

2019 EDITION

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 and fish-free dining options in our region and help make their stay a memorable one.

Chugoku Transport and Tourism Bureau

Chugoku Economic Federation

Chugoku Regional Innovation Research Center

国土交通省中国運輸局

(一社) 中国経済連合会

(公財) 中国地域創造研究センター

Note:

Information correct as of March 2019. Listings selected by JizoHat 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If you find any information that is out of date or would like to provide additional information that might be helpful to future visitors, please contact us by email at hello@jizohat.com or tag us with #veggiechugoku.



www.hiroshimatours.info/pdf/vegetarianguide.pdf

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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, please use the food checklist on the back of this guide 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 special 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

--- JR Train
... Shinkansen
— Bus

OSAKA
KYOTO

HIMEJI



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



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



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

Healthy vegan and vegetarian options at this corner cafe with attached health food shop just west of Peace Park.

11:30-14:30
10:00-19:00 (natural food store)
Closed Sunday, National Holidays



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



2 Vegetarian (vegan-friendly)

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



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



3 French

KIYO COURAGE
キヨ コラージュ

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. 13:30) / 18:00-23:00
(L.O. 20:00) / Closed Wednesday
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



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.

8:00-20:00 (L.O. 19:00)
Closed Sunday, National Holidays
xn--r8jkw5439auu9b.com



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



7 Social book cafe

HACHIDORI-SHA
ハチドリ舎

Vegan Keema curry & sides at this socially conscious hub. Talk with A-bomb survivors on the 6th, 16th & 26th of the month.

Wed, Thurs, Fri 15:00-23:00 Sat, Sun, Nat Hols
11:00-24:00 (Open from 11:00 on 6th, 16th, 26th of the month) Closed Mon, Tues / hachidorisha.com



2F 2-43 Dobashi, Naka-ku, Hiroshima | Tel: 082-576-4368



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.

Tues-Fri 9:00-22:00 Sat, Sun, Nat Hols
8:00-22:00, closed Monday (open if Nat Hol) / 3tree-hiroshima.com



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



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



9 Okonomiyaki

KASANE-GASANE

かさねがさね



Vegetarian and vegan *okonomiyaki* on the 6th floor of the Full Focus building, across from Higashi Post Office, near Hiroshima Station.

10:00-15:00 / 17:00-23:00

facebook.com/okonomiyakikasanegasane



6F 10-1 Matsubara-cho, Minami-ku, Hiroshima | Tel: 082-568-7838



10 Okonomiyaki

NAGATAYA

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, 2nd & 4th Wednesday
nagataya-okonomi.com

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



11 Italian

CAFFÉ PONTE

カフェポンテ



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

Mon-Fri 10:00-22:00 (August: 8:00-22:00) Saturday, Sunday 8:00-22:00
www.caffeponte.com



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



12 Indian

KANAK

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

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



13 Tex-Mex, international

OTIS!

オーティス



Vegetarian options at this off-beat eatery 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



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



14 Indian

ROOPALI

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



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



15 Okonomiyaki

ICCHAN OKONOMIYAKI

いっちゃんアツセ店



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



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



16 International, craft beer

KEMBY'S

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 12:00-01:00, Sun 12:00-23:30 kembyshiroshima.com



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 Pizza

PARCO DELLA PACE

パルコデッラパーチェ



2 cheese-free vegan pizzas on the menu. Whether cheeses are vegetarian is unclear, but happy to make cheese-free veg pizzas.

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

Closed Monday, the 2nd Tuesday of the month



1-5 Dobashi, Naka-ku, Hiroshima | Tel: 082-275-5359



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, National Holidays

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).

Mon-Wed, Sat 12:00-19:00 (L.O.18:30)

Friday 12:00-23:00 (L.O.22:30)

Closed Thursday, Sunday



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



21 Italian

LIBERO

リベロ



3-day advance reservation for additive-free Italian course dinners (approx ¥5000). All in party must order the same course.

18:00-22:00

Closed Tue and 2nd Mon

www.libero1122.com

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



22 Noodles, sake

TAIKO UDON

太閤うどん中町店



A rare chance to enjoy delicious handmade vegan udon noodles with fish-free stock in a cool space. Vegan tempura also available.

11:00-15:00 (L.O.14:45) 17:30-22:00

(L.O.21:30) / Closed last Monday of the month / www.taiko-udon.com

6-30 Naka-machi, Naka-ku, Hiroshima | Tel: 082-258-3447



23 Japanese kaiseki

ZICON

而今



Vegan courses with 6 small dishes, main dish, soba noodles or rice, matcha and sweets start at ¥5000. Reservations required.

11:30-23:00

Occasional holidays

onkallstars.jimdo.com

2F 6-10 Shintench, Naka-ku, Hiroshima | Tel: 082-258-2229



24 Indian/Asian

SAPANA

サバナ



Friendly place run by Nepalese staff serving mostly Indian food plus some Nepalese dishes in the popular backpacker area of Tokaichi.

11:00-14:30

17:00-22:30



2-10-18 Tokaichi-machi, Naka-ku | Tel: 082-233-1326



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



25 Organic, natural

VEGIMO

ベジモ野菜食堂



Vegan lunches & vegan dishes at dinner, in a stylish atmosphere. Note: deep fried vegan ingredients cooked in same oil as chicken.

11:30-15:00 / 17:30-23:00
vegimo-yasai.com



1-5-11 Kamiya-cho, Naka-ku, Hiroshima | Tel: 082-236-1230



26 Cookies, cakes

TSUKIMACHI

月待ち



Cafe selling vegan and allergy free cookies and cakes near Yokogawa Station. Handy for snacks if heading to Mitaki Temple.

10:00-19:30
Closed Thursday
blog.livedoor.jp/tsukimati



2-12-32 Misasa, Nishi-ku, Hiroshima | Tel: 082-962-1550



27 American style diner

CANTINA 23

キャンティーナ 23



Menu includes a veggie wrap-style burrito alongside meaty sandwiches. Burger made with mushrooms instead of meat available on request.

12:00-24:00 (L.O.23:30)
Closed Wednesday
www.cantina23.com



10-23 Mikawa-cho, Naka-ku, Hiroshima | Tel: 082-576-2217



28 Veggie burgers

DOUG'S BURGER

ダグス・バーガー



Many promising items on the menu in Le Garage are made with animal stock, but the Doug's Vegetarian Burger is 100% veggie.

10:00-23:00
www.dougsburger.com



EKI CITY LE GARAGE 3-1-1 Matsubara-cho, Minami-ku, Hiroshima | Tel: 082-207-1677



29 Irish pub

MOLLY MALONE'S

モーリー・マロンズ



Irish pub with a chickpea-based veggie burger (substitute fries cooked in oil with other foods). Pasta and quiche too.

17:00-24:00
Closed Monday
www.mollymalones.jp



4F 1-20 Shintench, Naka-ku, Hiroshima | Tel: 082-244-2554



30 Granola, smoothies

SHEBA CAFE

シバカフェ



Homemade granola, dairy free smoothies or a granola-smoothie combo. Salad, quinoa & nut croissant sandwich also on the menu.

10:00-17:00
Closed Sun, Nat Hols and 1st Mon of the month



1-1-3 Sakaimachi, Naka-ku, Hiroshima | Tel: 082-293-9948



31 Teppanyaki

SACHI TEPPANYAKI

鉄板焼き さち



As well as meat & seafood, this local spot in Hiroshima Station serves grilled veggies (ask for no fish flakes) & veggie miso soup.

11:00-22:00
Occasional holidays when shopping center closed



2F ASSE Bldg, 2-37 Matsubara-cho Minami-ku, Hiroshima | Tel: 082-286-2379



32 Turkish/Mediterranean Cuisine

KARŞIYAKA

カルシャカ



Friendly Turkish restaurant near Peace Park with a good selection of vegetarian appetizers, soups and main dishes.

11:30-14:30 (L.O.14:00) / 17:30-23:30
Closed Monday (unless Mon is a Nat Hol, in which case closed Tue)



2-6-20 Ote-machi, Naka-ku, Hiroshima | Tel: 082-247-2202



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



CURRY HOUSE CoCo 壱番屋

33 Curry House

COCO ICHIBANYA OTEMACHI
CoCo 壱番屋 大手町店



Downtown branch of this popular Japanese curry chain with several varieties of vegan curry on its menu.

11:00-23:00 (L.O.)
www.ichibanya.co.jp/english



2-7-2 Ote-machi, Naka-ku, Hiroshima | Tel: 082-543-5535



CURRY HOUSE CoCo 壱番屋

34 Curry House

COCO ICHIBANYA JOGAKUIN MAE
CoCo 壱番屋 女学院前店



This branch of popular Japanese curry chain with several varieties of vegan curry on its menu is near Hiroshima's Shukkeien Garden.

11:00-23:00 (L.O.)
www.ichibanya.co.jp/english



1-20 Teppo-cho, Naka-ku, Hiroshima | Tel: 082-554-0501



35 Surf cafe

NALU CAFE

ナルカフェ



As well as a little terrace, this laid back cafe with a surf theme has a veggie burger (vegan option too) on it's menu.

12:00-14:00 (Lunch) / 17:00-24:00
(Dinner), when Fri & Sat open till 2:00
Closed Wed



4F 7-13 Teppo-cho, Naka-ku, Hiroshima | Tel: 082-962-3231



36 Okonomiyaki

CHINCHIKURIN OTEMACHI

ちんちくりん大手町店



Vegan "yasai-yaki" with vegan sauce on the menu. Adding noodles is closer to authentic Hiroshima okonomiyaki and still vegetarian (contain eggs).

Mon, Wed-Sat 17:00-25:00 (L.O. 24:30)
Sun 11:30-14:00 17:00-23:00 (L.O. 22:30)
Closed Tue / www.chinchikurin.com



2-6-26 Ote-machi, Naka-ku, Hiroshima | Tel: 082-247-8811



37 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 / 17:00-21:00 (Sun, Nat Hols 11:00-15:00 / 17:00-20:30) / Occasional holidays
yamaichibekkan.com



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



38 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
www.facebook.com/yamanekocafe



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



39 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 Tues, Wed and Jan-Feb
www.countrygrain.com



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



40 Macrobiotic

NAKAZAWA

なかざわ



Eight seat cafe near Takehara's historical preservation district serving organic lunches and coffee. Reservations appreciated for groups.

10:00-19:00
Occasional holidays
macrobiocafe-nakazawa.com



1-9-8 Honmachi, Takehara | Tel: 0846-22-2157

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



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



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
ナチュレルモン

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

Tue-Sun 11:30-14:00 (L.O.13:30) 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!

Saturday, Sunday 11:30-19:00

Call for Mon-Fri hours

terecoco.jp



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



8 Vegan noodles

LOUNGE KADO
ラウンジ カド

Vegan ramen with soy milk broth, vegan rice noodle soup and more vegetarian options. Guesthouse Torii-Kuguru (run by the same owner) nearby.

Mon, Tue 18:00-22:00, Fri, Sat 17:00-

23:00, Sun 12:00-19:00, Closed Wed, Thur

hokancho4chomeloungekado.localinfo.jp



4-7-22 Houkan-cho, Kita-ku, Okayama | Tel: 086-236-8326



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.

11:00-15:00 / 18:00-21:00

Closed Wednesday, Thursday, 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

Healthy vegan cooking using organic and local produce whenever possible. ¥3000 course meals also available, if reserve one week in advance.

Open Fri, Sat, Sun only 11:30-15:00 (lunch)

14:00-17:30 (cafe) Closed Mon-Thur, 4th

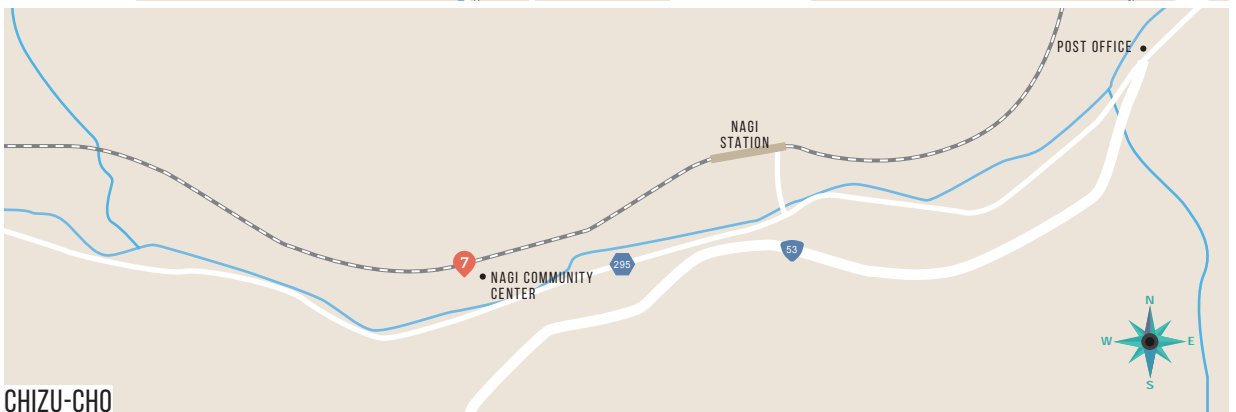
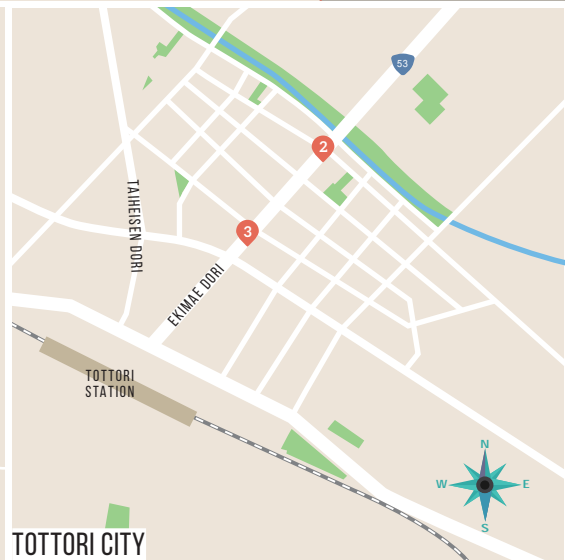
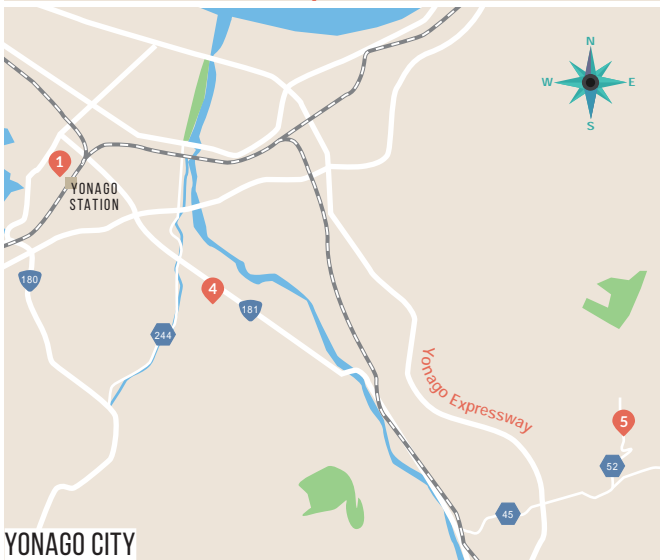
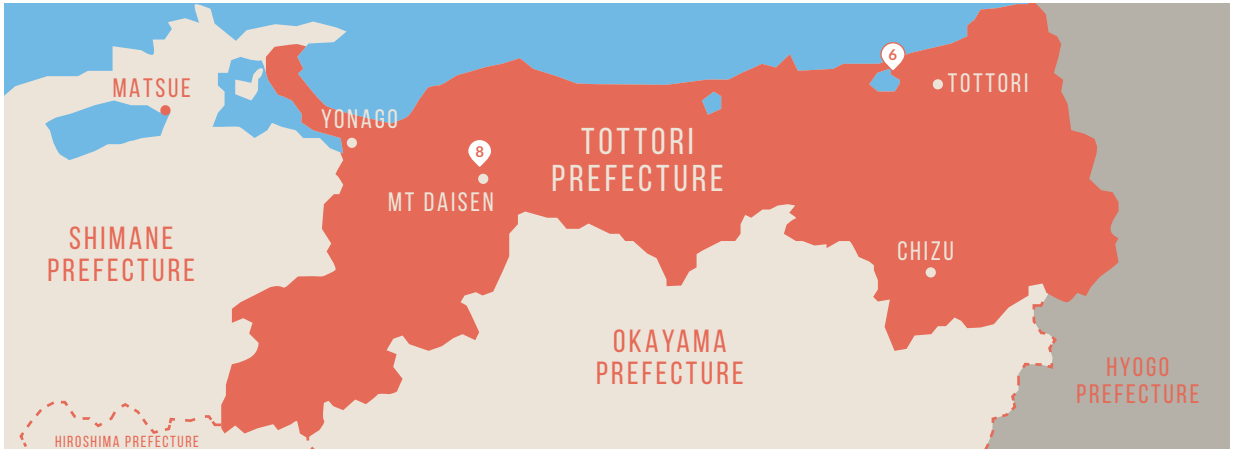
Sun of the month / erbenmu.com



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

TOTTORI

TOTTORI, YONAGO, CHIZU





vegan



vegan options



vegetarian



vegetarian options



gluten-free options



1 Vegan cafe

HIBI-NO-KATE

日々の糧



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



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-Wednesday

www.instagram.com/hanaami_nana_risa/



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

ORIBIO TOTTORI

オリビオ 鳥取店



Welcoming all-vegan cafe serving soy meats, burgers, sandwiches, dumplings and ramen near Tottori University.

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

18:00- (reservation required), Closed Sun, Mon, Tue, Wed / tottorioribio.business.site



1-743 Koyama-cho-nishi, Tottori | Tel: 0857-28-7388



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.talmarmy.com



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



8 Shojin temple cuisine, Accommodation

SANRAKU-SO

宿坊 山楽荘



Reservations required for vegan feasts made with local ingredients at the foot of Mt Daisen, but anyone can call in for a vegan Zen Burger.

Check-in: 15:00~

Check-out: 10:00

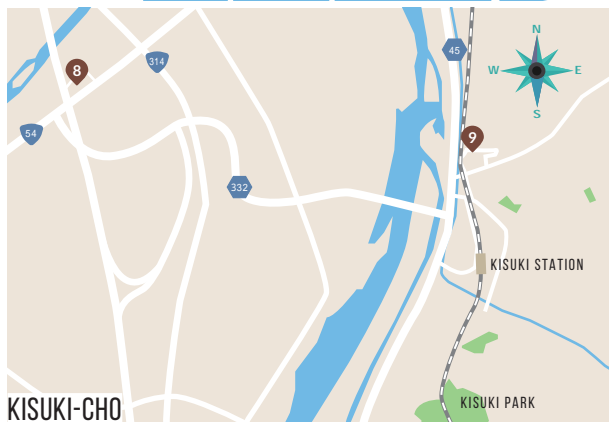
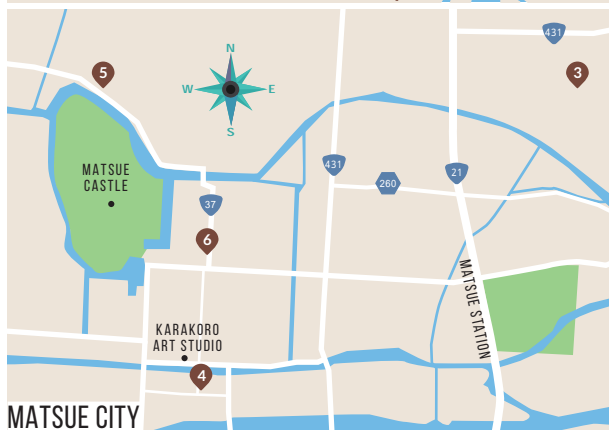
www.san-raku.jp/english.html



14 Daisen, Daisen-cho, Saihaku-gun | Tel: 0859-52-2006

SHIMANE

MATSUE, IZUMO, KISUKI, YASUGI



1 Italian

PINO ROSSO
ピノロッソ



Family-run Italian restaurant and bakery happy to accommodate vegans and vegetarians. Gluten free rice flour pasta available.

10:00-21:00
Closed Thursday, Occasional holidays
pinorosso.jp



284 Ushiroda Tsuru-cho, Kanoashi-gun | Tel: 0856-72-2778



2 Shojin ryori, Accommodation

KOYO-KAN
清水寺紅葉館



Delicious vegan Buddhist multi-course meals (¥5400) for overnight guests and day-trippers. Reservations 2 days in advance required.

11:00-14:00 (L.O.) / 17:30-19:30 (L.O.)
Check in 16:00-19:30 / Check out 10:00
www.kouyoukan.co.jp



528 Kiyomizu-cho, Yasugi | Tel: 0854-22-2530





vegan



vegan options



vegetarian



vegetarian options



gluten-free options



3 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



4 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



5 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



6 Ethnic

GREEN'S BABY

グリーンス・ベイビー

Asian and "ethnic" dishes and vegetable buffet very close to the Matsue Castle moat. Guest house across the street.



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



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



7 Vege cafe

MANAINA

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
www.facebook.com/izumo.manai.7



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



8 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



71 Mitoya, Mitoya-cho, Un-nan | Tel: 0854-42-4522



9 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
www.facebook.com/cafe.A.oryzae



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



10 Japanese ryokan

CHIKUYOU

竹葉

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



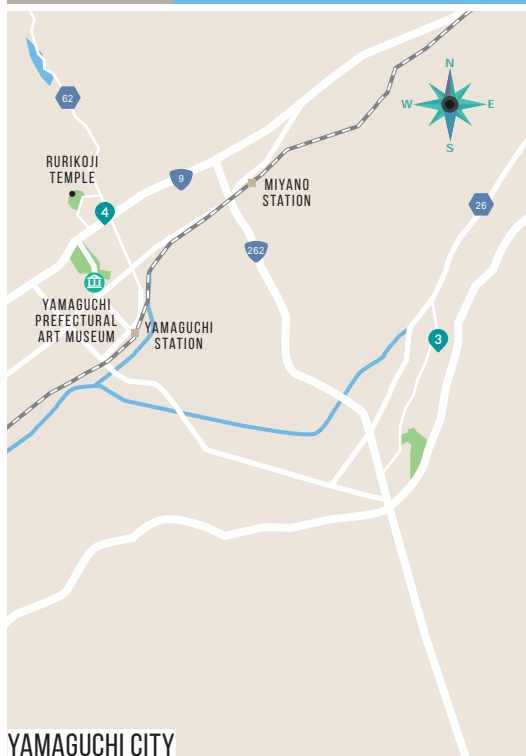
11:30-14:00 / 18:00-21:00
Occasional holidays
english.chikuyou.jp / info@chikuyou.jp



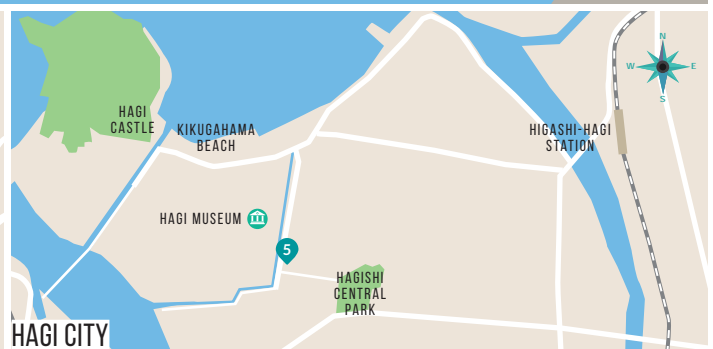
438 Furukawa-cho, Yasugi | Tel: 0854-28-6231

YAMAGUCHI

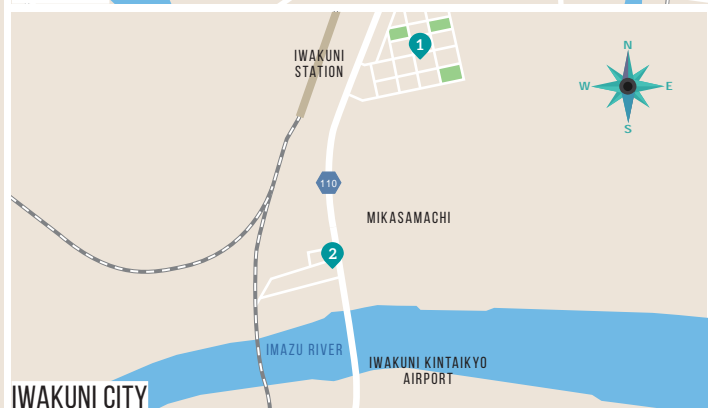
YAMAGUCHI, IWAKUNI, HAGI



YAMAGUCHI CITY



HAGI CITY



IWAKUNI CITY



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



1 Cafe, house roasted coffee

TOMO COFFEE

トモ珈琲



Vegan burger available 2-5pm, 5 minutes walk from Iwakuni Station. Homemade sweets also available.

08:00-18:00 (Vegan burger 14:00-17:00)
Closed Sunday, National Holiday
www.facebook.com/tomocoffeeiwakuni



3-1-1 Motomachi, Iwakuni | Tel: 0827-22-6003



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



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



3 Vegan lunches

NANAIRO NONTA

なないろのんた



A little vegan eatery run by a mother and daughter team serving food made with locally-grown organic ingredients.

11:30-15:00 (reservation required)
Occasional holidays
nanairononta.sakura.ne.jp



604-3 Nihoshimogo, Yamaguchi | Tel: 083-927-7770



4 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



37-1 Ushiro-gawara, Yamaguchi | Tel: 070-5057-0821



5 Japanese

HOTORI-TEI

畔亭



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

11:00-17:00 (L.O.16:00)
Occasional holidays
www.facebook.com/hotoritei



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



6 Vegan cafe

TSURUHACHI SHOKUDO

Tur8 食堂



Vegan cafe in a renovated 100-year-old building, serving animal-free daily Japanese homestyle lunch sets.

11:30-15:00 (L.O.)
Closed Sunday, occasional holidays
www.facebook.com/tur8syokudo.peer



6-6 Shinchi-nishimachi, Shimonoseki | Tel: 083-227-2227



7 Vegan, organic

ORGANIC & VEGETABLE KUPU

クプ



All-vegan eatery near Tokuyama Station that uses organic vegetables and is an MSG-free zone. Great lunch sets.

11:00-18:00 (L.O.17:00)
Closed Tuesday
www.facebook.com/kupu0112



2F 2-7, Wakamiya-cho, Shunan | Tel: 0834-32-2020



Kintai Bridge, Iwakuni (錦帯橋)

LEGENDS, CULTURE AND VEGETARIAN CUISINE IN THE SAN'IN REGION

The San'in region is **one of Japan's best kept secrets**. With stunning scenery and ancient culture steeped in legend, it's the perfect place to escape the crowds and immerse yourself in "real" Japan. With a little planning, it is also a great area in which vegetarians can enjoy awesome Japanese cuisine in wonderful surroundings.

YASUGI

Yasugi is home to historic buildings, traditional Japanese handicrafts, hot springs and the Adachi Museum of Art, famed for its award-winning Japanese garden. It also, however, boasts two excellent places to stay overnight that cater to vegetarian and vegan travelers. This makes Yasugi an excellent base for a meat and fish-free exploration of Japanese culture.

ADACHI MUSEUM OF ART x CHIKUYOU

Chikuyou is a delightful ryokan run by a young couple, literally on the doorstep of the **Adachi Museum of Art** and near many traditional craft studios and shops, that serves macrobiotic vegetarian meals with advance reservation. (see p.15 ¹⁰)



@Adachi Museum of Art



KIYOMIZU-DERA x KOYO-KAN

Kiyomizu-dera Temple was founded over 1400 years ago, and you will find a tranquility here unthinkable at its famous namesake in Kyoto. It isn't far from Yasugi's other attractions, but those who stay within the temple grounds may prefer to spend their entire day soaking up the atmosphere.



Koyo-kan's 'shojin' traditional Buddhist cuisine is usually prepared using fish stock, but its young and inventive chef will create beautifully presented, 100% vegan multi-course meals for those who reserve in advance. (see p.14 ²)

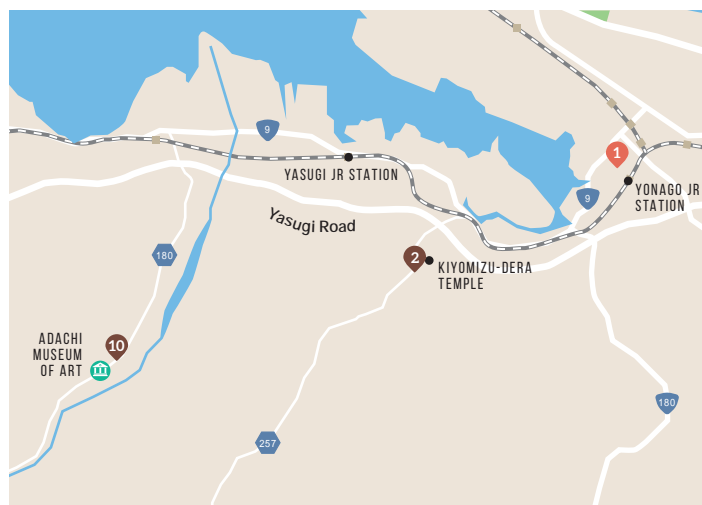


Access to Kiyomizu-dera and Koyo-kan

Kiyomizu-dera Temple is 20 minutes by Yellow Bus from Yasugi JR Station to Kiyomizu bus stop, and 10 minutes walk to the temple.

Access to Adachi Museum of Art and Chikuyou

Free shuttle buses (20min) run throughout the day between Yasugi JR Station and Adachi Museum of Art.





©Tottori Pref.

SANRAKU-SO

Sanraku-so offers 'shukubo' temple accommodation and huge vegan Buddhist feasts made mostly with wild mountain vegetables picked from within or near the temple grounds. (see p.13 ⁸)



DAISEN x SANRAKU-SO

The 1729m Mt Daisen dominates the surrounding landscape and the temple and shrine complex which contains Daisen-ji Temple, a training base for mountain aesthetics for centuries, and Ogamiyama Shrine Okunomiya, with its impressive stone steps, is located at the start of the trail.

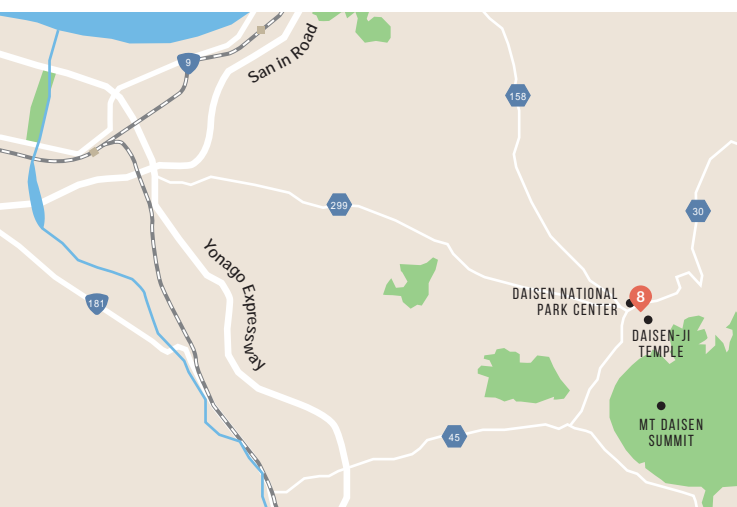
ZEN BURGER



Whether you climb to the summit of **Mt Daisen**, or just enjoy exploring the temple grounds, Daisen village is a great place to escape the bustle of the lowlands for a while. Also, don't forget to try **Sanraku-so's** original vegan 'Zen Burger'.

Access to Daisen and Sanraku-so

It's a 30min drive between Yonago JR Station and Daisen-ji Village. Several buses a day run between Yonago JR Station and Daisen-ji Village (50min).



NEAR YONAGO STATION

When transiting in Yonago, 2nd floor cafe **Hibi-no-kate** serves vegan lunches and dinners, a short walk from Yonago JR Station. (see p.13 ¹)



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)



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



Japan. Endless Discovery.