

# Locavore Dining in the Tokyo Islands 2026

Marvelous Foods in the Islands of Tokyo 2026



**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 90 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 2026

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90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8(2026)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!

## Table of Contents

### Izu Islands

|                       |    |
|-----------------------|----|
| Oshima                | 11 |
| Niijima / Shikinejima | 41 |
| Kozushima             | 55 |
| Miyakejima            | 62 |
| Mikurashima           | 73 |
| Hachijojima           | 76 |

### Ogasawara Islands

|                     |     |
|---------------------|-----|
| Chichijima/Hahajima | 104 |
|---------------------|-----|



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」を中心に、観光情報をあわせて掲載しています。

東京にある大自然の恵みを、食・観光・土産などでお楽しみください！

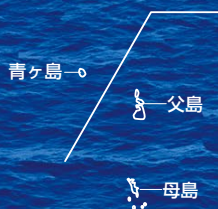


もくじ

## 伊豆諸島

|        |    |
|--------|----|
| 大島     | 11 |
| 新島・式根島 | 41 |
| 神津島    | 55 |
| 三宅島    | 62 |
| 御蔵島    | 73 |
| 八丈島    | 76 |

八丈島



## 小笠原諸島

|       |     |
|-------|-----|
| 父島・母島 | 104 |
|-------|-----|

# 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 (10 vehicles)
Wi-Fi available
Credit cards accepted
Electronic money accepted (public transport IC cards, QR code payments, etc.)

## 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.

**Oshima** **Tantanmen kUI** **Store name**

Address: 3 Habu Port, Oshima-machi

Opening hours: Lunch 11:00-14:30 (LO 14:00) / Dinner 18:00-20:30 (LO 20:00) (Dinner on Thursdays and Saturdays only) Closed: Mondays and Tuesdays

090-5800-9195 **Tel. No.**

**Reservations for dinner only** **10 vehicles** **Wi-Fi available** **Credit cards accepted** **Electronic money accepted** **ACCESS MAP** **Last Order** **Closed**

**Signature menu**

- Ingredients
- Availability
- Price, etc.

**kUI Tantanmen**

Food used ▶ Camellia black pork, salt (flower of ocean)  
Available: Year-round  
¥1,290

We serve tantanmen noodles that can only be eaten on Oshima, made with minced meat from Camellia black pork, a specialty of Oshima raised on feed mixed with camellia oil cake and ashitaba vegetables!

Unlike typical tantanmen, these have a soy milk base with a mild taste. A one-of-a-kind tantanmen experience!

\* The listed menu prices are current as of October 2025.

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.

\* Prices may change due to rising ingredient costs etc.

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

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



# INDEX

## Izu Islands

|   |    |
|---|----|
| <b>Oshima</b>                             | 11 |
| <i>Kaisenchaya</i> Sushikou               | 13 |
| restaurant&cafe waka                      | 14 |
| <i>Ryokan</i> Kan-ichi                    | 15 |
| Ramen Shimaenaga                          | 16 |
| <i>Minato No Syokudo</i> Bistro U·TO      | 17 |
| Island Ice Cream Triton                   | 18 |
| Cafe Bar NABEKIICHI                       | 19 |
| Japanese Green Tea Cafe Motomachi Terrace | 20 |
| Umino Panyasan                            | 21 |
| Book Tea Bed IZUOSHIMA                    | 22 |
| Umi Daruma                                | 23 |
| Hotel Shiraiwa                            | 24 |
| Mashio Resort                             | 25 |
| Kiyomaru                                  | 26 |
| Restaurant Tsubaki                        | 27 |
| Curry House Kirikiri                      | 28 |
| Flavor of the Seasons, Mantate            | 29 |
| Ichimine                                  | 30 |
| Ryosaku Maru                              | 31 |
| sushi youhoumaru                          | 32 |
| STARFISH AND COFFEE                       | 33 |
| Guest House Funayoshi                     | 34 |
| IZU OSHIMA UMINOWA INN                    | 35 |
| Umi No Obento Ya San                      | 36 |
| Take-out store Umi no Kitchen             | 37 |
| Tantanmen kUj                             | 38 |
| Tokyo Vone Ten                            | 39 |
| Oshibana                                  | 40 |

## Niijima / Shikinejima

|                                    |    |
|------------------------------------|----|
| <i>Izakaya</i> Nihonbashi          | 43 |
| Someimaru Inn                      | 44 |
| POOL island cafe-market            | 45 |
| Sakae <i>Zushi</i>                 | 46 |
| <i>Nagomidokoro</i> Sunshine       | 47 |
| Kurobee Stand                      | 48 |
| MIKASA                             | 49 |
| MARUGO                             | 50 |
| Niijima Water Park Rest House Mint | 51 |
| Guest House Hidabun                | 52 |
| Family Store Miyatora              | 53 |
| Ikemura <i>Shoten</i>              | 54 |

## Kozushima

|                     |    |
|---------------------|----|
| Hyuga brewery       | 57 |
| Yamacho             | 58 |
| Sawaya Cordon Bleu  | 59 |
| Restaurant Sabusaki | 60 |
| oyado & cafe Nora   | 61 |

## Miyakejima

|                           |    |
|---------------------------|----|
| Pension Dive Shop Santomo | 64 |
| Restaurant KAIRAKU        | 65 |
| Gallery Cafe Canon        | 66 |

|                                 |    |
|---------------------------------|----|
| Pension & Restaurant Hanamiduki | 67 |
| CS RESORT                       | 68 |
| Maruasa Cafe                    | 69 |
| MIYAKEJIMA SNAPPER              | 70 |
| Terrace cafe Restaurant GIZMO   | 71 |
| Japanese Restaurant Ikeyoshi    | 72 |

## Mikurashima

|                         |    |
|-------------------------|----|
| FUKUMARU <i>SHOUTEN</i> | 75 |
|-------------------------|----|

## Hachijojima

|   |     |
|---|-----|
| Bulblue cafe stand                            | 78  |
| <i>Yoiyoidokoro</i> Raisu                     | 79  |
| uohachiya                                     | 80  |
| Genki Kunimatsu                               | 81  |
| Takara-tei                                    | 82  |
| Coffee House LL                               | 83  |
| East Side <i>Chaya</i>                        | 84  |
| <i>Kokumin Shukusha</i> Sunmarina             | 85  |
| Guest House Sokodoso                          | 86  |
| SEA SIDE KITCHEN WA                           | 87  |
| Local and Home Cuisine Han                    | 88  |
| Hachijojima Local Cuisine Ryozanpaku          | 89  |
| Fukusen                                       | 90  |
| Tokyo Islands Liquor Local Food Shop YAMADAYA | 91  |
| <i>Oshokujidokoro</i> Michi                   | 92  |
| Ryu's Island kitchen                          | 93  |
| Aigae Suisan Jizakana Himono <i>Shokudo</i>   | 94  |
| Hachijojima Jersey Cafe                       | 95  |
| <i>Izakaya</i> Goan                           | 96  |
| <i>Izakaya</i> Daikichi Maru                  | 97  |
| Restaurant Akakokko                           | 98  |
| Hachijo View Hotel                            | 99  |
| PIZZA PARADISO                                | 100 |
| Kukansha Cafe in Long Beach 1983              | 101 |
| ISOZAKIEN                                     | 102 |

## Ogasawara Islands

### Chichijima / Hahajima

|  |     |
|--|-----|
| Auberge Sato   | 106 |
| Mermaid Café   | 107 |
| Paku Paku  | 108 |
| Heart Rock Cafe  | 109 |
| Uwabeya  | 110 |
| Western-style <i>Izakaya</i> CHARA                           | 111 |
| Charabiyori  | 112 |
| Ogasawara Islands Farm Stand<br>(Local Produce Store & Café) | 113 |
| BOOTERS  | 114 |
| Craft Inn La Mere  | 115 |

## PR Pages

|  |     |
|--|-----|
| Tokyo Metropolitan Government<br>Certified Locally Sourced Food Products | 116 |
| TOKYO GROWN  | 117 |

# INDEX (島順)

## 伊豆諸島

|                        |    |
|------------------------|----|
| <b>大島</b>              | 11 |
| 海鮮茶屋 寿し光               | 13 |
| restaurant & cafe waka | 14 |
| 旅館かんいち                 | 15 |
| 麵処 しまえなが               | 16 |
| 港の食堂 Bistro U・TO       | 17 |
| 島のアイスクリーム屋トリトン         | 18 |
| 喫茶酒場 なべさち              | 19 |
| 日本茶カフェ 元町テラス           | 20 |
| 海のパン屋さん                | 21 |
| Book Tea Bed IZUOSHIMA | 22 |
| 大衆酒場 海だるま              | 23 |
| ホテル白岩                  | 24 |
| マシオ リゾート               | 25 |
| 紀洋丸                    | 26 |
| レストラン椿                 | 27 |
| カレーハウス 木里吉里            | 28 |
| 四季の味 まんたて              | 29 |
| 一峰                     | 30 |
| 良作丸                    | 31 |
| 鮨 陽宝丸                  | 32 |
| STARFISH AND COFFEE    | 33 |
| ゲストハウス 舟吉(ふなよし)        | 34 |
| 伊豆大島 旅宿 つみの和           | 35 |
| 海のお弁当屋さん               | 36 |
| 海のキッチン                 | 37 |
| 担々麺 kUi(くい)            | 38 |
| 島京梵天                   | 39 |
| 押し花                    | 40 |

## 新島・式根島

|                         |    |
|-------------------------|----|
| <b>新島</b>               | 41 |
| 居酒屋 日本橋                 | 43 |
| お宿 そうめいまる               | 44 |
| POOL island cafe・market | 45 |
| 栄寿司                     | 46 |
| 和み処サンシャイン               | 47 |
| クロベエスタンド                | 48 |
| みかさ                     | 49 |
| 新島食堂 マルゴー               | 50 |
| 新島親水公園 れすとほうす みんと       | 51 |

## 式根島

|               |    |
|---------------|----|
| ゲストハウス ひだぶん   | 52 |
| ファミリーストア みやとら | 53 |
| 池村商店          | 54 |

## 神津島

|               |    |
|---------------|----|
| Hyuga brewery | 57 |
| 山長(やまちょう)     | 58 |
| さわやコルドンブルー    | 59 |
| れすとらん鯖崎       | 60 |
| oyado&cafe のら | 61 |

## 三宅島

|                    |    |
|--------------------|----|
| ペンション・ダイブショップ サントモ | 64 |
| レストラン海楽            | 65 |

|                               |    |
|-------------------------------|----|
| ギャラリーカフェ・カノン                  | 66 |
| ペンション&レストラン 花海月               | 67 |
| CS RESORT                     | 68 |
| マルアサカフェ                       | 69 |
| 三宅島 スナッパー                     | 70 |
| Terrace cafe Restaurant GIZMO | 71 |
| 日本料理 いけ吉                      | 72 |

## 御蔵島

|        |    |
|--------|----|
| ふくまる商店 | 75 |
|--------|----|

## 八丈島

|                           |     |
|---------------------------|-----|
| Bulblue cafe stand        | 78  |
| 宵酔処 らいす                   | 79  |
| 創作料理 地魚処 魚八家              | 80  |
| 元気にまつ                     | 81  |
| 宝亭                        | 82  |
| コーヒーハウス LL                | 83  |
| イーストサイド茶屋                 | 84  |
| 国民宿舎 サンマリナー               | 85  |
| そご庄                       | 86  |
| SEA SIDE KITCHEN 環        | 87  |
| 郷土・家庭料理のお店 繁(はん)          | 88  |
| 八丈島郷土料理 梁山泊               | 89  |
| 伏線                        | 90  |
| 東京島酒・ローカルフードショップ 山田屋      | 91  |
| お食事処 通(みち)                | 92  |
| Ryuの店                     | 93  |
| 藍ヶ江水産地魚干物食堂               | 94  |
| 八丈島ジャーシーカフェ               | 95  |
| 居酒屋 瑚庵                    | 96  |
| 居酒屋 大吉丸                   | 97  |
| レストラン アカコッコ               | 98  |
| 八丈ビューホテル                  | 99  |
| PIZZA PARADISO            | 100 |
| カフェ空閑舎 in Long Beach 1983 | 101 |
| いそざきえん                    | 102 |

## 小笠原諸島

|                        |     |
|------------------------|-----|
| <b>父島・母島</b>           | 104 |
| オーベルジュサトウ              | 106 |
| Mermaid Café(マーメイドカフェ) | 107 |
| 波食波食(ぱくぱく)             | 108 |
| ハートロックカフェ              | 109 |
| うわべ家                   | 110 |
| 洋風居酒屋CHARA             | 111 |
| チャラ日和                  | 112 |
| 農産物観光直売所               | 113 |
| BOOTERS(ブーターズ)         | 114 |
| クラフト イン ラ・メーフ          | 115 |

## PRページ

|                      |     |
|----------------------|-----|
| 東京都地域特産品認証食品         | 116 |
| とうきょうの恵み TOKYO GROWN | 117 |



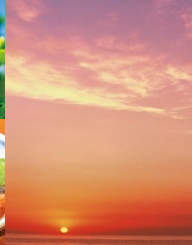
# IZU Islands

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.



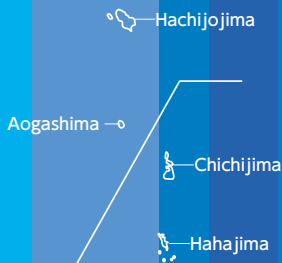


# Oshima

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

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





# 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 **¥2,500**

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 **¥2,500**

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 **¥1,600**

restaurant&cafe **waka**

ACCESS MAP

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

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

Opening hours: 11:00-16:00 (LO 15:30) Closed: Saturdays and Sundays

☎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

¥1,400

A refreshing pasta dish made by adding ashitaba to a basil-based sauce, and accented with lemon. It is a popular dish at the restaurant.

**Tomato and ashitaba mozzarella pizza**

Food used ▶ Ashitaba

Available: Year-round **¥1,400**

The unique flavor of *ashitaba* goes perfectly with tomato sauce! The homemade square pizza dough is topped generously with mozzarella cheese and fresh tomatoes to create this item.

**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



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 zuke" (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 brewed coffee, and Oshima milk.



# Oshima Ramen Shimaenaga

ACCESS MAP



Instagram : 2ndmotoki

Address: 1F Yamada Shoji Bldg. No. 2, 1-9-4 Motomachi, Oshima-machi

Opening hours: 11:00-14:00/18:00-22:00 (LO 21:30) Closed: Mondays and Tuesdays

\*Please check on Instagram, etc.



Located just a minute's walk away from the Port of Motomachi, this ramen restaurant overlooks the entire port. Made with the back fat of Camellia black pork and "Umi no Sei" salt, both produced locally in Izu Oshima, this ramen is characteristic of Izu Oshima and comes highly recommended. A wide selection of Japanese sake is also available, along with a snack menu at night. We look forward to your visit.

## Iwa-nori shio ramen

Food used ▶ Salt, camellia black pork, iwa laver

Available: Year-round

Regular ¥1,300

Large ¥1,500

Ramen cooked in back fat and salt-based broth, made with branded Camellia black pork raised on Oshima and the renowned "Umi no Sei" salt from Izu Oshima, matched perfectly with a topping of *iwa-nori*. Although made with back fat, it has a refreshing flavor that female diners will also enjoy.



## Island chili peppers

Food used ▶ Island chili peppers

Available: Year-round

¥150

A topping of island chili peppers, also used in "bekko zuke." You can add it to your noodles to enjoy the refreshing spiciness or use it in place of regular chili oil to drizzle over your gyoza dumplings.

Oshima

Minato No Syokudo **Bistro U•TO**
<https://bistro-u-to.business.site/>

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

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

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

**Chef's course**

Food used ▶ Island seafood, local vegetables

Available: Year-round

From **¥6,600**

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

**(Example menu 1)**

Local fish carpaccio (contents vary depending on ingredients bought that day), *sabi no segoshi* (thinly sliced, bone-scored Bermuda catfish), lightly seared striped marlin, *akaika* (local squid)

**(Example menu 2)**

Largescale blackfish wrapped in julienned potatoes and grilled, served with a sauce of strained soup made with local fish

**(Example menu 3)**Crème-brulee of *ashitaba*

# Oshima Island Ice Cream Triton

ACCESS MAP



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

☎04992-7-5425



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

## Island Seaweed Ice Cream

Food used ▶ Oshima milk

Available: Year-round

¥350

A new sensation in ice cream, with fragrant island seaweed blended in. Perfect to finish off with after a drink.



## Geo Ice ② Pahoehoe Lava

Food used ▶ Oshima milk

Available: Year-round

¥350

Ice cream that evokes the pahoehoe lava found on Oshima with black sesame and noir cookies. The generous amount of black sesame and crunchy cookies bring out the sesame flavor.



## Passion Fruit

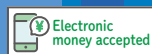
Food used ▶ Oshima milk,  
 Oshima passion fruit

Available: Summer only

¥350

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





# Cafe Bar NABEKICHI



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

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

Opening hours: 11:00-15:00/18:00-22:00

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

¥1,700

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

¥1,500

"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. (comes with a soup)



## Homemade Oshima milk pudding

Food used ▶ Oshima milk

Available: Year-round

¥300

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



\*This store permanently closed at the end of March 2026.

Japanese Green Tea Cafe

# Motomachi Terrace

Instagram: [motomachiterrace\\_oshimatsubaki](https://www.instagram.com/motomachiterrace_oshimatsubaki)

Address: 1-17-33 Motomachi, Oshima-machi

Opening hours: 10:00-16:00 (10:00-17:00 in summer)

Closed: Tuesdays (may be closed temporarily on other days)

ACCESS MAP



☎04992-7-5515



Based on the concept of “conveying the charm of Japanese tea through OSHIMATSUBAKI,” the café offers an open atmosphere on its expansive wooden-decked terrace. Here, guests can enjoy Japanese tea brewed with care in a teapot.

It offers a moment of relaxation alongside an experience of Japanese tea culture.

## Matcha Whipped Latte Float

Food used ▶ Oshima milk

Available: Year-round

¥840

Made with Oshima milk from dairy cows raised on Izu Oshima, and matcha from MARUYAMAENHONTEN, a long-established specialty shop for Japanese tea, this latte drink is then topped with whipped cream and matcha ice cream.



## Motomachi Anmitsu + Tea set

Food used ▶ Oshima milk ice-cream

Available: Year-round

From ¥1,100

This *anmitsu* dessert is made with Oshima milk ice cream, chewy rice ball dumplings, and top quality matcha jelly, and served with brown syrup.



## Oshima Butter Financier by HAPPO-EN

Food used ▶ Oshima butter

Available: Year-round

¥380

Oshima Butter Financier was developed by Tatsuhiro Kuroda, chef and pâtissier at HAPPO-EN in Shirokanedai, Tokyo. It uses Honwaka sugar to make the most of the delicious flavors of Oshima butter.

This subtly flavored financier also goes perfectly with Japanese tea. It is also available as a snack with tea and snack sets (from ¥660).



## Motomachi Terrace Special Onigiri Rice Ball

Food used ▶ Salt, *benitama umeboshi*, pickled ashitaba

Available: Year-round

¥990



Luxuriously plump rice balls made with Fukushima's branded rice “Fuku,Warai” and Shiretoko salmon and kelp, and seasoned with “Umi no Sei” Umashio salt (comes with a mini dessert). “Umi no Sei” Umashio salt is a traditional roasted salt derived fully from Izu Oshima's seawater, blended with the powdered form of Rishiri kelp and Kyushu-grown shiitake mushrooms.

Side dishes include “Umi no Sei” *benitama umeboshi* pickled plums and pickled ashitaba made in Izu Oshima.



# 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, opened in January 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.

## Salted butter bread

Food used ▶ Salt

Available: Year-round

¥160

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 local produce.

## 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

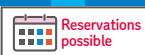
Food used ▶ Ashitaba

Available: Year-round

¥450

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





# Umi Daruma



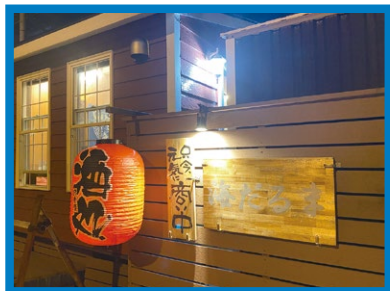
[https://www.instagram.com/umi\\_daruma\\_2024/](https://www.instagram.com/umi_daruma_2024/)

Address: 2-12-14 Motomachi, Oshima-machi

Opening hours: 18:00-24:00 Closed: Sundays

☎090-1734-5492

Oshima



We serve dishes as single portions so that even solo diners can visit comfortably.

We hope to showcase the excellence of Oshima's food by using many ingredients from the island. We also explain limited-time items directly to customers when they order.

Moving forward, we plan to create more menu items using vegetables grown on Oshima.

We look forward to your visit.

## Today's Sashimi

Food used ▶ Local fish, island chili peppers, *Umi no Sei* (salt)

Available: Year-round

¥700

We select and serve the best fish procured each day. Please enjoy it with island chili soy sauce or Oshima salt.



## Ashitaba Vegetable Tempura

Food used ▶ *Ashitaba*, *Umi no Sei* (salt)

Available: Year-round

¥300

*Ashitaba* Vegetable tempura is the owner's favorite way to enjoy *ashitaba*. Please enjoy it crispy with a light touch of Oshima salt.



## Limited Menu

Food used ▶ Oshima vegetables, *Umi no Sei* (salt)

Available: When available

¥300-¥500

We offer limited-time items using Oshima ingredients procured each day. The photo shows "Corn Tempura."



# Oshima Hotel Shiraiwa

ACCESS MAP



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

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

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

☎04992-2-2571



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

## Live abalone sashimi

Food used ▶ Abalone

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

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



## Simmered whole splendid alfonsino

Food used ▶ Splendid alfonsino

Available: Year-round **¥3,850**

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



## Live spiny lobster sashimi

Food used ▶ Japanese spiny lobster

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

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





# Mashio Resort



<http://www.mashio.com>

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

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

☎ 04992-2-7317



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 Kiyomaru

ACCESS MAP



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

Opening hours: 11:30 - 13:30 and 17:30 - 20:00 Closed: Thursdays, some Sundays ☎04992-2-1414



"Zako" means "a variety of fish," evoking the many types of fish rarely shipped to Tokyo. We make the most of these small fish by serving various local cuisines unique to the island, creating culinary experiences only available here.

## Bekko sushi (evening only)

Food used ▶ Japanese butterfish, green chili peppers

Available: Year-round

¥1,200

Bekko sushi made with fresh white fish filets that have been marinated in *amoto* 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

¥2,500

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

¥1,450

We take *ashitaba* fried rice that you can make at home and elegantly add the flavors of our shop to the dish.





# Restaurant Tsubaki



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

☎04992-2-0377



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

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



## Large Shrimp Tempura and Rice Box with Ashitaba Tempura

Food used ▶ Ashitaba

Available: Year-round

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!



## Oshima milk pudding

Food used ▶ Oshima milk

Available: Year-round

¥550

Made freshly in the store. (Limited quantities available)

## Drinks using Oshima milk

Food used ▶ Oshima milk

Available: Year-round

- Hot Café au lait ¥600
- Iced Café au lait ¥500
- Hot Matcha Latté ¥500
- Iced Matcha Latté ¥500
- Banana Juice ¥600

Generous amounts of Oshima milk (approximately 9:1)



# Oshima Curry House Kirikiri

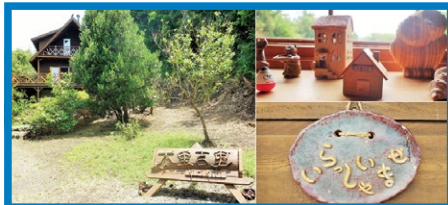
<https://kirikiri-oshima.shopinfo.jp/>

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



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 **¥1,500-¥2,000**

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 **¥1,600**

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.



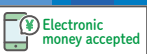
## Seasonal desserts

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

Available: Year-round **¥600**

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)





# Flavor of the Seasons, **Mantate**



<https://ja-jp.facebook.com/hidetsugu.masuyama>

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

Opening hours: Lunch 11:30-13:30, 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 August 2025.

## Utsubo (moray eel) cut thinly

Food used ▶ Moray eel

Availability: **While in stock** **¥1,650**

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



## Tokyo shrimp pasta

Food used ▶ Tokyo shrimp

Availability: **While in stock** **¥1,590**

Tokyo shrimp (whiteleg shrimp) farmed on Izu Oshima is served up only with island salt so that diners can enjoy the authentic taste of the shrimp. Garlic oil is served separately.



## Grilled Oshima Muntjac Venison with Herb Salt (using island salt)

Food used ▶ Muntjac, bayberry, island chili peppers, passionfruit

Available: **While in stock** **¥1,650**

Enjoy this delicious island game meat as an accompaniment to wine or sake.

## Camellia black pork served as loin cutlet or salt-grilled

Food used ▶ Camellia black pork

Availability: **While in stock** **¥1,850**

Camellia black pork comes from a breed of black pig raised on feed mixed with *ashitaba* and strained dregs from the production of Oshima camellia oil, giving its fat a uniquely refined flavor.





# Ichimine

ACCESS MAP



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

☎04992-2-8524



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

## Bekko-don

Food used ▶ White meat fish, island 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 island chili peppers.



## Island Spaghetti

Food used ▶ White meat fish, island 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 island chili soy sauce using *bekko*, which is then finished by sprinkling on plentiful amounts of island seaweed.



## 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



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.

## 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.



# Sushi youhoumaru

ACCESS MAP



Address: 5 Okada, Oshima-machi

Opening hours: 10:00-14:00 / 17:00-21:00 Closed: Mondays

☎04992-7-5056



A sushi restaurant just one minute's walk from Okada Port. The comfortable interior exudes the warmth of wood. We serve fresh seasonal local fish direct from the fishery cooperative.

We also accept takeout orders, so please feel free to ask what is fresh today .

## Bekko nigiri Sushi

Food used ▶ Seasonal local fish

Available: Year-round **¥1,800**

A local island cuisine made by marinating fresh seasonal local fish in our homemade sauce. Island chili peppers and condiments add a nice accent.



## Local Fish nigiri Sushi

Food used ▶ Seasonal local fish

Available: Year-round **¥2,600**

A dish providing the delights of the day's seasonal local fish, including fish with outstanding freshness and firm texture that can only be tasted on Oshima, as well as fish aged to concentrate their umami and for a tender texture.

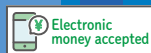
## Simmered Tokobushi abalone

Food used ▶ Tokobushi

Available: Year-round **¥1,100**

A refined Japanese delicacy featuring *tokobushi*, gently simmered in a sweet and savory sauce, with a hint of shellfish flavor.





# STARFISH AND COFFEE

ACCESS MAP



[https://www.instagram.com/starfish\\_izuoshima/?hl=ja](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

Fresh fish caught in Oshima is filleted and sandwiched between buns to make this a unique fish burger that can only be savored here.



## 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 leading public beach on the island, the owner describes his philosophy as "like a hidden gem behind an act of kindness, it's an island inn you'll be glad you visited." The handmade cuisine here is popular, made with local fish, island vegetables, and other seasonal local ingredients, and can be enjoyed accompanied by the fragrance of the ocean breeze on the seashore.

## Funayoshi dinner

Food used ▶ Seasonal fish, island vegetables

Available: Year-round

Included in the lodging charges

The dinners here feature island style home cooking with a focus on fresh seasonal island ingredients, such as local fish boiled, grilled with salt, or made into a broth, and *Tempera* 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 2,800 to 3,500 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 at time of accommodation booking. May be cancelled during peak season or in bad weather.





# 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: Summer

**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



# Umi No Obento Ya San

ACCESS MAP



Address: 65 Yokochō, Okata, Oshima-machi  
 Opening hours: 10:00-14:30 Closed: No fixed days

☎04992-7-5077



This *bento* (meal box) shop is located at Okata Port. In addition to collecting your *bento* in-store, *bento* delivery services are also available, so please feel free to inquire with the store.

It also has sister stores—"Umi no Kitchen" on the third floor of the passenger waiting area of Okata Port, and "Umino Panyasan" at the second floor of the passenger waiting area of the Port of Motomachi.

## Island chili peppers ramen

Food used ▶ Island chili peppers

Available: Year-round

¥900

Ramen in a salt-based broth, served alongside vegetables stir-fried with Island chili peppers cultivated on Oshima to enhance their aroma and spiciness. This is a popular dish among spicy food lovers.



## Ashitaba bento (by reservation only)

Food used ▶ Ashitaba

Available: Year-round

¥950

A *bento* (meal box) made with a generous heaping of *ashitaba*.

As the *ashitaba* used has been cooked with various methods, you can enjoy its flavors in myriad ways.



## Gyoza dumplings (Ashitaba, Island chili peppers)

Food used ▶ Ashitaba, Island chili peppers

Available: Year-round

¥400

*Ashitaba* or Island chili peppers have been kneaded into the filling.

The *gyoza* dumplings have a strong hint of *ashitaba* coupled with the spiciness of the Island chili peppers, making it the perfect snack that you keep wanting more of.





Take-out store

# Umi no Kitchen

Address: 83-1 Yokochō, Okata, Oshima-machi  
 Opening hours: 10:00 - 16:00 (changes depending on the season)  
 Closed: Wednesdays

ACCESS MAP



☎090-2213-2312



This is a takeaway outlet located on the third floor of the passenger waiting area at Okata Port.

All items are provided in takeaway containers. It is the sister store to "Umino Panyasan," located at the passenger waiting area of the Port of Motomachi.

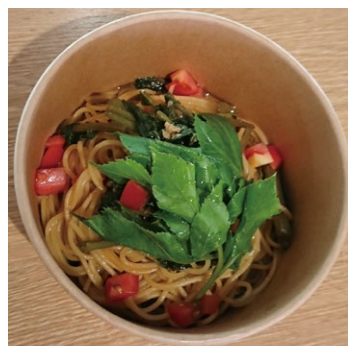
## Bekko rice bowl (Italian style)

Food used ▶ Japanese butterfish, Island chili peppers

Available: Year-round

¥1,050

The traditional local dish, *bekko sushi*, is given an Italian twist with fresh tomatoes, garlic, and olive oil.



## Ashitaba Japanese-style spaghetti

Food used ▶ Ashitaba

Available: Year-round

¥1,050

A Japanese-style spaghetti made by frying *ashitaba* in garlic and olive oil, with soy sauce added to enhance the aroma.

## Beef curry with island vegetables

Food used ▶ Local vegetables, island chili peppers, Oshima milk

Available: Year-round

¥1,050

A beef curry seasoned with the spicy flavors of Island chili peppers and rounded off with Oshima milk, topped with deep-fried seasonal vegetables.





P 10 vehicles



# Tantanmen kUi

ACCESS MAP



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

Address: 3 Habu-minato, Oshima-machi

Opening hours: Lunch 11:00–14:30 (LO 14:00) / Dinner 18:00–20:30 (LO 20:00)

(Dinner on Thursdays and Saturdays only) Closed: Mondays and Tuesdays

☎090-5800-9195



We serve *tantanmen* noodles that can only be eaten on Oshima, made with minced meat from Camellia black pork, a specialty of Oshima raised on feed mixed with camellia oil cake and *ashitaba* vegetables!

The space, designed by the owner who is also a designer, is stylish and comfortable—not what you would expect from a ramen shop—making it easy for women, families, and couples to visit.

As for spiciness, you can add Oshima-produced island chili peppers to your preference, so even those who do not like spicy food can enjoy these *tantanmen*!

## kUi Tantanmen

Food used ▶ Camellia black pork, salt (flower of ocean)

Available: Year-round

¥1,290

We serve *tantanmen* noodles that can only be eaten on Oshima, made with minced meat from Camellia black pork, a specialty of Oshima raised on feed mixed with camellia oil cake and *ashitaba* vegetables!

Unlike typical *tantanmen*, these have a soy milk base with a mild taste. A one-of-a-kind *tantanmen* experience!



## Spicy Curry Tantanmen

Food used ▶ Camellia black pork, salt (flower of ocean)

Available: Year-round

¥1,290

We serve *tantanmen* noodles that can only be eaten on Oshima, made with minced meat from Camellia black pork, a specialty of Oshima raised on feed mixed with camellia oil cake and *ashitaba* vegetables!

A one-of-a-kind *tantanmen* experience made with authentic spices.



## Chilled Tantanmen

Food used ▶ Camellia black pork, salt (flower of ocean)

Available: Year-round

¥1,290

We serve *tantanmen* noodles that can only be eaten on Oshima, made with minced meat from Camellia black pork, a specialty of Oshima raised on feed mixed with camellia oil cake and *ashitaba* vegetables!

The refreshing chilled version is also available year-round.



# Tokyo Vone Ten

<http://tokyovonetten.com>

Address: 6 Habu-minato, Oshima-machi

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

☎04992-4-1567

ACCESS MAP



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

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

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

Food used ▶ *Ashitaba*, Oshima milk

Available: July to September

¥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 ¥400

The Hanetsuki ("winged") Taiyaki (a fish-shaped pancake stuffed with bean paste) is made with rice flour dough using Oshima milk and baked to order.

There are four types: Dainagon red bean paste, custard cream, ham and cheese mayonnaise, and brown rice and cheese risotto.



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

Food used ▶ *Ashitaba*, Oshima milk

Available: Year-round

From ¥350

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



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.

## 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.



## 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.



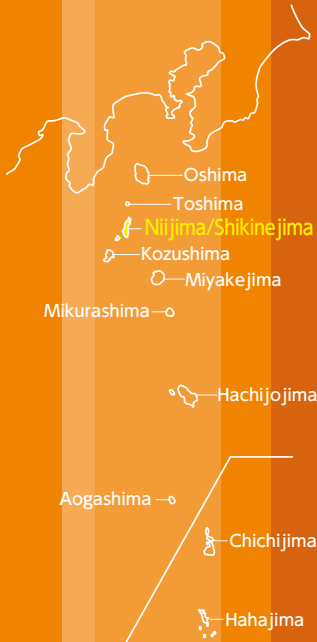


# Niijima Shikinejima

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.

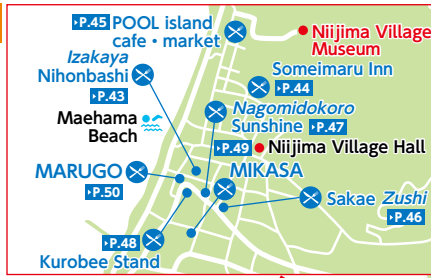
Both islands are compact and can be circled on a bicycle. Have a relaxing time here while enjoying marine activities, hot springs, and the gourmet delights of the islands.



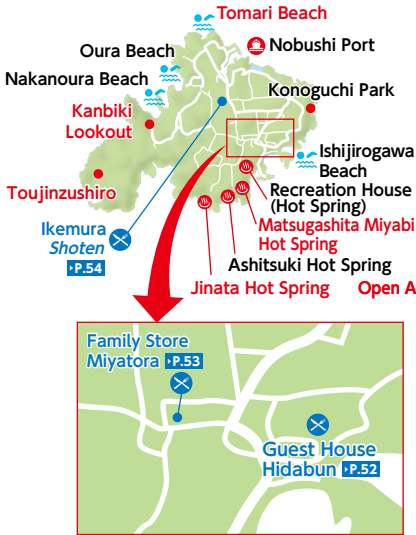
## Access

|   |   |         |                                     |             |
|---|---|---------|-------------------------------------|-------------|
| Takeshiba<br>Passenger<br>Ship<br>Terminal<br>(Tokai Kisen)   | High-speed jet ferry<br>[2hour50minutes]  | Niijima | High-speed jet ferry<br>[15minutes] | Shikinejima |
|   | Large passenger ship<br>[10hour35minutes] |         | Large passenger ship<br>[20minutes] |             |
| Chofu<br>Airport<br>(New Central)<br>Airservice   | Airplane<br>[35minutes]                   |         | Ferry Nishiki<br>[10minutes]        |             |
| <p><b>(Contact)</b> Tokai Kisen Customer Center: 03-5472-9999<br/>New Central Airservice: 0422-31-4191 Ferry Nishiki Office: 04992-7-0825</p> |   |         |                                     |             |

## 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





# Izakaya Nihonbashi



Address: 1-3-6 Honson, Niijima-mura  
Opening hours: 18:00-22:00  
Closed: No fixed days

☎04992-5-1890



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

Niijima Sakurajima

## Salt-grilled Isaki

Food used ▶ Isaki (Chicken Grunt fish)

Available: Depends on catch

Enjoy the firm flesh of fresh chicken grunt caught that morning. We also offer chicken grunt *negima* skewers with spring onion.



## Sashimi

Food used ▶ Seasonal local fish

Available: Year-round

(Depends on catch availability)

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

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





# Someimaru Inn

ACCESS MAP



<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.



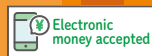
## Sashimi with Local Fish

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.



# POOL island cafe • market

ACCESS MAP



<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.

You can enjoy freshly ground coffee, homemade sweets, and lunch made with Niijima vegetables. The stylish and fashionable interior is extremely comfortable! Original T-shirts, bags, and other merchandise are also popular souvenirs!

## Shima-zushi Poke-don seasoned with soy sauce

Food used ▶ Akaika (local squid), new onions, island chili peppers, tatakai (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 *shima-zushi*. The set menu includes *miso* soup of *ashitaba* and *tatakai* (finely chopped seasoned fish) and a drink of your choice. Comes with *ashitaba* and *tatakai* miso soup



## Niijima strawberry matcha latte

Food used ▶ Strawberry

Available: February to around August

¥650

A strawberry matcha latte with homemade syrup made from strawberries grown on Niijima. We recommend ordering it as a takeaway and drinking it by the sea nearby!



## Gaprao, spicy minced chicken on rice with fried egg

Food used ▶ Island chili peppers (red, green), basil

Available: Year-round

¥1,300

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



Nijima

# Sakae Zushi

ACCESS MAP



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

Lunch 11:30~ (closes when ingredients run out)

Dinner 18:00~LO20:30 (closing time varies by day) Closed: No fixed days

☎04992-5-1539



Sakae Zushi has been offering *shima-zushi* 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.

## Shima-zushi

Food used ▶ Seasonal local fish

Available: Year-round

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

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



## Fish Carpaccio

Food used ▶ Seasonal local fish

Available: Year-round

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.



Niiijima

# 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, Niiijima-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 homemade natural salt from the clean ocean surrounding Niiijima. You can enjoy cuisines with drinks.



## Akaika salt Yakisoba (fried noodles with local squid)

Food used ▶ Akaika (local squid), island seaweed

Available: Year-round

¥1,200

Niiijima's "Akaika Yakisoba (fried noodles with Akaika (local 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 Niiijima 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/](https://www.instagram.com/kurobei_stand/)

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

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

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

☎04992-5-0823



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

Nijima  
Sakinejima

## Tuna mayo *ashitaba* hot sandwich set

Food used ▶ *Ashitaba*

Available: Depending on seasons of ingredients

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



## *Ashitabanana* juice

Food used ▶ *Ashitaba*

Available: Year-round

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.





# MIKASA



[https://www.instagram.com/mikasa\\_nijima/?igshid=YjNmNGQ3MDY%3D](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 **¥1,400-¥2,000**

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.





# MARUGO

ACCESS MAP



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

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

Closed: Mondays and Tuesdays (Closed Thursdays in summer)

Opening hours: 7:00 - 9:00 / 11:00 - 15:00 (Summer season) Please check the social media accounts for other opening hours.

☎04992-7-5180

Niijima  
Shikinejima



We offer a menu featuring ingredients from the island as far as possible for both seafood and agricultural produce. We look forward to welcoming you.

\*Prices may vary depending on purchase price.

## Niijima greater amberjack marinated in island chili pepper soy sauce

Food used ▶ Greater amberjack

Available: Depends on the catch

Fresh, fatty greater amberjack from Niijima is marinated in homemade island chili pepper soy sauce and served on top of rice with island seaweed.



## Akaika and shima-tama black curry

Food used ▶ Akaika (local squid), shima-tama (uncured island onions)

Available: Golden Week to summer

This spicy curry with island chili peppers is made with delicious akaika (local squid) and uncured fresh shima-tama onions from Niijima farmer's brands, Japanese chicken breast, and squid ink.



## Ashitaba pepperoncino

Food used ▶ Ashitaba

Available: Spring - before summer

Contains freshly picked ashitaba and island chili peppers, and topped with island seaweed.



# Niijima Water Park Rest House Mint



Address: 120 Setoyama, Niijima-mura  
 Opening hours: 11:00 - 15:30 (11:00 - 16:30 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.

## Pasta with *ashitaba* and island seaweed

Food used ▶ *Ashitaba*, island seaweed  
 Available: Year-round **¥1,180**

This dish is finished with *ashitaba*, island seaweed, and black pepper. Whet your appetite with the flavors of the seashore.



Various takeaway items are available, including fried rice with *ashitaba* and island seaweed.

## Salad rice with *Akaika* (local squid)

Food used ▶ *Akaika* (local squid), island seaweed  
 Available: Year-round **¥1,480**

*Akaika* (local squid) is served with a specially prepared sweet soy sauce, filling the mouth with a refined sweetness and rich flavor.



## Island Tako rice

Food used ▶ Island seaweed  
 Available: Year-round **¥1,180**

The island seaweed goes perfectly with the slightly sweet and sour flavors of the original salsa sauce from the island. It is also a visually appealing dish, colored vibrantly with the abundance of vegetables used in the dish.





# Guest House **Hidabun**

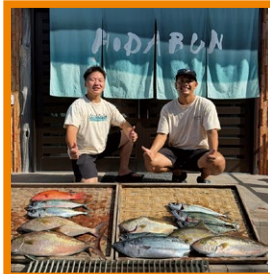
ACCESS MAP



<http://hidabun.com>

Address: 9 Shikinejima, Niijima-mura  
Open all year round

**04992-7-0072**



A one-minute walk from Ishijirogawa Beach. The wide range of guest rooms include Japanese-style rooms, disabled-accessible twin bedrooms, and dormitories (including two women-only rooms) convenient for solo travelers and long-term stays. Meals can be provided as an option during the off season. Self-catering and "BBQ assist" menus that allow guests to enjoy island ingredients are also popular.

## Shikinejima-produced Lemongrass Tea

Food used ▶ Lemongrass

Available: Year-round **¥800 / 30g per bag**

Healthy herbal tea using lemongrass produced on Shikinejima. Also available is Shikinejima Blue tea, blended with butterfly peas!



## Self-catering/ "BBQ Assist" Menu

Food used ▶ *Ashitaba* and homegrown vegetables, etc.

Available: Year-round **¥400-¥2,500**

Order *Shikine-taiheikun* from the fish farm, and we provide meal kits for salt-crust grilling or sea bread rice on the BBQ.



## 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.





# Family Store Miyatora



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

Address: 283-2 Shikinejima, Nijima-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 Nijima 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

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

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



## Island Seaweed Bento

Food used ▶ *Ashitaba*

Available: Year-round

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

## Akaika Yakisoba (fried noodles with local squid)

Food used ▶ *Akaika* (local squid)

Available: Seasonal

*Akaika Yakisoba* (fried noodles with red flying squid) is a local dish popular with gourmards that is true to the Nijima 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.





P 5 vehicles



# Ikemura Shoten

ACCESS MAP



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

Address: 348-1 Shikinejima, Nijima-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.



## Shikine bento

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

Available: Year-round

¥780

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

¥290

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

¥210

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



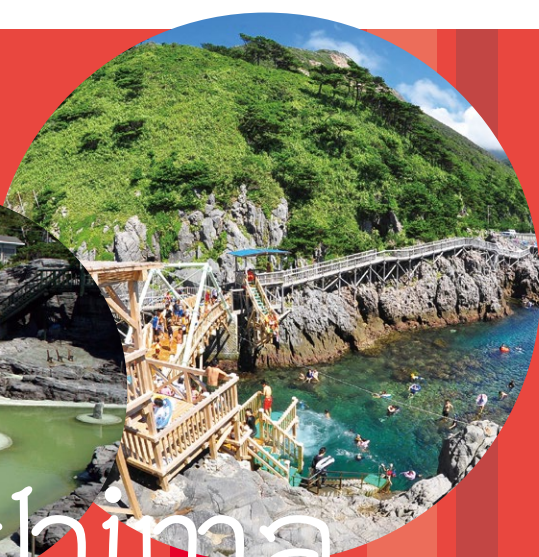
## Laver bento

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

Available: Year-round

¥640

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

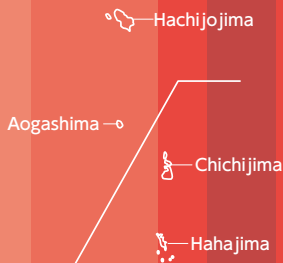
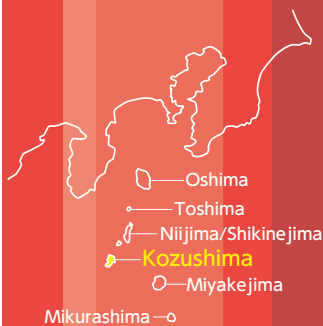


# Kozushima

An island where gods gathered together.

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

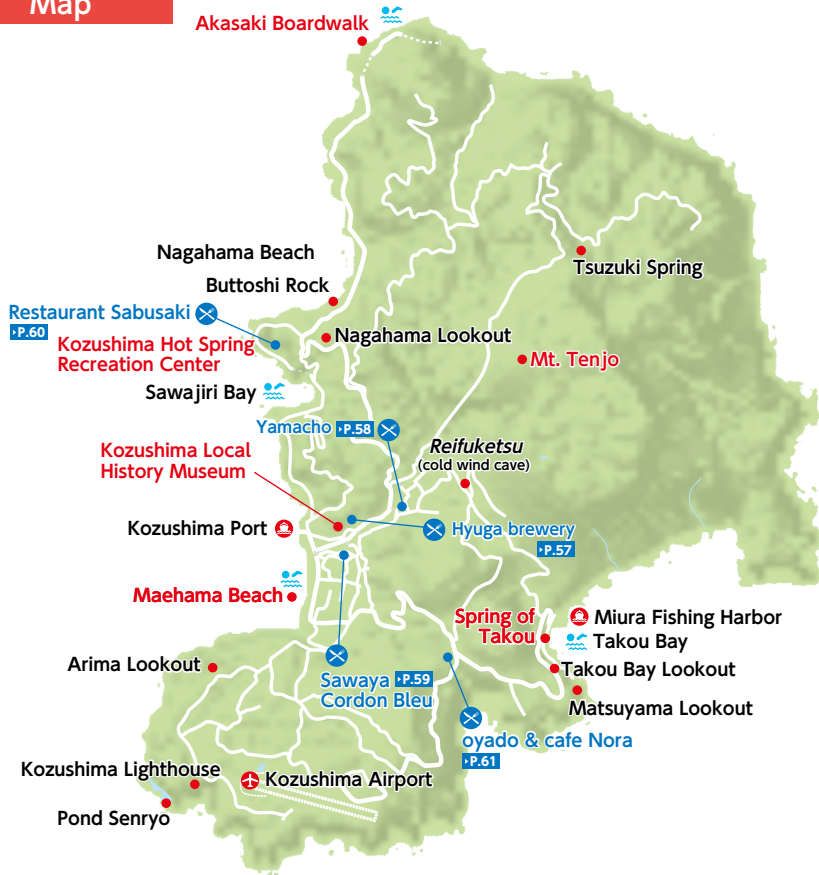
Kozushima is an island located about 180 km away from the central Tokyo, between Niijima and Miyakejima. Mt. Tenjo, which is a symbol of the island, rises in the center of the island. At the summit of the mountain, which has a popular hiking course, you can look over the Pacific Ocean and also enjoy 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

|   |                                       |                  |
|---|---------------------------------------|------------------|
| <b>Takeshiba Passenger Ship Terminal</b><br>(Tokai Kisen)                                   | High-speed jet ferry [3hour40minutes] | <b>Kozushima</b> |
|   | Large passenger ship [12hours]        |                  |
| <b>Chofu Airport</b><br>(New Central Airservice)  | Airplane [40minutes]                  |                  |
| (Contact) Tokai Kisen Customer Center: 03-5472-9999<br>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    |

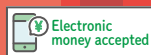
## Tourist information

### Kozushima Tourism Association

URL <https://kozushima.com>

TEL 04992-8-0321





# Hyuga brewery

<http://tousyosyuhan.com/>

Address: 142-2 Kozushima-mura

Opening hours: 17:30 - 22:00 (LO: Food 21:00 / Drink 21:30)

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 **¥1,630**

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*.



## Assorted five-item smoked platter with kinmedai (splendid alfonsino)

Food used ▶ Local fish

Available: Year-round **¥1,530**



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)

Kozushima



## 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 **¥2,500**

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



## Kozushima Iwa Laver

Food used ▶ *Iwa laver*

Available: Year-round

**¥600**

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. (¥700/per each)



# Sawaya Cordon Bleu

ACCESS MAP



Address: 676 Kozushima-mura

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

Closed: Tuesdays (with irregular holidays)

☎ 090-3992-5241



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

Kozushima

## Lunch set

Food used ▶ Local fish, local vegetables

Available: Year-round **Chicken ¥3,200**

**Fish or pork ¥3,200**

**Japanese beef ¥3,800**

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 ¥4,900**

**Japanese beef ¥5,500**

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

▼Just a sample image



## Lunch Curry Set

Food used ▶ Local fish, local vegetables

Available: June to September **¥1,800**

Lunch includes curry rice, salad, and an after-meal drink. Enjoy the curry with its cutlet and broth made with fish caught in 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

¥2,500

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

¥700

Homemade croquettes with a strong *ashitaba* flavor.



## Island ten-don

Food used ▶ Seasonal local fish, seasonal vegetables

Available: Year-round

¥1,500

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)  
 Cafe reservations required

ACCESS MAP



☎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 (incl. tax)

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.



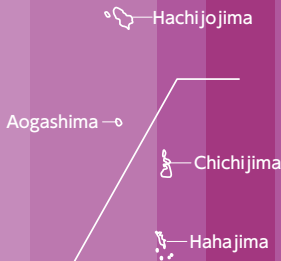
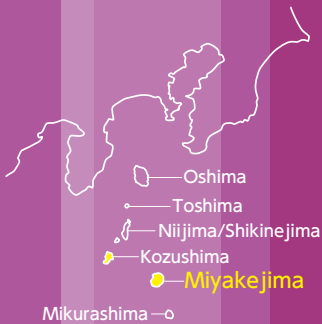


# Miyakejima

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.

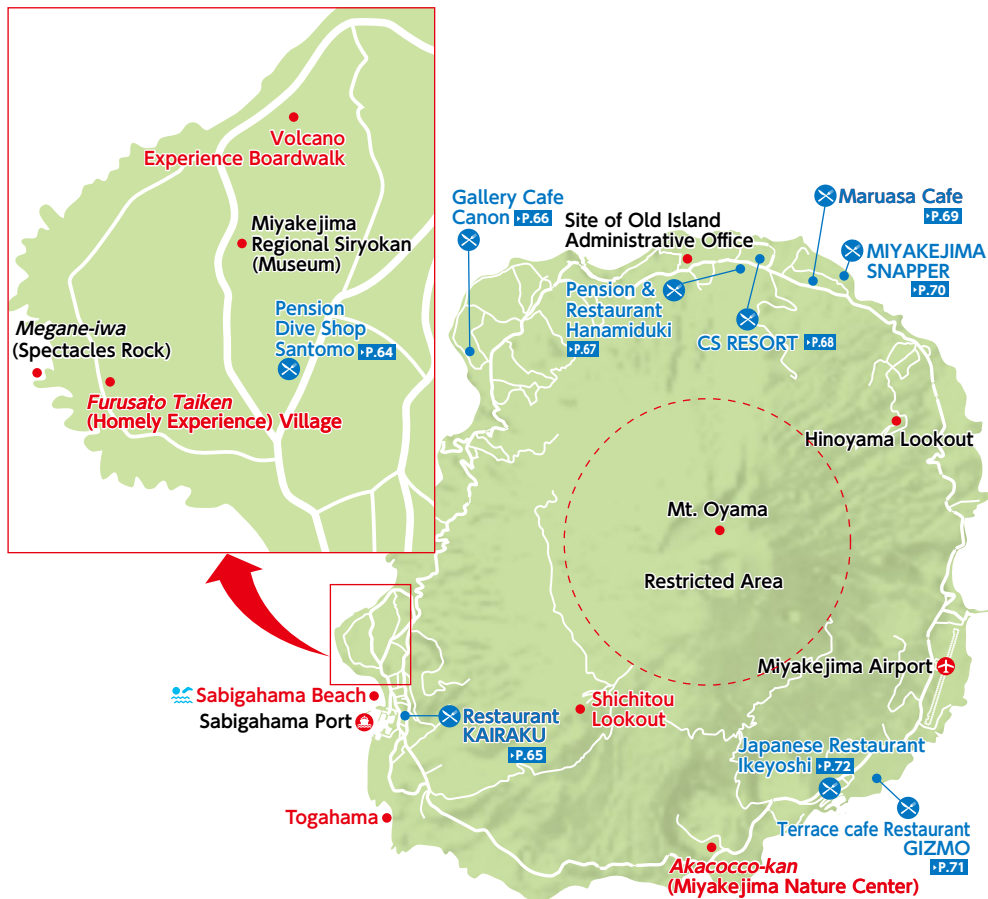
Feel the coexistence of the volcano and lives, and the dynamic power of Miyakejima that repeats eruption and regeneration as well.



## Access

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

## Map



## Main events

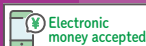
|   |                              |
|---|------------------------------|
| January 2                                   | Ship Festival                |
| July 3rd Sunday                             | Gozutenno Festival           |
| Late July - early August                    | Marineschole 21 Festival     |
| 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



<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.



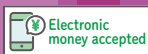
## Kame-no-te miso soup

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.



# Restaurant **KAIRAKU**

ACCESS MAP



<https://kairaku.jp/>

Address: 1878 Ako, Miyake-Mura, Miyakejima Closed: Open all year around

Opening hours: Lunch 11:00-14:00 / Dinner 17:00-22:00 (LO: Food 20:30, Drinks 21:00)

**04994-5-0132**



Our restaurant is conveniently located about a two-minute walk from Sabigahama Port, and is open for breakfast, lunch, and dinner to both overnight guests and other customers. On some days, we offer local fish caught from our own boat. We work hard to stay open year-round.

## Overnight Dried Splendid Alfonsino

Food used ▶ Splendid alfonsino

Available: Year-round  
(subject to sea and fishing conditions)

**Market price**

We handle everything from catching the fish to serving it at our restaurant.



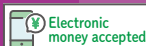
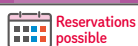
## Local Fish Sashimi

Food used ▶ Local fish (photo shows bonito)

Available: Year-round

**From ¥1,000**

We serve local fish caught by our fishing-enthusiast staff offshore and from the rocky coastline.



# Gallery Cafe Canon



<http://natu07miyake.blog28.fc2.com>

Address: 36 Izu, Miyake-mura, Miyakejima

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

Closed: Sundays, Mondays, Tuesdays

☎ 04994-2-1239



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

Surrounded by greenery, this café provides a relaxing environment to enjoy sweet treats and lunch made with ingredients from Miyakejima, accompanied by expertly-brewed coffee.

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

## Freshly made soufflé pancakes Seasonal fruit sauce

Food used ▶ Passion fruit, mangoes, kiwi fruit

Available: Except summer **¥850-¥1,200**

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

Food used ▶ Passion fruit

Available: Year-round **¥650**

Baked cheesecake with passionfruit made into a rich sauce and blended into the batter. Finished with fresh cream and passionfruit sauce as toppings.



## Canon's Seasonal Mini Parfait

Food used ▶ Strawberry, mango, passionfruit

Available: Year-round **¥700**

## Canon's special anmitsu with tokoroten jelly

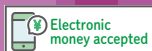
Food used ▶ Tengusa seaweed, ashitaba

Available: Summer **¥700**

A delectable dessert bowl with tokoroten jelly made from high-quality tengusa seaweed harvested in Miyakejima and carefully dried in the sun. People love the firm jelly noodles because they taste so good on the way down. Enjoy with vanilla ice cream, fruit, and sweet red bean paste as toppings.



A mini parfait using Canon's homemade granola, rich custard, vanilla ice cream, and seasonal Miyakejima fruit. The parfait changes with the seasons.



Miyakejima

# 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

ACCESS MAP



☎04994-8-5676



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

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

## Sea turtle-shaped bread with island lemon flavor

Food used ▶ Lemons grown in the island

Available: Summer **¥600**

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

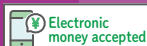


## Ashitaba anpan

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.



# CS RESORT

ACCESS MAP



<https://www.cs-resort-miyakejima.tokyo/>

Address: 956 Kamitsuki, Miyake-mura, Miyakejima

Inquiry hours: 8:00–20:00 Closed: No fixed days

☎04994-8-5877



CS RESORT, which opened in April 2025, serves dishes using generous amounts of seasonal fresh fish and vegetables caught and grown on the island. You can also enjoy traditional cuisine unique to Miyakejima, delivering “the deliciousness of the island.”

Ingredients are posted on channels such as our website. Staff also describe the ingredients to customers when serving dishes.

We will continue to carefully use Miyakejima ingredients while preparing new menu items that convey the charm of the island.

Miyakejima



## Local Fish Sashimi

Food used ▶ Local fish, local vegetables

Available: Year-round

Included in the lodging charges

Fresh fish is sliced into sashimi and served with generous helpings of flavorful condiments (photo shows blue mackerel scad).

## Island Meal

Food used ▶ Local fish, *ashitaba*, other local vegetables

Available: Year-round

Included in the lodging charges

A set meal using fresh fish, vegetables, and *ashitaba* caught and grown on the island. Each dish enables savoring the blessings of the island, including sashimi, tempura, and small side dishes.



## Tengusa Agar Dessert

Food used ▶ *Tengusa* seaweed

Available: Year-round

Included in the lodging charges

Homemade agar made by slowly simmering *tengusa* seaweed, prepared as a dessert to be enjoyed with fruit, *kinako* soybean flour, and ice cream.

Miyakejima

# Maruasa Cafe

ACCESS MAP


[https://www.instagram.com/laundry\\_asanuma/](https://www.instagram.com/laundry_asanuma/)

Address: 1119 Kamitsuki, Miyake-mura, Miyakejima

Opening hours: 7:00 - 21:00 Closed: Sundays and Thursdays

☎04994-8-5880



Within this homely space that makes you want to say "It's just like coming home!" enjoy freshly ground coffee, daily sweet specials, and a menu featuring island ingredients centered around vegetables and citrus fruits. This is also a place where you can experience the culture and history of Miyakejima.



## MARUASA Milk/ Ashitaba

Food used ▶ Ashitaba

Available: Year-round

¥450

Milk with melted matcha ice topped with ashitaba vegetable paste. A sweet and refreshing dessert drink.



## MARUASA Burger/Ashitaba sauce

Food used ▶ Ashitaba

Available: Year-round

¥950

Enjoy the varying textures of minced meat and thinly sliced beef in this thick patty, with piping hot meat juices gushing forth the moment you bite into it. The vibrantly colored ashitaba sauce, made with a base of cheese, nuts, and olive oil, uses plenty of young ashitaba sprouts that can only be found on the island. It brings out the sweetness and rich flavors of the meat, guaranteeing that those who try it once will be hooked.

## Ashitaba phat kaphrao set meal

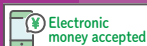
Food used ▶ Ashitaba

Available: Year-round

¥1,000

The rich aroma and flavor of fish sauce is a perfect match for the flavors of ashitaba. On top of that, the creamy soft-boiled egg and spicy chili peppers whet your appetite, creating a new, delicious dish that will have you hooked once you try it.





# MIYAKEJIMA SNAPPER



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

Address: 1172-1 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

¥700

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 the 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 the 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**

ACCESS MAP



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 - 14:00 for lunch (only take-out lunch) /

18:00 - 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.)

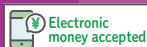
*Photo by colacchi***Saute of fish from Miyakejima**

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.)

*Photo by colacchi*



# Japanese Restaurant Ikeyoshi



Address: 3069 Tsubota, Miyake-mura, Miyakejima  
Opening hours: 11:00 - 21:00 (Reservation required by the day before)  
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. Reservations are required by the day before for both lunch and dinner.

## Nigiri sushi

Food used ▶  
Bonito, *Akaika* (local squid), splendid alfoncino and other seasonal fish

Available: Year-round  
Special deluxe ¥2,400  
Deluxe ¥2,200  
Lunch Time ¥1,800

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

Available: Year-round  
Special deluxe ¥2,400  
Deluxe ¥2,200  
Lunch Time ¥1,800

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

Miyakejima

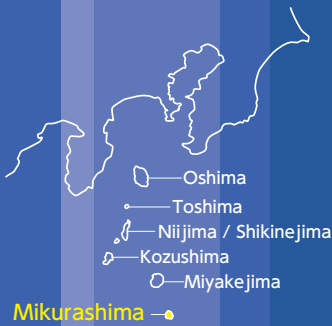


# Mikurashima

The bountiful nature of a small island where people live together with creatures of the sea, mountains, and sky.

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.



- Oshima
- Toshima
- Nijijima / Shikinejima
- Kozushima
- Miyakejima
- Mikurashima

○ Hachijojima

○ Aogashima

○ Chichijima

○ Hahajima

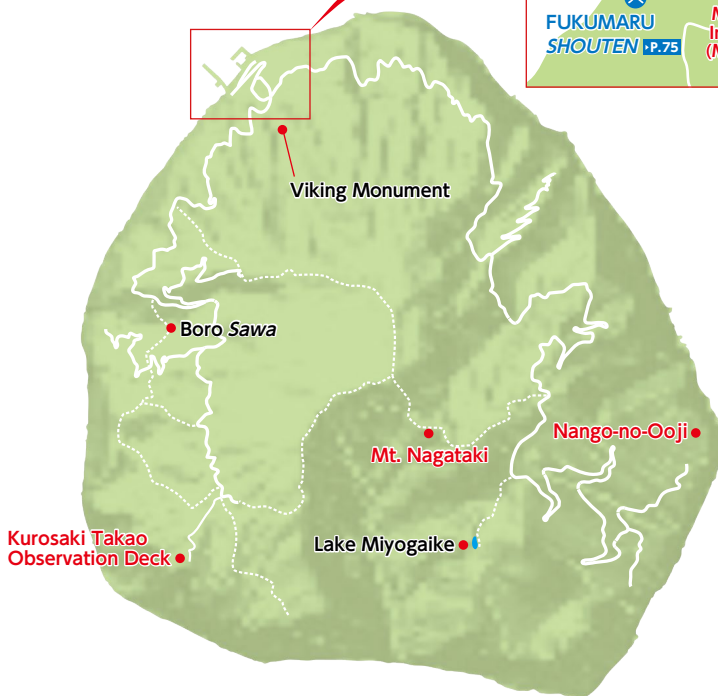
## Access

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

## Map

# Mikurashima Tourist Information Museum

(Mikurashima Tourist Information Office)



## Main events

Late July Mikurashima Summer Fireworks Festival

Tourist  
information

Mikurashima Tourist Association

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



Mikurashima

# FUKUMARU SHOUTEN

ACCESS MAP



<https://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

¥1,100

Large serving of rice ¥1,200

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: ¥450

Double: ¥550

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!



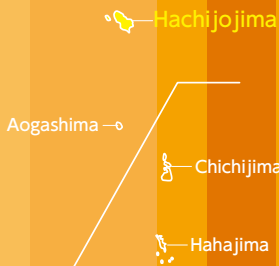
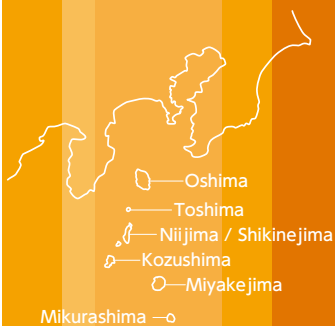
# Hachijojima

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.



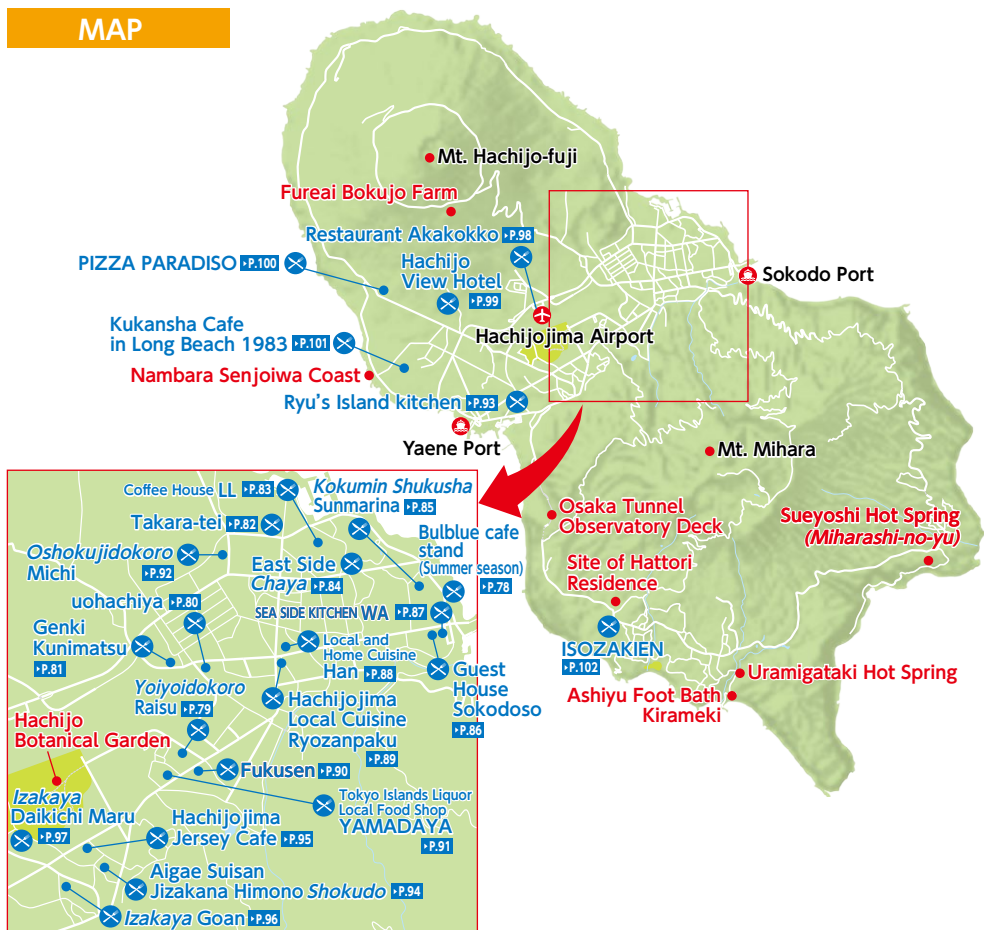
## Access

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

**\*Please be sure to read this.**

Due to typhoons and other events in autumn 2025, changes may occur to the [Map], [Main Events], and business hours of each store listed below. Please be aware of this in advance.

## MAP



## Main events

|                          |                                      |
|--------------------------|--------------------------------------|
| January                  | Hachiojima Public Road Race          |
| Late March - Early April | Hachiojima Freesia Festival          |
| Early July               | Beach opening                        |
| Late July                | Hachiojima Summer Festival           |
| August                   | Hachiojima Summer Fireworks Festival |
| November or December     | 24-hour Challenge Hachio Daiko       |

## Tourist information

### Hachiojima Tourism Association

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





Hachijojima

# Bulblue cafe stand

<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)



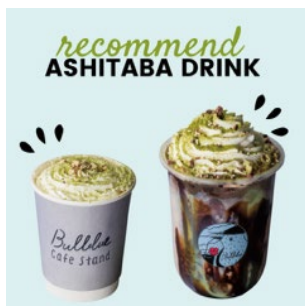
## Chocolate Angelica Frappe

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.



# Yoioidokoro Raisu



<https://x.com/plumtree46>

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

Opening hours: Sundays & Mondays 18:00-22:00 / Tuesdays to Saturdays 18:00-3:00

Closed: No fixed days

☎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 **¥1,100**

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 **¥650**

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





# uohachiya

ACCESS MAP



<https://x.com/uohachiya>

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

Opening hours: 8:30-15:00/15:00-26:00 Closed: No fixed days

☎04996-2-2807



At uohachiya, their menu offers local fish at its absolute freshest. As well as a wide variety of cuisine, from *yakitori* to dishes that incorporate Hachijojima seafood, it also provides a large selection of island *shochu*.



## Homemade dried-salted local fish

Food used ▶ Largescale blackfish

Available: Year-round

From ¥880

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



## Fried local fish

Food used ▶ Local fish

Available: June to September

¥880

This hearty dish is made by deep-frying thick slices of local fish caught in Hachijojima. It is a seasonal item that is available only in summer, starting in early summer.



## Assorted *sashimi* of 5 kinds of local fish

Food used ▶ Seasonal local fish

Available: Year-round

From ¥2,750

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

# Genki Kunimatsu

ACCESS MAP



Address: 202-7 Mitsune, Hachijo-machi, Hachijojima  
 Opening hours: 17:00 - 22:00 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: While in stock

750円

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.

\*May not be available depending on supply.

## Vegetable Salad

Food used ▶ Organically grown seasonal vegetables

Available: Year-round

¥650

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.





# Takara-tei

ACCESS MAP



<http://takaratei8.jp/>

Address: 765 Mitsune, Hachijo-machi, Hachijojima

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

☎04996-2-0650



In addition to fresh seafood cuisine with a focus on fish caught in nearby waters, the restaurant also offers tempura made with ingredients such as spiny lobster, *tokobushi*, kusaya, and *ashitaba*, as well as seaweed dishes.

Depending on the catch, a fish slicing show may be held in front of the customers. The sliced fish is then served as *sashimi* in this popular event. If you contact the restaurant in advance, they can also prepare and cook the fish you have caught.

## Sashimi set meal

Food used ▶ Splendid alfonsino, Japanese snapper, flying fish, mackerel scad, etc.

Available: Year-round

¥1,980

A sashimi dish comprising fresh seasonal fish from Hachijojima (four to five varieties). The taste of the sashimi is enhanced by dipping them in *Shimatou* soy sauce made with island chili peppers. Served with homemade *tokoroten* jelly.



## Ashitaba dishes

Food used ▶ *Ashitaba*

Available: Year-round

¥550-¥880

Includes *ashitaba* served as tempura, boiled, marinated with sesame sauce, or mixed with mayonnaise, among other variations. Enjoy the myriad tastes of *ashitaba*.

## Shima-zushi

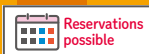
Food used ▶ Japanese butterfish, long-tailed red snapper, Japanese snapper, splendid alfonsino, greater amberjack, etc.

Available: Year-round

¥1,650

The fish is marinated in a soy sauce-based sauce, and mustard is used instead of wasabi. *Shima-zushi*, made with vinegared rice that has a subtle sweetness, is exquisitely delicious. (Reservation required)





# Coffee House LL



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

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

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

Opening hours: 7:00-14:00 (LO13:30) Closed: Wednesdays and Thursdays ☎️ **04996-9-5441**



A place where you can encounter books, whales, and rainbows. Have a relaxing time looking out onto the vast oceans of Hachijojima. Enjoy a leisurely time with a cup of coffee. Local ingredients are used in the meals.



## Breakfast Daily special Japanese set meal

Food used ▶ Island vegetables ,local fish  
Available: Year-round **¥1,000**

The coffee house offers vegetables and fish from Hachijojima. (Photo: Spring flying fish rice bowl)  
\*It may not be possible to serve local products due to weather conditions or other factors.  
Yatake's fluffy toast set is also an immensely popular item.

## Breakfast Set meal of Hachijojima Drops' free-range fertilized totome (chicken) eggs on rice

Food used ▶ Hachijojima Drops' free-range fertilized eggs

Available: Year-round **¥800**

Totome refers to "chicken" in the Hachijo dialect. The eggs are freshly collected from Hachijojima. The yolks are rich and lemon-colored.



Hachijojima



# East Side Chaya

ACCESS MAP



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

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

Opening hours: 16:30 - 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

¥1,700

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



## Ashitaba and Ham Roll

Food used ▶ Ashitaba

Available: Year-round

¥750

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



## Miso-Grilled Rice Balls with Island Chili Peppers

Food used ▶ Island chili peppers

Available: Year-round (2 pieces) ¥600

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





# Kokumin Shukusha Sunmarina

ACCESS MAP



<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 the lodging charges

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 the lodging charges

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



Coffee



Bread



# Guest House Sokodoso



<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.

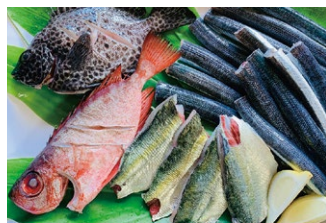
## Preparation and cooking of local fish

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.



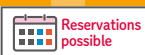
## Banquet Course

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

# SEA SIDE KITCHEN WA

ACCESS MAP



[https://x.com/hachijo\\_wa](https://x.com/hachijo_wa) <https://8wa.tokyo/kitchen-wa/>

Address: 1309-13 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:00 - 15:00/17:30 - 20:30 Closed: Wednesdays

☎080-9686-0527



The restaurant is particular about using ingredients from the island, and offers a menu that fully incorporates island ingredients. The island ingredients change with the seasons, allowing diners to enjoy different variations unique to each season. Have a meal while admiring the sea views and feeling the island breezes. Unique food products and miscellaneous merchandise made with island ingredients are also available for sale.

## Lemon sauce hamburger

Food used ▶ Hachijojima lemons

Available: Changes depending on the season **¥990**

A hamburger with a sauce made with Hachijojima lemons, giving it the refreshing flavor of island lemons.



## Non-alcoholic "lemon sour"

Food used ▶ Hachijojima lemons

Available: Year-round **¥700**



A non-alcoholic lemon drink made with naturally sweet local lemons that have an edible peel. It can be enjoyed all year round.

## Ashitaba squash

Food used ▶ Hachijojima Ashitaba

Available: Year-round **¥500**

A delicious and healthy sparkling drink that your body will thank you for, even as your tastebuds luxuriate in the flavors of *ashitaba*.



Hachijojima



Hachijojima

# Local and Home Cuisine Han

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

Opening hours: Lunch: 11:30-13:30 Closed: Thursdays

\*Open only for lunch at the time of publication, in order to prevent the spread of infectious diseases. Opening hours are subject to changes in the future.

☎04996-2-7080



"Han" aims to offer its cuisine at reasonable prices to ensure that everyone, from solo diners to families, can visit the restaurant easily. We look forward to your visit.

## Marinated local fish rice bowl

Food used ▶ Japanese butterfish, etc.

Available: Year-round

¥1,000

Marinated local fish is served over white rice instead of vinegared rice.



## Shima-zushi and ashitaba soba

Food used ▶ Ashitaba, Japanese butterfish, etc.

Available: Year-round

¥1,100

A great value set meal of shima-zushi and ashitaba soba.



## Ashitaba shumai bento

Food used ▶ Ashitaba, etc.

Available: Year-round

¥800

Ashitaba is added to homemade shumai (steamed Chinese dumplings) to enhance its flavor. Seasonal island ingredients are also used for the side dishes. (Reservation required)





Reservations possible



Credit cards accepted



Electronic money accepted



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*.

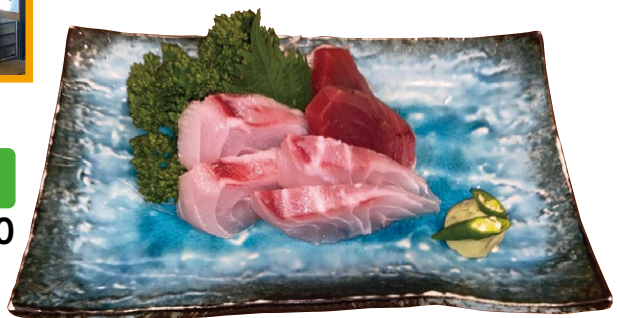
\**Shima-zushi* is by reservation only (reservations accepted until 15:00 each day)

## Assorted sashimi

Food used ▶ Seasonal fish only from Hachijojima

Available: Year-round **¥1,540**

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 **¥1,870**

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 **¥1,540**

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



Hachijojima



# Fukusen

ACCESS MAP



Address: 1931-1 Mitsune, Hachijo-machi, Hachijojima  
Opening hours: 12:00 - 21:00 Closed: Tuesdays

☎070-4801-1844



Seasonal island ingredients are cooked with simple methods, and charcoal grilling is used to bring out the best of their flavors. A wide variety of souvenirs that are not available at other stores can be found here. Fukusen is open from 12:00 to 21:00, so feel free to visit the cafe or have a drink in the afternoon.

## Grilled *kinmedai* (splendid alfonsino) skewers

Food used ▶ Splendid alfonsino

Available: While in stock

Market price

Grilled over charcoal, the skewers are crispy on the outside and fluffy on the inside, creating a dish that is simple yet makes the most of the ingredients.



## Mozzarella cheese and seasonal fruit salad

Food used ▶ Mozzarella cheese

Available: Year-round

¥1,000

Mozzarella cheese, characterized by its rich, milky flavor, is paired with a salad made with seasonal fruits, creating a perfect balance of salty and sweet flavors.



## Shingen chicken grilled with cheese

Food used ▶ Mozzarella cheese, Guava sauce, Passion sauce

Available: Year-round

¥1,800

Guava and passion sauce is packed with rich flavors and folic acid vitamins contained in the skin and seeds. It is a versatile ketchup that goes well with meat, making it the best match for this dish of chicken thighs grilled with cheese.



Hachijojima

Tokyo Islands Liquor Local Food Shop  
**YAMADAYA**<https://8jo-yamadaya.co.jp/>

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

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

ACCESS MAP



☎04996-2-1161



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

**Hachijo fruit lemon sour**

Food used ▶ Island Liquor, Hachijo fruit lemons

Available: Seasonal

¥700

Lemons grown freely on Hachijojima are squeezed whole and made into a Japanese "sour" drink with Hachijojima *shochu*. In addition to using the juice, one-third of the whole lemon is squeezed with the skin on, giving it a lovely bitter taste that is characteristic of lemons while keeping it from being too sour. This specialty Yamadaya drink combines the best of lemons and island sake.

**Passion fruit sundae**

Food used ▶ Hachijo passion fruit seed jam, passion fruit juice

Available: Year-round

¥880

A passion fruit sundae made by combining a generous amount of seed jam made by Mt. Takashi Okuyama Farm, which grows passion fruit on Hachijojima, with the popular soft serve ice-cream of Yamadaya's popular "Kakuuchi Soft!" The result is a popular combination that children to grownups can enjoy easily. You can savor the entire passion fruit.

**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.





# Oshokujidokoro Michi



<https://twitter.com/nmakoto5>

Address: 4419-11 Mitsune, Hachijo-machi, Hachijojima  
Opening hours: 7:00 - 9:30 / 11:00 - 14:00 / 17:00 - 22:00  
Closed: Tuesday and Friday evenings

☎04996-2-1002



A *teishoku*-style izakaya (Japanese bar and grill) open from early morning. Breakfast set meals are available for ¥800.

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

¥1,500

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

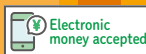
Food used ▶ Japanese butterfish, tuna, greater amberjack

Available: Year-round

¥1,500

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

Hachijojima



# Ryu's Island kitchen

ACCESS MAP



<https://ryus-kitchen.com/> [https://x.com/ryu\\_8318\\_molly](https://x.com/ryu_8318_molly)

Address: 371-1 Okago, Hachijo-machi, Hachijojima  
Opening hours: 11:00-14:00 (LO 13:30) / 15:30-21:00 (LO 20:00)  
Closed: Thursdays and Fridays

☎ 090-7651-7809



Local production for local consumption as much as possible. With today's specials showcased on the menu and recommendation board, you can enjoy island meals using seasonal local fish and vegetables from the island. We offer both traditional island dishes and creative new cuisine using island ingredients. We are also developing desserts and other items using island ingredients.

## Kusaya Gyoza Dumplings

Food used ▶ Kusaya, *ashitaba* vegetables, island chili peppers

Available: Year-round **¥1,000**

Kusaya gyoza created by owner Ryu!  
Even first-time *kusaya* eaters find them easy to eat and delicious, earning excellent reviews.



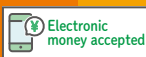
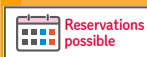
## Soukanbana Tea (Tairin Getto shell ginger)

Food used ▶ *Tairin Getto*

Available: Year-round **¥500**

This tea is rich in polyphenols and offers a wonderfully soothing aroma. *Tairin Getto* (shell ginger) grows only in limited areas and is a rare variety of shell ginger, distinct from the type commonly seen on the island. On Hachijojima, shell ginger is traditionally called "Soukanbana."

Hachijojima



Aigae Suisan

# Jizakana Himono Shokudo

<https://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, 2nd and 4th Mondays

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 **¥1,950**

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 **¥1,280**

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 **¥1,980**

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.



Hachijojima

# Hachijojima Jersey Cafe

ACCESS MAP



<https://www.hachijo-milk.co.jp/jersecafe>

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

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

☎04996-2-5922



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

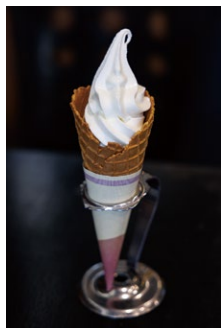
## Jersey soft serve ice cream

Food used ▶ Jersey milk

Available: Year-round

¥500

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



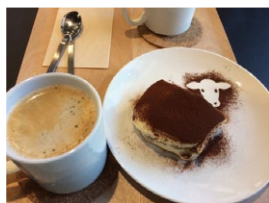
## Jersey cafe au lait

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

¥550

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



## Ashitaba parfait with rice-flour dumplings and sweet azuki beans

Food used ▶ Jersey milk, ashitaba powder

Available: Year-round

¥700

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





Hachijojima **Izakaya Goan**

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

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

Opening hours: 17:30 - 21:30 (LO20:30) Closed: Mondays and Thursdays ☎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 ¥2,180

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

¥1,280

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

¥880

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, Japanese butterfish, 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.



P 274 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted

Hachijojima

# Restaurant Akakokko

ACCESS MAP



<https://hachijoapo.net/>

Address: 2839-2 Okago, Hachijo-machi, Hachijojima (inside Hachijojima Airport)

Opening hours: 10:00 - 16:30 (until further notice) Open: All year around

☎04996-2-3829



As a restaurant located in the airport, the gateway to Hachijojima, Akakokko has designed its interiors and menu using local specialties and produce from the island that are sure to bring joy to both tourists and island residents.

## Island fish set meal

Food used ▶ Flying fish, *Ashitaba*

Available: Year-round

¥1,700

Island fish caught in Hachijojima are made into croquettes, fried fish dishes, *satsuma-age* (minced and deep-fried), and fish ball soup.

Served with boiled *ashitaba* and seaweed rice so you can savor the flavors of the island to your heart's content.



## Shima-zushi set meal

Food used ▶ Japanese butterfish, *Ashitaba*

Available: Year-round

¥2,600

Fish caught on the island are dipped in a sweet, soy sauce-based sauce and served as shima-zushi.

This sumptuous menu comes as a set with either *ashitaba* soba or *ashitaba* udon.

## Island chili peppers pizza

Food used ▶ Island Seaweed, island chili peppers

Available: Year-round

¥1,300

Island chili peppers produced on Hachijojima are sprinkled over the pizza, which is then covered with cheese and baked, and as a final flourish, topped with island seaweed.

Although simple, this pizza brings out the spiciness and delicious tastes of island chili peppers.





# Hachijo View Hotel

ACCESS MAP



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

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

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 Hachiojima, 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 Hachiojima, 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 Hachiojima



## 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 Hachiojima, 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: Tuesdays and 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 **¥1,840**

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



## Tartufo

Food used ▶ Hachijojima shiitake mushrooms

Available: Year-round **¥1,840**

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 **¥450**

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

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

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

Opening hours: 13:00-17:00 (LO 16:30)

Closed: Tuesdays and Fridays

ACCESS MAP



☎ 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.





Hachijojima

# 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



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

¥2,000

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

¥5,800

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)

## Shima-zushi

Food used ▶ Seasonal fish

Available: Year-round From ¥2,200

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)





# Ogasawara Islands

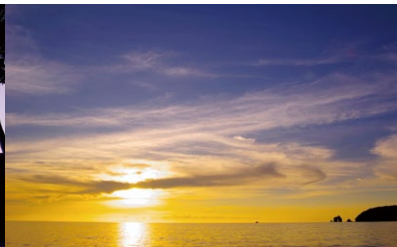
In the far south of the Izu Islands, there are islands collectively called the Ogasawara Islands.

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



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

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

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

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

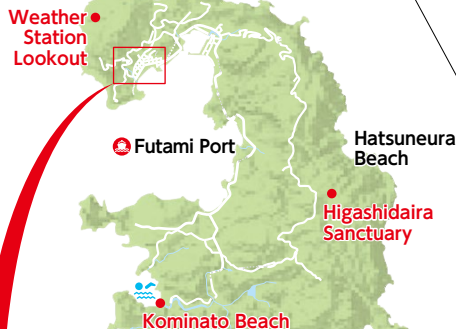
### Access



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

## Map

### Chichijima



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 |
| Early November | Ogamiyama Shrine Festival                         | Chichijima            |
| Late November  | 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





# Auberge Sato

ACCESS MAP

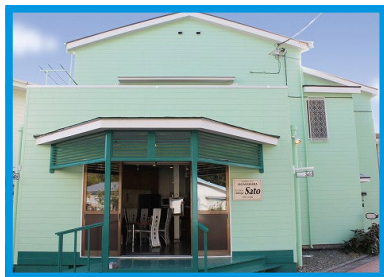


<https://auberge-sato.tokyo>

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 8:00 - 23:00 Closed: No fixed days

☎04998-2-2136



The fish used in the dishes are directly sourced by the chef, who has been creating cuisine in Ogasawara for 30 years.

Guests staying overnight are offered set course menus at breakfast and dinner that incorporate generous amounts of island ingredients.

The restaurant on the first floor also has an extensive à la carte menu, ensuring that visitors never get tired of the food.

## Rosemary flavored island fish ragout

Food used ▶ Seasonal local fish

Available: Year-round **¥1,600**

The stock is made with a variety of fish, while seasonal fish is minced and then mixed into the sauce.

This is a pasta dish that presents all the flavors of the island fish on a single plate.



## Island fish and potato galette

Food used ▶ Seasonal local fish, potatoes

Available: Year-round **¥1,200**

A dish for enjoying the moist, fluffy texture of white fish together with crunchy potatoes.

Try it with two sauces, tomato sauce and herb sauce.



## Turtle ham

Food used ▶ Aoumigame turtle

Available: Year-round **¥1,320**

A unique method is used to make prosciutto ham from precious sea turtles.

This is a flavor that can only be found in Ogasawara, so do give it a try.

Chichijima  
Haraajima

Chichijima

# Mermaid Café

instagram



X


<https://mermaid-chatty.info/>

Address: Higashimachi, Chichijima, Ogasawara-mura

(Details such as store locations and days of business are posted on social media)

Opening hours: Around 11:30 - 17:00 (Take-out reservations possible) Closed : No fixed days

 **090-5820-2422**


Mermaid Café is a mobile kitchen and café 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

¥600

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



## Ogasawara salt caramel Frappuccino

Food used ▶ Ogasawara salt

Available: Year-round

¥700

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



Address: Higashimachi, Chichijima, Ogasawara-mura  
 Opening hours: 11:30 - 14:00 / 17:30 - 21:00 (Reservations for lunch are not accepted)  
 Closed: The next day after departure of Ogasawara Maru

☎04998-2-3060



Paku Paku, which is marked with red lanterns, is a restaurant that has a retro atmosphere of Showa era. Once you step into the store you can casually eat and drink there.  
 Sea turtle meat, an ingredient unique to Ogasawara, is cooked and offered as *sashimi* and stew. The rare chance for you to taste this uncommon special menu.

## Island Fish *Bukkake-don*

Food used ▶ Seasonal local fish  
 Available: Year-round **¥2,500**

It is a local menu that uses island fish marinated by secret sauce.  
 It is also delicious to taste as a topping on rice.



## Paku Paku *champuru*

Food used ▶ Seasonal local fish, island vegetables  
 Available: Year-round **¥1,600**

A hearty menu of stir-fried island vegetables with minced local fish balls.  
 You can add rice, miso soup, and a small side dish as a set for ¥400.



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

Food used ▶ Passion fruit, island 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



<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 ▶ Island bananas, island lemons, passionfruit, etc.

Available: Year-round

From **¥500**

Handmade cakes using mainly bananas and island lemons from our own farm. Enjoy fruit cakes made with seasonal produce.



## 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.

# Uwabeya



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

☎090-2252-5096



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

## Tekka-don (Made to order)

Food used ▶ Bigeye tuna

Available: Depends on availability ¥1,200

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



## Shima-zushi 6 pieces

Food used ▶ Local fish

Available: Depends on availability  
 ¥1,000

We use Spanish mackerel caught off the island. The mackerel is marinated in a special sauce and served with sweet vinegared rice and Western mustard. Available on departure days.



## Colorful Makunouchi Bento

Food used ▶ Swordfish, local fish

Available: Year-round  
 ¥1,100

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

Chichijima

Western-style Izakaya **CHARA**

ACCESS MAP

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

Address: Higashimachi, Chichijima, Ogasawara-mura

Opening hours: 17:00 - 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 Sodeika (local squid) rings**

Food used ▶ Sodeika (local squid)

Available: Year-round

¥1,200

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

¥980

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 ¥750-¥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

¥900

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

¥800

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&cid=5b43e22cb6a04858910db5807c8b3898&aqs=edge..69157j0l3j69111004.16244j0j3&FORM=ANAB01&PC=U531](https://www.bing.com/search?q=ogasawara_Ja&cid=5b43e22cb6a04858910db5807c8b3898&aqs=edge..69157j0l3j69111004.16244j0j3&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.)

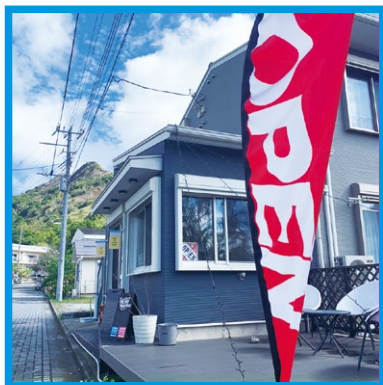


# Hahajima BOOTERS

Address: Motochi, Hahajima, Ogasawara-mura  
 Opening hours: 6:00 - 13:00 / 16:30 - 18:30  
 Closed: Tuesdays, Thursdays, (Saturdays), Sundays



☎090-7187-9923



## Marinated island fish

Food used ▶ Local fish

Available: While in stock

¥630-¥720

Fresh island fish is provided as toppings for *shima-zushi*.

Although customers cannot choose the type of fish to have, the store strives to ensure that they are available every business day.

Enjoy as a snack, or with rice!



BOOTERS offers a range of side dishes, many of which are fish-based, as the family runs a fishing business. It aims to make island vegetables and fish into casual snacks or creative side dishes.

A range of fried foods and rice dishes is also available.



## Zubora sushi

Food used ▶ Local fish

Available: While in stock

¥730-¥750

This is a *shima-zushi* that is not made by hand ("*zubora*" means "lazy"). If you are feeling a little hungry, this is the perfect lunch for you! It is a delicate balance of sweet rice, mustard, and salty toppings, and is also perfect for those who have never tried *shima-zushi*!

## Marinated sodeika squid, aoriika squid

Food used ▶ Aoriika (local squid), Sodeika (local squid)

Available: While in stock

¥440-¥520

Squid caught on the island is lightly boiled and marinated in sesame, green vegetables, and bibimbap. Enjoy a bowl of sweet, soft squid as a snack!



## Sea turtle dishes

Food used ▶ Aoumigame turtle

Available: While in stock

From ¥1,550

Turtle stew, a representative dish of Ogasawara, is also available here.

There are two variations: salt-flavored turtle stew and sweet, soy sauce-flavored turtle stew.

Local delivery service is also available, so do give it a try!





# Craft Inn La Mere



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

Address: Shizukazawa, Hahajima, Ogasawara-mura

Open all year round

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

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

## About Certified Foods

**Certified Food products are unique to Tokyo, using ingredients sourced in Tokyo or made using traditional Tokyo production methods.**

The Tokyo Metropolitan Government (TMG) reviews and certifies foods based on aspects such as the care and attention to detail put into them, as well as their taste and quality.

## Certified Food logo

**Certified Foods may carry one of the following logos. TMG promotes these foods as Tokyo specialty products through channels such as websites and various events.**



### Excellent Quality

Indicates that the product not only meets quality standards related to the careful selection of ingredients, but also that thorough care has been paid to food safety.

### Exact Expression

Indicates that the product's labelling conforms to the Food Labeling Act, Act on Japanese Agricultural Standards, Health Promotion Act, and other relevant laws and regulations.

### Harmony with Ecology

Indicates that care and attention to detail has been 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.

## Certified Foods are also great as souvenirs or gifts!

\*Please see the website for details.

<https://www.e-mark-iishina.metro.tokyo.lg.jp/>

Inquiries

Management Support Section, Commerce and Industry Division, Bureau of Industrial and Labor Affairs,  
Tokyo Metropolitan Government  
Email S0000481@section.metro.tokyo.jp



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.



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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



Instagram



note

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



Instagram

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



Instagram



**Locavore Dining in the Tokyo Islands 2026 (English Edition)**

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