

Locavore Dining in the Tokyo Islands

2024



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 88 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 2024

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 88 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6(2024)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。

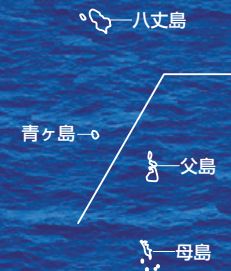
東京にある大自然の恵みをぜひお楽しみください。



もくじ

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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: Kaiseichaya 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 September 2023. 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.

* Social media sites are shown based on the terms of use.

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。

- 予約 (予約可・要予約)
- 駐車場有
- Wi-Fi利用可
- クレジットカード利用可
- 電子マネー利用可 (交通系ICカード、QRコード決済等)

所在地: 大島町元町1-4-7
営業時間: 11:00~15:00(LO14:00)/17:00~22:00(LO21:00) 定休日: 水曜日 祝日等休業 (04992-2-0888)

メニュー名
・使用食材
・提供時期
・価格等

島にぎり8貫
2,400円
島で一度は味わいたいべっころ、マグロや他の新鮮な地魚を握りにして提供。

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5年9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、営業時間に変更になる場合があります。

※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。

※SNSは、利用規約に基づき表示しています。

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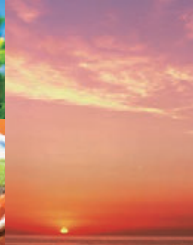
IZU Islands

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.



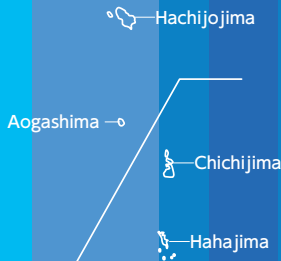


Oshima

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).

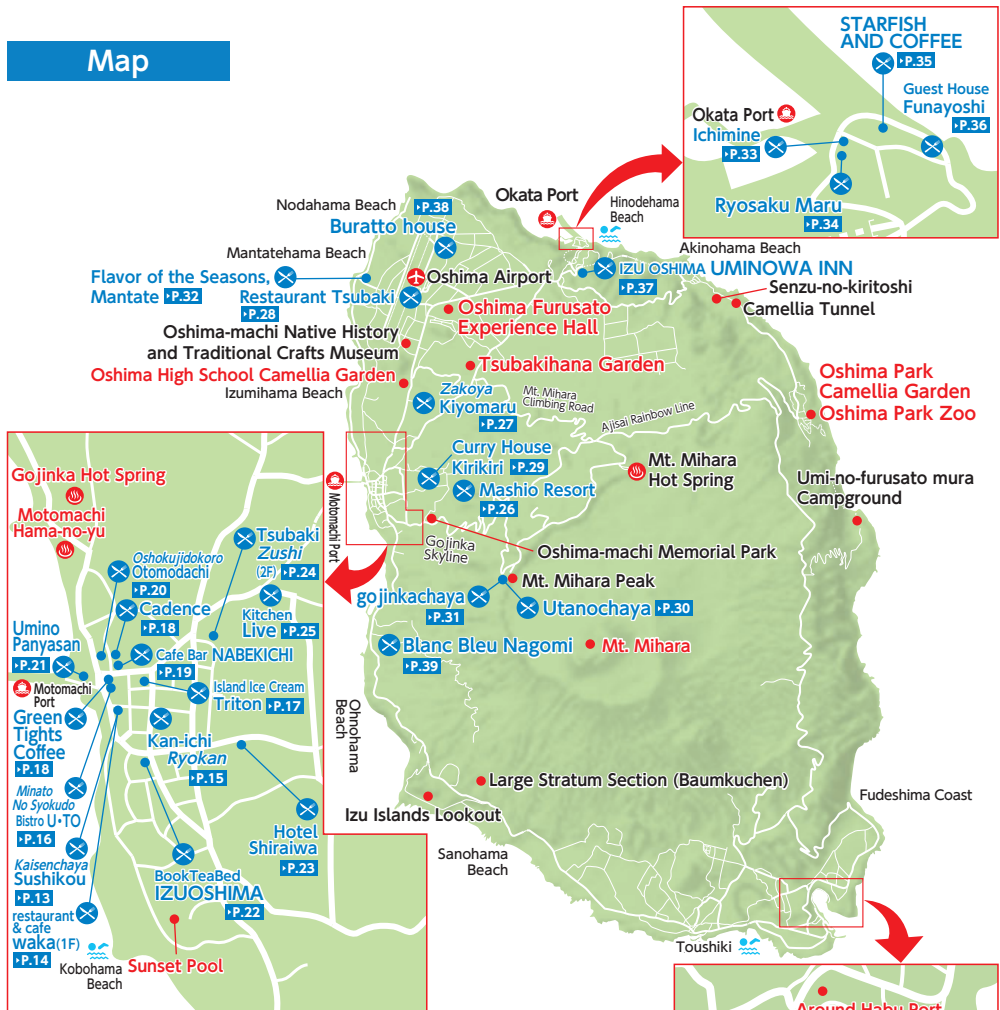
As the closet island of the Izu islands to the central Tokyo, Oshima is crowded with many tourists during the period of camellia bloom and summer.



Access

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

Map



Main events

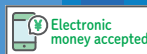
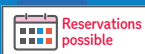
Late January to late March	Izu Oshima Tsubaki Matsuri (Camellia Festival)
February	Izu Oshima Camellia Marathon
	Camellia Queen Contest / Photo Session
June	Izu Oshima Triathlon
August	Summer Festival
August to September	Miss Oshima / Miss Anko Presentation
October	Autumn Fair
October to November	Izu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

ACCESS MAP



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, *bekko*, seasonal fish
Available: Year-round **¥2,400**

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



Shima-don

Food used ▶ Splendid alfonsino, tuna, *bekko*, seasonal local fish
Available: Year-round **¥2,000**

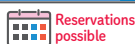
In addition to tuna and *bekko* (a local specialty of white-meat fish marinated in a soy and island chili pepper), three kinds of fresh local fish are served in a bowl.

The restaurant's original menu, *bekko-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 *bekko-don*

Food used ▶ *Bekko*, island seaweed
Available: Year-round **¥1,500**



Oshima restaurant&cafe **waka**

ACCESS MAP



<https://www.oshima-bussan.com/waka/>

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

Opening hours: 11:00-17:00 Closed: No fixed days

☎04992-2-3651



Just a short walk from Motomachi Port, restaurant&cafe waka offers a casual Italian dining menu that features local ingredients, as well as snacks, wine, local island sake, and a wide range of other alcoholic beverages. In addition to serving full meals, we also function as a cafe where families and friends can meet up freely for drinks at lunch time.

Lemon pasta with *ashitaba* and *asari* clams

Food used ▶ *Ashitaba*

Available: Year-round

¥1,200

A popular dish at the restaurant, this pasta uses herbs such as *ashitaba*, basil, and *shiso* leaves, and is finished off with some lemon for a refreshing flavor.



Ashitaba Genovese pizza

Food used ▶ *Ashitaba*

Available: Year-round ¥1,400

A homemade square pizza base is covered in a specially made *ashitaba* Genovese sauce with the rich and distinct flavors of *ashitaba*, *shiso* leaves, and white sesame, then topped with mozzarella cheese and fresh tomatoes, and finished with a sprinkling of deep-fried *ashitaba* leaves. This dish brings together the harmonious flavors of *ashitaba* and cheese.



Camellia black pork roast from Izu Oshima

Food used ▶ Camellia black pork from Izu Oshima

Available: Depends on availability of supply ¥1,800

Camellia black pigs are raised with mixed feed containing pulped *ashitaba* and camellia oil. It is a branded pork from Oshima with a satisfying lean meat texture, and a light fatty part that is flavorful and melts in the mouth. It is served as a roast with simple seasoning.



Ryokan Kan-ichi

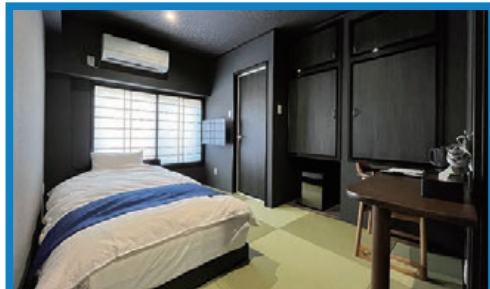
ACCESS MAP



Oshima

Address: 1-6-4 Motomachi, Oshima-machi
Reception hours: 8:00-20:00 (When reserving by phone)
Closed: Year-end and New Year holidays; No fixed days

☎04992-2-2016



Located a four-minute walk away from Motomachi Port in the heart of Motomachi, all the rooms in this modern Japanese-style inn come with a toilet and shower to help you relax during your stay.

There is one twin room and five single rooms to hold up to seven lodgers. Designed around the concept of "accommodation facility that offers excellent service," seasonal ingredients from the island are used to prepare meals. Kan-ichi Ryokan provides delicious cuisine and comfortable rooms. (Renovated in December 2022)

Dinner at Kan-ichi

Food used ▶ Seasonal local fish, seasonal local vegetables

Available: Year-round

Included in the lodging charges

Kan-ichi Ryokan serves up creative dishes that feature ingredients from the island, seasonal vegetables, and freshly caught fish. Enjoy the tastes of wild vegetables and herbs growing naturally in Oshima and picked by our staff. These include salt-grilled amberjack, medium-fatty tuna, Japanese butterbur and *ashitaba* tempura, *iwa-nori* and vinegared *ashitaba*, etc.

*Special menu items

For example, sardine sashimi with vinegared miso, red-tailed fish with sauce, and flying fish "bekko tsuke" (irregular availability)



Breakfast at Kan-ichi (Japanese-style)

Food used ▶ Seasonal local fish, seasonal local vegetables

Available: Year-round

Included in the lodging charges

An example of the Japanese-style breakfast menu includes dried horse mackerel caught in the nearby waters and *ashitaba* with sesame dressing, which are perfect for the morning meal.



Breakfast at Kan-ichi (Western-style)

Food used ▶ Oshima butter, Oshima milk

Available: Year-round

Included in the lodging charges

With the recent popularity of Western-style breakfasts, we are now providing a Western-style breakfast menu three times a week on Mondays, Wednesdays, and Fridays.

The menu includes toast with Oshima butter, freshly





Minato No Syokudo **Bistro U•TO**

ACCESS MAP



<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-brûlée of *ashitaba*



Oshima Island Ice Cream Triton

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

ACCESS MAP



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

¥350

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

¥350

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

¥350

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





Cadence

ACCESS MAP



https://www.instagram.com/iz_oshima

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.



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).



Island fruit drinks

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

Available: Summer

From ¥400

Fruits grown in Oshima are transformed into specialty drinks!

We even have an *ashitaba* drink on the menu!



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.

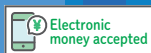
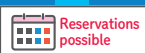
Ashitaba chicken balls

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.





Oshima

Cafe Bar NABEKICHI

ACCESS MAP



<https://www.instagram.com/nabekichi.gram/>

Address: 1-17-2 Motomachi, Oshima-machi

Opening hours: 10:00-15:00/18:00-22:00

Closed: Thursdays (the business calendar is updated on social media every month)

☎04992-7-5318



A pink-colored restaurant located just one minute's walk from Motomachi Port.

Experience the refreshing Hawaiian atmosphere while enjoying dishes and sweets handmade with care. An extensive drinks menu, including island sake and cocktails, is also available.

Hawaiian *Bekko* rice bowl

Food used ▶ Local fish, island chili peppers

Available: Year-round

¥1,500

This dish is NABEKICHI's take on the poke bowl from the island of Hawaii, the sister city of Oshima. Made with "bekko" and finished with a spicy flavor, it is a healthy rice bowl that women will also enjoy.



Local specialty, *Bekko* rice bowl

Food used ▶ Local fish, island chili peppers,
island seaweed

Available: Year-round

¥1,300

"Bekko" is the definitive local specialty of the Izu Islands. NABEKICHI's *bekko* is uniquely diced into cubes. Plump and juicy, it brings out the "umami" of the fish. (Served with a side dish and soup)



Homemade Oshima milk pudding

Food used ▶ Oshima milk

Available: Year-round

¥300

You can savor the rich and fragrant flavor of Oshima milk.

Oshima

Oshokujidokoro Otomodachi

ACCESS MAP


<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.





Umino Panyasan

ACCESS MAP

Instagram : [umino_panyasan_0701](https://www.instagram.com/umino_panyasan_0701)

Address: 1-18-3 Motomachi, Oshima-machi

Opening hours: 10:00-17:30 (closes once all the bread is sold out)

Open all year round

☎04992-2-0701



This bakery, newly opened in April 2022, is located on the second floor of the Motomachi Port Passenger Waiting Room. Visit the bakery while waiting for a departing ferry, having a break, or along with the “minato Nigiwai Market” retail store on the first floor for those departing from the port.

Sweet bread

Food used ▶ Oshima butter

Available: Year-round
(please check at the store)

¥550

These mini breads, characterized by their fluffy, soft texture and subtle sweetness that spreads within the mouth, are generously coated with Oshima butter.

Salted butter bread

Food used ▶ Salt

Available: Year-round

¥140

Richly flavored dough made from domestic wheat flour is kneaded with butter and margarine, and finally, topped with a sprinkling of Oshima roasted salt.



Caffe Latte

Food used ▶ Oshima milk

Available: Year-round

Hot ¥400
Cold ¥450

Made with Oshima milk, available only on the island, to create this delicious drink that goes down easily.





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.



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.



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.





*This store permanently closed at the end of December 2023.

Oshima

Tsubaki Zushi

ACCESS MAP



Address: 2F 4-10-3 Motomachi, Oshima-machi
Opening hours: 17:00-22:00 Closed: Mondays

☎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.

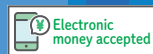


Nigiri-sushi of local fish

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*.



Kitchen Live



Oshima

https://instagram.com/oshima_kitchen_live?igshid=OGQ5ZDc2ODk2ZA==

Address: 4-11-10 Motomachi, Oshima-machi

Opening hours: 11:00-14:00 / 17:00-21:00 Closed: Mondays



Kitchen Live is the only Western restaurant on the island and operates as a casual eatery. We use quality *ashitaba* supplied by farmers in Oshima and local fish caught by Oshima's fishermen. We also bring together other delicious ingredients and strive to provide customers with tasty dishes and a delightful time at the restaurant. We look forward to welcoming everyone to our restaurant.

Japanese-style *ashitaba* pasta

Food used ▶ *Ashitaba*

Available: Year-round

From ¥1,320円

A dish that is available only here, made with carefully selected *ashitaba* grown carefully by farmers in Oshima. Do give it a try.



Carpaccio

Food used ▶ Local fish

Available: Year-round

From ¥1,320円

A carpaccio made with local fish. Enjoy the bountiful blessings of the island.

Strawberry Fraisier made with strawberries from Oshima

Food used ▶ Strawberries from Oshima

Available: Limited seasonal item

From ¥700

A luxurious Fraisier (a custard-filled strawberry short cake) topped generously with strawberries from Oshima. Do give it a try.





Mashio Resort

ACCESS MAP



<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



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.



Oshima 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

¥1,200

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

¥2,300

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

¥1,350

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.



Oshima Restaurant Tsubaki

ACCESS MAP



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

¥1,800

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

Soy Sauce Ramen with Island Seaweed

Food used ▶ Island Seaweed

Available: Year-round

¥1,000

A menu item popular with customers of all ages, the simple soy sauce soup, with its aromas of the rocky shore and island seaweed, 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!!



Oshima

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

Oshima



Curry House Kirikiri celebrated its 25th anniversary in February 2024.

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.

※Prices are current as of the end of December 2023.

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, passion fruit, 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, jelly made with Oshima-grown organic blueberries and passion fruit, and the pumpkin soy milk pudding made with organic Oshima pumpkins. (Photo shows the pumpkin soy milk pudding)



Oshima Utanochaya

ACCESS MAP



Address: Miharayamasanoguchi, Motomachi, Oshima-machi

Opening hours: 9:00-16:00 (shop) / 11:00-14:00 (restaurant)

Closed: Open all year round (closed during typhoons, etc.)

☎04992-2-2241



Utanochaya has been running for many years since the early part of the Showa era. The windows offer panoramic views of majestic Mt. Mihara, and on a good day, Izu Oshima and Mt. Fuji. The menu features many dishes that use highly nutritious *ashitaba* produced in Oshima.

Camellia tempura rice bowl

Food used ▶ *Ashitaba*, camellia oil

Available: Year-round

¥1,210

This *tempura* rice bowl is topped with *ashitaba*, shrimp, and other ingredients fried in oil mixed with camellia oil produced in Izu Oshima, and served alongside *ashitaba* soba and *ashitaba* boiled in soy sauce.



Ashitaba zaru-soba

Food used ▶ *Ashitaba*, camellia oil

Available: Year-round

¥770

Ashitaba has been kneaded into the *soba* noodles, and the *ashitaba tempura* is delicious even when eaten only with locally produced salt.

Oshima

gojinkachaya

https://instagram.com/gojinka_chaya?igshid=NTc4MTlwNjQ2YQ==

Address: Nisentsuboyama, Motomachi, Oshima-machi

Opening hours: 10:00-15:00 (reservation required for evenings) Closed: No fixed days

ACCESS MAP



Oshima



Gojinkachaya is located at the starting point of the trail leading up to Mt. Mihara, offering the best panoramic views of Mt. Mihara from inside the teahouse. Enjoy dining against a backdrop that fuses the power and beauty of nature. In addition to the regular menu, there are also special dishes that feature seasonal ingredients. We look forward to your visit.

Gojinka curry

Food used ▶ Butter

Available: Year-round

From ¥1,000

Infused with the flavors of butter, acidity of tomatoes, and sweetness of onions, this sweet curry dish is very popular even with children.



Gojinka burrito

Food used ▶ Ashitaba, chili peppers, salt

Available: Year-round

From ¥800

A sandwich roll filled generously with vegetables and a homemade dressing, wrapped in a flour tortilla. *Ashitaba*, Oshima's specialty, is combined with tuna. If you like a bit of spice, add some salsa made with island chili peppers.



Flavor of the Seasons, Mantate

ACCESS MAP



<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 October 2022 (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 vegetables

Available: 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.



Oshima

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.

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 seaweed.



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.



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.





Ryosaku Maru

ACCESS MAP



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

☎04992-2-8545



Located just in front of Okata 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.



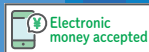
Tokobushi with beaten eggs

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

ACCESS MAP



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

Address: 6 Okata, 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 Okata 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.

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.



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.



Reservations required

P 3 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted



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 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.





P 6 vehicles



IZU OSHIMA UMINOWA INN



<https://uminowa.net/inn/>

Address: 86-2 Kawanomichi, Okata, Oshima-machi

Opening hours: 8:00-18:00 Closed: No fixed days

04992-2-9528



We ensure that ingredients from the island are incorporated into all the dishes that we serve. We also go out on our own to source the ingredients, paying particular attention to freshness.

Hanba rice

Food used ▶ *Haba-nori*

Available: Winter

Included in the lodging charges

Made with ingredients sourced by staff who are members of the fishery cooperative. A generous amount of ingredients is used to bring out the tastes and fresh ocean flavors.



Ashitaba Genovese

Food used ▶ *Ashitaba*

Available: Year-round

Included in the lodging charges

This dish is made by combining *ashitaba* picked from the island with olive oil and nuts. Diners can choose from a wide range of combinations to go with this dish, for example, with chicken tenderloin or tomatoes.



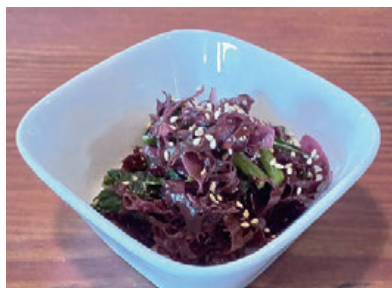
Tosaka with mixed dressing

Food used ▶ *Tosaka-nori*

Available: Year-round

Included in the lodging charges

Made with ingredients sourced by staff who are members of the fishery cooperative, and mixed with *ashitaba* and other ingredients. The dressing is also homemade and can be tailored to individual preferences, such as Chinese-style or Korean-style dressing.



Oshima Buratto House

ACCESS MAP



Address: 87-1 Shinkai, Okata, Oshima-machi
 Opening hours: 9:00 - 16:00
 Open all year round

☎ 04992-2-9233



Buratto House is a farmers market that sells fresh fruits and vegetables harvested on Oshima, livestock products, and processed goods. As its name suggests, the Burrato House is a “place where you can casually drop in” (i.e. *burrato*), a community gathering spot for producers and locals residents. It is also famous as a sightseeing spot, and many products almost sell out as soon as it opens. On days with good weather you can take in the Izu Peninsula and Mt. Fuji from the terrace.

Soft serve ice cream & gelato

Food used ▶ Oshima milk and seasonal ingredients
 (*ashitaba*, Oshima salt, camellia petal jam,
 pumpkin, passion fruit, etc.)

Available: Year-round

Soft serve ice cream **¥400**

Gelato single **¥350**; double **¥550**

Oshima milk soft serve ice cream, which uses fresh, raw milk received directly from the Oshima Milk Factory, is a special treat! Our gelato lets you enjoy the flavor of each season. There are limited time flavors, so make sure to check availability. Services for cyclists such as cycle racks and bicycle tools, etc. are also provided. Additionally, we also have *omiyage* souvenir, so please, come and *burrato*.



* Fresh vegetables sold in the market are also recommended.



Oshima

Blanc Bleu Nagomi

ACCESS MAP



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.



P 2 vehicles

Credit cards accepted

Electronic money accepted



Tokyo Vone Ten

ACCESS MAP



<http://tokyovonetten.com>

Address: 6 Habu-minato, Oshima-machi

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

☎04992-4-1567



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

¥1,000

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 From ¥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.



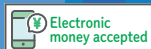
Cold fish-shaped *Taiyaki* pancake with *ashitaba* in the batter

Food used ▶ *Ashitaba*, Oshima milk

Available: Year-round

¥300

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



Oshibana

ACCESS MAP



<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

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

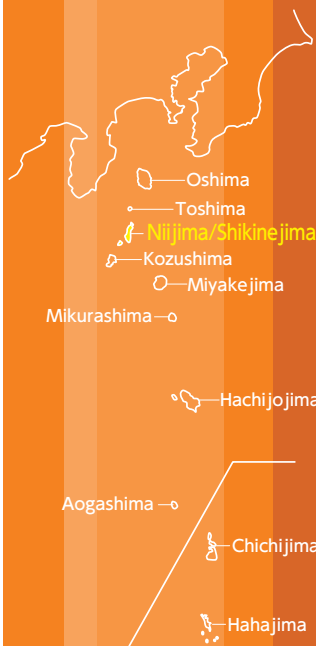
Tengusa algae taken from the ocean near Oshima is simmered to make agar and then turned into tokoroten jelly strips. We hope you enjoy their flavor when paired with seasonal fruit.





Niijima Shikinejima

Be moved by the colors of the sea.
Enjoy the beauty and charm of two islands
blessed with white sandy beaches
and hot springs.



Niijima and Shikinejima are located in the middle of the Izu Islands, about 160 km from central Tokyo. The two islands are connected by a ferry service that takes just 10 minutes to ply from one island to the other. Niijima is characterized by majestic white sandy beaches, open-air hot springs with sunset views, and a charming townscape full of stone buildings. Shikinejima's attractions include beautiful swimming beaches where you can snorkel and see turtles, as well as beach-side hot springs.

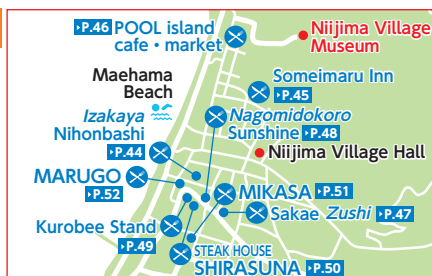
Both islands are compact and can be circled on a bicycle. Have a relaxing time here while enjoying marine activities, hot springs, and the gourmet delights of the islands.

Access

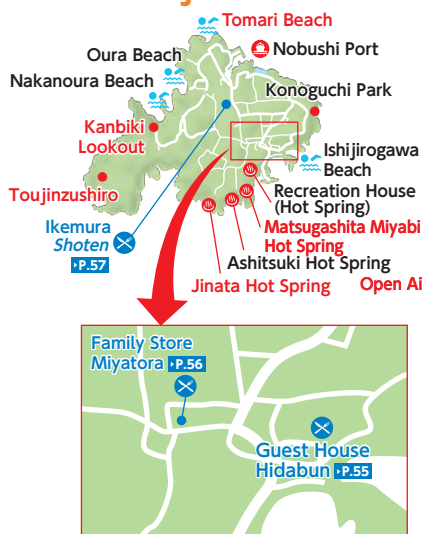
Takeshiba Passenger Ship Terminal (Tokai Kisen)	High-speed jet ferry [2hour50minutes]	Niijima	High-speed jet ferry [15minutes]	Shikinejima
	Large passenger ship [10hour35minutes]		Large passenger ship [20minutes]	
	Airplane [35minutes]		Ferry Nishiki [10minutes]	
Chofu Airport (New Central Airservice)				

(Contact) Tokai Kisen Customer Center: 03-5472-9999
New Central Airservice: 0422-31-4191 Ferry Nishiki Office: 04992-7-0825

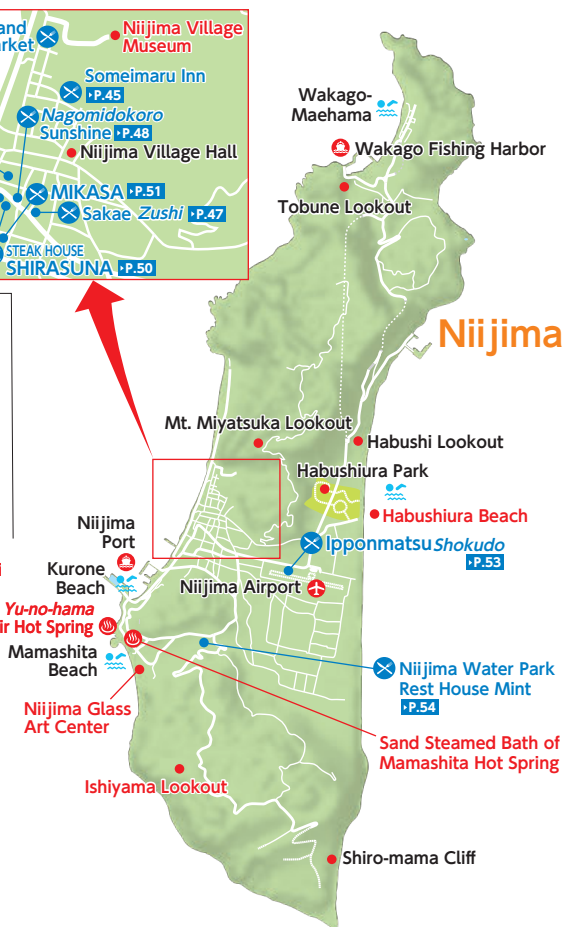
Map



Shikinejima



Niijima



Main events

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

Tourist information

Industrial Tourism Division, Niijima Village Office

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



Shikinejima Tourism Association

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



Nijima

Izakaya Nihonbashi

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

Opening hours: 18:00-22:00

Closed: No fixed days

ACCESS MAP



☎04992-5-1890

Nijima Sakurajima



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 Nijima. Sprinkle salt to taste and enjoy.





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



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.

Niijima
Shikokujima



Niijima POOL island cafe • market

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

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

Opening hours: 10:00 - 16:00 Closed: No fixed days

☎04992-5-0048



*Operating irregularly for a temporary period from November 2023. Please check the opening hours beforehand on social media.

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 seaweed, 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

¥2,300

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

¥750

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 bell-shaped flower, the dish is as beautiful as it is delicious.



Fish Carpaccio

Food used ▶ Seasonal local fish

Available: Year-round

¥1,000

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.





Nijijima

Nagomidokoro Sunshine

ACCESS MAP



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

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

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



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 Nijijima. You can enjoy cuisines with drinks.



Akaika salt Yakisoba (fried noodles with local squid)

Food used ▶ Neon flying squid, island seaweed

Available: Year-round

¥1,000

Nijijima'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 Nijijima salt for a few months. The full-flavored sour is our most popular drink.



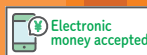
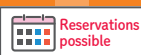
Kusaya

Food used ▶ Local fish

Available: Year-round

From ¥300

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



Kurobee Stand



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

Address: 6-2-14 Honson, Nijijima-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 tale-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.

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 Nijijima's *ashitaba* and a lot of tuna mayonnaise is the essence of this tightly filled sandwich.



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.



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.



Nijijima
Shikarajima



STEAK HOUSE SHIRASUNA



<https://www.instagram.com/nijimafarmers/>

<https://m.facebook.com/niiifarm>

Address: 6-2-15 Honson, Nijijima-mura

Opening hours: 18:00 - 21:00 Closed: Weekdays

☎04992-5-1331

Nijijima
Shikinejima



A restaurant directly operated by farmers. SHIRASUNA serves dishes made with freshly harvested vegetables.

Fried vegetables with sweet miso sauce

Food used ▶ Eggplant, bell peppers, potatoes, tomatoes, lettuce, cucumber, seasonal local vegetables

Available: Spring to autumn From **¥600**

Freshly picked vegetables are fried in oil and served with sweet miso sauce.



Steak plate

Food used ▶ Seasonal local vegetables

Available: Year-round From **¥2,500**

Served with several varieties of freshly harvested vegetables as garnish for the sirloin steak.



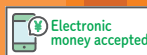
Hamburger

Food used ▶ Lettuce, tomatoes, onions, seasonal local vegetables

Available: Year-round From **¥1,500**

This hamburger is made with 100% beef alongside fresh vegetables.





MIKASA



https://www.instagram.com/mikasa_nijima/?igshid=YjNmNGQ3MDY%3D

Address: 6-4-4 Honson, Nijijima-mura
Opening hours: 10:00-13:30 / 16:00-18:30 (subject to changes)
Closed: No fixed days (Please check on Instagram, etc.)



MIKASA is a specialty rice restaurant that offers *onigiri* rice balls, as well as side dishes and set meals. Delicious food made with local ingredients from the island can be found here. Get a takeout of *onigiri* rice balls and to eat by the sea, or have a leisurely meal in the restaurant. We look forward to receiving your reservations and visits.

Onigiri rice balls

Food used ▶ **Ashitaba**
Available: Year-round **¥230-¥330**

The *onigiri* rice balls that come with a generous amount of fillings, are most satisfying to eat. During the *ashitaba* harvesting seasons, they are served as *tenmusu* (*onigiri* rice ball with tempura as filling) and *tsukudani* (boiled down in soy sauce). Enjoy your encounter with unique items that are only available on the day of your visit.



Side dishes

Food used ▶ **Ashitaba, bamboo shoots, pickled scallions, onions, sweet potatoes, and other seasonal local vegetables**
Available: Year-round **¥200-¥600**

Side dishes are all homemade using plenty of ingredients from Nijijima, sourced on the day itself. A wide variety of side dishes is available, from pickles to fried food.
*The oil used for frying is changed every day.

Onigiri set meal

Food used ▶ **Seasonal local vegetables**
Available: Year-round **¥1,200**

We offer *onigiri* set meals for those who wish to relax and take their time in the restaurant. You can enjoy a daily changing lineup of *onigiri* rice balls, side dishes, and soups. Do also try out the beers, Japanese sake, and seasonal island lemon sour cocktails.



Nijijima
Shikinejima



Shikinejima

MARUGO

ACCESS MAP



<https://www.instagram.com/0505marugo/>

Address: 6-10-2 Honson, Niijima-mura

Opening hours: 7:00 - 9:00 / 11:00 - 17:00 (reservations required except in summer)

Closed: Mondays and Tuesdays (open throughout the week from July to September)

☎04992-7-5180



MARUGO was fully renovated and reopened in 2023. Come and have a relaxing time in the spacious interior of the restaurant.

The menu features dishes that use local island ingredients as far as possible, both for seafood and agricultural products.

We look forward to welcoming you to the restaurant.



Shima pepperoncino

Food used ▶ *Ashitaba*, green chili peppers

Available: Golden Week, summer **¥1,280**

This dish makes the most of the flavors of *ashitaba* and island chili peppers.

It is seasoned simply and finished off with a sprinkling of island seaweed over the top.



Poke bowl

Food used ▶ Local fish, local vegetables

Available: Golden Week, summer **¥1,280**

Using freshly harvested fish and vegetables, the traditional Hawaiian "Poke" dish is seasoned and recreated in MARUGO's unique style.

Shiratama cream anmitsu

Food used ▶ *Kanten* jelly

Available: Year-round **¥580**

Kanten jelly, made with *tengusa* algae from Niijima, goes well with the subtle sweetness of homemade red bean paste. You can choose from vanilla or matcha tea ice-cream flavors.



Niijima

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 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

☎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.



Ashitaba Cream Soda

Food used ▶ Ashitaba

Available: Year-round

¥680

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.

Taco Rice with island seaweed

Food used ▶ Ashitaba, island seaweed

Available: Year-round

¥1,080

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



Pasta with ashitaba and island seaweed

Food used ▶ Ashitaba

Available: Year-round

¥980

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



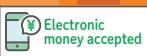
Salad rice with Akaika (local squid)

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.



Guest House Hidabun

ACCESS MAP



<http://hidabun.com>

Address: 9 Shikinejima, Niijima-mura

Open all year round

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 (excluding July and August)

From ¥2,000

This sashimi assortment is made using only seasonal fish, including such items as *Takabe* (yellowstriped butterfish) 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.



Set meal with sashimi

Food used ▶ Seasonal local fish, vegetables

Available: Year-round (excluding July and August)

¥3,000

In addition to the set meal that includes homegrown vegetables, you can also enjoy sashimi made with fresh fish caught on the island.

Set meals

Food used ▶ Seasonal vegetables

Available: Year-round (excluding July and August)

¥2,000

We offer a careful selection of dishes made with freshly picked homegrown vegetables.





Family Store Miyatora



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

Address: 283-2 Shikinejima, Niijima-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



This shop offers *Bento* boxed lunches available only here featuring ingredients from Niijima 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.

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 Niijima 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.



Island Seaweed Bento

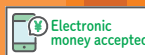
Food used ▶ *Ashitaba*

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.





Ikemura Shoten

ACCESS MAP



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

Address: 348-1 Shikinejima, Niijima-mura

Opening hours: 7:30 - 19:00 (7:30 - 20:00 in summer)

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

☎04992-7-0016



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. Reservations are accepted. Please feel free to inquire. Also sold are beverages, island shochu liquor, and groceries.

Niijima
Shikinejima



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.



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.



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.



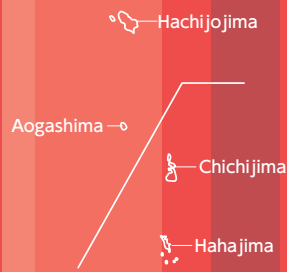
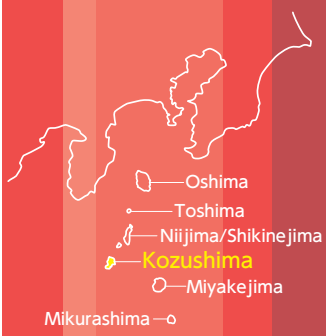
Kozushima

An island where gods gathered together.

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

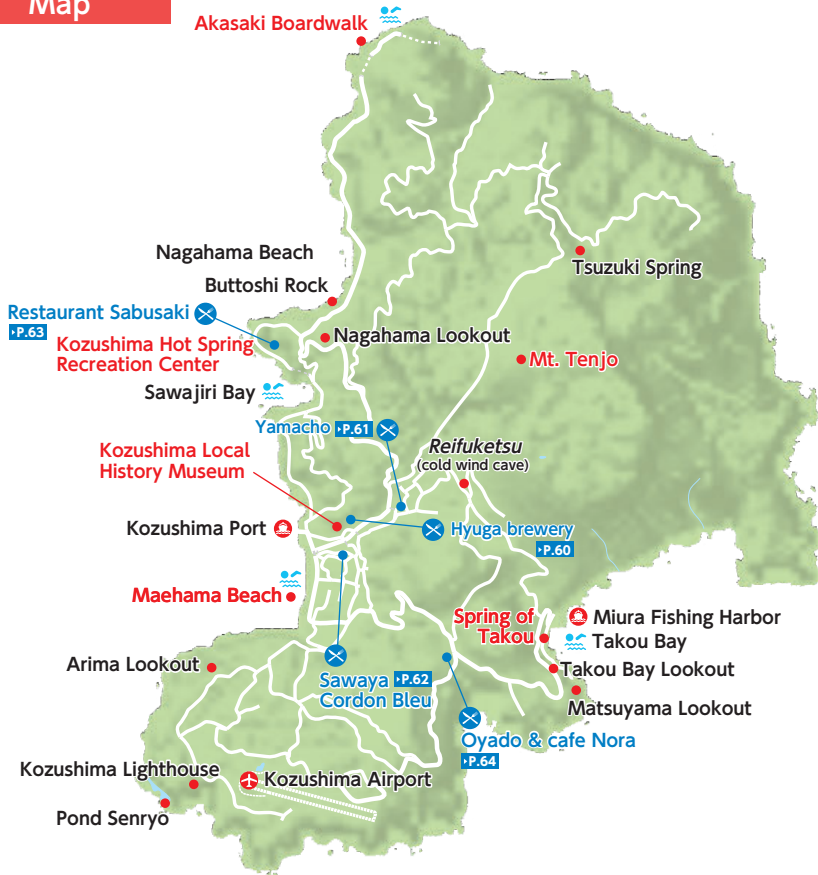
Kozushima is an island located about 180 km away from the central Tokyo, between Niijima and Miyakejima. Mt. Tenjo, which is a symbol of the island, rises in the center of the island. At the summit of the mountain, which has a popular hiking course, you can look over the Pacific Ocean and also enjoy 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]	Kozushima
	Large passenger ship [12hours]	
Chofu Airport (New Central Airservice)	Airplane [40minutes]	
(Contact) Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191		

Map



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

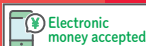
Tourist information

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

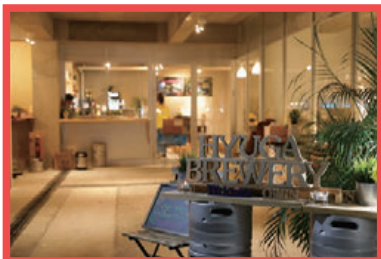
Opening hours: 18:00 - 22:30 (Last order: Food 21:30 / Drink 22:00)

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.



Kozushima 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

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*)

Sashimi Assortment

Food used ▶ Local fish

Available: Year-round

From ¥2,000

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)

Kozushima

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 ¥2,750

Fish or pork ¥2,750

Japanese beef ¥3,300

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 course

Food used ▶ Local fish, local vegetables

Available: Year-round

Pork ¥4,400

Japanese beef ¥4,950

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

Kozushima

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 alfonsino, etc.) *tempura*, all from the island.





Kozushima 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 curry and fish gyoza)

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.



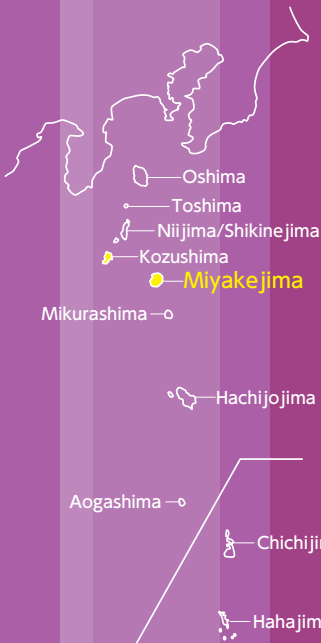


Miyakejima

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.

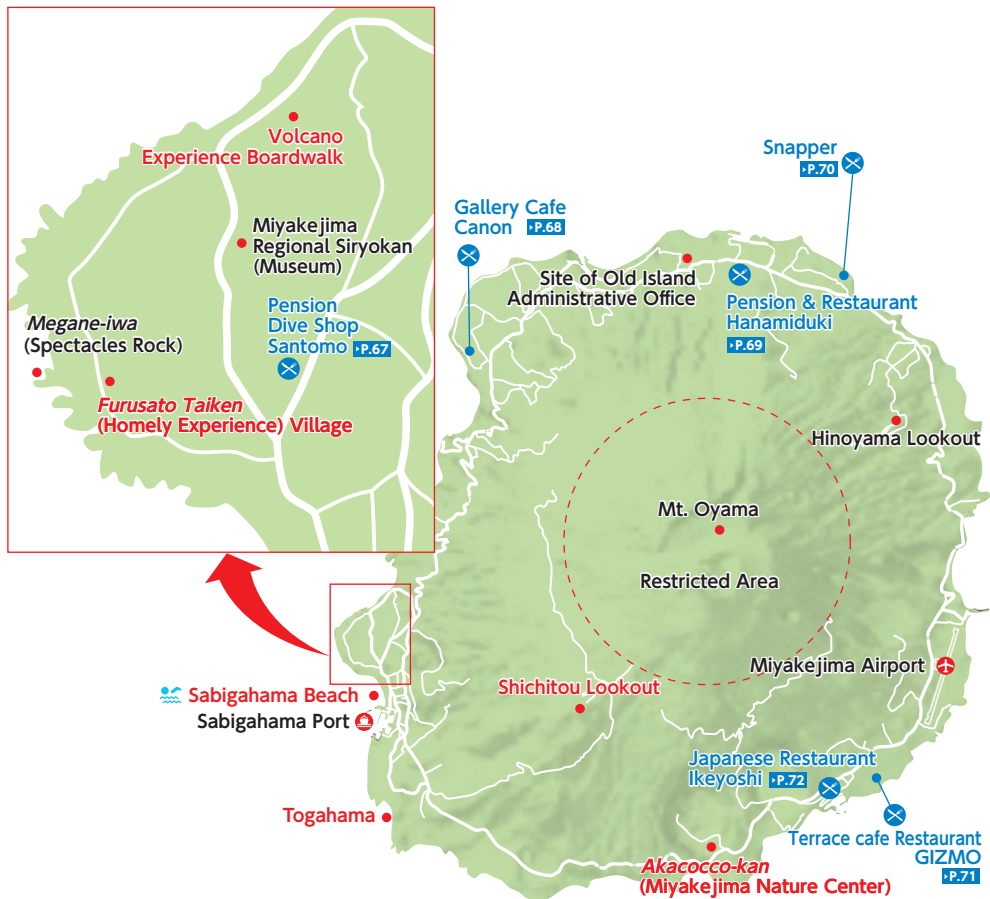
Feel the coexistence of the volcano and lives, and the dynamic power of Miyakejima that repeats eruption and regeneration as well.



Access

Takeshiba Passenger Ship Terminal (Tokai Kisen)	Large passenger ship [6hour30minutes]	Miyakejima
Chofu Airport (New Central Airservice)	Airplane [50minutes]	
Oshima (Toho Air Service)	Helicopter [20minutes]	
Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191 Toho Air Service Hachijojima Office:04996-2-5200		
(Contact)		

Map



Miyakejima

Main events

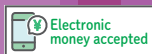
January 2	Ship Festival
July 3rd Sunday	Gozutenno Festival
Late July - early August	Marineschole 21 Festival
Early August (every other year)	Toga Shrine Festival
Late August to the end of October (planned)	Miyakejima Photo Contest
Late November (planned)	Miyakejima Industry Festival

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

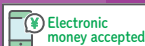
Food used ▶ Kame-no-te

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

ACCESS MAP



<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

☎ 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.

Miyakejima

Freshly made soufflé pancakes Seasonal fruit sauce

Food used ▶ Passion fruit, mangoes, kiwi fruit

Available: Year-round

¥850-1,000

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.



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

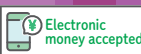
Available: Year-round

(only on Wednesdays)
(excluding summer)

From ¥350

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 Hanamiduki



<https://hanamidukimyk.com>

Address: 893 Kamitsuki, Miyake-mura, Miyakejima
 Opening hours: 11:30-13:30 (Weekdays and Saturdays) /
 18:00-22:00 (Reservations required) Closed: Sundays

☎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

Food used ▶ lemons grown in the island

Available: Summer **¥450**

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



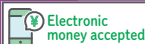
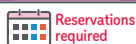
Ashitaba anpan

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



MIYAKEJIMA SNAPPER

ACCESS MAP



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

Address: 1172 Kamitsuki, Miyake-mura, Miyakejima

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

☎04994-2-1433



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.



Miyakejima

Terrace cafe Restaurant **GIZMO**



Address: 2891 Tsubota, Miyake-mura, Miyakejima

Opening hours: (On weekdays) 11:30~14:00 (13:30 for LO)

(On Saturdays, Sundays and holidays) 12:00 to 14:00 for lunch (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. (Akahata (blacktip grouper) is used in the saute of this photo.)



Miyakejima

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.

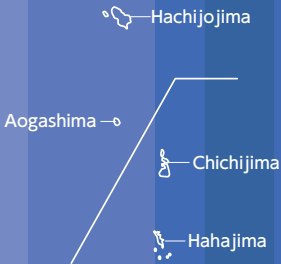


Mikurashima

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.



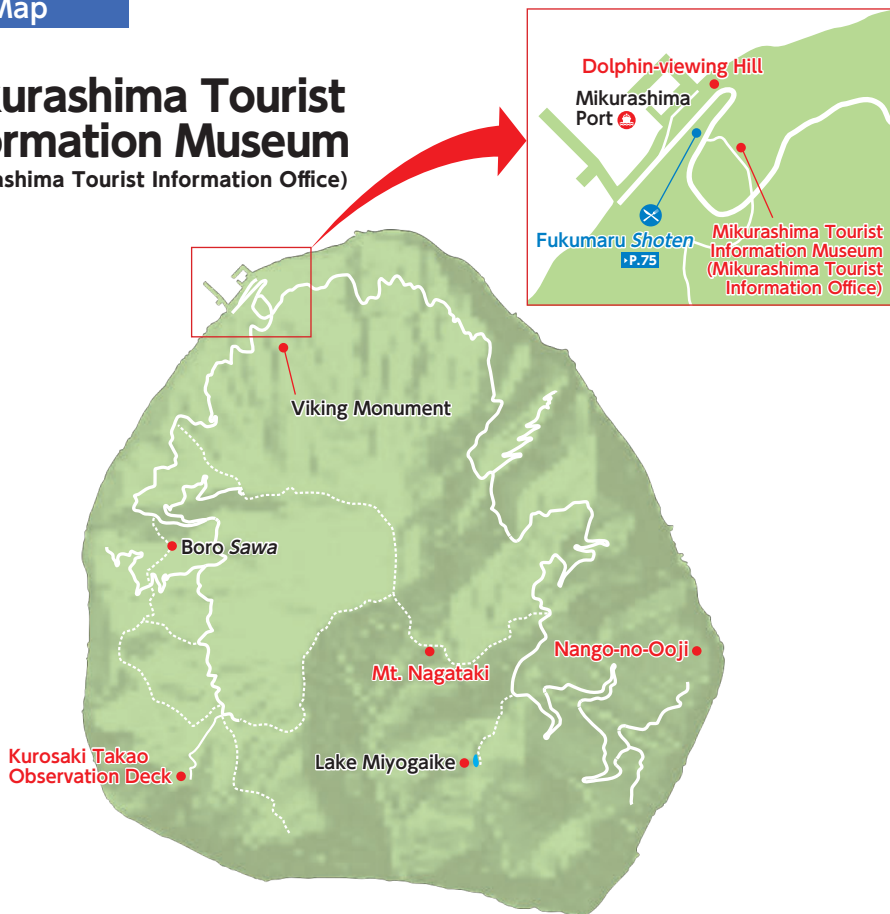
Access

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

Map

Mikurashima Tourist Information Museum

(Mikurashima Tourist Information Office)



Mikurashima

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



Mikurashima

FUKUMARU SHOUTEN

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 (available for pre-order only), 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

¥950

Large serving of rice ¥1,050

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

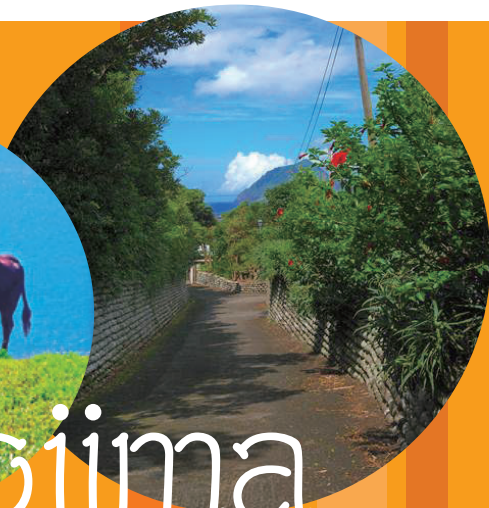
Available:
Year-round

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!

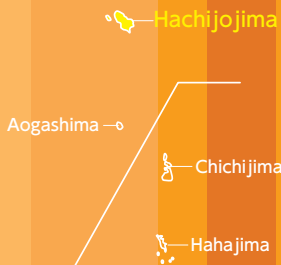


Hachijojima

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.

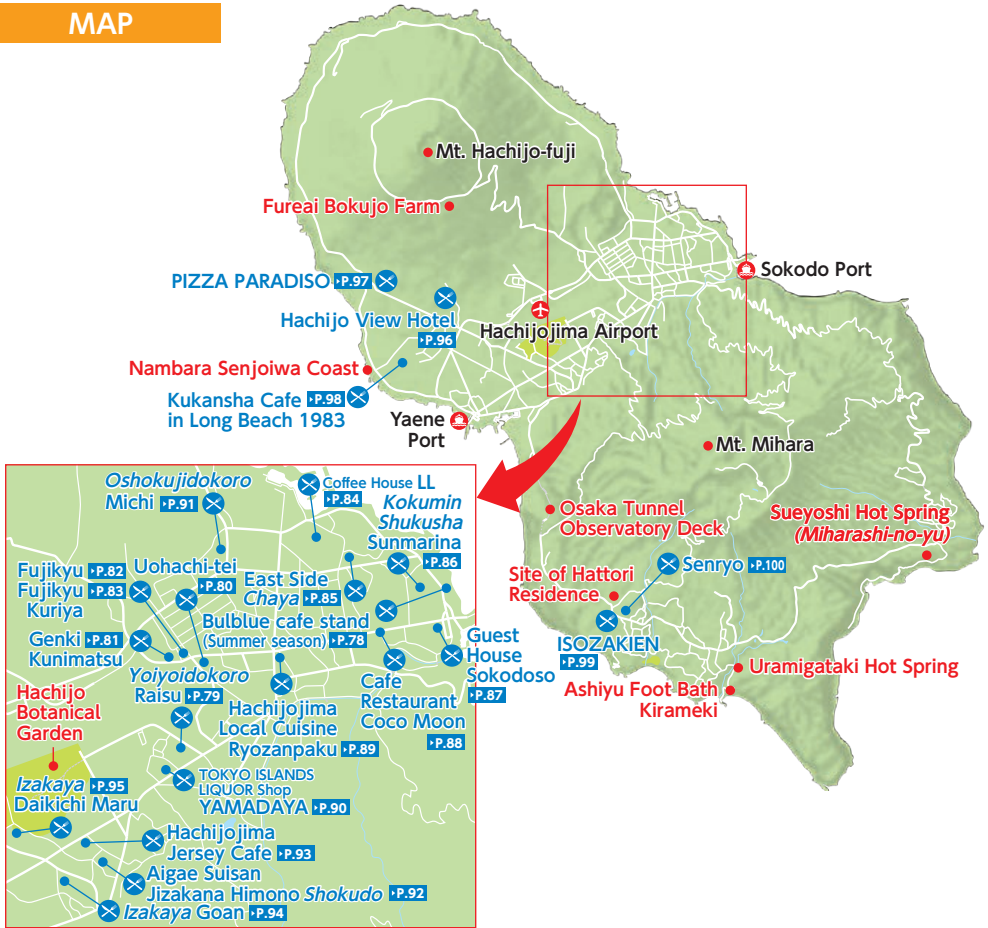
You can experience the island's culture and history through the sight of *Tama-Ishigaki* - round-stone walls which are said to have been built by exiled convicts - and through the textile weaving experience of *kihachijo* (silk fabric) which is one of the traditional crafts of the island. After enjoying 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

Hachijojima	Large passenger ship [10hours20minutes]
	Airplane [55minutes]
	Helicopter [1hour5minutes]
Takeshiba Passenger Ship Terminal (Tokai Kisen)	
Haneda airport (ANA)	
Oshima (Toho Air Service)	
Tokai Kisen Customer Center: 03-5472-9999 ANA Domestic Reservation/Information Center: 0570-029-222 Toho Air Service Hachijojima Office: 04996-2-5200	

MAP



Hachijojima

Main events

January	Hachijojima Public Road Race
Late March - Early April	Hachijojima Freesia Festival
Late July	Hachijojima Summer Festival
August	Hachijojima Summer Fireworks Festival
November	24-Hour Challenge Hachijo Daiko

Tourist information

Hachijojima Tourism Association
 URL: <https://www.hachijo.gr.jp> TEL: 04996-2-1377





Hachijojima

Bulblue cafe stand

Instagram



X

<https://www.bulblue.site>

Address: Hachijo-machi, Hachijojima (Details on the store locations and opening hours are published on the website or through social media)
 Opening hours: 11:30-17:00 Closed: Mondays and Tuesdays (changes in the summer)

☎080-8846-0131



Bulblue cafe stand is a mobile van that travels around Hachijojima. The menu features seasonal items such as specialty coffee, sweet drinks, and donuts.

We look forward to your visit with original drinks and donuts, made with local specialties produced in Hachijojima, to delight families and a wide range of customers. Bulblue cafe stand transforms the whole of Hachijojima into a cafe spot. We are happy to recommend great local areas depending on the weather on that day, so do feel free to ask!

Tropical soda

Food used ▶ Passion fruit

Available: Year-round

From ¥500

This sweet soda is filled with pineapple, mango, passion fruit, and nata de coco. The soda has the same color as that of butterfly peas, and matches the natural surroundings of Hachijojima.

In summer, it is served with additional toppings of passion fruit from the island. (Additional charges apply)



Chocolate Angelica Frappe

Food used ▶ Ashitaba

Available: Year-round

From ¥700

The combined flavors of *ashitaba* powder produced in Hachijojima, which is less bitter, with rich chocolate, fills the mouth when you take a sip of this unique frappe. Made with about half of the recommended daily intake of *ashitaba*, it is available as both a hot and cold drink.



Shimatou donuts

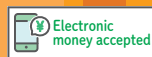
Food used ▶ Island chili peppers

Available: Year-round

From ¥380

Old-fashioned donuts are topped with island chili peppers, chocolate, and *Hingya* salt.

The delicate balance of sweet and spicy, along with the refreshing taste of island chili peppers, is unforgettably delicious. We also offer a wide variety of other donuts.



Hachijojima

Yoiyoidokoro Raisu

ACCESS MAP



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)



Reservations possible

P 8 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted

Hachijojima

Uohachi-tei

ACCESS MAP



<http://uohachtei.com/>

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

Opening hours: 7:00-10:00/11:00-15:00/17:00-23:00 Closed: No fixed days ☎04996-2-2807



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.

Hachijojima

Genki Kunimatsu

ACCESS MAP



Address: 202-7 Mitsune, Hachijo-machi, Hachijojima
 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 Hachijojima 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. Hachijojima'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.



Fujikyu



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.



Hachiojima

Fujikyū Kuriya

ACCESS MAP



Address: 207-3 Mitsune, Hachiojima-machi, Hachiojima

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

¥2,200

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



Hachiojima



Shima-zushi

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

Available: Year-round

¥2,000

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

¥2,000

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





Hachiojima

Coffee House LL

ACCESS MAP

<https://www.instagram.com/coffeehouseLL/><https://www.facebook.com/coffeehouse.LL2022>

Address: 848-2 Mitsune, Hachijo-machi, Hachiojima

Opening hours: 7:00-17:00 (Last order: Food: 13:30, Desserts/Drinks: 16:30)

Closed: Wednesdays and Thursdays

☎04996-9-5441



At Coffee House LL, you can find books, whales, and rainbows. From breakfast to coffee time in the evening, you can enjoy a relaxing time here while looking out to sea.

Breakfasts are made with locally sourced ingredients. Enjoy our drip coffee, the pride of our store, together with desserts.

New menu items such as Taiwan shaved ice topped with mango pulp, French toast, gateau chocolat, and cheesecake, are popular among diners.

Japanese set meal

Food used ▶ *Ashitaba*, local fish

Available: Year-round

Hojicha set: From ¥700

Drinks (coffee, black tea, orange, cola): From ¥900



A Japanese set meal with daily fish or meat specials, served alongside a small side dish, salad, omelet, natto (fermented soybeans).

It is a popular menu item at breakfast time.

You can also add a raw egg for ¥80.

Smoothie

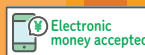
Food used ▶ *Ashitaba*

Available: Year-round

From ¥700

A mixed smoothie containing *ashitaba* and fruits such as bananas. It is characterized by its mellow yet refreshing taste that is not too sweet.





East Side Chaya



<https://eastsidechaya.com/> Instagram: eastsidechaya
Address: 892-2 Mitsune, Hachijo-machi, Hachijojima
Opening hours: 17:30 - 23:00 (LO 22:00) 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

¥1,600

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



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.



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.



Hachijojima



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)

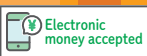


Coffee



Bread

Hachijojima



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.

Preparation and cooking of local fish

Food used ▶ Seasonal local fish

Available: Year-round

Charges apply

We can prepare and cook fish caught from a boat or from the embankment. Fresh fish cuisine that is unique to Sokodo-so, located near the port, can be added to your meal. How about enjoying freshly caught fish on a barbecue?



Dried-salted flying fish

Food used ▶ Flying fish

Available: Year-round

Market price

We take great care in preparing ingredients from the island on by hand, such as dried fish, food pickled in miso paste, chili peppers in miso, and pickled ashitaba, to ensure that diners enjoy the food we serve.



Banquet Course

Food used ▶ Homegrown vegetables, seasonal local fish

Available: Year-round

Please inquire

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

Hachijojima

Cafe Restaurant **Coco Moon**

ACCESS MAP



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

Opening hours: 11:30 - 14:00, 18:00 - 22:00 (Reservations for dinner are required)

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 flavored with *ashitaba* powder and topped with fluffy *ashitaba* shavings.

Hachijojima

Hachijojima Local Cuisine Ryozanpaku

ACCESS MAP


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

Address: 1672 Mitsune, Hachijo-machi, Hachijojima

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 Hachijojima

Available: Year-round **¥1,500**

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



Mozzarella cheese made from Hachijo milk and tomato

Food used ▶ mozzarella cheese

Available: Year-round **¥1,800**

This premium mozzarella cheese is made from the rich and delicious milk of Hachijo-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).



P 8 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted

Hachiojima

TOKYO ISLANDS LIQUOR Shop

YAMADAYA

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

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

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

ACCESS MAP



☎04996-2-1161



Food and liquor (Islands Spirits) store with a café attached. The Islands Spirits lineup is filled not only with those from Hachiojima 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 Hachiojima! Islands Spirits is a typical purchase for tourists staying in Hachiojima.

Purple potato Jersey latte

Food used ▶ Hachijo Jersey milk, purple potato

Available: Year-round

¥600

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

¥770

Sweet-and-sour sundae using lemon marmalade and lemon juice hand-made by Nokyo Girls (JA Women's Team) of Hachiojima! 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

¥1,200

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.



Hachijojima

Oshokujidokoro Michi

ACCESS MAP



<https://twitter.com/nmakoto5>

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.



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*.



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.



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.



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 Hachijo-jima 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.



Hachiojima

Hachiojima Jersey Cafe

ACCESS MAP



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

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

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.

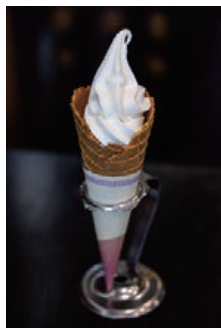
Jersey soft serve ice cream

Food used ▶ Jersey milk

Available: Year-round

¥400

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



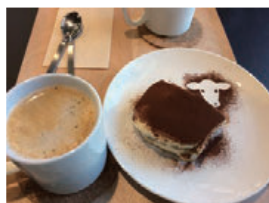
Jersey cafe au lait

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.



Hachijo Jersey yogurt drink

Food used ▶ Jersey milk

Available: Year-round

¥400

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



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 Hachiojima'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.

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.



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.)



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.



Hachijojima

Izakaya **Daikichi Maru**

ACCESS MAP

<https://daikichimaru8jo.com/>

Address: 2634-13 Okago, Hachijo-machi, Hachijojima

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 ▶ Hachijo fruit lemons

Available: Spring to summer

¥770

In addition to Hachijo fruit lemon sour, sours using passion fruits and other seasonal fruits from Hachijojima 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 Hachijojima's specialty *ashitaba*. The volume is substantial.

Shima-zushi

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

Available: Year-round

¥1,540

It is the representative cuisine of Hachijojima. 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



“Ojariyare!”

We welcome you with the warm greeting of the islanders. The hotel is easily accessible, located about five minutes by car from the airport.

Perched on a hill of Hachijojima, the southernmost tip of the seven Izu Islands, we offer rooms with their own distinct characteristics: the Japanese-style rooms (“Tokoharu”) in the annex building with ocean views that reflect the culture of Hachijojima, and the Western-style rooms (“Ao”) in the newly renovated main building, which face lush, green mountains.

Breakfasts made with carefully selected ingredients that feature the tastes of Hachijojima



Small bowl meal with 18 island specialties

Food used ▶ Seasonal vegetables

Available: Year-round **¥2,200**

Enjoy a breakfast of 18 balanced items centered around healthy island vegetables.



Blessings from the sea: Seafood *ashitaba* chazuke meal

Food used ▶ Seasonal local fish, vegetables, *ashitaba*

Available: Year-round **¥2,200**

Enjoy the blessings of the mountains and sea, which go perfectly with *iwaiso-nori*, in a specially prepared *chazuke* (steamed rice with tea) made with flying fish soup stock and roasted *ashitaba* tea.



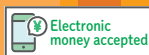
Seasonal “*bi-mansai*” buffet

Food used ▶ Seasonal local fish, vegetables

Available: Year-round **¥2,200**

A buffet-style meal with a dizzying array of Western and Japanese dishes that reflect the seasonal characteristics of Hachijojima, making you wonder where to start eating from!

Note: The menus vary depending on the season and day of the week. You will not be able to choose the meal type or buffet.



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!



Hachijojima

Kukansha Cafe in Long Beach 1983

ACCESS MAP



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

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

Opening hours: 13:00-17:00 (Last order 16:30)

Closed: Tuesdays, Fridays

☎ 04996-2-4154



This quiet cafe 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 **¥900**

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 **¥900**

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.



ISOZAKIEN

Address: 347 Kashitate, Hachijo-machi, Hachijojima
 Opening hours: 11:00-14:00 (at night only by reservation, call by 15:00)
 Closed: No fixed days

☎04996-7-0041



アクセスマップ



Isozaki-En's calm, Japanese style rooms were built over more than a hundred years by collecting driftwood that washed up on the coast, and guests can enjoy dining in a tropical Japanese-style room that was built using an old stone wall. Particular attention is paid to the island's ingredients, with the flavors of fresh seafood and pesticide free, home-grown vegetables being on offer, as well as dishes that let guests feel the history of Hachijojima's cuisine.

Kuroshio Cuisine

Food used ▶ Seasonal fish, taro, seaweed, seasonal vegetables

Available: Year-round **¥1,870**

In the past there was no rice on the island, so *miso*-flavored barley porridge was eaten. The barley porridge comes with Hachijojima-produced *sashimi* local seaweed and vegetable dishes, and fish soup.



Goshamen Cuisine

Food used ▶ Seasonal fish, taro, seaweed, seasonal vegetables

Available: Year-round **¥5,720**

Isozaki-En's original, celebratory cuisine, serving dishes that use banana leaves as plates. In addition to the *Kuroshio* Cuisine, the *Goshamen* Cuisine features a fish figure and salt-encrusted grilled fish, where an entire fresh fish is encased in salt and grilled. (For 2 or more people, reservation required)

Island Sushi

Food used ▶ Seasonal fish

Available: Year-round **From ¥1,870**

Conceived of as a *bento* lunch for long cruises, the rice has added sugar, vinegar, and salt, and mustard is used instead of *wasabi*. Fresh fish is sprinkled with soy sauce and then wrapped with *iwa laver* to form the *sushi* pieces. (Reservation required)



Reservations possible

P 10 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted

ACCESS MAP



Hachiojima Senryo

Address: 2056 Kashitate, Hachioji-machii, Hachiojima
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 Hachioji-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 Hachioji-jima's large and fresh garlic are the second most popular dish on the menu.

**Depending on the season, we may use garlic and/or ginger that was grown somewhere other than Hachiojima.*



Ogasawara Islands

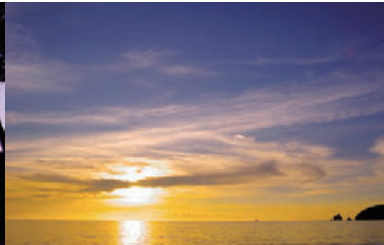
In the far south of the Izu Islands, there are islands collectively called the Ogasawara Islands.

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

— 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



Map

Chichijima

Weather Station
Lookout

Futami Port

Hatsuneura Beach

Higashidaira Sanctuary

Kominato Beach

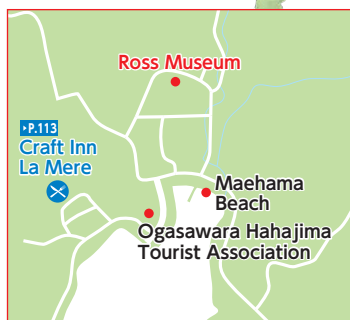
Kita Port

Higashi Port

Hahajima

Mt. Chibusayama

Oki Port



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



Mermaid Café



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

¥250

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.

Chichijima Paku Paku

<http://www2.odn.ne.jp/makimaki/newpagepakupaku.html>

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

ACCESS MAP



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

¥1,150

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 350 yen.



Island Fish *Bukkake-don*

Food used ▶ Seasonal local fish

Available: Year-round

¥1,800

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's lemon

Available: Year-round

From ¥800

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





Heart Rock Cafe

ACCESS MAP



<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

Available: Year-round

From ¥500

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 ¥500

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

ACCESS MAP



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

Dinner From ¥3,000

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

Dinner From ¥3,000

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

¥1,100

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

¥1,350

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

¥950

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

¥800

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

Ogasawara Islands Farm Stand

(Local Produce Store & Café)

ACCESS MAP



https://www.bing.com/search?q=ogasawara_Ja&cvid=5b43e22cb6a04858910db5807c8b3898&aqs=edge..69157j0l3j69i11004.16244j0j3&FORM=ANAB01&PC=U531

Address: Higashi-machi, Chichijima, Ogasawara-mura

Opening hours: 9:00-17:30 Closed: Day after departure of Ogasawara Maru

☎04998-2-2940



Have a relaxing time in the spacious and cheerful interior, which was newly reopened after a renovation in spring 2023. You can savor menu items that use freshly sourced agricultural produce. Takeouts are also available. The sea is just a three-minute walk away, so you can enjoy your food while admiring the sea views!

Ice-cream Soft-serve ice-cream

Food used ▶ Salt, passion fruit, lemon, mango, etc.

Available: Year-round

From ¥400

The ice-cream is made with island fruits, while the soft-serve ice-cream is generously topped with island fruits.

Do visit the agricultural cooperative during the hot summer!



Snacks Desserts

Food used ▶ Lemon, roselle, mango, passion fruit, tomato

Available: Year-round

From ¥350

We produce homemade jam using fresh fruits picked on the island.

Enjoy it with a bagel sandwich, toast, or scones!

Other daily confectioneries are also available.

Drinks

Food used ▶ Lemon, passion fruit, butterfly peas

Available: Year-round

From ¥600

Drinks made with fresh lemons and passion fruit are perfect as juice or soda! Special menu items are also available depending on the season.

(Passion fruit shake, honey coffee float, etc.)





Kaiyu

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



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.

Hahajima

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!

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 Oshima Island Branch Office Oshima Island Branch Office, Industrial Section
Phone: (04992)2-4431



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 Hachijo Island Branch Office Hachijo 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 2024 (English Edition)

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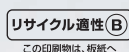
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