

2025 EDITION

# HIROSHIMA & WESTERN HONSHU VEGETARIAN FRIENDLY 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

国土交通省中国運輸局  
(一社) 中国経済連合会

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Hatsukaichi Chamber of Commerce & Industry  
Takehara Tourism-based Community Development Organization

## Note:

Information correct as of March 2025. Listings selected by JizoHat based upon information supplied by the businesses.



[http://www.ttb.mlit.go.jp/chugoku/  
content/000347179.pdf](http://www.ttb.mlit.go.jp/chugoku/content/000347179.pdf)

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## Vegetarian in Japan

It is now rare to find restaurants in Japan that are entirely unaware of vegetarian and vegan diets. Awareness that fish-based dashi (stock) rules out much Japanese cuisine for vegetarians is growing. However, the concept of vegetarian cheese and vegan sugar is still patchy. Some places may be unable to cook fried foods in separate oils



To inquire about cooking oil used:

ベジタリアン料理には専用の油を使っていますか?

Do you use separate oil to cook vegetarian food?

*Bejitarian ryori niwa senyou no abura o tsukatte imasu ka?*

## A word about Gluten-Free



Although more restaurants in Japan are offering gluten-free options, 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



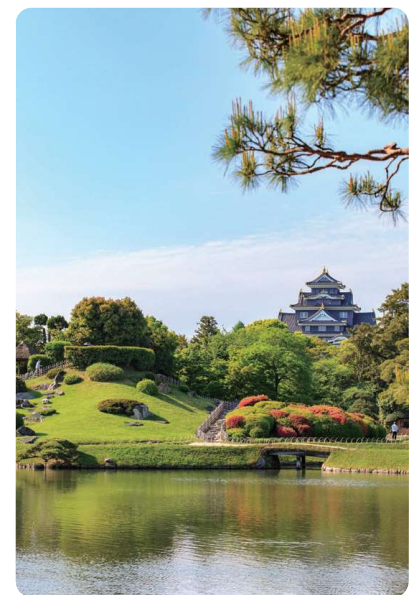
Matsue Castle, Matsue City (松江城)  
© Shimane Prefecture



Tottori Sand Dunes, Tottori City (鳥取砂丘)  
© Tottori Pref.

- JR Train
- Shinkansen
- Bus

OSAKA  
KYOTO  
HIMEJI



Okayama Castle and Korakuen Garden,  
Okayama City (岡山城・後楽園)  
© Okayama Prefectural Tourism Federation



Rurikoji Temple, Yamaguchi City (瑠璃光寺)  
© Yamaguchi Tourism Federation



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

# HIROSHIMA

HIROSHIMA, MIYAJIMA, HATSUKAICHI, ONOMICHI, FUKUYAMA, TOMONOURA, TAKEHARA, TADANOUMI, SERA, KUMANO, HIGASHIHIROSHIMA, KITAHIROSHIMA



Hiroshima Prefecture has seen a large increase in the number of restaurants and hotels offering vegan and vegetarian food options recently. Please refer to the following pages to find places to eat in the area you plan to visit.

## Hiroshima Prefecture Contents

- ▶ Hiroshima City Page 5-10
- ▶ Hatsukaichi, Miyajima Page 11-12
- ▶ Fukuyama, Onomichi, Tomonoura Page 13
- ▶ Takehara, Tadanoumi (Rabbit Island) Page 14
- ▶ Sera, Kumano, Higashihiroshima, Kitahiroshima Page 15



### Hiroshima Vegetarian/Vegan & Muslim Friendly Restaurant Map (Hiroshima Convention & Visitors Bureau)

The Hiroshima Convention & Visitors Bureau has compiled a handy Google Map with locations of many of the restaurants listed in the Hiroshima Prefecture section of this guide. Please note that not all places are listed.





## 1 Chinese

### KEIAI

桂愛

Huge selection of oriental vegetarian dishes in Hiroshima city center. A few dishes contain egg, but can be made without on request.

Lunch 11:00-14:30, Dinner 17:30-22:00  
Closed Sunday  
IG @keiai\_hiroshima



4-14-104 Nakamachi, Hiroshima | Tel: 080-4264-7758



## 2 Vegetarian

### SAISHOKU-KENBI

菜食健美

Excellent selection of Japanese and Chinese homestyle dishes using meat analogues, 10 min by taxi from Nishi-Hiroshima Station.

11:00-15:00 (L.O. 14:30)  
Closed Tuesday & occasional holidays  
daisho-kikaku.com/hiroshima



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



## 3 Brew Pub

### HANGOUT

Brewpub serving tasty vegetarian and vegan comfort food and their own range of craft beers.

Tue-Fri 17:00-22:00, Sat 15:00-22:00  
Sun 15:00-21:00, Closed Monday  
tarosbrewing.com



1F 2-4-17 Honkawa, Hiroshima | Tel: 080-7822-3814



## 4 Okonomiyaki & Teppanyaki

### JIRO KICHI

次郎吉

Vegan Hiroshima okonomiyaki and a lively vibe. Vegan egg & cheese used in the vegan Jirokichi Roll, plus vegan side dishes. Cooked on same grill as meat dishes.

17:30-22:00  
Closed Monday



2F Tomiya Bldg, 9-26 Nakamachi, Naka-ku, Hiroshima | Tel: 082-249-8632



## 5 Japanese

### TENZO

典座

Creative Japanese set lunches inspired by Buddhist vegetarian cuisine served. Mon & Tue. Dinner by reservation (4 ppl~) 1 week in advance.

Vegan lunch Mon, Tue 11:30-13:30  
Dinner 18:00-21:00  
Closed Wed  
IG @tenzo\_hiroshima



1F 9-7 Komachi, Hiroshima | Tel: 082-569-9220



## 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.

10:00-18:00  
Closed 2nd & 4th Sunday  
http://kissa-Saeki.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.

Weekdays 15:00-18:30, Weekends & Nat Hols 11:30-18:30, Check IG for holidays  
IG @hachidorisha



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



## 8 Organic cafe

### ONE EARTH

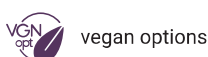
&LOVEFAMCOOK

Basement cafe with vegan curry, acai bowl & lunch plate. Can adjust other meals and excellent salads on request.

11:30-17:30 (L.O. 17:00) or until sold out. Closed Monday & Tuesday  
IG @oneearth\_jp



B1F PAL Bldg, 3-14 Mikawa-cho, Naka-ku, Hiroshima | Tel: 082-569-6837







## 9 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.

11:00-20:30 (L.O. 20:00)  
Closed Tuesday, 2nd & 4th Wednesday  
[nagataya-okonomi.com](http://nagataya-okonomi.com)



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



## 10 Italian

**CAFFÉ PONTE**

カフェポンテ

European-style 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  
Saturday, Sunday 08:00-22:00  
[www.caffeponte.com](http://www.caffeponte.com)



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



## 11 Indian

**CHIDIYA KANAK**

チュリヤカナック

Friendly Indian restaurant near Peace Memorial Park with vegetarian options (can be made vegan on request).

11:00-15:00 (L.O. 14:30) 17:00-22:30 (L.O. 22:00),  
Sunday 17:00-21:30 (L.O. 21:00), Occasional hols  
[kanak-hiroshima.com/en](http://kanak-hiroshima.com/en)



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



## 12 Tex-Mex, international

**OTIS!**

オーティス

Vegetarian options (vegan on request) at this off-beat eatery, serving Tex-Mex, curry, and desserts.

Mon-Fri 12:00 - 21:30, Sat & Nat Hols 14:00-21:00,  
Closed Sunday (Check website for occasional hols)  
<http://otis-hiroshima.com/main/>



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



## 13 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)  
17:00-21:30 (L.O. 21:00)  
[www.roopali.jp](http://www.roopali.jp)



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



## 14 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.

11:30-14:30 Mon-Fri  
17:00-01:00 Fri-Sat (Sun ~23:30)  
<https://www.kembysbrewpub.com/>



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



## 15 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.

Mon-Sat 18:00-5:00 (L.O. 4:30)  
Sunday 18:00-02:00 (L.O. 01:30)



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



## 16 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.

12:00-14:00 18:00-21:30 (L.O. 21:00)  
Closed Monday, the 2nd Tuesday of the month



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





## 17 Teppanyaki (ANA Crowne Plaza Hiroshima)

### TEPPANYAKI ATAGO

鉄板焼 愛宕

7 course vegan teppanyaki lunches on the 1st floor of the ANA Crowne Plaza Hiroshima. Reservation 2-days in advance required. Cooked on same griddle as meat.

11:30-14:30 (L.O. 14:00)  
Closed Wednesday



ANA Crowne Plaza Hiroshima 7-20 Nakamachi, Naka-ku, Hiroshima | Tel: 082-241-9129



## 18 Cafe

### TRIPLE

トリプルカフェ

This cafe serves vegan cutlets, hamburger steak, Keema curry & deep-fried soy nugget plate lunches (with or without egg).

12:00-15:30 (L.O. 15:00)

Closed Thur, Sun, Occasional hols



2F Aloha Building, 1-4-5 Ote-machi, Naka-ku, Hiroshima



## 19 Italian

### LIBERO

リベロ

3-day advance reservation for vegan and vegetarian Italian course dinners. All in party must order the same course. Lunch not available.

12:00 - 13:00 (L.O.) 18:00 - 21:00 (L.O.)  
Closed Tue and 2nd Mon  
[www.libero1122.com](http://www.libero1122.com)



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



## 20 Noodles, sake

### TAIKO UDON

太閤うどん中町店

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

11:00-15:00 (L.O. 14:45) 17:30-21:30  
(L.O. 21:00) / Closed Monday  
[www.taiko-udon.com](http://www.taiko-udon.com)



1F Hiroshima TV Plaza, 6-30 Nakamachi, Naka-ku, Hiroshima | Tel: 082-258-3447



## 21 Okonomiyaki

### CHINCHIKURIN

ちんちくりん (流川店)

Lively okonomiyaki shop with a clearly-labeled vegan okonomiyaki option on its English menu.

18:00-01:00 (L.O. 24:30)  
Closed Sunday  
[www.chinchikurin.com](http://www.chinchikurin.com)



2-11 Nagarekawa, Hiroshima | Tel: 082-543-2130



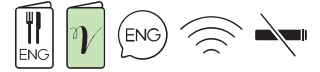
## 22 Indian/Asian

### SAPANA

サパナ

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, Hiroshima | Tel: 082-233-1326



## 23 Hotel dining

### RIHGA ROYAL HOTEL HIROSHIMA

リーガロイヤルホテル広島

Vegan & vegetarian options available at 6F Teppanyaki Naniwa (Japanese) & 33F Chambord (French).

Lunch 11:30-14:00 Dinner 17:30-20:00, Chambord closed Mon (except Nat Hols), Tues lunch  
[www.hgh.co.jp/rest/specialmenu/](http://www.hgh.co.jp/rest/specialmenu/)



6-78 Motomachi, Naka-ku, Hiroshima | Tel: 082-502-1121



## 24 American style diner

### CANTINA 23

キャンディーナ 23

Although known for its meaty sandwiches and burgers, Cantina 23 also serves vegetarian tacos, burritos and sandwiches.

11:00-22:00  
Closed Wednesday  
[www.cantina23.com](http://www.cantina23.com)



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



vegan



vegan options



vegetarian



vegetarian options



gluten-free options





25 Indian

**NAMASTE**

ナマステ八丁堀店



Centrally located Indian restaurant open for lunch and dinner with many vegetarian and several vegan options.

11:00-15:00, 17:00-22:00  
Closed January 1



3F 11-13 Hatchobori, Naka-ku, Hiroshima | Tel: 082-222-3240



26 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.

Tue-Fri 17:30-24:00, Sat & Sun 12:00-24:00, Closed Monday  
[www.mollymalones.jp](http://www.mollymalones.jp)



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



27 Granola, smoothies

**SHEBA CAFE**

シバカフェ



Homemade granola, vegan smoothies and muffins in a cute corner cafe near Peace Memorial Park.

10:00-15:30 (Tue - Thurs & Sat)  
Closed Mon, Fri, Sun, Nat Hols



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



28 Italian

**THE KNOT HIROSHIMA  
MORE THAN HIROSHIMA**



Although not labeled on the menu, some vegan and vegetarian dishes are available. Marinara pizza and grilled vegetables. Ask wait staff about other options.

7:00-23:00  
Open everyday



1F 3-1-1 Otemachi, Naka-ku, Hiroshima | Tel: 082-569-9069



29 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.

17:00-22:00  
Occasional hols



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



30 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.

11:00-22:30 (L.O.22:00)  
[www.ichibanya.co.jp/english](http://www.ichibanya.co.jp/english)



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



31 Hotel dining

**HILTON  
HIROSHIMA**

ヒルトン広島



Vegetarian kaiseki, sushi & teppanyaki courses are available at our Japanese restaurant, SENSUI. Reserve in advance food cooked in separate oil.

Lunch 11:30-15:00 (L.O.14:00)  
Dinner 17:30-22:00 (L.O.21:00)  
[www.hilton.com/en/hotels/hijshi-hilton-hiroshima/](http://www.hilton.com/en/hotels/hijshi-hilton-hiroshima/)



11-12 Fujimi-cho, Naka-ku, Hiroshima | Tel: 082-243-2700



32 Hotel dining

**SHERATON GRAND  
HIROSHIMA HOTEL**

シェラトングランドホテル広島



Located next to Hiroshima Station's north entrance. Vegans and vegetarian diners accommodated with advance notice.

Please refer to the hotel website  
[www.marriott.com/en-us/hotels/hijsi-sheraton-grand-hiroshima-hotel/overview](http://www.marriott.com/en-us/hotels/hijsi-sheraton-grand-hiroshima-hotel/overview)



12-1 Wakakusa-cho, Higashi-ku, Hiroshima | Tel: 082-262-7111





## 33 Cafe & buffet (Hotel Granvia Hiroshima)

### DISH PARADE

カフェ&ブッフェディッシュパレード

Western-style buffet lunch and dinners with vegan and lacto-ovo vegetarian options.

Lunch Mon-Fri 11:30-15:00 (L.O. 14:30)  
Sat, Sun, Nat Hols 11:30-13:00 (L.O. 12:45), 13:30-15:00 (L.O. 14:45)  
Dinner 17:00-21:00 (L.O. 20:30)



Hotel Granvia Hiroshima 1-5 Matsubara-cho, Minami-ku | Tel: 082-262-1132



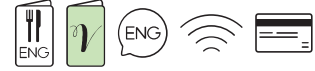
## 34 Chinese (Hotel Granvia Hiroshima)

### CHINESE DINING KOH-RAN-EN

中国料理「煌蘭苑」

Chinese course and a la carte menu with lacto-ovo vegetarian options. Reservation required 3 days in advance.

Lunch 11:30-15:00 (L.O. 14:00)  
Dinner 17:00-21:00 (L.O. 20:00)  
Closed Tuesday (unless Nat Holiday)



Hotel Granvia Hiroshima 1-5 Matsubara-cho, Minami-ku | Tel: 082-262-1165



## 35 Brew pub

### HARE BARE

Craftbeer と炭火 はればれ

Several vegan and vegetarian options to nibble on while you enjoy the beer brewed on site.

12:00-22:00  
Occasional holidays  
<https://hnb.beer/>



1-5-10 Otemachi, Hiroshima | Tel: 082-236-9313



## 36 Okonomiyaki

### UNDO

広島お好み焼き undo

Vegan and gluten-free Hiroshima-style okonomiyaki made with udon noodles. Choose standard or homemade gluten-free rice flour udon noodles.

11:00-21:00 (L.O. 20:00)  
Open every day of the year  
IG @undo.udon



Hiroshima Okonomi Yokocho, 7-21 Otemachi, Hiroshima | Tel: 082-207-3137



## 37 Salad, Deli

### GRILL & DELI LAVE

A lunchtime option for hearty salads, vegan deli, and soup options. Terrace seating is available.

11:00-17:00  
Occasional holidays  
<https://www.grill-deli-lave.com/>



2F Pencil Bldg, 7-21 Fukuomachi, Hiroshima | Tel: 082-258-5353



## 38 Spicy soupless ramen

### IPPEI-YA HIROSHIMA MAZEMEN

元祖広島まぜ麺 一平

Choose from chilli, pepper, and curry flavored delicious soupless 'Hiroshima Mazemen' ramen noodles. Closes early if noodles sell out.

Mon-Fri 11:30-14:00, 18:00-22:00 (L.O. 21:30),  
Sat 11:30-14:30 (L.O. 14:20), Closed Sunday  
IG @mazemen.ippeiya



1F 10-14, Kyobashi, Hiroshima | Tel: 082-263-0046



## 39 Soba noodles, Japanese

### DASHI TO SOBA SUISHA

DASHI と SOBA 水車

Soba noodles, tempura, and giant onigiri on the plant based menu at this soba shop in Hiroshima Station.

11:00-21:30 (L.O. 21:00)  
Occasional holidays  
[soba-suisha-ekie.gorp.jp](https://soba-suisha-ekie.gorp.jp)



1F Ekie Dining, Hiroshima Station, Hiroshima | Tel: 050-5486-7623



## 40 Okonomiyaki

### OKONOMIYAKI TEPPEI

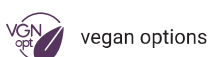
お好み焼 てっ平

Vegan okonomiyaki cooked on a lard-free griddle. Ask for vegan when ordering "Vegetarian." Kimchi also animal-free.

11:00-22:00  
Occasional holidays  
[www.okonomimura.jp/floor/3f-teppe.html](https://www.okonomimura.jp/floor/3f-teppe.html)



3f Okonomiyaki-mura, 5-13 Shintench, Hiroshima | Tel: 082-541-0012







## 41 Cafe, Dining bar

SUZU CAFE HIROSHIMA



Elegant cafe space with vegan appetizers, sides, pasta dishes, and desserts (labeled "Plant-Based.")

11:00-23:00 (L.O. food 22:00, drinks 22:30), Closed New Year holiday  
IG @suzucafehiroshima



2F 12-12 Wakakusa-cho, Hiroshima | Tel: 082-568-5455



## 42 Bakery

MEHL

パン屋 Mehl



German bakery selling range of pizza-type breads that are both vegan and gluten free on weekends & National Holidays. Cookies also available daily.

08:00 - 16:30  
Closed Tue & Wed  
IG @kairoumehl



1F 8-14 Kairouyama-cho, Saeki-ku, Hiroshima | Tel: 090-6395-0067



vegan



vegan options



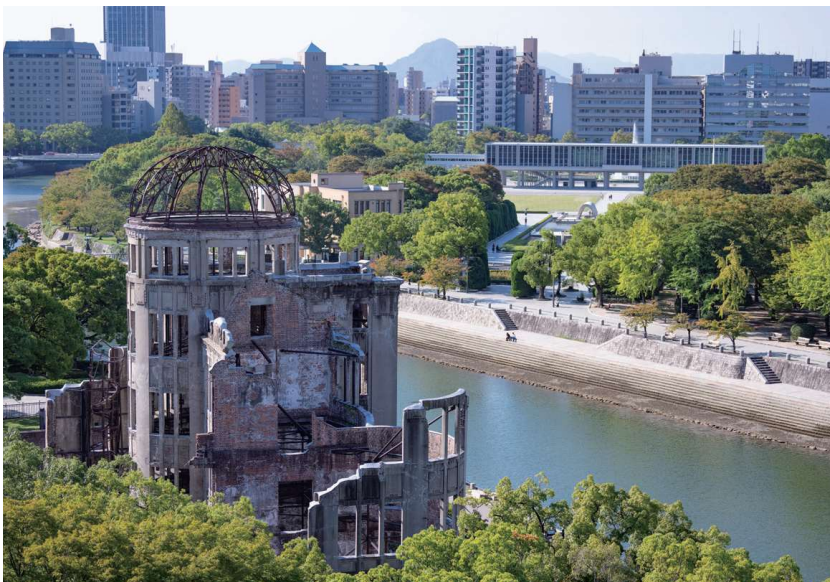
vegetarian



vegetarian options



gluten-free options



Hiroshima A-bomb Dome and Peace Memorial Park  
© Hiroshima Tourism Association



Hiroshima Castle  
© Hiroshima Tourism Association





## 1 Tonkatsu, Japanese

### TONKATSU TAICHI

とんかつ太一

Vegan mains - fried vegan katsu with con-diments, grilled veggie plate, tofu streak - and side dishes at this local favorite located between Miyajima and Hiroshima.

11:00-21:30 (L.O. 21:00)  
Closed Monday (unless Nat Hol)  
[www.t-taichi.com](http://www.t-taichi.com)



Sakata 3-14-3, Hatsukaichi, Hiroshima | Tel: 0829-34-3448



## 2 Bakery

### KONDITIONEIR FELDERCHEF

コンディトライ・フェルダージェフ

Vegan and gluten-free set lunch in this bakery's hillside cafe includes pizza, cookies, and a drink.

10:00-18:30  
Closed Tue & Wed  
[felderchef.com](http://felderchef.com)



Kamihera 220-2, Hatsukaichi, Hiroshima | Tel: 0829-37-2760



## 3 French-Japanese Fusion

### DOUZE MIYAJIMA

ドゥーズ宮島

Enjoy a vegan meal made with seasonal ingredients near Miyajima-guchi ferry port. Great wine, craft beer, and cocktails.

Lunch 11:30-14:00, Dinner 17:00-22:30  
Closed Wednesday  
[douze-miyajima.com](http://douze-miyajima.com)



2F 1-3-31 Miyajima-guchi, Hatsukaichi, Hiroshima | Tel: 070-9198-1202



## 4 Curry, cafe

### SO NO MA

素の間

Simple but tasty vegan curry and rice dishes, vegan gelato, and drinks on a Miyajima side street.

11:00-17:00, Closed: Wed & Sun (Often open during high season)  
IG @sonoma\_miyajima



389-1 Miyajima, Hatsukaichi, Hiroshima



## 5 Udon, curry, cafe

### MOMIJI-SO

もみぢ荘

Vegan udon noodles and curry rice on the menu in this open-air cafe in Miyajima's pretty "Maple Valley."

10:00-16:00  
Occasional holidays



Momijidani, Miyajima, Hatsukaichi, Hiroshima | Tel: 082-944-0077



## 6 Noodles, curry, tempura

### TACHIBANA

お食事処たち花

Long running restaurant on Miyajima's bustling main shopping street includes vegan and vegetarian items on its menu.

10:30-16:30  
Closed Friday  
IG @tachibana.miyajima



566-1 Miyajima, Hatsukaichi, Hiroshima | Tel: 082-944-0240



## 7 French

### CUILLERE MIYAJIMA

宮島キュイェール

Casual French restaurant in a quiet corner of Miyajima serves vegan mains for lunch and dinner. Sandwiches also available.

Lunch 11:00-16:00, Dinner 18:00-21:00  
Occasional holidays  
[www.miyajima-cuillere.com](http://www.miyajima-cuillere.com)



681-2 Miyajima, Hatsukaichi, Hiroshima | Tel: 082-930-9660



## 8 Japanese

### MORI NO YADO

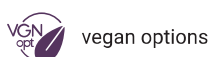
国民宿舎みやま杜の宿

Refined Japanese vegan lunch inspired by Buddhist Shojin cuisine next to ancient Omoto Shrine on Miyajima.

11:00-14:00 (L.O. 13:30)  
[www.morinoyado.jp](http://www.morinoyado.jp)



Omoto Park, Miyajima, Hatsukaichi, Hiroshima | Tel: 082-944-0430







## 9 Okonomiyaki

### CHINCHIKURIN

ちんちくりん (宮島口店)

Vegan okonomiyaki next to Miyajima-guchi ferry terminal. Perfect for big groups.

11:00-19:00 (L.O. 18:30)  
Open every day of the year  
[www.chinchikurin.com](http://www.chinchikurin.com)



Etto 2F 1-11-8 Miyajima-guchi, Hatsukaichi | Tel: 0829-30-8737



## 10 International, Cakes

### BIG APPLE

Satisfying meals and sweets served in a homely cafe restaurant 2km from Miyajima-guchi Station.

11:00-16:00  
Occasional holidays  
IG @big\_apple\_0786



886-318 Ono, Hatsukaichi



## 11 Ramen

### HIROSHIMA RAMEN MOMIJI

広島ラーメン栂

Warming vegan ramen and gyoza on the 2nd floor of Etto, next to Miyajima-guchi Station.

11:00-19:00 (L.O. 18:30)  
Open every day of the year  
[ramen-momiji.com](http://ramen-momiji.com)



Etto 2F 1-11-8 Miyajima-guchi, Hatsukaichi | Tel: 0829-30-6557



## 12 European

### AKUSHU RESTAURANT

握手レストラン

Vegan options allow you to treat yourself to a full course lunch here on Miyajima (dessert may contain honey).

11:00-16:00 (L.O. 15:00)  
Closed Wed & Fri  
[akushu-restaurant.com](http://akushu-restaurant.com)



589-4 Miyajima, Hatsukaichi | Tel: 0829-30-6681



## 13 Temple tea house

### MIYAJIMA HEXAGON CAFE

大聖院 六角茶房

Vegan curry, ramen & pudding available at this cute tea house with a peaceful garden at the entrance to Daishoin. Group reservations available.

10:00-17:00  
Occasional hols



210 Miyajima, Hatsukaichi | Tel: 090-5263-8351



## 14 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.

Lunch 11:00-14:00  
Dinner 17:00-18:30 (Reservation only)  
Occasional hols



1162-4 Miyajima, Hatsukaichi | Tel: 0829-44-0700 | [yamaichibekkan.com](http://yamaichibekkan.com)



## 15 Shojin temple cuisine

### DAISHOIN TEMPLE

大聖院

Outstanding homemade multi-course vegan shojin temple cuisine with a great view for ¥4500 (¥5000 with matcha tea service). 4 person minimum. Reserve 3 days in advance.

10:00-17:00  
Closed Tuesday  
<https://daisho-in.com/>



210 Miyajima, Hatsukaichi | Tel: 0829-44-0111



About 200 of the approx 500 deer on Miyajima live in the town. Please refrain from feeding them.





## 1 Breakfast buffet

**CAFE REST MONTROSE**

福山オリエンタルホテル モンローズ



You don't have to be a guest at the Oriental Hotel in Fukuyama to enjoy the many vegan options at this all-you-can-eat breakfast buffet.

06:30-09:30 (L.O. 09:15)  
Open every day of the year  
IG @fukuyama\_oriental\_hotel



1-1-16 Shiromi-cho, Fukuyama | Tel: 084-927-0888



## 2 Japanese

**OFUTEI**

鷗風亭



Beautifully presented vegan kaiseki dinners and breakfasts available to guests staying at this hotel in the historic harbor town of Tomonoura.

Open every day of the year  
[www.ofutei.com](http://www.ofutei.com)



136 Tomo, Tomocho, Fukuyama | Tel: 084-982-1123



## 3 Okonomiyaki

**KOFUKU**

粉福



Vegan okonomiyaki with a European touch, a stone's throw away from Onomichi Station, on the town's retro shopping arcade.

Lunch 11:30-15:00, Dinner 17:30-22:00  
Closed Wednesday (No lunch Tues & Thu)  
IG @ko\_fuku\_onomichi



1F 3-17 Higashigoshcho, Onomichi | Tel: 050-8888-1529



## 4 Curry

**SPICE CAFE COYOTE**

スパイスカフェ コヨーテ



Vegans can order this cozy little shop's tasty Dal Curry without yoghurt topping. Located on Onomichi's retro shopping arcade.

11:00-20:00 (L.O. 19:00)  
Closed Thursday  
<http://www.spicecafe-coyote.com/>



1-2-12 Tsuchido, Onomichi | Tel: 0848-23-2640



## 5 Organic

**KOMEDOKO SHOKUDO**

こめどこ食堂



Tasty a la carte vegan dishes made with local ingredients. Enjoy terrific views of the Onomichi waterfront and don't miss the incredible vegan cheesecake.

Lunch 11:00-14:00 (L.O. 13:30), Dinner 17:00-21:30 (L.O. 21:00), Closed Monday  
IG @komedokoshokudou



2F 5-2 Higashigoshcho, Onomichi | Tel: 0848-36-5333



## 6 Japanese

**BINGO SARYO**

備後茶屋



A unique dining experience takes you on a journey through the flavors of Setouchi in a family-run bistro. Reservations required.

12:00-23:00  
Closed New Year holiday  
[www.bingo-saryo.com](http://www.bingo-saryo.com)



1F 2-20-2 Kubo, Onomichi | Tel: 0120-966-324



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



Onomichi © Hiroshima Tourism Association



Tomonoura © Hiroshima Tourism Association





## 1 Okonomiyaki

**OKONOMI KISSA EDEN**

お好み喫茶エデン

Delicious and inventive vegan okonomiyaki using local ingredients and olive oil in Tadanoumi.

Lunch 11:00-14:00, Dinner 17:00-20:00  
Closed Tuesday  
[okonomikissa-eden.foodre.jp](http://okonomikissa-eden.foodre.jp)



1-10-16 Nagahama, Tadanoumi, Takehara | Tel: 050-5462-1557



## 2 Macrobiotic

**NAKAZAWA**

なかざわ

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

12:00-18:00 (Reservation only)  
Occasional hols  
[macrobiocafe-nakazawa.com](http://macrobiocafe-nakazawa.com)



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



## 3 Okonomiyaki

**OKONOMIYAKI FUJI**

お好み焼き ふじ

Vegan okonomiyaki near Tadanoumi Port that uses mushrooms and mochi to great effect.

Fri & Mon 11:00-14:00, 17:00-19:30, Sat & Sun 11:00-19:30, Closed Tues, Wed & Thu  
IG @okonomiyaki\_1215



3-1-13 Nakamachi, Tadanoumi, Takehara | Tel: 080-4261-1215



## 4 Cafe, Sandwiches

**LE LAPIN**

カフェ & 雑貨ル-ラバン

Tofu hamburger lunches, vegan sandwiches, and wraps across the road from Tadanoumi Station - perfect for a Rabbit Island picnic.

10:00-16:00  
IG @le\_lapin\_bunnyisland



2-2-2 Nakamachi, Tadanoumi, Takehara | Tel: 080-5618-3797



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



Takehara Historical Preservation District  
© Hiroshima Tourism Association



Tomonoura © Hiroshima Tourism Association



# SERA, KUMANO, HIGASHIHIROSHIMA, KITAHIROSHIMA




**1 Japanese, Sake**

**FRANCE-YA**  
日本酒ダイニング 佛蘭西屋


Japanese vegan set meals in Saijo's sake brewery district that can be paired with premium sake made by the affiliated brewery.

Lunch 11:30-14:00, Dinner 17:00-21:00  
Often closed on Mon or Thur (check website)  
[www.france-ya.jp](http://www.france-ya.jp)

9-11 Honmachi, Saijo, Higashihiroshima | Tel: 082-422-8008




**2 Noodles, Curry, Sweets**

**CAFE TANEMURA**  
カフェタネムラ

Vegan lunches in Hiroshima's calligraphy bushmaking town. Checking IG for current opening hours advised.

11:00-15:00 (After 15:00 on request)  
Closed: Mon, Tue, Wed  
IG @vegancafe.hiroshima.yk

3-20 Kakisako, Kumano, Aki-gun | Tel: 082-824-7072




**3 Japanese**

**SETSUGETSUFUKA FUKUCHIN**  
雪月風花 福智院

Delicious vegan Japanese lunch sets (Imakoyasan Gozen) served in a renovated 170-year-old inn. Very photographable shaved ice with all-natural syrup in summer.

10:00 - 17:00 (L.O. 16:00)  
Closed Tuesday and Wednesday

158-1 Kozan, Sera-cho, Sera-gun | Tel: 090-7286-9418




**4 Italian**

**SHOJIN ITALIAN JOKENJI**  

イタリアン精進料理 浄謙寺

Inventive take on traditional shojin cuisine. Multi-course meal preceded by sutra chanting and talk by temple priest. Followed by matcha tea ceremony. Reservations required.

11:00-14:30 (Fri, Sat, Sun only)  
Closed Monday - Thursday  
[jokenji.net/](http://jokenji.net/)

161 Okuhara, Kitahiroshima-cho, Yamagata-gun | Tel: 0826-35-0730



vegan



vegan options



vegetarian



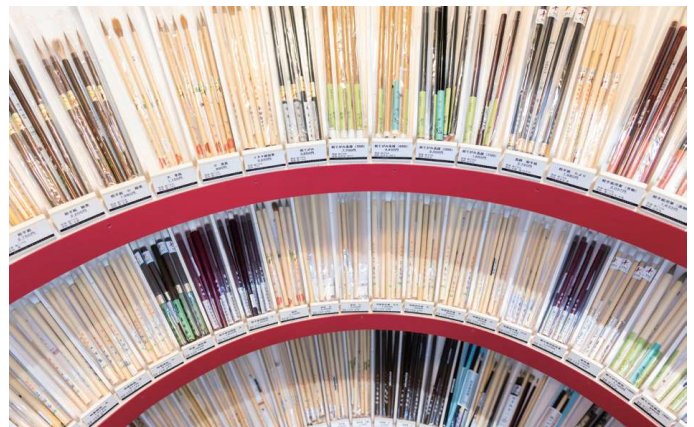
vegetarian options



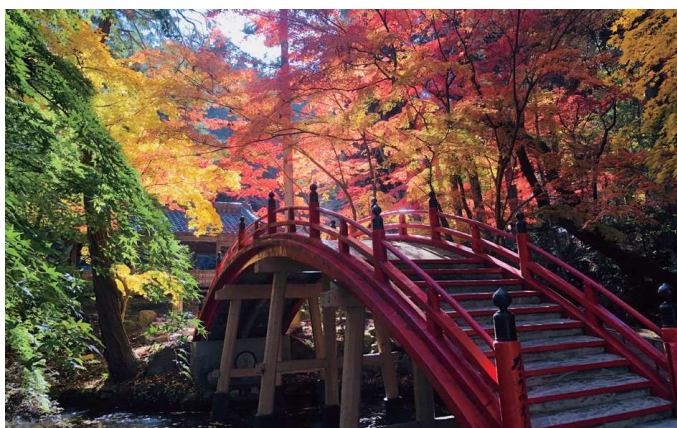
gluten-free options



Saijo Sake Brewery District © Hiroshima Tourism Association



Museum of Fude Art, Kumano © Hiroshima Tourism Association



Imakoyasan, Sera © Hiroshima Tourism Association



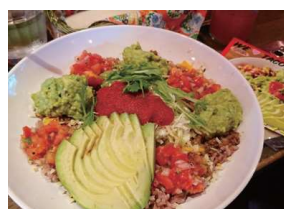
Kitahiroshima © Hiroshima Tourism Association

# OKAYAMA

OKAYAMA, KURASHIKI, AKAIWA, SETOUCHI







## 1 Tex-Mex

FREEDOM TACOS

フリーダムタコス



Tex-Mex to take out and enjoy on the terrace. Homemade tortilla chips, vegan taco rice and vegan tacos are available. A must for cilantro lovers.

Tue-Fri: 11:30-14:30, 18:00-21:00, Sat, Sun Nat  
Hols: 11:30-15:00, 18:00-21:00. Closed Mon  
IG @freedomtacos\_okayama



232-1 Takeda, Naka-ku, Okayama | Tel: 070-9084-6969



## 2 Organic cafe

THE MARKET

ザ マーケット



Natural yeast bread, sandwiches, baked goods, cold-pressed juices, seasonal vegetable soups. Vegan & gluten-free pastries also available.

11:00-19:00 (L.O.18:15)  
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



## 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 - 15:00 (L.O.)  
Closed Monday  
Occasional holidays



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



## 4 Vegan noodles

LOUNGE KADO

ラウンジ カド



Your place to get vegan ramen in central Okayama. Guesthouse Torii-Kuguru (run by the same owner nearby). Check current opening times on IG.

Fri, 17:00-21:00, Sat, Sun 13:00-21:00  
Closed Mon, Tue, Wed, Thurs  
IG @lounge\_kado



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



## 5 Plant-based cafe

PLANT-BASED CAFE PEACH

プラントベースカフェ ピーチ



100% vegan (and oriental vegetarian) restaurant that aims to be kind to both people and planet, and also tastes delicious. Reservations required.

11:30-24:00  
Occasional holidays  
<https://cafe-peach.com>



1F K&K Omote Bldg, 3-20-7 Omote-cho, Kita-ku, Okayama



## 6 Vegan cafe

ERBEMU VEGAN

& ORGANIC FOOD アルバンモー



Daily vegan deli plate using local, organic produce whenever possible. Reservations recommended.

11:30-15:00  
Closed Wed & Thu  
<https://erbenmu.com/>



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



## 7 Cafe

CAFÉ NATURE

カフェ ナチュラル



Vegan keema curry, spaghetti bolognese, and dessert in Kurashiki's historical preservation district. Organic wine and beer also served.

07:30 - 17:00 (L.O. 16:30)  
Open every day



2-25-43 Achi, Kurashiki | Tel: 086-436-6368



## 8 Italian

E-FLAT

耕作イタリアン E-Flat



This Italian restaurant's vegan options and sustainable approach earned it a Michelin Green Star in 2021. Reservations recommended to avoid disappointment.

11:30-15:00 (L.O. 14:00), 18:00-21:00 (L.O. 20:00) Fri & Sat, Closed Tuesday  
<http://e-flat-okayama.com/>



427-1 Komoto, Akaiwa | Tel: 086-954-4058



vegan



vegan options



vegetarian



vegetarian options



gluten-free options





9 Japanese

**TSUBAME KISSA**

つばめ喫茶室



Vegan hamburger lunch plate available which always contains a around 20 kinds of local vegetables.

11:30-16:00  
Occasional holidays



2-23-18 Achi, Kurashiki | Tel: 080-3050-4430



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



Momotaro Statue, Okayama Station

© Okayama Prefectural Tourism Association



Korakuen Garden, Okayama

© Okayama Prefectural Tourism Federation



Kurashiki Bikan Historical District, Kurashiki

© Okayama Prefectural Tourism Federation





Bitchu-Matsuyama Castle, Takahashi © Okayama Prefectural Tourism Federation



Fukiya Furusato Village  
© Okayama Prefectural Tourism Federation



Ushimado Olive Garden © Okayama Prefectural Tourism Federation



Osafune Sword Museum, Osafune  
© Okayama Prefectural Tourism Federation

# YAMAGUCHI

## YAMAGUCHI, IWAKUNI, HAGI



### 1 International

#### KEMBY'S DINER IWAKUNI

ケンビーズダイナー



Vegetarian Tex-Mex, deep dish pizza and side dishes on the menu at this international diner near Iwakuni Station. Homebrewed craft beer and pool table.

Mon, Wed-Fri 16:00-23:30

Sat & Sun 12:00-24:00

Closed Tuesday



1F 4-7-4 Marifu-machi, Iwakuni | Tel: 0827-28-5642



### 2 Vegan, organic

#### PLANT BASED RESTAURANT MANJI



100% vegan restaurant using homegrown vegetables made without the use of pesticides and chemical fertilizers. Salads, curry and vegan burgers available.

11:00-15:00

Closed Wed-Fri

[www.instagram.com/yorozufarm](http://www.instagram.com/yorozufarm)



486-1 Miyanokami, Yamaguchi | Tel: 083-981-5149



### 3 Vegan lunches

#### NANAIRONONTA

なないろのんた

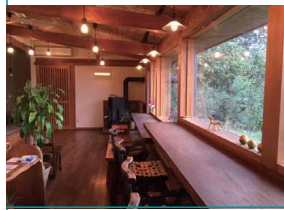


A little vegan eatery run by a mother and daughter team serving food made with locally-grown organic ingredients.

11:30-15:00 (reservation required)

Occasional holidays

<https://nanairononta19.jimdo.com/>



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



### 4 Vegan, organic

#### ORGANIC & VEGETABLE KUPU



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

11:00-17:00

Closed Tuesday

[www.instagram.com/kupu0112/](http://www.instagram.com/kupu0112/)



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



vegan



vegan options



vegetarian



vegetarian options



gluten-free options





Kintaikyo Bridge, Iwakuni



Akiyoshidai, Mine



Motonosumi Shrine, Nagato

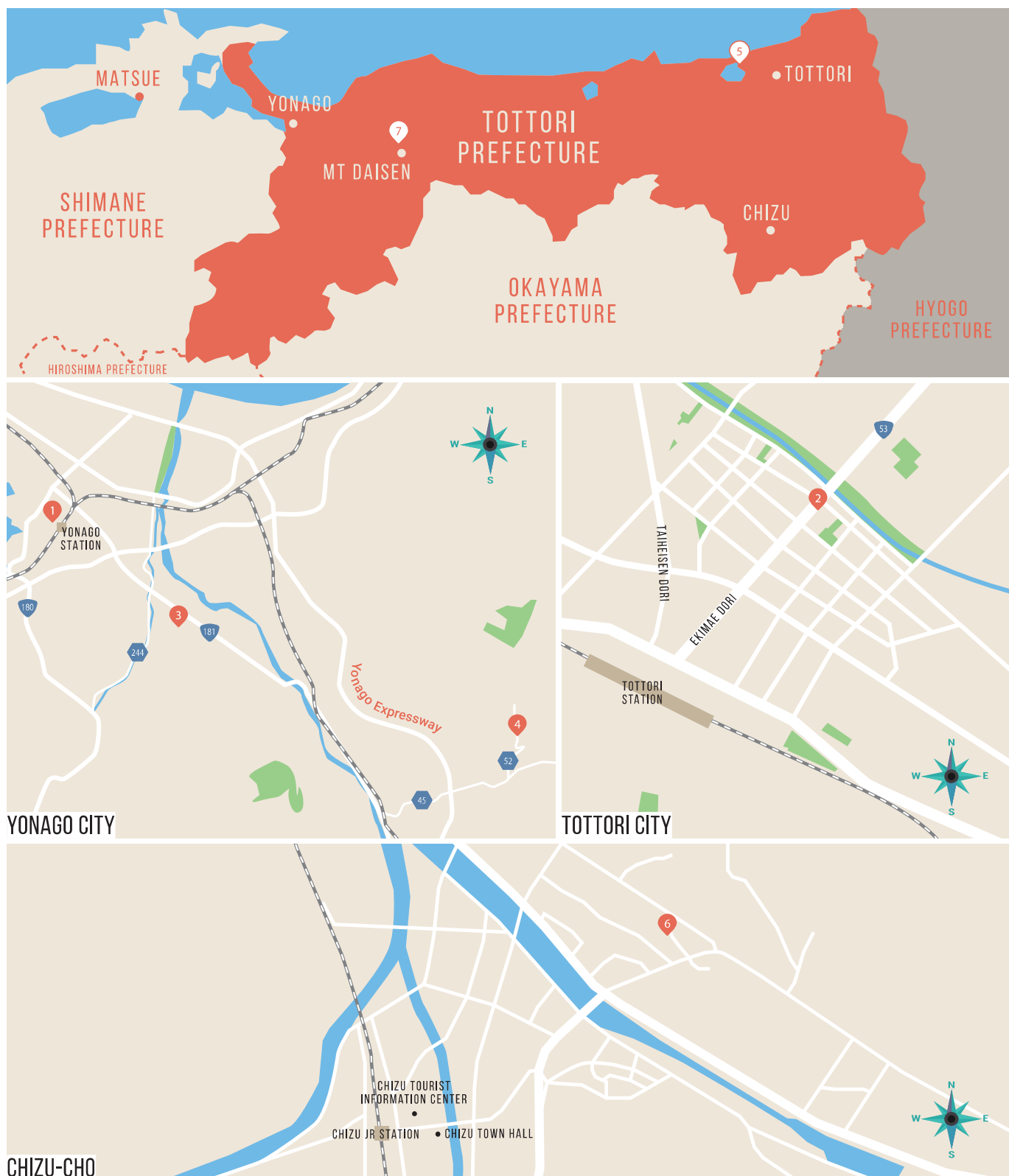


Tsunoshima Bridge, Nagato



# TOTTORI

## TOTTORI, YONAGO, CHIZU, DAISEN








**1 Vegan cafe**

**HIBI-NO-KATE**  
日々の糧

VGN GF

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  
Closed Sunday  
hibinokate.com

ENG VGN ENG Wi-Fi Credit Card No Alcohol

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




**2 Italian, Cafe**

**CAFE SOURCE**  
カフェ ソース

VEG opt

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

12:00-22:00 (21:30 L.O.)  
Occasional holidays  
cafe-source.com

Wi-Fi Credit Card No Alcohol

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




**3 Organic cafe**

**HANA-AMI**  
はなあみ

VGN

Hidden cafe (and herbal hair salon) run by two sisters serving healthy food. 15 min by bus from Yonago Station.

11:30-16:00  
See IG for holidays  
www.instagram.com/hanaami\_nana\_risa/

ENG VGN ENG Wi-Fi No Alcohol

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




**4 Bakery cafe**

**KOSAJI-ICHI**  
コウボパン小さじいち

VEG VGN opt

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

ENG VGN No Alcohol

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




**5 Vegan cafe**

**ORIBIO TOTTORI**  
オリビオ 鳥取店

VGN

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)  
Closed Sun, Mon, Tue, Wed  
tottorioribio.business.site

ENG VGN ENG Wi-Fi Credit Card No Alcohol

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




**6 Cafe, craft beer**

**TALMARY**  
タルマーリー



VGN opt VEG opt

Breads, craft beer, pizza and sandwiches in a repurposed a renovated house, 10 minutes walk from Chizu JR Station (智頭駅).

11:00-15:00  
Occasional holidays  
www.talmarmy.com

ENG VGN ENG Wi-Fi Credit Card No Alcohol

594 Chizu, Chizu-cho, Yazu-gun | Tel: 0858-71-0139

**7 Shojin temple cuisine, Accommodation**

**SANRAKU-SO**  
宿坊 山楽荘


VGN

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

ENG VGN ENG Wi-Fi Credit Card No Alcohol

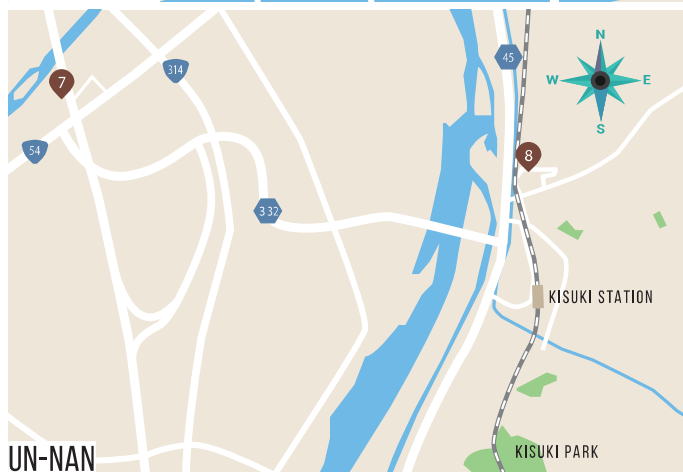
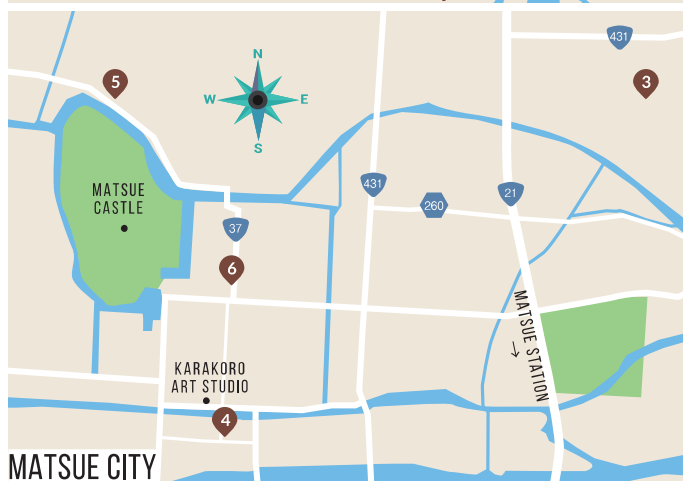
14 Daisen, Daisen-cho, Saihaku-gun | Tel: 0859-52-2006



Mt. Daisen

# SHIMANE

## MATSUE, IZUMO, UN-NAN, YASUGI



### 1 Rice burger

#### THE GIFT IZUMO

ザギフトイズモ



Soy meat rice burger and gluten free desserts available 5 minutes on foot from Izumo Taisha Shrine.



09:00-16:30 (L.O.16:00)  
Occasional holidays



2F 861-1 Taisha-cho Kizukiminami, Izumo | Tel: 0853-77-7159



### 2 Shojin temple cuisine, Accommodation

#### KOYO-KAN

清水寺紅葉館



Delicious Buddhist vegetarian course meals. Vegans, please request "no egg" on reservation (minimum 2 days in advance).



11:30-13:30 (L.O.) 18:00-19:30 (L.O.)  
Check in 16:00-19:30 / Check out 10:00  
[www.kouyoukan.co.jp](http://www.kouyoukan.co.jp)



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





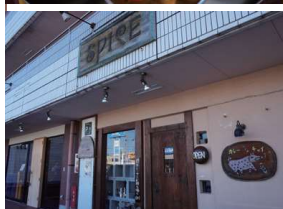
## 3 Indian

## SPICE

インド料理スパイス



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



11:30-21:30 (L.O. 21:00)  
Closed Tuesday (open if National Holiday)  
[www.spice-matsue.net](http://www.spice-matsue.net)



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 11:30-14:30  
Dinner Mon-Sat 17:30-22:30  
Sun, Nat Hols 17:30-21:30  
[brocs-industry.com](http://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.



11:00-13:30 L.O.(or until soba sold out)  
Closed Thursday  
[www.yakumoan.jp](http://www.yakumoan.jp)



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



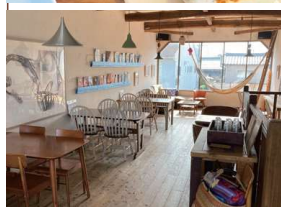
## 6 Ethnic

## GREEN'S BABY

グリーンス・ベビー



Salads, tacos, burritos featuring lots of local vegetables. Very close to the Matsue Castle moat. Guest house across the street.



11:00-16:00 (L.O.15:00)  
Closed Sunday & occasional holidays  
[www.facebook.com/greensbaby](http://www.facebook.com/greensbaby)



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



## 7 Japanese

## NANOHANA

veg cafe &amp; health food store 菜の花



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



Lunch 11:00-14:00, Cafe time 14:00-21:00  
Occasional holidays (Approx 2 days/month)  
<https://nanohanadayori.amebaownd.com>



71-1 Mitoya, Mitoya-cho, Un-nan | Tel: 0854-47-7412



## 8 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 Mon, Tue & occasional holidays  
[cafeoryzae.jp](http://cafeoryzae.jp)



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



## 9 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](http://english.chikuyou.jp) / [info@chikuyou.jp](mailto:info@chikuyou.jp)



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



Izumo Taisha Grand Shrine



vegan



vegan options



vegetarian



vegetarian options



gluten-free options




# 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.

## 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.24 )




### 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.

## YASUGI

Yasugi is home to historic buildings, traditional Japanese hand-icrafts, 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.

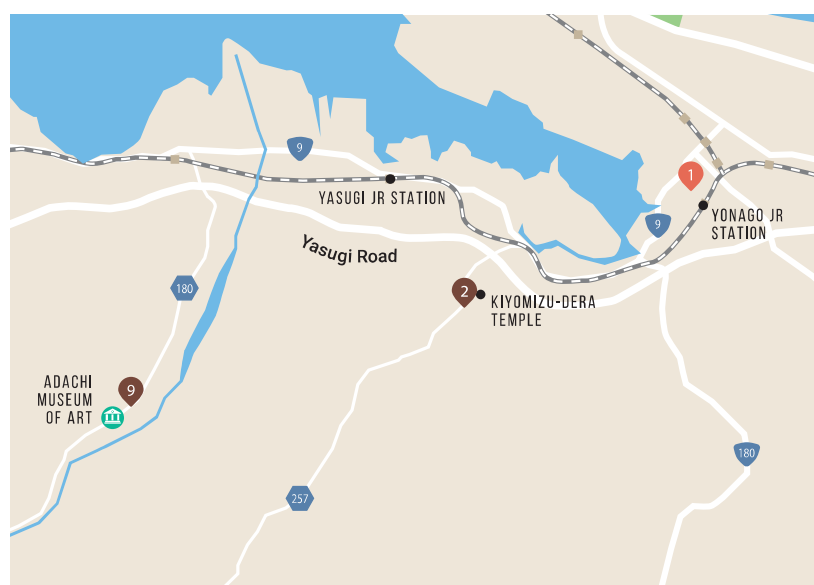
## ADACHI MUSEUM OF ART x CHIKUYOU

**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.25 )



### 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.








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## 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.

### 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.23 )



### ZEN BURGER



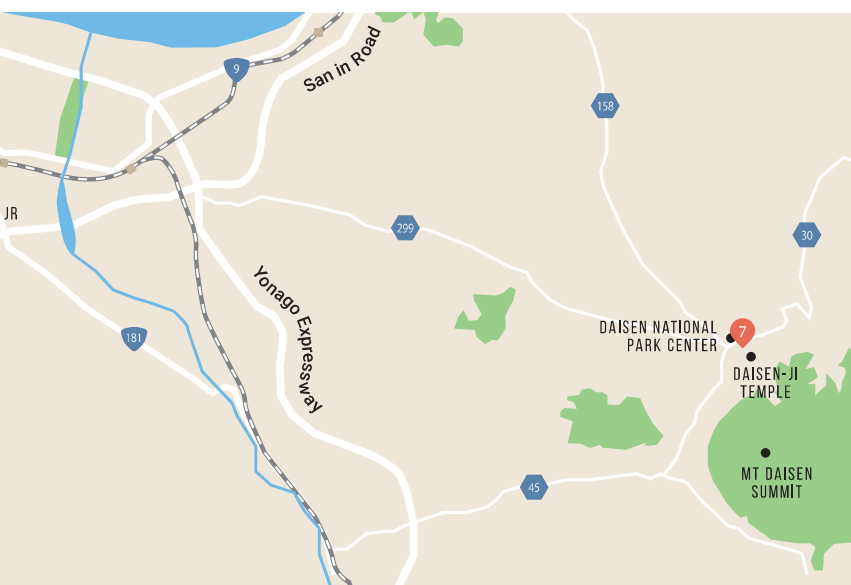
Whether you climb to the summit of **Mt Daisen**, or just enjoy exploring the temple grounds, Daisen village is a great place to escape the bustle of the lowlands for a while. Also, don't forget to try **Sanraku-so's** original vegan 'Zen Burger'.

#### 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.23 )





# I'M AFRAID I CAN'T EAT~

すみませんを～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.