



Vegetarian & Macrobiotic Restaurants in Tokyo

東京の菜食・自然食レストラン

The restaurants listed below serve a wide variety of dishes.
Please call in advance for menus, prices, reservations, etc.
Restaurants with a ☆ are closed between lunch and dinner.
Most restaurants are closed during the year-end and New Year's holidays.

Eat More Greens イート モア グリーンス

Address: 1F, Frenchia Azabujuban South, 2-2-5 Azabujuban, Minato-ku, Tokyo
access: 3 min. walk from Azabu-juban Sta. (Exit 4) on the Toei Oedo Subway Line
Hours: [Lunch] 11:30am~2:00pm; (Opens at 11:00am, Mon. - Fri.; 9:00am on Sat., Sun. & national holidays)
[Tea Time] 2:00pm~6:00pm; [Dinner] 6:00pm~10:15pm (Last order); Open daily
Price: [Lunch] ¥950~¥1,200
<http://www.eatmoregreens.jp/english/index.html>

Brown Rice Cafe ブラウンライス・カフェ

Address: 1F, Green Bldg., 5-1-17 Jingumae, Shibuya-ku, Tokyo
Access: 5 min. walk from Omotesado Sta. (Exit A1) on the Ginza & Hanzomon Subway Lines
Hours: [Lunch] 12:00noon~3:00pm; [Dinner] 5:00pm~8:00pm (Last order); Open daily
Price: [Set lunch] ¥1,680 on weekdays; ¥2,100 on Sat., Sun. & national holidays
<http://www.brown.co.jp>

Arishia ありしあ

Address: 2F, Daini Suzuki Bldg., 2-9-23 Kitazawa, Setagaya-ku, Tokyo
Access: 3 min. walk from Shimo-Kitazawa Sta. (South Exit) on the Odakyu & Keio Inokashira Lines
Hours: [Lunch] 11:30am~3:00pm; [Dinner] 4:00pm~8:00pm (Last order)
Closed: Sat., Sun. & national holidays
Price: [Set lunch] ¥1,100 & up; [Set dinner] ¥1,500 & up

Healthy-kan ヘルシー館 (市ヶ谷店)

Address: 2F, Asahi Rokubancho Mansion, 4 Rokubancho, Chiyoda-ku, Tokyo
Access: 5 min. walk from Ichigaya Sta. on the JR Sobu & Yurakucho Subway Lines
Hours: ☆ [Lunch] 11:30am~2:50pm (Last order); [Dinner] 5:00pm~8:00pm, Mon. - Fri. only
Closed: Sun. & national holidays
Price: [Lunch] ¥945 & up

Korinbo 香林坊

Address: 2F, Nakano Broadway Center, 5-52-15 Nakano, Nakano-ku, Tokyo
Access: 7 min. walk from Nakano Sta. (North Exit) on the JR Chuo Line
Hours: ☆ [Lunch] 11:30am~3:00pm (Last order); [Dinner] 5:00pm~8:00pm (Last order)
Closed: Sun.
Price: [Lunch] ¥940 & up; [Dinner] ¥940 & up
Note: Taiwanese vegetarian dishes are served.

Mominoki House もみの木ハウス


Address: 2-18-5 Jingumae, Shibuya-ku, Tokyo
Access: 7 min. walk from Meiji-jingumae Sta. (Exit 5) on the Chiyoda Subway Line
Hours: [Lunch] 12:00noon~4:00pm on weekdays; [Dinner] 4:00pm~10:00pm (Last order)
Open daily
Price: [Set lunch] ¥680 & up; [Set dinner] ¥3,200 & up
Note: Reservations are required.

VEGAN Healing Café (Shibuya) ビーガン・ヒーリング・カフェ(渋谷店)

Address: Parashion Shibuya Bldg. Suite 102, 6-20 Udagawacho, Shibuya-ku, Tokyo
Access: 10 min. walk from Shibuya Sta. (Hachiko Exit) on the JR Yamanote Line or the Ginza & Hanzomon Subway Lines
Hours: 11:30am~8:00pm (Last order)
Closed: Mon.
Price: ¥900 & up
<http://www.vegancafe.jp>

VEGAN Healing Café (Ogikubo) ビーガン・ヒーリング・カフェ(荻窪店)

Address: 2F, Nakada Bldg., 5-29-6 Ogikubo, Suginami-ku, Tokyo
Access: 2 min. walk from Ogikubo Sta. on the JR Chuo Line or the Marunouchi & Tozai Subway Lines
Hours: 11:30am~8:00pm (Last order)
Closed: Mon.
Price: ¥900 & up
<http://www.vegancafe.jp>

 The following are "Shojin-ryori" or "Fucha-ryori" (Buddhist vegetarian cuisine) restaurants:

Bon (Fucha-ryori) 梵

Address: 1-2-11 Ryusen, Taito-ku, Tokyo
Access: 10 min. walk from Iriya Sta. (Exit 3) on the Hibiya Subway Line
Hours: ☆ [Lunch] 12:00noon~1:30pm (Last order); [Dinner] 5:30pm~7:00pm (Last order) on weekdays
12:00noon~7:00pm (Last order) on Sat.; 12:00noon~6:00pm (Last order) on Sun. & national holidays
Closed: Wed.
Price: [Set lunch] ¥3,800 & up; [Set dinner] ¥7,000, ¥8,000 & ¥10,000
Note: Fucha-ryori is Buddhist vegetarian cuisine of the Obaku Zen School. Reservations are required.
<http://www.fuchabon.co.jp/>

Daigo (Shojin-ryori) 醍醐

Address: 2-3-1 Atago, Minato-ku, Tokyo
Access: 5 min. walk from Onarimon Sta. on the Toei Mita Subway Line or Kamiyacho Sta. on the Hibiya Subway Line
Hours: ☆ [Lunch] 12:00noon~2:00pm (Last order); [Dinner] 5:00pm~8:00pm (Last order); Open daily
Price: [Set lunch] ¥10,000, ¥12,000 & ¥15,000; [Set dinner] ¥15,000, ¥17,000 & ¥19,000
Note: Shojin-ryori is Buddhist vegetarian cuisine of the Soto or Rinzai Zen School. The restaurant is adjacent to Seishoji Temple and some rooms face the temple garden. Some dishes contain fish broth. You can arrange in advance to have those dishes prepared without fish broth. Reservations are required.

 The following are Indian restaurants which serve some vegetarian dishes.

Ajanta (Kojimachi) アジャンタ(麹町)

Address: 3-11 Nibancho, Chiyoda-ku, Tokyo
Access: 1 min. walk from Kojimachi Sta. (Exit 5) on the Yurakucho Subway Line
Hours: [Lunch] 10:00am~3:00pm; [Dinner] 3:00pm~4:00am (Last order) from Mon. to Sat.
10:00am~12:00midnight (Last order) on Sun. & national holidays; Open daily
Price: [Lunch] ¥1,300 & up; [Dinner] ¥2,000 & up for curry & rice
<http://www.ajanta.com/>



Delhi Ginza デリー銀座

Address: 3F, Nishi Ginza Bldg., 6-3-11 Ginza, Chuo-ku, Tokyo
Access: 3 min. walk from Ginza Sta. (Exit C2) on the Ginza Subway Line
Hours: [Lunch] 11:30am~2:00pm on weekdays; 11:50am~4:00pm on Sat., Sun. & national holidays
[Dinner] 2:00pm~9:10pm (Last order) on weekdays; 4:00pm~9:10pm (Last order)
on Sat., Sun. & national holidays; Open daily
Price: [Set Lunch] ¥1,100 on weekdays, ¥1,570 & up on Sat., Sun. & national holidays
[Lunch & Dinner] ¥1,150 & up daily for curry & rice

Nair's Restaurant ナイルレストラン

Address: 4-10-7 Ginza, Chuo-ku, Tokyo
Access: 1 min. walk from Higashi-ginza Sta. (Exit A2) on the Hibiya Subway Line
Hours: 11:30am~8:30pm (Last order); ~7:30pm (Last order) on Sun. & national holidays
Closed: Tue.
Price: [Lunch & Dinner] ¥1,500 & up
<http://www.ginza-nair.co.jp>

Maharaja Shinjuku 新宿マハラジャ

Address: 3F, Odakyu Southern Tower, 2-2-1 Yoyogi, Shibuya-ku, Tokyo
Access: 5 min. walk from Shinjuku Sta. (South Exit) on the JR Yamanote & Chuo Lines
Hours: 11:00am~10:00pm (last order); [Lunch] 11:00am~3:00pm; Open daily
Price: [Lunch] ¥1,000 & up; [Dinner] ¥3,000 & up
<http://www.maharaja-group.com>

Maharaja Marunouchi マハラジャ丸の内

Address: B2F, Meiji Yasuda Seimei Bldg., 2-1-1 Marunouchi, Chiyoda-ku, Tokyo
Access: 1 min. walk from Nijubashimae Sta. (Exit 3) on the Chiyoda Subway Line or 5 min. walk
from Tokyo Sta. (Marunouchi South Exit) on the JR Yamanote & Chuo Lines or the Marunouchi
Subway Line
Hours: 11:00am~10:00pm (last order); [Lunch] 11:00am~3:00pm
Closed: Sun.
Price: [Lunch] ¥900 & up on weekdays; ¥1,500 & up on Sat., Sun. & national holidays
<http://www.maharaja-group.com>

Moti Akasaka モティ赤坂 (赤坂TBS前店)

Address: 3F, Kimpa Bldg., 2-14-31 Akasaka, Minato-ku, Tokyo
Access: 1 min. walk from Akasaka Sta. (Exit A3) on the Chiyoda Subway Line
Hours: 11:30am~10:00pm (Last order) from Mon. to Sat. 12:00noon~10:00pm (Last order) on Sun.
& national holidays; [Lunch] 11:30am~3:00pm (Opens at 12:00noon on Sun. & national holidays)
Open daily
Price: [Lunch] ¥1,000 & up; [Dinner] ¥2,100 & up

Moti Roppongi モティ六本木

Address: 3F, Roppongi Hama Bldg., 6-2-35 Roppongi, Minato-ku, Tokyo
Access: 1 min. walk from Roppongi Sta. (Exit 1a) on the Hibiya Subway Line
Hours: 11:30am~8:00pm (Last order) on weekdays & Sat.; 12:00noon~9:00pm (Last order) on Sun.
& national holidays; Open daily
Price: [Lunch] ¥1,000 & up; [Dinner] ¥2,100 & up

Nataraj ナタラジ

Address: 7-9F, Ginza Kosaka Bldg., 6-9-4 Ginza, Chuo-ku, Tokyo
Access: 1 min. walk from Ginza Sta. (Exit A2) on the Ginza, Marunouchi & Hibiya Subway Lines
Hours: 11:30am~10:30pm (Last order); Open daily
Price: [Lunch] ¥1,100 (weekday buffet, 11:30am~3:00pm only); [Dinner] ¥3,500 & up
<http://www.nataraj.co.jp/jp/ginza/index.html>

Shibuya Samrat 渋谷サムラート

Address: B1F, Kiraku Bldg., 29-2 Udagawacho, Shibuya-ku, Tokyo
Access: 5 min. walk from Shibuya Sta. (Hachiko Exit) on the JR Yamanote Line or Ginza & Hanzomon Subway Lines
Hours: [Lunch] 11:00am~5:00pm; [Dinner] 5:00pm~10:30pm (Last order); Open daily
Price: [Lunch] ¥1,050 & up; [Dinner] ¥1,600 & up
http://www.samrat.co.jp/japan/shibu_j.html

Useful Websites:

Japan Vegetarian Society NPO法人 日本ベジタリアン協会
<http://www.jpvs.org> (Japanese & English)
Vegetarian & Health Food Restaurants 東京ふーどページ
<http://www.bento.com/r-veg.hti> (English)



The following are “Tofu-ryori” (soybean curd cuisine) restaurants:

The following are not categorized as restaurants serving strict vegetarian cuisine because some dishes contain fish broth.

Sasanoyuki 笹乃雪

Address: 2-15-10 Negishi, Taito-ku, Tokyo
Access: 3 min. walk from Uguisudani Sta. (North Exit) on the JR Yamanote Line
Hours: 11:30am~8:30pm (Last order); [Lunch] 11:30am~2:00pm on weekdays
Closed: Mon. (When Mon. falls on a national holiday, the restaurant is open on that Mon., but closed on the following day.)
Price: [Set Lunch] ¥2,000 on weekdays only; [Lunch & Dinner] ¥2,600 & up daily
<http://sasanoyuki.com>

Goemon 五右エ門

Address: 1-1-26 Honkomagome, Bunkyo-ku, Tokyo
Access: 5 min. walk from Hakusan Sta. (Exit A3) on the Toei Mita Subway Line or 3 min. walk from Hon-komagome Sta. (Exit 1) on the Namboku Subway Line
Hours: ☆ [Lunch] 12:00noon~2:00pm on weekdays; [Dinner] 5:00pm~10:00pm on weekdays 12:00noon~8:00pm on Sat., Sun. & national holidays
Closed: Mon.
Price: [Lunch] ¥2,700 & ¥3,500; [Dinner] ¥5,500, ¥6,000, ¥7,000 & ¥7,500

Kyo Tofu Fujino 京豆富不二乃

Address: 6F, Marunouchi Bldg., 2-4-1 Marunouchi, Chiyoda-ku, Tokyo
Access: 2 min. walk from Tokyo Sta. (Marunouchi South Exit) on the JR Yamanote & Chuo Lines or the Marunouchi Subway Line
Hours: [Lunch] 11:00am~4:00pm; [Dinner] 4:00pm~10:00pm (Last order; ~ 9:00pm on Sun. & national holidays); Open daily except when the Marunouchi Bldg. is closed.
Price: [Lunch] ¥1,050 & up on weekdays, ¥ 2,100 & up daily; [Dinner] ¥3,780 & up
<http://www.kyotofu.co.jp>

Yuan Atre Ebisu 由庵アトレ恵比寿

Address: 6F, Atre Ebisu, 1-5-5 Ebisu-Minami, Shibuya-ku, Tokyo
Access: 1- 2 min. walk from Ebisu Sta. on the JR Yamanote & Hibiya Subway Lines
Hours: 11:00am~9:30pm (Last order); Open daily except when the Atre Ebisu Bldg. is closed.
Price: [Lunch] ¥1,200; [Dinner] ¥3,000

All information is based on data as of Jul. 2009 and is subject to change without notice.

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