

# HIROSHIMA & WESTERN HONSHU VEGETARIAN GUIDE



HIROSHIMA / OKAYAMA / TOTTORI / SHIMANE / YAMAGUCHI

# WELCOME, VEGETARIAN TRAVELERS!

As Japan welcomes more and more visitors from around the world, efforts are being made to accommodate a diverse range of dietary needs. While the number of restaurants that cater to vegetarians is growing here in the Chugoku Region, they are still rather limited, particularly outside of Hiroshima and Okayama. We hope, however, that this guide will help vegetarian travelers find delicious meat-free dining options in our region and help make their stay a memorable one.

Chugoku Transport and Tourism Bureau  
Chugoku Economic Federation

国土交通省中国運輸局  
(一社) 中国経済連合会

## Note:

Information correct as of January 2018. Listings selected by GetHiroshima based upon information supplied by the businesses.

If you find any information that is out of date or would like to provide additional information that might be helpful to future visitors, please contact us by email at [vegetarianguide@gethiroshima.com](mailto:vegetarianguide@gethiroshima.com) or tag us with #veggiechugoku.

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## Vegetarian in Japan

It is rare these days to find a restaurant in Japan that has absolutely no idea about vegetarian diets. Confusion, however, does remain. Awareness that fish-based *dashi* (stock) rules out much Japanese cuisine for vegetarians cannot always be relied upon. The same goes for salad dressings and deep-frying foods in separate oil. Least understood, perhaps, is the concept of animal rennet used in cheese production. Wherever possible, we have listed restaurants with a good understanding of vegetarian needs and that clearly list ingredients. If in doubt, use the language guide on page 15 and backpage food checklist to help you to eat compassionately and well during your time here.

## A word about Gluten-Free



Many restaurants in Japan are adding gluten-free options to their menus in response to demand among travelers from overseas. Knowledge is still patchy, however, and we recommend that sufferers of Celiac Disease take care when ordering.

## GUIDE TO SYMBOLS



100% vegan restaurant



Vegan options available



100% lacto-ovo vegetarian



Lacto-ovo vegetarian options available



Gluten-free options available



English menu



Vegetarian options clearly marked



English spoken



Free WiFi



Credit Cards accepted



Non-smoking

# CHUGOKU REGION



Matsue Castle, Matsue City (松江城)  
© Shimane Prefecture



Tottori Sand Dunes, Tottori City (鳥取砂丘)  
© Tottori Prefecture



Rurikoji Temple, Yamaguchi City (瑠璃光寺)  
© Yamaguchi Prefecture



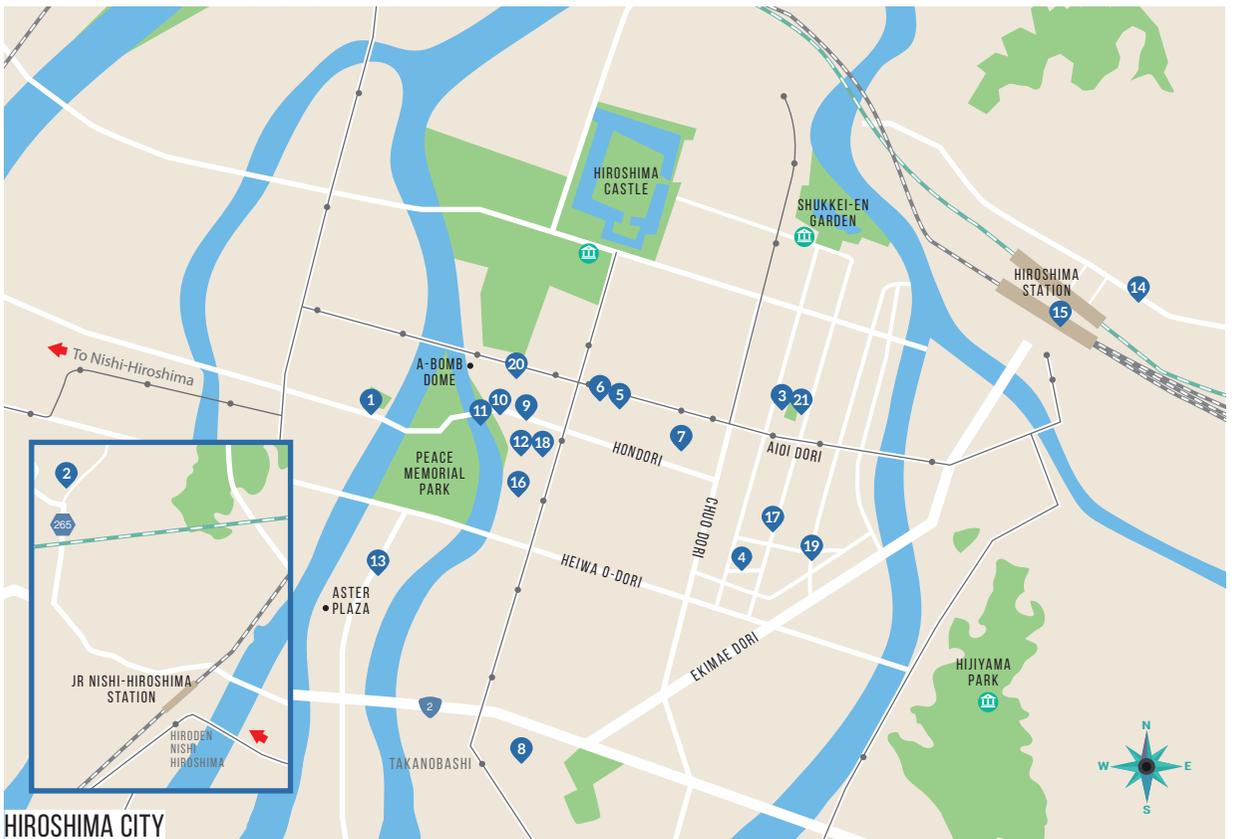
A-bomb Dome, Hiroshima City (原爆ドーム)  
© Hiroshima Prefecture



Okayama Castle and Korakuen Garden,  
Okayama City (岡山城・後楽園)  
© Okayama Prefecture

# HIROSHIMA

HIROSHIMA, MIYAJIMA, ONOMICHI, HIGASHI-HIROSHIMA





vegan



vegan options



vegetarian



vegetarian options



gluten-free options



### 1 Macrobiotic

#### CROISSANT MARCHÉ

クロワッサン マルシェ



The only 100% vegan eatery near the city center. Macrobiotic plate lunches and take away bento boxes in a natural food store west of Peace Memorial Park.

10:00-19:00

Closed Sunday, National Holidays



1-3-4 Sakai-machi, Naka-ku, Hiroshima | Tel: 082-234-8133



### 2 Macrobiotic

#### SAISHOKU-KENBI

菜食健美



Those craving vegan ramen will be prepared to make the effort to get to this lunch spot in a residential area, 10 min by taxi from Nishi-hiroshima Station.

11:00-16:00 (L.O. 15:00)

Closed Tuesday & occasional holidays  
[daisho-kikaku.com/hiroshima](http://daisho-kikaku.com/hiroshima)



4-32-2 Koi-ue, Nishi-ku, Hiroshima | Tel: 082-271-3770



### 3 French

#### KIYO COURAGE

キヨ コラーージュ



This French restaurant serves beautifully presented full-course meals with seasonal, local fare. Perfect for a special occasion. Reserv. one day in advance.

12:00-15:00 (L.O.14:00) / 18:00-23:00

(L.O.21:00) / Closed Wednesday

[www.kiyocourage.jp](http://www.kiyocourage.jp)



12-5 Nobori-cho, Naka-ku, Hiroshima | Tel: 082-221-2077



### 4 Japanese dining bar

#### HALLELUJAH

KITCHEN & BAR ハレルヤ



Dining bar open all night. Japanese and western vegetarian options and at least one vegan dish. Owner Shuji is very understanding and flexible.

18:00-05:00

Closed Monday

[www.facebook.com/hallelujah.kitchen.bar](http://www.facebook.com/hallelujah.kitchen.bar)



1F Nakagawa Bldg II, 8-11 Nagarekawa-cho, Naka-ku, Hiroshima | Tel: 082-247-0199



### 5 Italian

#### PIZZERIA BAR ARIETTA

アリエッタ



Ingredients clearly detailed on the English menu and a willingness to accommodate special diets make navigating this classic Italian menu trouble free.

12:00-15:00 (L.O.14:00)

18:00-01:00 (L.O.24:00)

Lunch only Sat, Sun and Nat Hols



1-4-26 Kamiya-cho, Naka-ku, Hiroshima | Tel: 082-247-8456



### 6 Organic, natural

#### KISSA SAEKI

喫茶さえき



6 healthy vegan plate lunches to choose from at this reinvented family-run Japanese-style kissaten cafe in the city center. Raw sweets also available.

7:30-20:00 (L.O. 19:00)

Closed Sunday, National Holidays

[xn--r8jkw5439au9b.com](http://xn--r8jkw5439au9b.com)



1-4-25 Kamiya-cho, Naka-ku, Hiroshima | Tel: 082-246-9339



### 7 Organic

#### CHERIE NO HATAKE

シェリーの畑



A good selection of vegetarian dishes on the menu at this 2F restaurant with many of the seriously tasty vegetables coming from the owner's farm.

18:00-24:00 (L.O.23:30)

Closed Sunday



2F 2-21 Hondori, Naka-ku, Hiroshima | Tel: 082-205-5668



### 8 International

#### 3 TREE

スリーツリー



Eclectic American-style breakfasts, lunches and dinners near Takanobashi streetcar stop. Please mention that you are vegetarian when ordering.

Monday-Friday 9:00-22:00

Sat, Sun, Nat Hols 8:00-22:00

[3tree-hiroshima.com](http://3tree-hiroshima.com)



2-4-11 Kokutajji-machi, Naka-ku, Hiroshima | Tel: 082-236-9833

**9 Vegan fast food**

**ART CAFE ELK** VGN opt VEG opt GF  
アートカフェ エルク

With "chicken" nuggets and "BLTs", ELK is the place for vegan comfort food. Healthy vegan homestyle Japanese dishes & chocolate cake also available.

10:30-16:00 / 18:00-22:00  
Closed Wednesday  
elkcafe.com

ENG VGN opt ENG WiFi No Alcohol

2F Nakahara Bldg, 1-7-23 Ote-machi, Naka-ku, Hiroshima | Tel: 082-247-4443

**10 Okonomiyaki**

**NAGATAYA** VGN opt VEG opt  
長田屋

Excellent awareness of vegetarian needs & well-thought-out English menu with meat free versions of Hiroshima's signature dish next to Peace Memorial Park.

11:00-21:00 (L.O. 20:30)  
Closed Tuesday, the 4th Wednesday  
nagataya-okonomi.com

ENG VGN opt ENG WiFi No Alcohol

1-7-19 Ote-machi, Naka-ku, Hiroshima | Tel: 082-247-0787

**11 Italian**

**CAFFÉ PONTE** VEG opt GF  
カフェポント

European riverside dining across from Peace Memorial Park. Ask for the vegetarian menu (though several items do contain Parmesan and mozzarella cheese).

10:00-22:00  
www.caffeponte.com

ENG VGN opt ENG WiFi No Alcohol

1-9-21 Ote-machi, Naka-ku, Hiroshima | Tel: 082-247-7471

**12 Indian**

**KANAK** VGN opt VEG opt  
インド料理カナック

Friendly Indian restaurant near Peace Memorial Park with many vegetarian options which can be made vegan on request. Great value lunches.

11:00-15:00 (L.O. 14:30)  
17:00-22:30 (L.O. 22:00)  
kanak-hiroshima.com/en

ENG VGN opt ENG WiFi No Alcohol

2-2-10 Ote-machi, Naka-ku, Hiroshima | Tel: 082-236-7308

**13 Tex-Mex, international**

**OTIS!** VGN opt VEG opt  
オーティス

Vegetarian options at this quirky restaurant include a daily lunch plate, Tex-Mex and lentil curry. Homemade soy cheese available. Great desserts too.

Monday-Saturday 12:00-23:00  
Sun & National Holidays 16:00-23:00  
otis.world.coccan.jp

ENG VGN opt ENG WiFi No Alcohol

1-20 Kako-machi, Naka-ku, Hiroshima | Tel: 082-249-3885

**14 Indian**

**ROOPALI** VGN opt VEG opt  
インド料理ルーパリ

This very popular and friendly Indian restaurant near Hiroshima Shinkansen Station has a wide vegetarian menu and a good understanding of vegan needs.

11:00-15:00 (L.O. 14:30)  
17:00-22:00 (L.O. 21:30)  
www.roopali.jp

ENG VGN opt ENG WiFi No Alcohol

14-32 Wakusa-cho, Higashi-ku, Hiroshima | Tel: 082-264-1333

**15 Okonomiyaki**

**ICCHAN OKONOMIYAKI** VGN opt VEG opt  
いっちゃん アッゼ店

It's not advertised, but Iccchan is very flexible when it comes to preparing meat-free okonomiyaki, so please ask. Vegetarian sauce available.

11:00-22:00 (L.O. 21:30)  
Occasional holidays when shopping center closed

ENG VGN opt WiFi No Alcohol

2F ASSE Bldg, 2-37 Matsubara-cho Minami-ku, Hiroshima | Tel: 082-261-0680

**16 International**

**KEMBY'S** VEG opt GF  
ケンビーズ

An institution in the Hiroshima international community best known for burgers and BBQ, KeMBY's also has a vegetarian menu and flexible service.

Mon-Thur 11:30-14:30, 17:00-00:30 (Wed Lunch closed). Fri 11:30-14:30, 17:00-01:00, Sat 11:30-01:00, Sun 11:30-23:30

ENG VGN opt ENG WiFi No Alcohol

2-9-13 Ote-machi, Naka-ku, Hiroshima | Tel: 082-249-6201



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



17 Mexican, Tex-Mex

BORRACHOS

ボラーチョス



Vegetarian burritos, enchiladas and appetizers that include guacamole made fresh at your table, late into the night in Hiroshima's nightlife district.

Monday-Saturday 18:00-05:00  
Sunday 18:00-02:00



6-5 Yagenbori, Naka-ku, Hiroshima | Tel: 082-241-3911



18 Italian, French

CIEL

シエル



Creative, well-presented platters with a variety of small dishes for ¥1000 as well as a vegetarian pasta at lunch. Vegan & vegetarian dinner sets too.

11:30-15:00 (L.O.14:30)  
17:30-23:00 (L.O.22:00)

Closed Tuesday



2-1-12 Otemachi, Naka-ku, Hiroshima | Tel: 082-247-2525



19 Indian

LOKANTASI MIKI

ロカントス ミキ



Vegetarian curries served in a cozy little shop in the entertainment district. Let them know if you are vegan and they are happy to oblige.

18:00-01:00  
Closed Sunday and National Holidays  
[www.facebook.com/lokantasimiki](http://www.facebook.com/lokantasimiki)



9-10 Yagenbori, Naka-ku, Hiroshima



20 Cafe

TRIPLE

トリプルカフェ



This cafe, attached to a trail running shop, serves vegan cutlet sandwiches, Keema curry & burger plates lunches (with or without egg).

Saturday-Tuesday 11:00-19:00 (L.O.18:30)  
Friday 11:00-23:00

Closed Wednesday, Thursday



2F Aloha building, 1-4-5 Ote-machi, Naka-ku, Hiroshima | Tel: 082-207-3353



21 Italian

LIBERO

リベロ



Reserve a day in advance for vegetarian & vegan Italian full course dinners (approx ¥5000) prepared by the talented Chef Nishitani.

18:00-22:00  
Closed Tue and 2nd Mon  
[www.libero1122.com](http://www.libero1122.com)



10-14 Nobori-cho, Naka-ku, Hiroshima | Tel: 082-223-1122



22 Japanese

YAMAICHI BEKKAN

宮島山一別館



The menu at this family-run ryokan opposite the Miyajima ferry terminal includes vegan sushi and hearty tempura set lunches with vegan miso soup.

11:00-14:00 / 17:00-20:00

Occasional holidays  
[yamaichibekkan.com](http://yamaichibekkan.com)



1162-4 Minato-machi, Miyajima-cho, Hatsukaichi | Tel: 0829-44-0700



23 Dining cafe

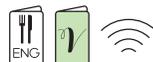
YAMANEKO

やまねこ



This quirky waterfront cafe/restaurant in Onomichi serves a daily Japanese vegetarian lunch plate.

11:30-22:00  
Closed Monday  
[ittoku-go.com](http://ittoku-go.com)



2-9-33 Tsuchido, Onomichi | Tel: 0848-21-5355



24 Organic, natural

CAFE SPROUTS

カフェ スプラウト



Take a drive out to this countryside bakery in Higashi-hiroshima for delicious vegan plate lunches.

11:30-14:00 (lunch), 14:00-16:30 (cafe)  
Closed Jan-Feb and every Tues, Wed.  
[www.countrygrain.com](http://www.countrygrain.com)



225-2 Shimotakeni, Fukutomi-cho, Higashi-Hiroshima | Tel: 082-435-2326

# OKAYAMA

## OKAYAMA, TSUYAMA, SETOUCHI



### 1 Tex-Mex

FREEDOM TACOS  
フリーダムタコス



Tex-Mex in a fun store packed with Mexican memorabilia. Homemade tortilla chips, vegan plate lunches and sides. A must for cilantro lovers.

Tue-Fri: 11:30-14:30, 18:00-22:00, Sat, Sun,  
Nat Hols: 11:30-16:00 (L.O. 15:30), 18:00-22:00  
Closed Mon, [freedomtacos.web.fc2.com](http://freedomtacos.web.fc2.com)



1-15-20 Hama, Naka-ku, Okayama | Tel: 086-206-2117



### 2 Organic cafe

THE MARKET  
ザ マーケット



Delightful city center cafe and food store with a great range of vegetarian breads, sandwiches, quiche, sweet treats and very knowledgeable staff.

11:00-19:00  
Closed the 1st Tuesday of the month  
[www.themarket.co.jp/market](http://www.themarket.co.jp/market)



1-12-14 Houkan-cho, Kita-ku, Okayama | Tel: 086-255-1100



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



3 Curry

QUIET VILLAGE

クワイエットビレッジ

Funky little curry shop with a chilled, alternative vibe run by a friendly couple. Limited but tasty selection of Indian inspired curries.

11:30-19:30 (L.O.19:00)

Closed Monday

Occasional holidays



1-6-43 Omote-cho, Kita-ku, Okayama | Tel: 086-231-4100



4 Japanese, organic, natural

YASAI-SHOKUDO KOYAMA

野菜食堂こやま

For fans of Japanese cuisine, the vegan dinner courses made with the freshest seasonal ingredients make the effort to book a table here very worthwhile.

11:30-14:30 (L.O.14:00), 17:30-21:00

(L.O.20:30) / Closed Tue, Mon & Wed (Dinner)

831580.com



1-3-35 Tamachi, Kita-ku, Okayama | Tel: 086-234-0315



5 Organic wine bar

NATURELLEMENT

ナチュラルレモン

Wine bar along the Nishigawa Canal serving locally sourced French style vegetable dishes which pair well with their selection of organic wines.

Tue-Sat 17:30-23:30 (L.O.23:00)

Sun 16:00-22:00 (L.O.21:30) / Closed Mon

prevenant.jp



8-15 Honmachi, Kita-ku, Okayama | Tel: 086-226-8201



6 Sandwiches

COZZY'S

コージーズ

Accommodating sidestreet sandwich and burger shop. Vegetable sandwiches on the menu. Open to substitutions and making custom meatless burgers.

11:30-21:00

Closed Tuesday



1-1-40 Omote-cho, Kita-ku, Okayama | Tel: 086-225-1803



7 Cafe, sweets, burgers

TERECOCO

テレココ

A great selection of vegan cakes, scones and breads, plus a killer home-made veggie burger and lunch bags. Complimentary coffee too!

Monday-Thursday 10:00-20:00

Saturday, Sunday 10:00-17:00

Closed Friday and occasional holidays



ZEUS Okayama102, 15-20 Shimoifukukami-machi, Kita-ku, Okayama | Tel: 086-289-5894



8 Italian

CAPRICCIOSA

カプリチオーザ JR 岡山駅店

Italian chain restaurant with several vegetarian items on the menu. Not marked as vegetarian so careful explanation of your needs to the staff recommended.

11:00-23:00 (L.O.22:30)

capricciosa.com/location/okayama



1-1 Ekimoto-machi, Kita-ku, Okayama | Tel: 086-235-0675



9 Vegan cafe

BONHEUR

ボヌール

This cafe in a pleasant white clap-board house offers an additive-free vegan lunch set and vegan sweets.

11:00-17:00

Closed Wednesday, Sunday

k-mere-k.wixsite.com/bonheur-vege



651-4 Higashi-ichinomiya, Tsuyama 708-0814 | Tel: 090-3636-6445



10 Vegan cafe

ERBENMU VEGAN

& ORGANIC FOOD アルバンモアー

Healthy vegan healthy cooking using organic and local produce whenever possible. ¥3000 course meals also available (reservation one week in advance).

Open Friday, Saturday, Sunday only

11:30-15:00 (lunch) 14:00-17:30 (cafe)

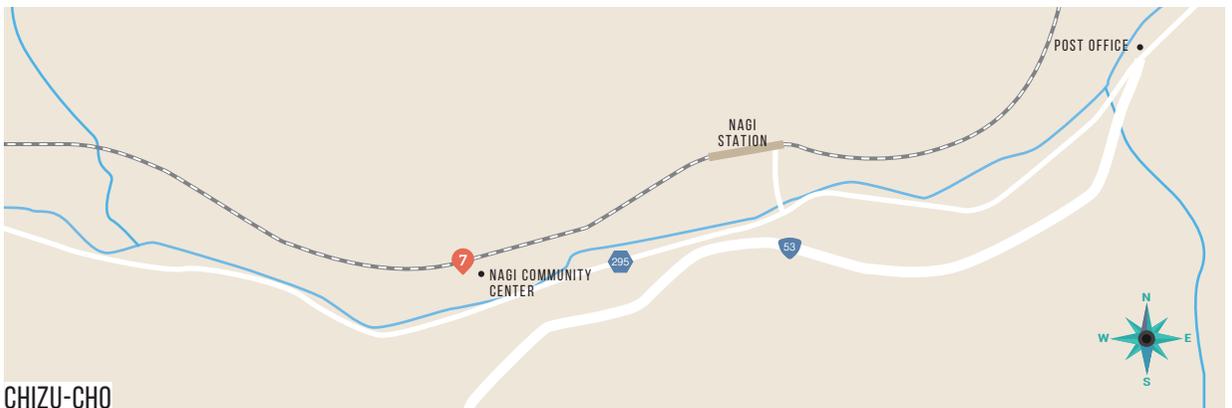
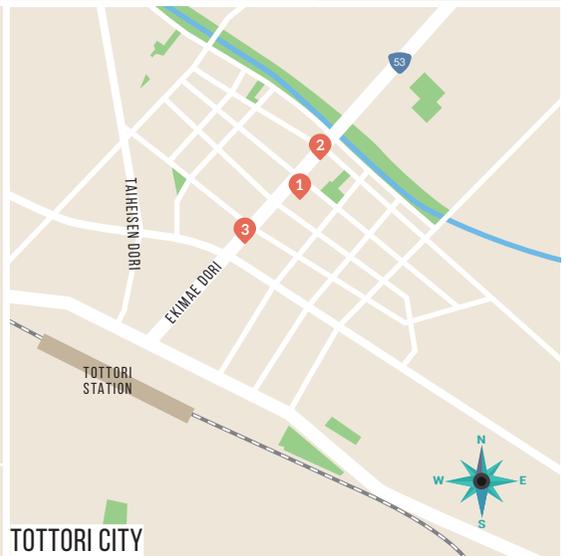
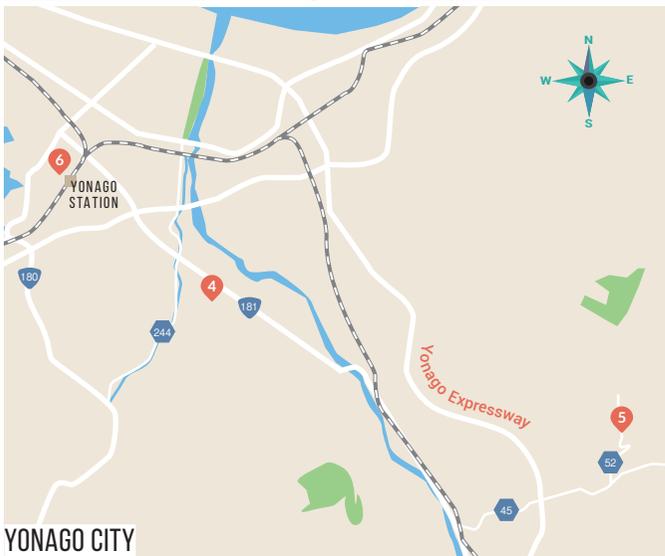
Closed Mon-Thur, the 4th Sun of the month



355 Okucho Fukumoto, Setouchi | Tel: 080-1278-1250

# TOTTORI

## TOTTORI, YONAGO, CHIZU





1 Japanese

GOHAN-YA SHIN

ごはん屋進



The staff in this casual eatery located in a shopping complex are happy to cook up homestyle Japanese goodies made with additive-free ingredients.

11:00-20:00  
Closed Sunday  
gohanya-shin.jimdo.com



1F 323-1 Yayoi-cho, Tottori | Tel: 0857-24-6141



2 Italian, Cafe

CAFE SOURCE

カフェ ソース



Pasta and sweets 8 minutes' walk from Tottori JR Station. Mention you are vegetarian and the staff will help you choose something suitable.

12:00-24:00 (L.O.23:30)  
cafe-source.com



2F 227 Yayoi-cho, Tottori | Tel: 0857-21-3457



3 International

MIRAI RESTAURANT & CAFE

ミライ レストラン&カフェ



Explain your needs to the friendly and flexible staff, willing to adjust dishes like pasta, sandwiches and rice omelettes for vegetarian diners.

11:30-23:00 (L.O.22:30)  
Closed Wednesday  
www.miraiwa.net



2F MK Bldg. 163 Suehiro-onsen-cho, Tottori | Tel: 0857-68-1013



4 Organic cafe

HANA-AMI

はなあみ



Hidden cafe run by two sisters serving healthy food. Access by car only, but there is an attached beauty salon!

11:30-16:00  
Closed Sunday, Monday  
nanahanaami.tumblr.com



75-4 Fukuichi, Yonago | Tel: 0859-57-4894



5 Bakery cafe

KOSAJI-ICHI

コウボパン小さじいち



Small bakery with great views of Mt. Daisen serving vegan plate lunches featuring healthy fermented foods plus great bread.

11:00-16:00 / Closed Sun, Mon, Tue  
and from January to March  
kosaji-1.com



1713-1 Kanaya-dani, Hoki-cho, Saihaku-gun | Tel: 0859-68-6110



6 Vegan cafe

HIBI-NO-KATE

日々のかて



Additive-free natural Japanese vegan food on the 2nd floor of the Hotel Sanada, 5 minutes' walk from Yonago JR Station.

11:00-15:00 / 17:00-21:00 (L.O.20:30)  
Closed Sunday  
hibinokate.com



2F 197 Meiji-cho, Yonago | Tel: 0859-34-3773



7 Cafe, craft beer

TALMARY

タルマリー



Breads, craft beer, pizza and sandwiches in a repurposed former kindergarten building, 9 minutes' walk from Nagi JR Station (那岐駅).

10:00-16:00  
Closed Tuesday, Wednesday, January  
www.talmary.com



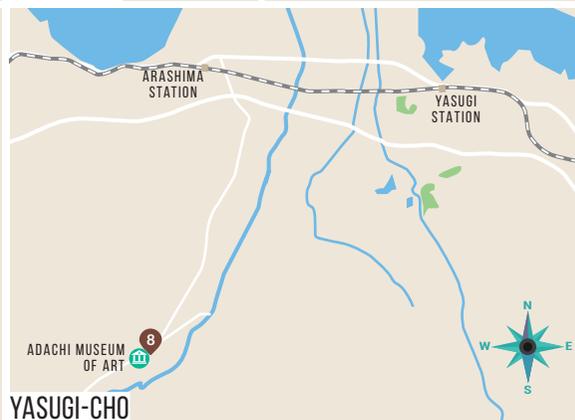
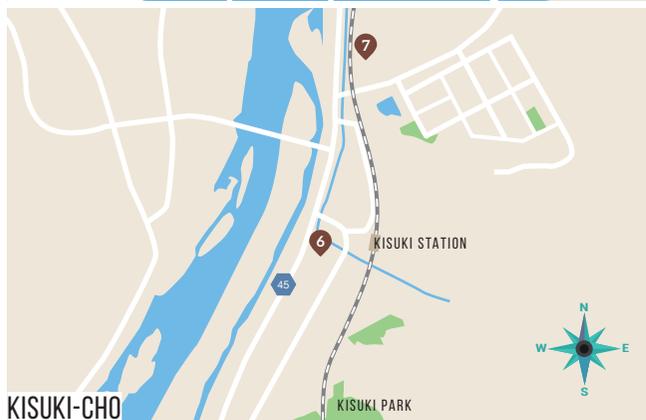
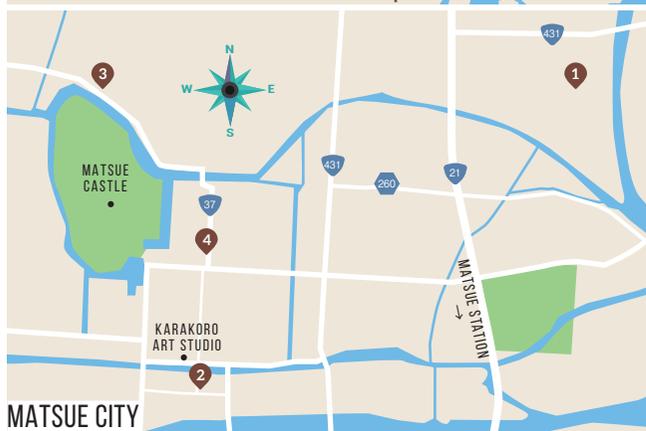
214-1 Ose, Chizu-cho, Yazu-gun | Tel: 0858-71-0106



Mt. Daisen, Tottori Prefecture (大山)

# SHIMANE

## MATSUE, IZUMO, KISUKI, YASUGI



**1 Indian**

**SPICE**  
インド料理スパイス

Indian food in Matsue city. Organic chai and homemade desserts also available.

11:30-22:00 (L.O.21:30)  
Closed Tuesday (open if National Holiday)  
www.spice-matsue.com

1-16-26 Gakuen, Matsue | Tel: 0852-27-7720

**2 Italian**

**PASTA FACTORY ORTAGGIO**  
パスタファクトリー

Authentic Italian cuisine. Pasta made to order and stone oven-baked pizza. Vegetarian dishes on request.

Lunch 11:30-15:00  
Dinner Mon-Sat 17:30-22:30  
Sun, Nat Hols 17:30-21:30  
brocs-industry.com

82 Suetsugu-honmachi, Matsue | Tel: 0852-28-0101

**3 Soba / Udon**

**YAKUMOAN**  
八雲庵

Izumo soba noodles in a former samurai residence with a lovely garden. Offers soy sauce, olive oil or salt-based dips to vegetarians.

10:00-14:00 (L.O.)  
(Closed January 1st and 2nd)  
www.yakumoan.jp

308 Kitahori-cho, Matsue | Tel: 0852-22-2400

**4 Ethnic**

**GREEN'S BABY**  
グリーンズ・ベイビー

Vegetable buffet as well as Asian and "ethnic" dishes in a stylishly traditional Japanese building near Matsue Castle.

11:00-16:00 (L.O.15:00)  
Occasional holidays  
www.facebook.com/greensbaby

204 Tono-machi, Matsue | Tel: 0852-61-3208

**5 Japanese**

**MANAINA VEGE CAFE & GALLERY**  
まないな ベジカフェ&ギャラリー

Art space serving vegetarian food in a 100-year-old farmhouse 5 minutes' walk east of Izumo Taisha Shrine. Run by a couple who have traveled the world.

11:00-15:00 / Closed Mon, Tue, Wed, Thur and January to March  
manai7.tumblr.com

7 Kizuki-higashi, Taisha-cho, Izumo | Tel: 0853-53-5560

**6 Japanese**

**NANOHANA**  
natural foods and goods 菜野花

Natural food store serving macrobiotic lunches in Kisuki in Un-nan. Meals available at other times of the day by reservation.

11:00-13:00  
Closed Saturday, Sunday, National Holidays  
www.nanohanadayori.com

1-5 Kisuki, Kisuki-cho, Un-nan 699-1332 | Tel: 0854-42-4522

**7 Cafe**

**CAFE A.ORYZAE**  
カフェ・オリゼ

Lunches comprising of seasonal, locally grown organic rice and produce served in a 60-year-old farmhouse.

11:00-17:00  
Closed Monday, Tuesday  
cafeoryzae.com

331-1 Satogata, Kisuki-cho, Un-nan 699-1311 | Tel: 0854-42-5486

**8 Japanese ryokan**

**CHIKUYOU**  
竹葉

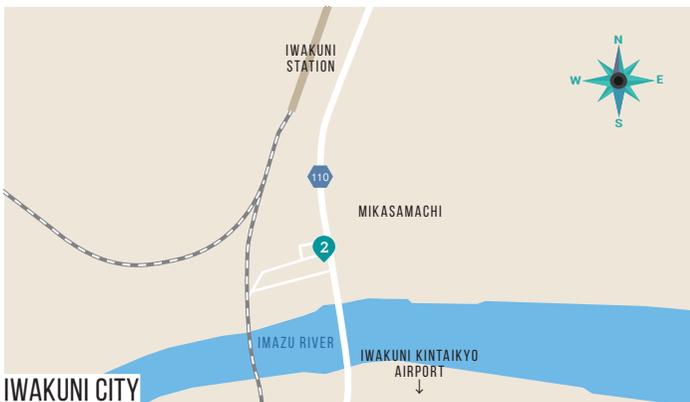
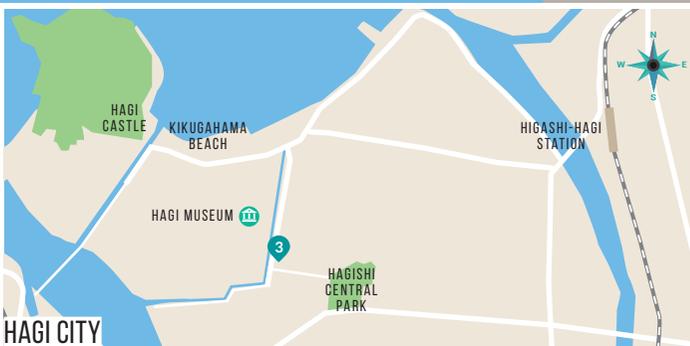
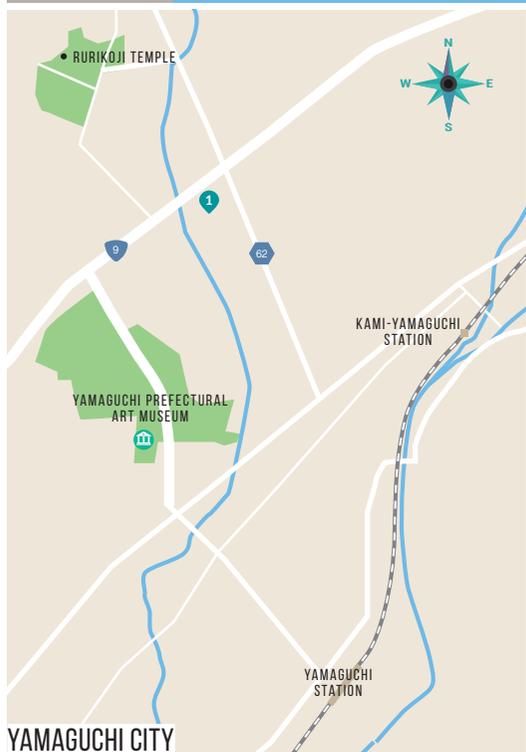
Macrobiotic course dinners a stone's throw from the Adachi Art Museum. Reservation 3 days in advance required. Groups of up to 40. Overnight stay and use of private hot spring available.

11:30-14:00 / 18:00-21:00  
Occasional holidays  
english.chikuyou.jp / info@chikuyou.jp

438 Furukawa-cho, Yasugi | Tel: 0854-28-6231

# YAMAGUCHI

## YAMAGUCHI, IWAKUNI, HAGI





vegan



vegan options



vegetarian



vegetarian options



gluten-free options



## 1 Vegan lunches

## VEGECAFE TOY TOY

ベジタブル喫茶トイトイ



Vegan plate lunches with 10 different dishes, delicious whole grain rice & soup. 20 min walk from Yamaguchi JR Station. Checking if open in advance recommended.

11:30-14:30 (L.O.)

Closed Friday & occasional holidays  
[vegebeer.jugem.jp](http://vegebeer.jugem.jp)



37-1 Ushiro-gawara, Yamaguchi | Tel: 070-0507-0821



## 2 Tex-Mex

## MIKE'S IWAKUNI

マイクス岩国店



Tex-Mex in Iwakuni. Many vegetarian options featuring homemade refried beans to go with Mike's tasty freshly made tortilla chips and guacamole.

11:00-14:00 (L.O. 13:30) / 17:00-22:00 (L.O. 21:00)

Closed Wednesday

[mikes.jp/shopinfo04.html](http://mikes.jp/shopinfo04.html)


1-7-12 Mikasa-machi, Iwakuni | Tel: 0827-24-7001



## 3 Japanese

## HOTORI-TEI

畔亭



Enjoy lunch in Hagi's castle district overlooking a beautiful Japanese garden. Reservation by phone or email 3 days in advance required.

11:00-16:30

Closed Thursday, January  
[www.hotoritei.com](http://www.hotoritei.com)



62 Minami-katakawa-machi, Hagi | Tel: 0838-22-1755



Kikugahama Beach, Hagi City (菊ヶ浜)

# VEGETARIAN SURVIVAL JAPANESE

While more and more places in Japan understand these terms, it is likely that you will need to follow up with more information about what you can't and (importantly) what you can eat.

Use the checksheet on the back page to show restaurant staff your dietary restrictions or use the Japanese below. We encourage you to try and say the phrases yourself!

**I'm a vegetarian.**

Watashi wa bejitarian desu.

私は、ベジタリアンです。

I can't eat meat, poultry or fish, including *dashi* fish stock. Eggs and dairy are OK.

*Niku, toriniku, sakana (dashi mo fukumete) ga taberaremasen. Tamago, nyūseihin wa daijobu desu.*

肉、鶏肉、魚（出汁も含めて）が食べられません。卵、乳製品は大丈夫です。

**I'm a vegan.**

Watashi wa biigan desu.

私は、ビーガンです。

I can't eat meat, poultry or fish, including *dashi* fish stock, eggs or dairy products.

*Niku, toriniku, sakana (dashi mo fukumete), tamago, nyūseihin ga taberaremasen.*

肉、鶏肉、魚（出汁も含めて）、卵、乳製品が食べられません。

**Does this contain ~ ?**

*Kore ni wa ~ ga haitte imasu ka?*

これには～が入っていますか。

**Is this soup stock made from bonito ?**

*Kono dashi wa katsuo-bushi de tsukutte imasu ka?*

この出汁は、鰹節で作っていますか。

# I'M AFRAID I CAN'T EAT~

すみませんが~を食べられません。  
(sumimasen ga ~ o taberaremasen)

**BEEF**



牛肉  
gyū-niku

**PORK**



豚肉  
buta-niku

**CHICKEN**



鶏肉  
tori-niku

**FISH**



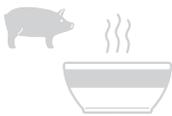
魚類 (鰹節など)  
gyo-ruī

**BEEF STOCK**



牛出汁  
gyū-dashi

**PORK STOCK**



豚出汁  
buta-dashi

**CHICKEN STOCK**



鶏出汁  
tori-dashi

**FISH STOCK**



魚出汁  
sakana-dashi

**SHELLFISH**



貝 / 甲殻類  
kai / kōkaku-ruī

**EGG**



卵  
tamago

**MILK**



牛乳  
gyūnyū

**CHEESE**



チーズ  
chīzu

**BUTTER**



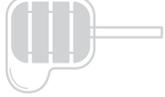
バター  
batā

**REFINED SUGAR**



白砂糖  
shiro-zatō

**HONEY**



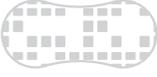
蜂蜜  
hachimitsu

**SOY**



大豆  
daizu

**PEANUTS**



ピーナッツ  
pīnattsu

**NUTS**



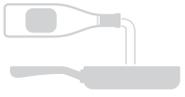
ナッツ  
nattsu

**GLUTEN**



グルテン  
guruten

**ALCOHOL**



アルコール  
arukōru

 "X" out the foods you wish avoid and show when ordering.