

TOKYO MITAKA-City

WASHOKU MAP

Welcome to Mitaka!

Once you're done sightseeing around Mitaka, by all means try our delicious Japanese cuisine. In Mitaka, you can find restaurants for sushi, soba, ramen, oden and even traditional Japanese bars. There are many items that can only be enjoyed in Japan. If you are looking for variety, you may want to try "teishoku" set meal in which you can enjoy a main entry of your choice and various different sides in small portions. We also recommend our local delicacies made from locally-sourced fruits and vegetables, which can only be bought in Mitaka. Be sure to also try our traditional Japanese Matcha flavored cookies, which can be purchased as souvenirs at the Mitaka Tourist office in front of the station. On this map are our recommendations for traditional Japanese cuisine in Mitaka. For basic information, please refer to the 'Basic information + café Map'.



Takajō-kun



Sushi

The most well known sushi in the world is "nigiri-zushi", a small vinegared rice ball topped with raw fish. Usually horse-radish paste is put under the fish. They are eaten lightly dipped in soy sauce. 'Maki-zushi', a sushi-roll wrapped with seaweed, is also popular.



Izakaya (Tavern)

An Izakaya is a Japanese style Bar. They serve sake, beer, shochu (distilled spirits) and a variety of other dishes. Each dish usually comes in small portions and you can enjoy various foods at a reasonable price.



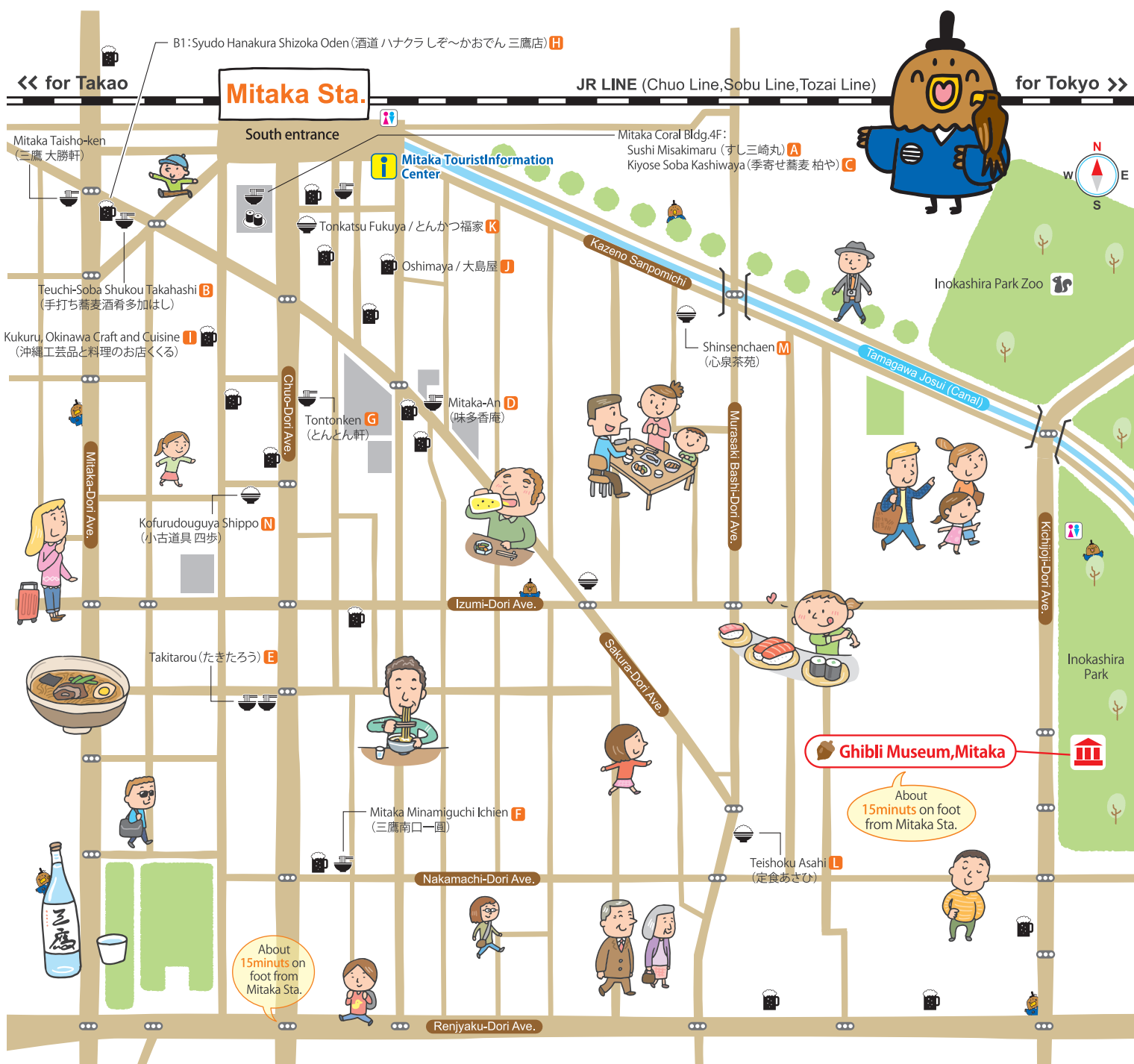
Ramen, Soba, Udon

Ramen, originally a Chinese dish, is a bowl of noodles served in hot broth. Soba noodles are made from buckwheat flour, while udon noodles are from wheat flour. Both are served in hot broth or with cold sauce. Japanese people often enjoy them with tempura.



Teishoku (Set meal)

Teishoku, or set meals, are reasonably priced combination meals. Usually they consist of rice, miso soup, a dish of fish or meat and a side of vegetables. You can enjoy a typical every-day Japanese meal at teishoku restaurants.



* This is the information of January 2017. The information may be subject to change without notice.

A Sushi Misakimaru / すし三崎丸 OK **Sushi**

① 11:00~22:00 (Last call) 21:30
 ② New Year's Day, Second Wed. in Apr. and Sep.
 ③ (1)Lunch Jukkamori (ランチ10貫盛り) : 10-piece lunch set / 980yen (2) Misaki Mori (三崎盛り) : Nigiri Sushi Assortment / 1,393yen

Tel: 0422-26-5201 / Mitaka Coral Bldg. 4F 3-35-1 Shimorenjaku Mitaka-shi, Tokyo



I Kukuru, Okinawa Craft and Cuisine / 沖縄工芸品と料理のお店ぐる OK **Izakaya**

① Mon. Tue. Thurs. Fri. 18:00 ~ 23:00 / Sat. Sun. 12:00 ~ 23:00 (Last call) 22:30
 ② Wed.
 ③ (1) Goya Chanpuru (ごやーちゃんぶるー) : Stir-fried Bitter Melon with Pork and Vegetables / 850yen (2) Okinawa Soba (沖縄そば) : Okinawa-style Soba Noodles / 850yen

Tel: 0422-43-7557 / 3-37-5 Shimorenjaku Mitaka-shi, Tokyo




B Teuchi-Soba Shukou Takahashi / 手打ち蕎麦酒肴多加はし OK **Soba**

① 11:00~21:30 *15:00~17:00 Break time on Weekday (Last call) 21:00
 ② Wed.
 ③ (1) Tenpura Soba (天ぷら蕎麦) : Soba Noodles with Tempura / 1,350yen (2) Kyou Kamo Seiro (京鴨せいろ) : Soba Noodles with Duck and Scallion Dipping Sauce / 1,000yen

Tel: 0422-43-0528 / 1F 3-43-31 Shimorenjaku Mitaka-shi, Tokyo




J Oshimaya / 大島屋 **Izakaya**

① 17:00~23:00 (Last call) 22:30
 ② Sun. Public holiday
 ③ (1) Motsuni (もつ煮) : Simmered Giblets / 400yen (2) Sashimi (刺身) : sliced raw fish / 600yen

Tel: 0422-47-3003 / 3-22-3 Shimorenjaku Mitaka-shi, Tokyo




C Kiyose Soba Kashiwaya / 季寄せ蕎麦 柏や OK **Soba**

① 11:00~22:30 (Last call) 21:30
 ② New Year's Day, Second Wed. in Apr. and Sep.
 ③ (1) Ebintenseiro (海老天せいろ) : Soba Noodles with Shrimp Tempura / 1,300yen (2) Sashimizen (刺身膳) : Sashimi Set meal / 1,900yen

Tel: 0422-48-2349 / Mitaka Coral Bldg. 4F 3-35-1 Shimorenjaku Mitaka-shi, Tokyo




K Tonkatsu Fukuya / とんかつ福家 **Set Meal**

① Mon.~Fri. 11:00~14:00, 17:00~20:20 (Last call) Lunch 14:00 Dinner 20:20 / Sun. & Public Holiday 11:30~14:30, 17:00~20:20 (Last call) Lunch 14:30 Dinner 20:20
 ② Sat.
 ③ (1) Tonkatsu Teishoku (とんかつ定食) : Pork Cutlet Set meal / 800yen (2) Katsudon (かつ丼) : Bowl of Rice Topped with Pork Cutlet / 800yen

Tel: 0422-43-6026 / 3-27-15 Shimorenjaku Mitaka-shi, Tokyo




D Mitaka-An / 味多香庵 **Soba**

① 11:00~21:00 (Last call) 20:30
 ② Tue.
 ③ (1) Tenzaru (天ざる) : Soba Noodles with Tempura / 900yen (2) Kamonanban Soba (鴨南蛮そば) : Soba Noodles in Broth with Duck and Scallions / 850yen

Tel: 0422-43-4619 / 3-16-11 Shimorenjaku Mitaka-shi, Tokyo




L Teishoku Asahi / 定食あさひ **Set Meal**

① Lunch 12:00~14:30, Dinner 18:00~22:30 (Last call) Lunch 14:00, Dinner 22:00
 ② Tue. Wed.
 ③ (1) Tsukubadori no Karaage Teishoku (つくば鶏のから揚げ定食) : Fried Tsukuba-chicken Set meal / 850yen (2) Iwatesaba no Yakizakana Teishoku (岩手サバの焼き魚定食) : Grilled Iwate-Mackerel Set meal / 850yen

Tel: 0422-24-8071 / 2-23-15 Shimorenjaku Mitaka-shi, Tokyo




E Takitarou / たきたろう **Ramen**

① 11:00~15:00 (Last call) 15:00
 ② Mon.
 ③ (1) Shio Ramen (塩ラーメン) : Ramen Noodles in Salt-based Broth / 700yen (2) Miso Ramen (みそラーメン) : Ramen Noodles in Miso-based Broth / 750yen

Tel: 0422-41-7101 / 4-16-47 Shimorenjaku Mitaka-shi, Tokyo




M Shinsenchaen / 心泉茶苑 V **Set Meal**

① 11:30~18:00 (Last call) for Tea time menu 17:30
 ② Wed.
 ③ (1) Kouso-Genmai Lunch (酵素玄米ランチ 中国茶付) : Enzyme brown rice Lunch Set Menu with Chinese Tea / 1,000yen (2) Kouso-Genmai Omusubi (酵素玄米おむすび) : Enzyme brown rice ball / 500yen

Tel: 0422-41-8618 / 3-1-24 Shimorenjaku Mitaka-shi, Tokyo




F Mitaka Minamiguchi Ichien / 三鷹南口一圓 **Ramen**

① 11:00~15:00, 17:00~21:00 (Last call) 20:45
 ② Tue.
 ③ (1) Kakuni Ramen (角煮ラーメン) : Ramen Noodles with simmered Pork Belly / 950yen (2) Mabomen (麻婆麺) : Ramen Noodles with Tofu in spicy meat Sauce / 830yen

Tel: 0422-42-5964 / 4-15-23 Shimorenjaku Mitaka-shi, Tokyo




N Kofurudouguya Shippo / 小古道具 四歩 OK **Café・Set Meal**

① 12:00~21:30 (Last call) 21:00
 ② Thurs.
 ③ (1) Gohan Set (ごはんセット) : Rice Set Meal / 1,080yen (2) Onigiri Set (おにぎりセット) : Rice Ball Set Meal / 700yen

Tel: 0422-26-7414 / 1F 3-32-15 Shimorenjaku Mitaka-shi, Tokyo




G Tontonken / とんとん軒 **Ramen**

① 11:30~23:45 (Last call) 23:30
 ② Open throughout the year
 ③ Misoaji Ramen (みそ味ラーメン) : Ramen Noodles in Miso-based Broth / 500yen


Tel: 0422-44-7885 / Mitaka Center Daini Bldg. B1 3-28-21 Shimorenjaku Mitaka-shi, Tokyo




Icon Legend

① : Open hours ② : Regular holiday ③ : Special
OK : Credit cards are accepted.
 * Accepted cards vary from place to place.
V : Vegan Restaurant

Takajō-kun Matcha cookies
 3 pieces
150yen
 You can buy them at The Mitaka Tourism Association Office.



H Syudo Hanakura Shizoka Oden / 酒道ハナクラしぞ〜かおでん三鷹店 OK **Izakaya**

① Mon.~Sat. 17:00~ next day 8:00 (Last call) for food 7:00 for drink 7:30 / Sun. 17:00~24:00 (Last call) for food 23:00 for drink 23:30
 ② December 31~January 4
 ③ (1) Shizuoka-Oden (静岡おでん) : Hotpot of Various Ingredients in Thin Broth / one piece 50 yen ~ (2) Otoko no Chasyu (男のチャーシュー) : Roasted Pork Fillet / 620yen

Tel: 0422-46-8755 / Soei Bldg. B1 3-43-28 Shimorenjaku Mitaka-shi, Tokyo




Information

MITAKA-City Tourism Association

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外国人向け三鷹駅前ガイドブック
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