MAP



☎04994-2-1239



"A cafe that gives feeling of the wind and light of Miyakejima."

Why don't you spend a relaxing time while having lunch and desserts that make the most use of ingredients from Miyakejima with distinctive coffee in the cafe, which is surrounded by greenery with a fine view of the ocean.

The shop also has the function as the gallery that displays the paintings expressing the scenery of the island.

Freshly made soufflé pancakes
Seasonal fruit sauce

Food used ▶ Passion fruit, mangoes, kiwi fruit

Available: Year-round

¥750-1,000

The pancakes are only cooked after you order, ensuring you are served fluffy hot pancakes topped with rich homemade custard and seasonal fruit, and the homemade fruit sauce of your choice.

These pancakes earn a perfect score for volume and enjoyability.

**Daily Lunch Plate Set**Food used ▶ Local fish, vegetables (*ashitaba*, tomatoes, baby leaf greens, etc.)

Available: Year-round

¥1,000

A one-plate meal of small dishes made using seasonal vegetables from Miyakejima. Customers can choose from bread with *ashitaba* kneaded into the dough, or 15-grain rice with *ashitaba* mixed in. Is served as a set with a drink.

**Passion fruit cheesecake set**

Food used ▶ Passion fruit

Available: Year-round

¥450

Passion fruits, including seeds, are mixed with cream cheese and baked to make this rich cheesecake. Also use passion fruit as topping sauce and served with drink.

**Canon's special anmitsu with tokoroten jelly**Food used ▶ *Tengusa* seaweed, *ashitaba*

Available: Summer

¥600

A bowl of sweets with *tokoroten* jelly made from high-quality *tengusa* seaweed, which was caught in Miyakejima and carefully dried in the sun. People love the firm jelly noodles because they taste so good on the way down. Enjoy the *ashitaba* ice cream, fruits, and sweet red bean paste as toppings.

**Cookie cream puff (Passion fruit cream)**

Food used ▶ Passion fruit

Available: Year-round
(only on Wednesdays
(excluding summer))

From ¥300

A cream puff made from cookie dough with plenty of Canon's special rich milky custard. You can change the type of cream with additional 50 yen, and passion fruit custard is recommended among them.





Pension & Restaurant

<https://hanamidukimyk.com>

Address: 893 Kamitsuki, Miyake-mura, Miyakejima

Opening hours: 12:30-13:30 (Weekdays), 12:00-14:00 (Saturdays)/

19:00-22:00 (Reservations required) Closed: Sundays

ACCESS MAP

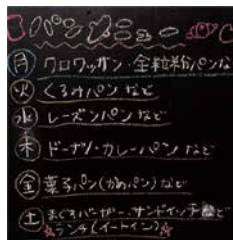


☎04994-8-5676



Additive-free bread is served at our bakery & café managed by a former baker. Bread is for takeout only during weekdays, but on Saturdays you can eat it inside the café.

The second floor is for lodging. We serve seasonal food stuffs locally grown, raised and caught to our lodging guests.



Sea turtle-shaped bread with island lemon flavor (a set of two loaves)

Food used ▶ lemons grown in the island

Available: Summer ¥650

Served only in summer. Modeled after a sea turtle of Miyakejima, our melon bread is popular for being cute.



Ashitaba anpan

Food used ▶ powdered ashitaba

Available: Year-round ¥300

Ashitaba grown in Miyakejima is kneaded into dough to make this anpan. Ashitaba with a light scent and bean paste with sophisticated taste are wonderful companions.

Miyakejima

Snapper

<http://www.snapper-d.com/>

Address: 1172 Kamitsuki, Miyake-mura, Miyakejima

Opening hours: 7:00 - 21:00 Closed: No fixed days

☎04994-2-1433

ACCESS MAP



While managing accommodation facilities and diving facilities, they launched the "Mackerel Sandwich Club" to utilize blue mackerel from Miyakejima and promote mackerel sandwich as a Miyakejima's specialty. They also serve menus that use ingredients from the island as much as possible in the dinner for those who stay in the lodge.

Mackerel sandwich

Food used ▶ Blue mackerel, vegetables

Available: Year-round

¥600

We are particular about using southern mackerel from Miyakejima. It was highly valued when presented at Shima Jiman 2014 (Marvelous Foods in the Islands of Tokyo Festival 2014), Fuji Rock Festival'16, etc.

Regarding reservation, we request you to make one for at least two of them by 17:00 of the previous day of your visit.



Ashitaba mixed tempura

Food used ▶ Ashitaba, local fish such as greater amberjack

Available: Year-round

Included in lodging charges

A large mixed tempura that uses ashitaba and fish caught at Miyakejima comes No.1 dish of Snapper's.

Ashitaba namul

Food used ▶ Ashitaba

Available: Year-round

Included in lodging charges

Namul type dish made from ashitaba and carrots with sesame oil and seasoning.

A plain dish that brings out the deliciousness of ashitaba.





Izakaya Shimanchu

ACCESS MAP



Address: 1410 Tsubota, Miyake-mura, Miyakejima
Opening hours: 18:00-22:00 Closed: Sundays

☎04994-6-1400



You can enjoy seasonal fish and vegetables from Miyakejima. Please enjoy cuisines lavishly using island ingredients together with alcoholic beverages.



Kaisen-don

Food used ▶ Local fish, eggs, seaweed

Available: Year-round

¥1,700

Seasonable fish are served.



Ashitaba salad

Food used ▶ Ashitaba

Available: Year-round

¥500

Ashitaba becomes palatable in salad.



Terrace cafe Restaurant **GIZMO**



Address: 2891 Tsubota, Miyake-mura, Miyakejima

Opening hours: 12:00 to 14:00 for lunch (On Saturdays, Sundays and holidays, only take-out lunch.) / 18:00 to 21:30 (21:00 for LO) (Reservations accepted only for dinner courses.) Closed: No fixed days

04994-8-5853



Please hear the music of waves of the ocean in front of you and that of birds in woods behind you. You can enjoy comfortable space at our café, drinking tea on lawns and dining on the terrace.

GIZUMO sandwich (with potatoes)

Food used ▶ Local vegetables

Available: Year-round **¥1,000**

Sandwich full of vegetables from Miyakejima



Carpaccio of fish from Miyakejima

Food used ▶ Local fish, local vegetables

Available: Year-round **¥1,500**

Our carpaccio uses seasonal fish and vegetables from Miyakejima. (Tuna is used in the carpaccio of this photo.)



Saute of fish from Miyakejima

Food used ▶ Local fish, local vegetables

Available: Year-round **¥1,200**

Saute of fish and vegetables from Miyakejima. (Aka-hata (blacktip grouper) is used in the saute of this photo.)





Japanese Restaurant Ikeyoshi

ACCESS MAP



Address: 3069 Tsubota, Miyake-mura, Miyakejima

Opening hours: 11:00 - 21:00 (Advance reservation required)

Closed: Not fixed days

☎04994-8-5743/04994-6-0118



Located 2 min. walk down hill from the Miyake Cultural Center next to the bouldering facility. In addition to the seats at tables and at the bar, they have a Japanese-style *tatami* room which can be used for occasions such as a private party. A must-visit restaurant for those who want to eat fresh fish.

The type of fish to be served will vary depending on the condition of the day's takings.

Nigiri sushi

Food used ▶

Bonito, *akaika* squid, splendid alfonsino and other seasonal fish

Available: Year-round

¥2,000

Lunch time

(Currently requires an advance reservation)

Takeout: ¥1,400

Eat-in: ¥1,430

They have simmered/grilled fish on the menu, but this hand-formed *sushi* is for you if you are hungry for some raw fish.



Chirashi sushi

Food used ▶

Splendid alfonsino, bonito, *akaika* (local squid) and other seasonal fish

Available: Year-round

¥2,000

Lunch time

(Currently requires an advance reservation)

Takeout: ¥1,400

Eat-in: ¥1,430

A bowl of vinegared *sushi* rice topped with several types of seafood. Comes with a small side dish and *miso* soup.

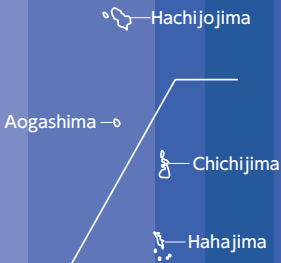
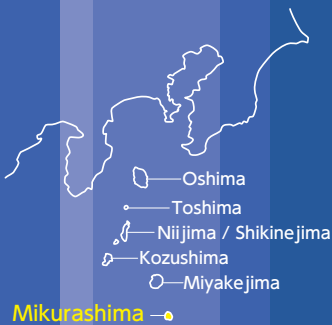


Mikurashima

A small island where sea, mountain and air creatures coexist harmoniously with humans under in spectacular nature.

Mikurashima is a small island located about 200 km off the central Tokyo with an outer circumference of 16 km. The island is surrounded by sea cliffs, and its 480m-height cliff is known as the highest cliff in Japan.

The local community promotes "Mikurashima Ecotourism" to achieve coexistence between nature and humans, which is why visitors must be accompanied by a professional guide in the mountain and the sea with some exceptions. Wildlife seem to like the island as the nature of the island is protected, and maybe that's why tourists have a high probability of encountering dolphins during a dolphin watching tour, which has become a popular tourist activity.



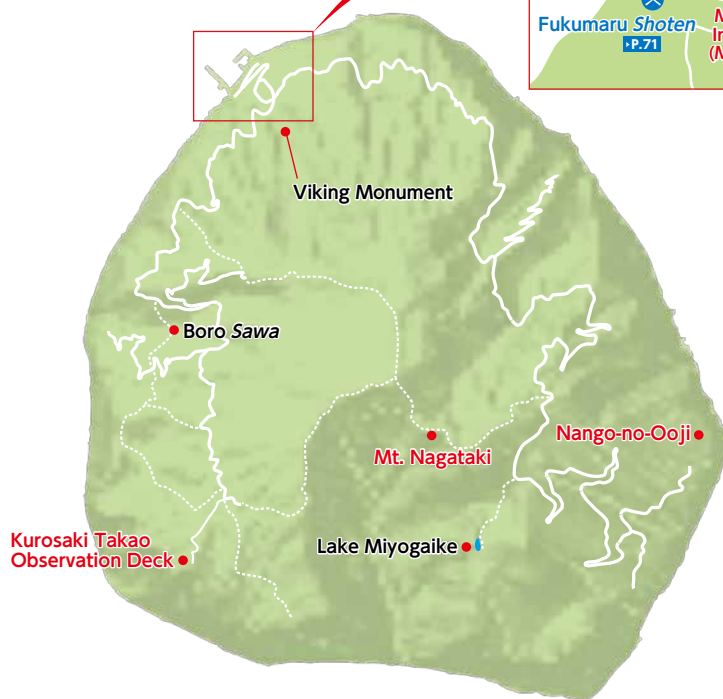
Access

Takeshiba Passenger Ship Terminal (Tokai Kisen)	Large passenger ship [7hours35minutes]	Mikurashima
	Helicopter [30minutes]	
Oshima (Toho Air Service)		
(Contact) Tokai Kisen Customer Center: 03-5472-9999 Toho Air Service Hachijojima Office: 04996-2-5200		

Map

Mikurashima Tourist Information Museum

(Mikurashima Tourist Information Office)



Main events

Late July	Mikurashima Summer Fireworks Festival
Late September to early October	Spiny Lobster Festival

Tourist
information

Mikurashima Tourist Association

URL <http://mikura-isle.com> TEL 04994-8-2022





2 vehicles

Wi-Fi
availableCredit cards
acceptedElectronic
money accepted

Fukumaru Shoten

ACCESS MAP

<http://www.290.tokyo>

Address: 550 Mikurashima-mura

Opening hours: 10:00 - 13:00 (10:00 - 13:00 / 16:00 - 18:00 in summer)

Closed: Wednesdays

☎04994-8-2292



In addition to serving light meals and drinks that use ingredients from Mikurashima (take-out only, reservations possible), they sell original souvenirs such as T-shirts and tote bags.

You can enjoy your meal on the terrace (eat-in corner) from which you can enjoy a superb view overlooking the sea. Time passes differently here than in central Tokyo.

Mikurashima laver lunch box

Food used ▶ Laver,
ashitaba and bitter orange

Available: Year-round

Reservation requested from
our website.

¥900

Please enjoy our traditional "ningami (ashitaba marinated with miso)", "dobuzuke" pickles, cooked eggs carrying the brand of a dolphin face on the surface, all of which go very well with rice sprinkled with natural laver from Mikurashima.

It is moderately accented with spicy flavor of "bitter orange pepper" paste, handed down in the island for generations.



Kabutsu sherbet Ashitaba gelato Sweet and salty milk gelato

Food used ▶ Bitter orange, ashitaba,
sea salt

Available:
Year-round

Single: ¥420

Double: ¥500

All the island ingredients are hand-made by the restaurant owner chef, from pressed juice of "kabutsu (super sour orange of Mikurashima)" to dry powder of ashitaba without unusual flavor and mineral abundant sea salt. These sweets are very popular among those who have just enjoyed swimming with dolphins!

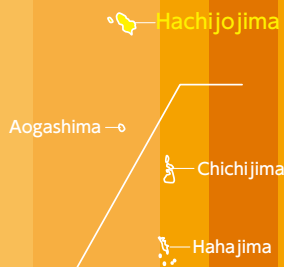
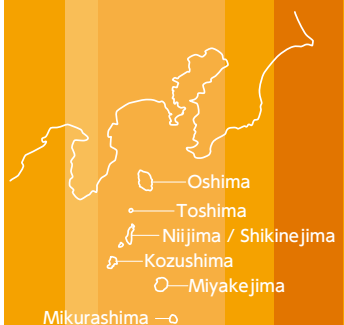


Hachijojima

Hachijojima is located in the southern part of the Izu Islands. Take time to explore the island's unique culture and history.

Hachijojima is located in the southern part of the Izu Islands, about 290 km off central Tokyo. Subtropical palms, ferns, and hibiscus are thriving across the island.

You can experience the island's culture and history through the sight of *Tama-Ishigaki* - round-stone walls which are said to have been built by exiled convicts - and through the textile weaving experience of *kihachijo* (silk fabric) which is one of the traditional crafts of the island. After enjoying marine leisure, trekking and other activities, you can relax and refresh your mind and body in a hot spring or a foot spa with a full view of the vast Pacific Ocean.



Access

**Takeshiba
Passenger
Ship
Terminal**
(Tokai Kisen)

 Large passenger ship [10hours20minutes]

Haneda airport
(ANA)

 Airplane [55minutes]

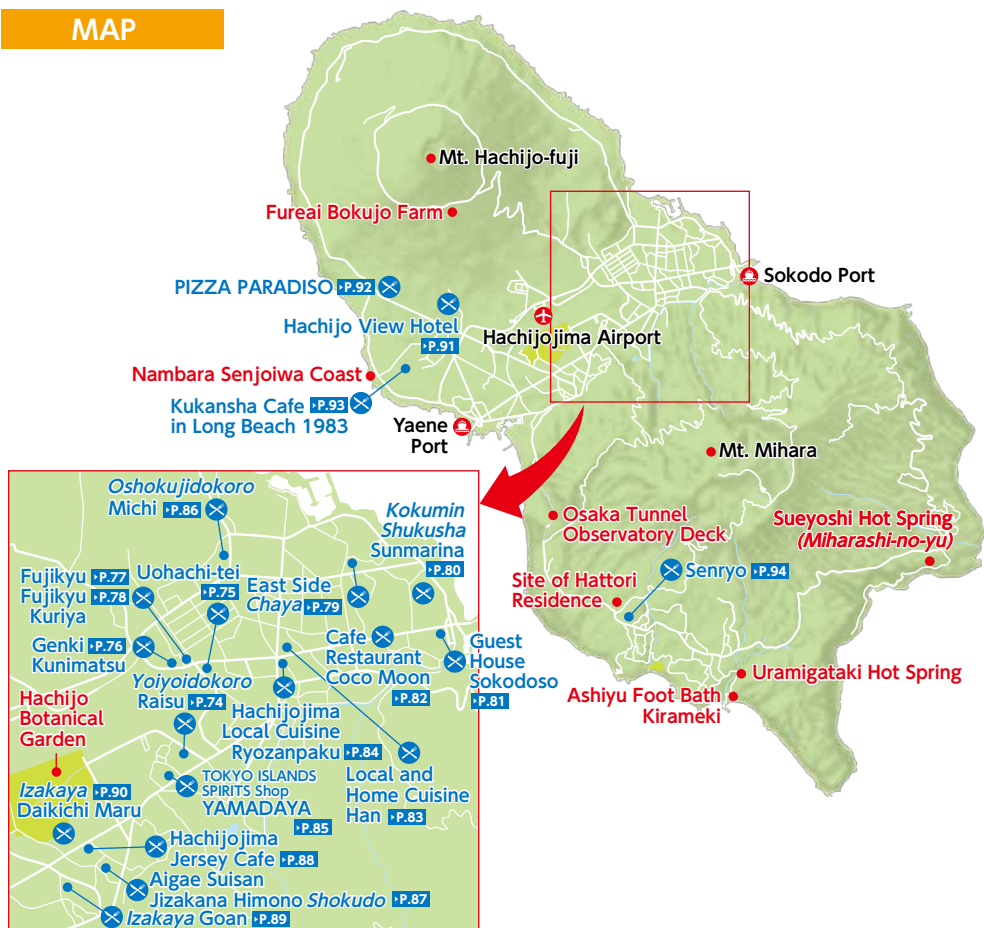
Oshima
(Toho Air Service)

 Helicopter [1hour5minutes]

Hachijojima

(Contact) Tokai Kisen Customer Center: 03-5472-9999
ANA Domestic Reservation/Information Center: 0570-029-222
Toho Air Service Hachijojima Office: 04996-2-5200

MAP



Main events

January	Hachiojima Public Road Race
Late March - Early April	Hachiojima Freesia Festival
Late July	Hachiojima Summer Festival
July to August	Moonlight Mushroom Gazing Party
August	Hachiojima Beach Festival
	Hachiojima Summer Fireworks Festival
November	24-Hour Challenge Hachioj Daiko

Tourist information

Hachiojima Tourism Association

URL <https://www.hachioj.gr.jp> TEL 04996-2-1377





Yoiyoidokoro Raisu

twitter@plumtree46

Address: 53-2 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 17:00-24:00 Closed: Tuesdays

☎04996-9-5777



Smallish restaurant for 15 guests. Island cuisines and fishermen's meals are well conceived, attracting even islanders, too. Reservations are accepted for cooking fish that you have hooked. We are waiting for your visits.

Assorted sashimi of island fish

Food used ▶ Seasonal island fish (yellowfin tuna, Japanese rubyfish, etc.)

Available: Year-round

From ¥1,200

Please enjoy fresh island fish.



Ashitaba fried rice with green-colored island chili pepper

Food used ▶ Ashitaba, island chili pepper

Available: Year-round

¥900

Secret of deliciousness lies in the flavor of *ashitaba* and hot spiciness of island chili pepper.



Marinated ashitaba

Food used ▶ Ashitaba

Available: Year-round

From ¥500

Try *ashitaba* in boiled, or marinated with sesame sauce, or dressed with *kusaya* mixed with mayonnaise, etc. (as you like it)



Hachijojima

Uohachi-tei

<http://uohachitei.com/>

Address: 198-1 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:00-15:00/17:00-23:00 Closed: No fixed days

☎04996-2-2807

ACCESS MAP



Uohachi-tei's menu offers fresh local fish while they are still dazzlingly fresh and has a wide variety of dishes, from *yakitori* to dishes that incorporate seafood from Hachijojima, and also has a large selection of island *shochu*.



Homemade dried-salted local fish

Food used ▶ Largescale blackfish

Available: Year-round

From ¥700

A popular staple menu with largescale blackfish, surf casters' favorite fish, salted and dried.



Fried mahi-mahi

Food used ▶ Mahi-mahi

Available: June to September

¥800

A hearty dish with thick-sliced and fried mahi-mahi caught at Hachijojima. It is a seasonal limited menu served from early summer to high summer.



Assorted sashimi of 5 kinds of local fish

Food used ▶ Seasonal local fish

Available: Year-round

From ¥2,500

A plate of seasonal local fish beautifully served. Luxurious assortment of *sashimi*. Enjoy the taste of the season that the island can offer.

Hachiojima

Genki Kunimatsu

ACCESS MAP



Address: 202-7 Mitsune, Hachijo-machi, Hachiojima
Opening hours: 17:00 - 0:00 Closed: Wednesdays

☎04996-2-3110



Built in an old private residence that has been renovated, there is a sunken hearth in the center of the store, and customers can enjoy the cozy atmosphere with their meal while grilling fish and vegetables, procured that day. Genki Kunimatsu is also very popular with anglers, as you can bring in the fish you catch and have them cooked.

Fried Ashitaba and Shitadami Kakiage

Food used ▶ Ashitaba, shitadami sea snails, sweet potatoes, shiitake mushrooms

Available: Year-round

¥600

Shitadami are small sea snails that have been used as an ingredient in Hachiojima since ancient times, and which have a unique texture and taste. They are particularly popular when combined with ashitaba and sweet potatoes into fried kakiage. (May not be available due to lack of stock)



Assortment of Island Fish Sashimi

Food used ▶ Seasonal local fish

Available: Year-round

From ¥1,500

Seasonal fish that were caught in the nearby seas and prepared to showcase their freshness, allowing customers to enjoy the color, texture, and taste that freshness brings. The original ashitaba, passion fruit beer, and shochu drinks make for a nice accompaniment.



Vegetable Salad

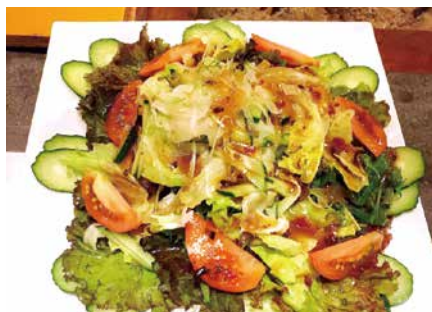
Food used ▶ Organically grown seasonal vegetables

Available: Year-round

¥450

Every morning we harvest seasonal vegetables in our farm around our restaurant. Hachiojima's pesticide-free salad we serve is super fresh.

(For your reference) We serve ashitaba in a variety of cuisine such as tempura, marinade with sesame.



Hachijojima Fujikyū

Address: 207-3 Mitsune, Hachijo-machi, Hachijojima
Opening hours: 8:00 - 19:00 Closed: No fixed days

☎ 04996-2-3047



A single-storied inn located close to the Hachijojima Airport.

They constantly improve menus and make dishes easier to eat by preparing *ashitaba*, seasonal vegetables and fish in a contemporary style.

The building looks a little ancient, but once inside, the friendly staff will greet you with hospitality.

Dinner at *minshuku* (inn)

Food used ▶ *Ashitaba*, seasonal local fish, etc.

Available: Year-round

Included in lodging charges

They plan a meal based on cuisine from the island with seasonal ingredients.

For those staying for more than one night, they will change the menu for every meal with different ingredients and recipes.





Hachijojima

Fujikyū Kuriya

Address: 207-3 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:00 - 14:00 (13:30 LO)

Reservation required for evening courses. Closed: Sundays

☎04996-2-3047



This store, in the style of a traditional private residence, which gives the image of visiting an island home.

Quiet jazz also plays within the store.

Chef's choice

Food used ▶ Splendid alfonsino, greater amberjack, *ashitaba*, vegetables, etc.

Available: Year-round

¥2,000

Seasonally changing ingredients have been incorporated and artfully arranged to create this easy-to-eat dish that lets customers enjoy simple island tastes.



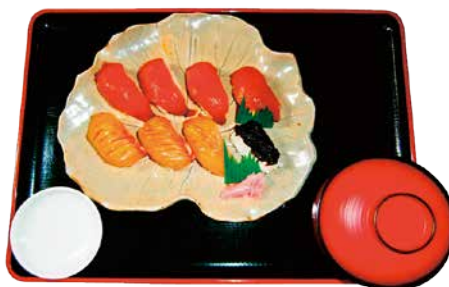
Shima-zushi

Food used ▶ Blue fusilier, Japanese butterfish, long-tailed red snapper, etc.

Available: Year-round

¥1,800

The slices of fish (*sushi-neta*) for *shima-zushi* vary depending on the season and sea conditions, but the *shima-zushi* with mustard marinade is always delicious island cuisine.



Dipping *ashitaba* noodles

Food used ▶ *Ashitaba*, salt

Available: Year-round

¥1,800

This *tempura*, made from young *ashitaba* and island vegetables, is delicious when pair with *ashitaba* salt.



Hachiojima

East Side Chaya

ACCESS MAP


<https://eastsidechaya.com/> Instagram: eastsidechaya

Address: 892-2 Mitsune, Hachijo-machi, Hachiojima

Opening hours: 17:30 - 24:00 (LO 23:00) Closed: Tuesdays

☎04996-2-4758



With a large, 120-inch TV in the spacious-feeling store, customers can enjoy watching sports games and feel like they're right next to the action. Seasonal dishes and drinks made with home-grown vegetables and island ingredients are also available. On our terrace, we have established tables for guests accompanied by pet dog (s). (Dogs can dine only at the terrace tables.)

Ashitaba, Mozzarella, and Ham Pizza

Food used ▶ Ashitaba

Available: Year-round

¥1,400

Baked pizza using homemade dough and a Genovese-style *ashitaba* sauce.



Ashitaba and Ham Roll

Food used ▶ Ashitaba

Available: Year-round

¥750

The bitterness of the *ashitaba* and the salty taste of the ham make for an exquisite pairing.



Miso-Grilled Rice Balls with Island Chili Peppers

Food used ▶ Island chili peppers

Available: Year-round (2 pieces) ¥600

Spicy miso rice balls with fragrant island chili peppers that are slow-grilled to perfection.





Kokumin Shukusha Sunmarina

<http://sunmarina8.com>

Address: 1291-9 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 24 hours (Telephone reservation: 8:00 - 20:00) Closed: No fixed days

☎ 04996-2-3010



Sunmarina is an accommodation facility by the sea where you can enjoy creative local foods, activities, and digital work while being surrounded by natural beauty.

Sunmarina Dinner

Food used ▶ Seasonal local fish, blue amberstripe scad menchi, island vegetables

Available: Year-round

Included in accommodation fees

Have a creative dinner made with local foods, enjoying the *shima-zushi* that is Sunmarina's pride, hand-made quiche, and delicious seasonal dishes!!



List



Quiche



Shima-zushi



Japanese plate



Western plate

Sunmarina Breakfast

Food used ▶ Umikaze shiitake mushrooms and island vegetables

Available: Year-round

Included in accommodation fees

Have a delicious breakfast while gently waking up amidst comforting nature!! (Please note that you cannot choose between Western or Japanese food)



Coffee



Bread

Hachijojima

Guest House Sokodoso

ACCESS MAP


<https://www.sokodo-so.com/>

Address: 1307 Mitsune, Hachijo-machi, Hachijojima

Reception hours: 8:00 - 20:00 Open all year round

☎04996-2-0092



The best location in Hachijojima! A 2 min. walk from Sokodo Port, the gateway to the sea, this is a great location for ocean leisure and sightseeing. Business plans and overnight trips for students are also available. The dinner menu features dishes that make use of plenty of island ingredients, and in the courtyard, Guest House Sokodoso's pride, customers can enjoy BBQ while taking in the sea, starry sky, and banyan trees. A banquet course is available via advance reservation, and English is available as well. Come, use Guest House Sokodoso, and create wonderful travel memories.

Finely Sliced Hachijojima Bonito

Food used ▶ Bonito, seasonal local fish

Available: Year-round

Cooking fee: From ¥500

Caught fish are prepared in a variety of ways, including *sashimi*, salt-grilling, and simmering, and customers can add dishes with fresh fish, a feature unique to Guest House Sokodoso and its close proximity to the port. The seafood that guests pick can also be arrayed on their table!!



Spring Banquet Course

Food used ▶ Homegrown vegetables, seasonal local fish, bonito

Available: Year-round

Please inquire

A variety of banquet courses are on offer so that guests can spend a pleasant time with dishes made from fresh, seasonal ingredients.



Dinner Featuring Plentiful Hachijojima Ingredients

Food used ▶ Splendid alfonso, Japanese butterfish, tuna, bigeye scad, amberstripe scad, flying fish, *ashitaba*, island okra, iwa laver, passion fruit (summer only)

Available: Year-round

Included in the lodging charges

In addition to *shima-zushi* and *sashimi* made with fish directly sourced from the port and delicious Hachijo local dishes such as *tempura* made with organic, home-grown vegetables, guests can also enjoy the tastes of the island with Guest House Sokodoso's own original and creative menu.



Hachijojima

Cafe Restaurant **Coco Moon**

ACCESS MAP



Address: 1440-2 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11: 30 - 15:00, 18:00 - 22:00 Closed: Thursdays and Fridays

☎04996-2-0269



You can enjoy dishes with various ingredients including food from the island.

Ashitaba menus are the most popular.

Ashitaba soba salad

Food used ▶ *Ashitaba* soba noodles

Available: Year-round

¥990

A salad with soba noodles made with *ashitaba* kneaded into the dough, topped with lots of vegetables. The salad dressing is also the restaurant's original, which gives the dish a distinctive taste.



Ashitaba pasta

Food used ▶ *Ashitaba* powder, shavings of *ashitaba*

Available: Year-round

¥1,540

Rich *ashitaba* pasta dish using pasta dough mixed with *ashitaba* powder, topped with fluffy *ashitaba* shavings.



Local and Home Cuisine Han



Address: 1636-5 Mitsune, Hachijo-machi, Hachiojima

Opening hours: Daytime hours) 11:00-13:00 Closed: Thursdays

*To prevent the spread of infectious diseases, as of the publication date of this booklet, we are open during lunch hours only. The opening hours may vary in the future.

04996-2-7080



They serve both a la carte and set meals using ingredients from the island. They set as reasonable prices as possible, so that everyone from solo customers to families can visit casually. They are looking forward to your visit.

Island Sushi and Zuke-Don Mini Marinated Local Fish Ricebowl Set

Food used ▶ Ashitaba, local fish

Available: Year-round

¥1,200

The "mini size" of the popular zuke-don marinated rice bowl, made even more of a deal by being in a set with the island sushi.



Morning Set Meal

*To prevent the spread of infectious diseases, we are not open in the morning currently. As of the publication date of this booklet, it is not served.

Food used ▶ Japanese butterfish, Spanish mackerel, ashitaba, etc.

Available: Year-round

¥750

Customers can choose their favorite side dish.



Bento with Steamed Shumai Ashitaba Dumplings

Food used ▶ Ashitaba etc.

Available: Year-round

¥800

Ashitaba were added to these homemade steamed shumai dumplings to make the flavor even better. The side dishes use seasonal island ingredients.





Hachiojima
Local Cuisine

Ryozanpaku

ACCESS MAP



<http://www.rzp.jp/>

Address: 1672 Mitsune, Hachio-machi, Hachiojima

Opening hours: 17:30-22:00 (Last order 21:20) Closed: Sundays

☎04996-2-0631



Offering dishes made using ingredients from the island as much as possible, which pair well with island *shochu*.

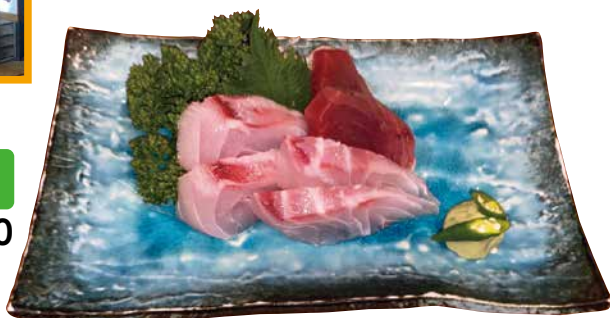
**Shima-zushi* is by reservation only (reservations accepted until 15:00 each day)

Assorted sashimi

Food used ▶ Seasonal fish only from Hachiojima

Available: Year-round **¥1,500**

The menu may not be available depending on the weather, since it only uses ingredients from Hachiojima.



Mozzarella cheese made from Hachio milk and tomato

Food used ▶ mozzarella cheese

Available: Year-round **¥1,400**

This premium mozzarella cheese is made from the rich and delicious milk of Hachio-Jima's own Jersey cows.

Assorted Tempura

Food used ▶ Seasonal island vegetables

Available: Year-round **¥1,300**

Uses island vegetables such as *ashitaba* (November - June), *umikaze shiitake* mushrooms (year round), sweet potatoes (October - April), and island okra (July - October).



Hachijojima

TOKYO ISLANDS SPIRITS Shop

YAMADAYA

<https://8jo-yamadaya.co.jp/>

Address: 1952-1 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 10:00-19:00 Closed: Mondays

ACCESS MAP



☎04996-2-1161



Dine and wine (Islands Spirits) store with a café attached. The Islands Spirits lineup is filled not only with those from Hachijojima but those from Oshima and Ogasawara Islands! We also offer a variety of special alcoholic beverages of natural wine, local beer and Japanese sake fit for the season. You cannot forget the flavor and taste of natural wine once you have tried one in a vast nature of Hachijojima! Islands Spirits is a typical purchase for tourists staying in Hachijojima.

Purple potato Jersey latte

Food used ▶ Hachijo Jersey milk, purple potato

Available: Year-round

¥540

We use sweet purple potatoes that Ashitaba Processing Plant LLC markets as part of the "Fuwa Fuwa Kezuribushi" series and Hachijo Jersey milk. The clear color of purple is a natural color! You can fully enjoy the authentic flavor of warm sweetness of purple potatoes in this latte.



Nokyo Girls lemon sundae

Food used ▶ Hachijo Fruit Lemon marmalade.
Hachijo Fruit Lemon juice

Available: Year-round

¥700

Sweet-and-sour sundae using lemon marmalade and lemon juice hand-made by Nokyo Girls (JA Women's Team) of Hachijojima! The combination of smooth ice cream and freshness of lemons suggests that you are trying non-baked cheesecake!

Island chili pepper kusaya parfait

Food used ▶ Muroaji-kusaya (horse mackerel dried after seasoning in kusaya sauce), island chili pepper

Available: Year-round

¥960

Sweet and salty! Hot! Strong smell! Don't wince at the site of its overwhelming appearance. The more you bite kusaya, the more you enjoy its taste. The thickness of the soft-served ice cream is like cream cheese and it goes very well with kusaya! You can feel a good kick from powdered island chili pepper. Please try a new frontier in the cuisine.





Oshokujidokoro Michi



<http://nttbj.itp.ne.jp/0499621002/smp-index.html>

Address: 4419-11 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 7:00 - 9:30 / 11:00 - 14:00 / 17:00 - 24:00

Closed: Tuesdays

☎04996-2-1002



Izakaya (Japanese bar & grill), with various set meals that is open from early in the morning, during which they serve so-called "one-coin" breakfasts for just 500 yen.

They have a good selection of dishes using island's ingredients, such as simmered fish, broiled fish and *sushi*. It's a place where you can have a lot of fun with a group of friends as well as family members.



Russian-roulette Shima-zushi

Food used ▶ Seasonal fish including Japanese butterfish, flying fish, bonnetmouth

Available: Year-round

¥980

Pieces of *shima-zushi*, which look like just another local cuisine, but one of them contains a lot of island chili. Try your luck with friends and enjoy the night of the island.



Ashitaba and Island Lemon Miso Oshizushi

Food used ▶ Ashitaba, homemade lemon salt

Available: Year-round

¥680

Oshizushi made with a sauce using specialty Hachijojima *ashitaba* and homegrown lemons. Enjoy the slight bitterness and the refreshing tang of the lemon *miso*.



Bukkake Set Meal

Food used ▶ Japanese butterfish, tuna, greater amberjack

Available: Year-round

¥1,200

A luxurious set meal that can be eaten in a variety of ways, such as with a dashi soy sauce that uses raw eggs and island chili peppers, with a local fish *sashimi* sauce, or with a spicy egg and rice marinade.

Hachijojima

Aigae Suisan

Jizakana Himono Shokudo

<http://across.co.jp/aigaesuisan/>

Address: 2333 Okago, Hachijo-machi, Hachijojima

Opening hours: Lunch 11:30-14:00/Dinner 17:00-20:30 (Reservations possible only for dinner)

Closed: Sundays (Open throughout during August)

ACCESS MAP



04996-2-2745



This shop serves *Kusaya* seafood prepared by a company specializing in *Kusaya* processing. The spacious concrete interior with its high ceiling gives an atmosphere of endless summer.

Local fish Zuke-don set

Food used ▶ Japanese butterfish,
Splendid alfonsino etc.Available: Year-round **¥1,850**

Fresh fish caught near the island is marinated in a home made sauce and placed over rice with a topping of *Shiso* for this *Donburi* dish. The accompanying miso soup is based on a broth made with *Kame-no-te* shellfish and a generous portion of island *Nori* seaweed.



Matured raw Kusaya

Food used ▶ Blue mackerel scad

Available: Year-round **¥1,080**

This *Kusaya* is so soft you can break it apart with your chopsticks because it is marinated in a secret traditional *Kusaya* sauce and matured without drying.

Shima-zushi and Aburi sushi half and half set

Food used ▶ Japanese butterfish, Splendid alfonsino, etc.

Available: Year-round **¥1,790**

This is a traditional dish on Hachijojima in which the fish is marinated in a special sauce and made into *sushi* using *Karashi* mustard instead of *Wasabi*. The meal is served in the shop's original style in which half of the *sushi* are lightly flame broiled on the outside, called *Aburi*, and eaten with *Yuzu* pepper. Flame broiling brings out the fat and makes the result go very well with the *sushi* rice.





Hachijojima Jersey Cafe

ACCESS MAP


<http://www.hachijo-milk.co.jp/jerseycafe>

Address: 2370-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 10:00 - 17:00 Closed: No fixed days

☎04996-2-5922



A cafe where you can taste jersey milk and other dairy products produced by Hachijo Dairy Industry Inc. The chic and relaxing room is decorated by a female interior designer who lives on the island. You can enjoy drinks and sweets at 8 table seats and 6 seats at counter.

Jersey soft serve ice cream

Food used ▶ Jersey milk

Available: Year-round

¥400

The Cafe's specialty dessert made from milk of Jersey cow grazing on the farm of Hachijo Dairy Industry Inc.



Hachijo Jersey yogurt drink

Food used ▶ Jersey milk

Available: Year-round

¥400

This yogurt is made from the slow fermentation of Hachijojima Jersey milk and lactic acid bacteria, selected to match it. Although rich, it is a yogurt drink whose defining characteristic is its simplicity.



Jersey cafe au lait

Food used ▶ Jersey milk

Available: Year-round

¥500

Cafe au lait with pasteurized non-homo jersey milk. Served at a slightly-lower temperature to enable visitors to get the flavor of the milk itself. Iced cafe au lait is also available.



Ashitaba parfait with rice-flour dumplings and sweet azuki beans

Food used ▶ Jersey milk, ashitaba powder

Available: Year-round

¥600

Parfait with soft serve made from Jersey cow milk grazing on the farm of Hachijo Dairy Industry Inc. and Hachijojima's ashitaba powder. Rice-flour dumplings and sweet azuki beans match perfectly.



Hachijojima Izakaya Goan

<http://goan.o.oo7.jp/>

Address: 2403-4 Okago, Hachijo-machi, Hachijojima

Opening hours: 17:30 - 22:00 Closed: Mondays

ACCESS MAP



☎04996-2-0965



The manager goes to the port every day to purchase fish so that customers can enjoy fish caught in the island.

For those fish whose deliciousness can be enhanced by aging, preserved for a while at freezing temperature.

The manager serves fish that he himself would love to eat.

Assorted sashimi

Food used ▶ Seasonal fish landed at Hachijojima Port

Available: Year-round

From ¥1,480

At times serve fish caught on that day depending on the day's catch. Their local *sashimi*, which you may never have heard of in Tokyo, is outstandingly fresh. Enjoy it as an assortment. Use island green chili as you like.



Splendid Alfonsino Shabu-Shabu

Food used ▶ Splendid alfonsino, *ashitaba*, shiitake mushrooms

Available: Year-round

¥3,200

(available for two or more people)

Using a soup stock made from splendid alfonsino head and bones, the delicious, thick-sliced splendid alfonsino practically melts in your mouth after being swirled and cooked in a soup via the *shabu-shabu* cooking method.

And, no matter how full you are, make sure to eat some of the delicious porridge! (In order to purchase the required ingredients, please make a reservation at least two days in advance.)



Ashitaba tsukudani fried rice

Food used ▶ *Ashitaba*, *shochu*

Available: Year-round

¥860

Ashitaba of Hachijojima made into *tsukudani* (food simmered in soy sauce and sugar with special recipe) with Hachijojima *shochu* is the key factor of this fried rice, and a slightly sweet taste is given to the rice.



Salt-grilled splendid alfonsino collar

Food used ▶ Splendid alfonsino

Available: Year-round

¥980

Big eyes of splendid alfonsino contain "collagen". Recommended to eat with a bit of soy sauce!

Please taste the whole fish, including even bones.





ACCESS MAP



Izakaya Daikichi Maru

<http://www.daikichimaru8jo.com>

Address: 2634-13 Okago, Hachioji-machi, Hachiojima

Opening hours: 17:30-22:00 Closed: Tuesdays and Wednesdays

☎04996-2-5080



We serve you fresh sashimi, island cuisines, voluminous a la carte dishes. Whether you are travelling in solo, with your family or in a group, please feel free to visit us.

Island lemon sour

Food used ▶ Hachioji fruit lemons

Available: Spring to summer

¥770

In addition to Hachioji fruit lemon sour, sours using passion fruits and other seasonal fruits from Hachiojima are also very popular.



Ashitaba tempura

Food used ▶ Ashitaba

Available: Year-round

¥880

Our *ashitaba tempura* is fried crisply. When you try it with our original "salt for *ashitaba*," you are sure to appreciate the flavor of Hachiojima's specialty *ashitaba*. The volume is substantial.

Shima-zushi

Food used ▶ Longtailed red snapper, Japanese snapper, Pacific barramundi, etc.

Available: Year-round

¥1,540

It is the representative cuisine of Hachiojima. We immerse fish caught in the sea around in our original sauce. Then by hand, we shape a bit sweet rice into nigirizushi with fish upon it. We use western plain mustard instead of wasabi.





Hachijo View Hotel



<http://www.hachijo-v.co.jp/>

Address: 4422-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 24 hours Open all year round

☎04996-2-3221



This *ryokan*-type hotel is located on the hills of Hachijo Fuji and its Japanese-style rooms have incredible views. The Hachijo Japanese-style *kaiseki* meal, an arrangement of fresh local fish caught on Hachijojima and *ashitaba*, famed as a health food, is quite popular. The content of the dishes may change depending on the season.

Assortment of Local Fish

Food used ▶ Seasonal fish

Available: Year-round

¥3,300

In the waters near Hachijojima, a large number of high-class migratory fish and seasonal local fish, such as flying fish, are caught, so enjoy being able to eat these island-only fish while they are still fresh.



Traditional Hachijojima Shima-zushi

Food used ▶ Seasonal fish

Available: Year-round

¥2,200

Shima-zushi is synonymous with Hachijojima's traditional local cuisine. The *nigiri sushi* (7 - 8 pieces) is made by marinating fresh local fish, using sweet sushi rice, and then sprinkling not wasabi, but mustard on top. Truly top-tier island cuisine.



PIZZA PARADISO



Address: 4981-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 11:30 - 14:00/17:30 - 21:00 Closed: Wednesdays

☎04996-9-5885



PIZZA PARADISO isn't just for people visiting Hachijojima for sightseeing, but is also for island residents to know and enjoy anew the deliciousness of food made with ingredients from Hachijojima.



Drata

Food used ▶ Hachijojima-made cheese

Available: Year-round

¥1,680

This simple pizza doesn't use sauce, letting you enjoy the deliciousness of the cheese.

Tartufo

Food used ▶ Hachijojima shiitake mushrooms

Available: Year-round

¥1,680

The pizza lets you enjoy the harmonious flavors of Hachijojima shiitake mushrooms and Italian truffles.



Lemonade

Food used ▶ Hachijojima lemons

Available: From February to summer

¥400

This lemonade was made using only lemons from Hachijojima, which are simply sliced and picked with sugar and a pinch of spices. You can even eat the peel!





Kukansha Cafe in Long Beach 1983

<https://w01.tp1.jp/~a079783401/toiawase.html>

Address: 8144-1 Okago, Hachijo-machi, Hachijojima

Opening hours: 13:00-18:00 Closed: Tuesdays, Fridays (Open every day during the busy season)

☎ 04996-2-4154

ACCESS MAP



This quiet café in a converted home hides quietly in a forest.

The interior and tableware at the cafe are carefully selected, creating a stylish and relaxing space where time passes slowly.

Ashitaba Cheese cake set

Food used ▶ Ashitaba

Available: Year-round

¥800

This cheese cake offers the essence of Ashitaba and rich cheese for a smooth taste to the palate.

Enjoy it with your drink included in the set. Also take notice of the carefully selected tableware.



Ashitaba Adzuki Milk

Food used ▶ Ashitaba

Available: Year-round

¥800

This tall pile of shaved ice is topped with Ashitaba powder, and the bitterness of the Ashitaba, slightly different from that of Matcha tea, goes perfectly with the sweetness of the adzuki milk syrup.





Senryo

Address: 2056 Kashitate, Hachijo-machii, Hachijojima
 Opening hours: 11:00-14:00(LO.13:30)/17:00-approx. 19:00
 Closed: Mondays and Tuesdays



☎04996-7-0040



**To prevent the spread of infectious diseases, our opening hours and cuisines may change. If you plan to make a reservation, be sure to confirm our schedule in advance. Reservation is required for the evening course, whether you take out dishes or dine in the restaurant.*

This shop offers a menu featuring island ingredients such as home grown vegetables.
 The cook makes an effort so that you can enjoy the deliciousness of the Hachijo-jima produce as simply and directly as possible.
 The atmosphere of the single story house is inviting to visitors passing by on a walk.



Tenzaru noodles

Food used ▶ Ashitaba
 Available: Year-round **¥990**

Zaru-soba with ashitaba tempura. The new buds of the ashitaba plant are used, providing a delicious and fresh flavor. Also available with umikaze shiitake mushrooms.

Shima Takuan pickles

Food used ▶ Radish
 Available: Year-round **¥220**

These Shima Takuan pickles are made by fermenting home grown Daikon radishes in salt and rice bran. The fermentation process takes between three and six years resulting in a deliciously deep fermented flavor.



Gyoza dumplings

Food used ▶ Garlic, Ginger
 Available: Year-round **¥550**

These Gyoza dumplings that use ginger and Hachijo-jima's large and fresh garlic are the second most popular dish on the menu.



Ogasawara 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 attracting more and more attention!





Ogasawara
Islands

Chichijima Hahajima



— Hachiojima

Aogashima —o

Chichijima

Hahajima

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.

Access

Takeshiba Pier	 Ogasawara Maru (Ogasawara Kaiun) [24hours]	Chichijima	 Haha jima Maru (Izu Shoto Kaihatsu) [2hours]	Hahajima
(Contact)	Ogasawara Kaiun: 03-3451-5171 Izu Shoto Kaihatsu: 03-3455-3090			

Map

Chichijima

Weather
Station
Lookout

Futami Port

Hatsuneura
Beach

Higashidaira
Sanctuary

Kominato Beach

Kimagure Cafe
P.106

Kita Port

Higashi Port

Hahajima

Mt. Chibusayama

Oki Port

Ross Museum

P.107
Craft Inn
La Mere

Maehama
Beach

Ogasawara Hahajima
Tourist Association



Main events

January 1	Japan's earliest beach openings	Chichijima / Hahajima
Mid March	Hahajima Festival	Hahajima
Late June	Festival Commemorating Return of Islands to Japan	Chichijima / Hahajima
Late July	Ogasawara Sadayori Shrine Festival	Chichijima
August	Summer Festival	Chichijima / Hahajima
November 1 - 3	Ogamiyama Shrine Festival	Chichijima
November 23	Tsukigaoka Shrine Festival	Hahajima
December	Christmas Illumination	Chichijima / Hahajima
December 31	New Year Countdown	Chichijima

Tourist information

[Chichijima]

Ogasawara Village Tourist Association

URL <http://www.ogasawaramura.com> TEL 04998-2-2587



[Hahajima]

Ogasawara Hahajima Tourist Association

URL <http://www.hahajima.com> TEL 04998-3-2300



Chichijima

Mermaid Café

ACCESS MAP



Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: Around 11 : 30 ~ 17 : 00 (Take-out reservations possible)

☎ 090-5820-2422



Mermaid Cafe is a mobile kitchen and cafe in a minivan.

In addition to café latte brewed on an Italian De' Longhi espresso machine, customers can also enjoy handmade sweets and drinks made with seasonal fruits.

Make sure to drop in while you're walking along the coast or in the city!



Ogasawara salt caramel pound cake

Food used ▶ Ogasawara salt

Available: Year-round

¥200

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



Island lemon 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.



Hibiscus Tea Soda

Food used ▶ Roselle

Available: From October to around March

¥600

Enjoy the sweet and sour tastes and aroma of this soda mixed with syrup made from edible hibiscus roselle.



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.



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 (Reservations for lunch are not accepted)

Closed: The next day after departure of Ogasawara Maru

04998-2-3060



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 menu.

Paku Paku *champurū*

Food used ▶ Seasonal local fish, island vegetables

Available: Year-round

¥1,000

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 300 yen.



Island Fish *Bukkake-don*

Food used ▶ Seasonal local fish

Available: Year-round

¥1,500

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, island lemon

Available: Year-round

¥750

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





Chichijima

Heart Rock Cafe

<http://take-na.com/cafe/>

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 9:00 - 18:00 (Takeout-only reservations possible) Open all year round

☎04998-2-3317



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 ¥350

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

From ¥450

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

*Subject to change depending on the season.



Shark burger

Food used ▶ Thresher shark

Available: Year-round

From ¥550

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.

Chichijima Uwabeya

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 11:30 - 14:00 (for *bento*; reservations by LINE are until 18:00 the day before), 18:00 - 22:00 (for *izakaya*; LO 21:00) Closed: No fixed days

☎090-2252-5096



Fresh local fish and island vegetables are used as ingredients in making delicious *bento* lunchboxes. The shop owner's parents are fishermen, so high-quality fish can be obtained. Particular attention is paid to island ingredients, such as the vegetables, which are harvested at the shop owner's own farm.

Tekka-don (Made to order)

Food used ▶ Bigeye tuna

Available: [Depends on availability](#) **¥950**

The generous volume of the *tekka-don* rice bowl has plenty of bigeye tuna filets, caught right here on the island.



Seafood Sauce Katsu-don

Food used ▶ Swordfish

Available: [Year-round](#) **¥800**

A rice bowl with swordfish, cut into large pieces and fried, that is sprinkled with plentiful amounts of a specially made blended sauce. Extremely delicious.



Colorful Makunouchi Bento

Food used ▶ Swordfish, local fish

Available: [Year-round](#) **¥850**

A *makunouchi bento* lunchbox bringing together a variety of side dishes, with a focus on island ingredients such as fish and vegetables.



Shimayado Islander House



<https://islander.localinfo.jp>

Address: Higashimachi, Chichijima, Ogasawara-mura

Reception hours: 6:00 - 22:00 Open all year round

☎080-2945-5977



The smallest available *minshuku*-style inn on the island. Dishes served are mainly island cuisine that uses the ingredients of each season, such as vegetables, as well as seasonal fish that are purchased directly from the island's fishermen. Additionally, guests can cook any fish they catch and can enjoy BBQ.

Steamed Island Fish and Banana Leaves

Food used ▶ Seasonal local fish (swordfish, greater amberjack, blacktip grouper)

Available: Year-round

Included in the lodging charges

An exquisite dish with a rich aroma, made by wrapping whole fish caught on the island in luxurious island banana leaves and then steaming it.



Day Octopus Takoyaki

Food used ▶ Day octopus

Available: Year-round

Included in the lodging charges

Takoyaki, or fried octopus balls, are a very popular dish at parties, and plentiful amounts are made taking octopus pieces from a large octopus, which can only be caught on the island, not bought at a supermarket, etc.



Fruit Liquor

Food used ▶ Passion fruit, island lemon, guava, star fruit, etc.

Available: Year-round

¥880

This homemade fruit liquor, created by soaking passion fruit and island lemons in shochu liquor, can be enjoyed either with soda water or on the rocks.

Chichijima

Western-style Izakaya

CHARA

ACCESS MAP


<https://www.facebook.com/youhuuizakayachara/>

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 17:30 - 24:00 Closed: No fixed days

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.

Fried sode squid rings

Food used ▶ Sode squid

Available: Year-round

¥1,000

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.



Shima sushi, two kinds of shima sushi spring roll

Food used ▶ Local fish

Available: Year-round

¥740-880

Shima sushi is a dish that is only served when the Ogasawara-maru is in port. Fresh slices of fish (sushi-neta) 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.



Passion fruit parfait

Food used ▶ Passion fruit

Available: May to July

¥1,180

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 ¥600-1,280

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.)





Charabiyori



Address: Higashimachi, Chichijima, Ogasawara-mura
Opening hours: 10:30-18:00 Closed: No fixed days

☎04998-2-3101



With the concept of "cold flavor in all seasons," we serve shaved ice, ice cream and drinks with home-made honey using ingredients from Chichijima island. Please make free use of eating space inside.

Island passion tea ice

Food used ▶ Passion fruits

Available: Year-round

¥900

On top of ice, home-made honey from passion fruit black tea is drizzled, and then condensed milk and fresh passion fruits are added. You can enjoy sweet-and-sour flavor of passion fruits and refreshing flavor of black tea.



Island lemon tea ice

Food used ▶ Island lemon

Available: Year-round

¥700

Home-made black tea honey and island lemon honey are drizzled on ice that contains black tea jelly inside. You can enjoy refreshing and clean flavor.

Island passion fruits sherbet of *shochu* (distilled spirits) mixed with soda water

Food used ▶ Passion fruits

Available: Year-round

¥700

An ensemble of CHARA's original plain-taste barley *shochu* and abundant home-made passion fruits sherbet with soda. You come to feel like enjoying the intoxicating beverage with the tropical passion fruits taste on the beach.



Chichijima

Kaiyu

Address: Nishimachi, Chichijima, Ogasawara-mura

Opening hours: 11:00 - 14:00

Closed: 1 or 2 days after departure of Ogasawara Maru

ACCESS MAP



04998-2-3181



Always developing menus that use ingredients from the island.

Blacktip grouper ramen

Food used ▶ Blacktip grouper

Available: Year-round

¥1,000

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



Billfish Chinese-style noodles

Food used ▶ Swordfish

Available: Year-round

¥980

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



Kimagure Cafe

ACCESS MAP



<https://kimagure-cafe.com/>

Address: Miyanohamamichi, Chichijima, Ogasawara-mura

Opening hours: 12:00 - 17:00 (until 17:30 in July and August) Closed: No fixed days

☎ 090-5947-3946



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

¥700-1,500

A parfait made using plenty of island fruits. Fruits from the southern island, sweet 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.



Poselle Pie, Island Lemon Custard Pie

Food used ▶ Homemade roselle jam (Chichijima roselle), island lemon custard cream

Available: October to around April

¥400

We stick mainly to our homemade roselle jam and custard cream so that the pies aren't too sweet. We bet you'll fall in love with these pie's baked, sweet-tart flavor.





Craft Inn La Mere

<http://www.lamere-inn.jp>

Address: Shizukazawa, Hahajima, Ogasawara-mura

Open all year round

ACCESS MAP



04998-3-2140



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 carefully-selected 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).



Carefully selected ingredients, excellent quality, grown or produced in Tokyo

Tokyo Metropolitan Government Certified Locally Sourced Food Products

(E-Mark Certified Foods)

About E-Mark Certified Foods

E-Mark Certified Foods are products unique to Tokyo, which use ingredients sourced from Tokyo or are made using traditional production methods carried on in Tokyo.

The Tokyo Metropolitan Government (TMG) reviews and certifies products based on aspects such as the care and attention to detail put into the product, as well as the taste and quality. Certified products can then display Tokyo's own E-mark logo. The TMG promotes these foods as Tokyo specialty products at various events and on select websites, as well as through other means.

About the E-mark logo

The three “E”s in the center of the logo represent the Japanese character for product or “shina.” When “E” and “shina” are combined, the word formed can be pronounced “ii-shina,” meaning excellent product in Japanese.



Example of placement of the E-mark on products

Excellent Quality

Indicates that the product not only meets quality standards related to the careful selection of ingredients, but also that sufficient care and attention is paid to hygiene and sanitation.

Exact **E**xpression

Indicates that the product's labelling conforms to the Food Labeling Act, Health Promotion Act, Act against Unjustifiable Premiums and Misleading Representations, and other relevant laws and regulations, as well as fair competition regulations.

Harmony with **E**cology

Indicates that “care and attention to detail” is given with respect to the culinary culture of Tokyo, including the region, nature, history, traditions, and techniques, and that the food product is in harmony with the local environment.

E-mark products are also a great as souvenirs or gifts!

***For details, please visit the following website.**

https://tokyogrown.jp/en/e_mark/

Inquiries

Management Support Section, Commerce and Industry Division,
Bureau of Industrial and Labor Affairs, Tokyo Metropolitan Government



TOKYO GROWN



WE ARE TOKYO GROWN.



IT PROBABLY IS HARDER TO UNDERSTAND IF WE TELL YOU THAT WE ARE THE AGRICULTURE, FORESTRY AND FISHERIES.....



YOU MIGHT THINK IT MAY BE IRRELEVANT YOU, HOWEVER IT IS WHEN YOU HEAR TOKYO, IT MIGHT COME ACROSS TO YOU AS A BUSINESS



AND TOURIST AREA.



HOWEVER, TOKYO IS NOT JUST A BUSTLING CITY! EVEN TOKYO'S AGRICULTURE, FORESTRY AND FISHERIES.....



HAS ITS UNIQUENESS AND CHARM!!



TOKYO HAS THESE PRODUCERS AND PRODUCTS



SPOTS TO EXPLORE AND ENJOY. TO SHOP AROUND TO EAT



WE WILL BE INTRODUCING THIS ALL IN TOKYO GROWN!

A PART OF TOKYO WE WANT YOU TO KNOW.WHICH IS TOKYO GROWN.



TOKYO GROWN



QR code



Through this guide, the TMG introduces restaurants and shops that use specialty ingredients and products of the Izu Islands and the Ogasawara Islands.

For more information on registering a restaurant or shop, please contact the appropriate TMG branch office. Furthermore, the respective branch offices are sharing tourism and other information through social media, etc. Please take a look.



- Restaurant/shop located within the jurisdiction of the Miyake Island Branch Office
Miyake Island Branch Office, Industrial Section
Phone: (04994) 2-1312



Instagram

- Restaurant/shop located within the jurisdiction of the Miyake Island Branch Office
Miyake Island Branch Office, Industrial Section
Phone: (04994) 2-1312



twitter



note

- Restaurant/shop located within the jurisdiction of the Hachiojima Island Branch Office
Hachiojima Island Branch Office, Industrial Section
Phone: (04996) 2-1113



twitter



Instagram

- Restaurant/shop located within the jurisdiction of the Ogasawara Islands Branch Office
Ogasawara Islands Branch Office, Industrial Section
Phone: (04998) 2-2125



twitter



Instagram



Locavore Dining in the Tokyo Islands 2023 (English Edition)

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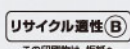
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