

Matsuzen

We've made Hachinohe Senbei Jiru, the famous Aomori specialty so that vegetarians can enjoy it by using a vegetable broth base. Now vegetarians can also feel free to feast upon it.

Friendly Menu



<Vegetarian Hachinohe Senbei Jiru 2-person portion 1,480 yen (including tax)>
Konbu, shiitake, fuki, warabi (bracken), Koya-dofu (freeze-dried tofu), carrots, gobo (burdock root), chrysanthemum, sliced deep-fried tofu, etc. Various mushrooms depending on the season. Flavored simply with soy sauce and salt.

<DATA>

Address/1-1-19 Ichibancho, Hachinohe, Aomori

TEL/0178-51-8067

Hours/Lunch by reservation only.

Dinner: 5:00 p.m. - 11:00 p.m.

Closed/Sundays

Menu languages/

URL/facebook.com/sakematsuzen/



MAP

Re Voir - Locally-sourced French Restaurant

A French restaurant that uses only the best local ingredients and strives for the best flavor.

There is even a vegan menu using seasonal locally-sourced vegetables with the highest quality heirloom vegetables and mushrooms. (Reservation required at least 3 days in advance.)

Friendly Menu



<French cuisine using vegetables of the highest quality 2,500 yen (Sales tax not included)>

<DATA>

Address/4-23 New Grand Hotel Shinjo 1F, Wakabamachi, Shinjo, Yamagata

TEL/0233-23-1111

Hours/11:30 a.m. 2:30 a.m., 5:00 p.m. - 8:30 p.m.

Closed/Wednesdays *Days when only lunch is served

Menu languages/English, Chinese

URL/http://www.newgrandhotel.co.jp

/restaurant#167995



MAP

Akakura Onsen, Warabe no Yado, Yu no Hara

Akakura Onsen is a historical, atmospheric hot spring nestled on the bank of the Oguni River that dates back 330 years. There is a vegan menu available using local seasonal vegetables including buckwheat, wild mountain greens, asparagus, mushrooms, and more.

Friendly Menu



<One night with breakfast and dinner included: 12,000 yen (Sales tax not included)>
(photo shows an example of a dinner)

<DATA>

Address/819-4 Tomisawa, Mogami,

Mogami-gun, Yamagata

TEL/0233-45-2215

Hours/Open all year

Menu languages/English

URL/http://yunohara.main.jp/



MAP

Hijiori Onsen, Hand-Carved Cave Hot Spring, Matsuya

People started bathing in this hot springs 1200 years ago. There is a hot spring bath in a hand-carved cave at the inn here at Hijiori Onsen. Since ancient times people have come here, eaten traditional vegetarian dishes, purified their bodies in the hot springs, and then set out on pilgrimages to Dewa Sanzan, the Three Mountains of Dewa. There is a vegan menu with dishes made using copious amounts of wild greens and mushrooms picked on Mt. Gassan.

Friendly Menu



<One night with breakfast and dinner included: 11,000 yen (Sales tax not included)>
(photo shows an example of a dinner)

<DATA>

Address/Minamiyama, Okura, Mogami, Yamagata

TEL/0233-76-2041

Hours/Open all year

Menu languages/English, Chinese

URL/https://travel.rakuten.com/hotel/Japan-

Yamagata_Prefecture-Okura-Hijiori_Onsen_Matsuya/

40306/?adults=2&limit=20&offset=0&rooms=1



MAP

TOHOKU MAP



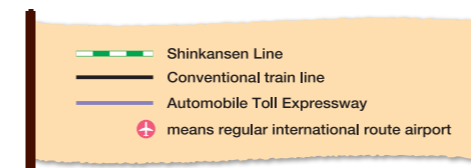
Main access routes to the TOHOKU JAPAN region

Shinkansen	
Tokyo Station	Shin-Aomori Station Approx. 3 hr on the Tohoku Shinkansen Line
	Akita Station Approx. 3 hr 55 min on the Tohoku Akita Shinkansen Line
	Yamagata Station Approx. 2 hr 30 min on the Tohoku Yamagata Shinkansen Line
	Morioka Station Approx. 2 hr 20 min on the Tohoku Shinkansen Line
	Sendai Station Approx. 1 hr 30 min on the Tohoku Shinkansen Line
Shin-Hakodate-Hokuto Station	Shin-Aomori Station Approx. 1 hr on the Hokkaido Tohoku Shinkansen Line
	Morioka Station Approx. 1 hr 50 min on the Hokkaido Tohoku Shinkansen Line
	Sendai Station Approx. 2 hr 30 min on the Hokkaido Tohoku Shinkansen Line

By air	
Haneda Airport	Aomori Airport Approx. 1 hr 15 min
	Akita Airport Approx. 1 hr 5 min
Narita Airport	Yamagata Airport Approx. 1 hr
	Sendai Airport Approx. 1 hr 5 min

Sendai Airport Access Line	
Sendai Airport	Sendai Sta. Sendai Airport access line 17-25 min.

*Maps, roads and train lines are abbreviated



Special Restaurant Week

A "Friendly T-Shirt" will be given to those that visit 2 or more of the restaurants listed in this pamphlet. Please bring the receipts from the restaurants that you visited to the following location. The staff there will give you the T-shirt. (Hours: 10:00 a.m. - 5:00 p.m.)

ATTRACT TOHOKU

GM Building 7F 1-12-12 Honcho, Aoba-ku, Sendai, Miyagi 980-0014

*It would be great if you could send us an email before you come.

info@atohoku.com --Include your name, and when you'll arrive to pick up the T-shirt in your message.



Please post photos to social media with the hashtags #japanfoodie and #sametable



食べるを東北の旅の真ん中に

Eat&Enjoy like locals R in Japan Tohoku Restaurant Week

2019.11.23sat~12.22sun



Introducing famous restaurants in Tohoku with excellent cuisine in Tohoku where vegetarians and vegans from around the world come together to enjoy.

NOBATTE

This Italian restaurant features wine from Italy and the Tohoku area. Most of the ingredients are sourced in Miyagi prefecture. We are flexible and can make adjustments to our menu to suit your dietary needs. Just ask. Please make a reservation at least two days in advance.

- ①Bruschetta (mushroom, tomato, black cabbage, etc.) 550 yen
- ②Rice ball croquette 550 yen
- ③Caponata (vegetables and tomato stew) 550 yen
- ④Peperonata (roasted peppers) 500 yen
- ⑤Italian meatballs made with soy (tomato stew) 800 yen
- ⑥Soy Pione (Nanbanzuke) 600 yen
- ⑦Asian eggplant gratin (covered in soy meatsauce) 700 yen
- ⑧Minestrone (vegetable soup) 700 yen
- ⑨Cup of soup (700 yen)
- ⑩Soy meat Bolognese sauce (meat sauce pasta) 1,200 yen
- ⑪Mushroom and chestnut risotto 1,500 yen
- ⑫Margherita Pizza made with our special soy milk cheese 1,100 yen
- ⑬Cutlet made with soy 1,300 yen (All prices include sales tax)



<DATA>
Address/M-ONE Building 4F, 4-3-11 Ichibancho, Aoba-ku, Sendai
TEL/070-6619-7029
Hours/17:00~25:00
Closed/Sundays and national holidays
Menu languages/Japanese only
URL/facebook.com/NOBATTE/
instagram.com.nobatte.italy



MAP

Keyaki Cafe

This café offers dishes exclusively sourced from within Miyagi prefecture that you can enjoy all day long. The vegetables come straight from the farm, so you can be confident in their freshness and quality. Their nutritious cold pressed juice, the first in Sendai, is also very popular.



<Friendly Menu>
More than 20 types of vegetables, grains, and fruits 1,500 yen (Sales tax not included)
*Includes a drink, this popular dish is also visually stunning with the ripe fruit and vegetables direct from farm to table

<DATA>
Address/Fujisaki Honkan 3F, 3-2-17 Ichibancho, Aoba-ku, Sendai
TEL/022-395-9234
Hours/10:00 a.m. - 7:30 p.m.
Closed/Open every day
Menu languages/Japanese only (foreign staff can help)
URL/https://s.tabelog.com/miyagi/A0401/A040101/4016980/top_amp/



MAP

Gorilla Shokudo Ichibancho

Authentic Sichuan Mapo Doufu made with Chinese vegetables. The special Sichuan peppers and the homemade pepper oil are quite addictive.



<Friendly Menu>
Mapo Doufu Set 880 yen (Sales tax not included)

<DATA>
Address/Shanboru Ichibanchochika 1F, 1-6-22 Ichibancho, Aoba-ku, Sendai
TEL/022-748-7737
Hours/11:00 a.m. - 11:30 p.m.
Closed/Open every day
Menu languages/English
URL/http://www.boe-inc.net/shoplist.html



MAP

Tempura Sakaba Tetete-ten

Freshly fried tempura really is the best! There are also tons of other popular dishes besides tempura!



<Friendly Menu>
Vegetable Tempura Platter 880 yen (Sales tax not included)
Enjoy this great platter of fresh seasonal vegetable tempura!

<DATA>
Address/2-5-6 Ichibancho, Aoba-ku, Sendai
TEL/022-748-6122
Hours/5:00 p.m. - 12:00 a.m.
Closed/Closed over the New Year's Holiday
Menu languages/English, Chinese
URL/https://r.gnavi.co.jp/pgx0etk40000/



MAP

Datena Sendai Robata Kyojiri

We have a full line of local cuisine from Miyagi. Enjoy the most delicious fresh seasonal ingredients throughout the year.



<Friendly Menu>
Grilled vegetables 390 yen (Sales tax not included)
Grilled eeling mushrooms, shiitake, onions, and more

<DATA>
Address/AK Building 9F 1-8-38 Chuo Aoba-ku, Sendai
TEL/022-722-6446
Hours/4:00 p.m. - 12:00 a.m.
Closed/Closed irregularly
Menu languages/English, Korean, Chinese
URL/Kyo-group.jp/



MAP

Datema Sakaba Akazaru

An izakaya that makes dishes emphasizing the flavors of the ingredients



<Friendly Menu>
Deep-fried ginjo tofu from Ota Tofuten 550yen (including tax)
Delicious Miyai Tofu and a seasonal vegetable tempura platter. Recommended for vegans.

<DATA>
Address/Sato Building 2F 2-3-20 Kokubuncho, Aoba-ku, Sendai
TEL/022-398-3483
Hours/5:00 p.m. - 2:00 a.m.
Closed/Open every day
Menu languages/English
URL/akazaru0301.owst.jp



MAP

Nagomi Dining Tobiume

We have a full line of creative dishes using famous ingredients from Miyagi as well as excellent varieties of local sake from around Tohoku. We also have private rooms. There are 10 vegan options in our menu.



<Friendly Menu>
Grilled winter vegetables with balsamic soy sauce 680 yen (Sales tax not included)
We bring out the delicious flavor of the winter vegetables that are in season now in our grill. Enjoy them with our sweet and sour balsamic soy sauce.

<DATA>
Address/Nikko Building 2F 2-2-30 Chuo, Aoba-ku, Sendai
TEL/022-399-6922
Hours/11:30 a.m. - 2:00 p.m., 5:00 p.m. - 12:00 a.m.
(Sundays closes at 10:00 p.m.)
Closed/Closed over the New Year's Holiday
Menu languages/Japanese only
URL/http://tobiume.co.jp



MAP

Date no Iroriyaki Kuranosho

Try the seasonal ingredients cooked over an open hearth! We also have a full line of great local sake from the Tohoku area.

<Main branch DATA>
Address/AK Building 4F 1-8-38 Chuo, Aoba-ku, Sendai, Miyagi
TEL/022-268-2488
Hours/4:00 p.m. - 12:00 a.m.
Closed/Open every day
Menu languages/English, Chinese
URL/http://kuranosho.jp

<Ichibancho Branch DATA>
Address/Suzuki Avanti Building 2F 3-8-14 Chuo, Aoba-ku, Sendai
TEL/022-224-3031
Hours/4:00 p.m. - 12:00 a.m.
Closed/Open every day
Menu languages/Japanese only
URL/http://kuranosho.jp



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①Grilled onigiri rice ball (2) 380 yen
②Onigiri rice ball (2) 380yen
③White rice 270 yen



④French fries 380 yen
⑤Special salad 650 yen
⑥Delicious tofu served cold 430 yen (All prices sales tax not included)

Ranpu (French Izakaya)

The owner used to work at a famous hotel, and now serves French dishes at this izakaya.

<Ichibancho DATA>
Address/Raberu Bui Chika 1F 3-8-1 Ichibancho, Aoba-ku, Sendai
TEL/022-266-3145
Hours/11:30 a.m. - 2:00 p.m., 4:00 p.m. - 1:00 a.m.
Closed/Open every day
Menu languages/English
URL/http://ranpu.owst.jp/

<Nishikicho Branch DATA>
Address/Dainana Asahi Koporasukikuta Nishikicho Building 2F 1-2-10 Nishikicho, Aoba-ku, Sendai
TEL/022-395-7435
Hours/11:30 a.m. - 12:00 a.m.
Closed/Closed irregularly
Menu languages/English
URL/http://ranpu-nishikichou.owst.jp/



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<Friendly Menu>
Funagata Mushrooms and spicy curry with soy meat 1,000 yen (Sales tax not included)
This dish made with soy meat, brown rice, and Funagata mushrooms from Yamagata is perfect for vegans.

Suzuya

Try our original monaka made to be both fun and delicious!

- ①Soybean paste & rice-flour dumplings 500 yen
- ②Bean-paste 400 yen
- ③Buckwheat chaff and figs 500 yen (All prices include sales tax)

<DATA>
Address/4-16102 Futsukamachi, Aoba-ku, Sendai
TEL/022-393-7214
Hours/1:00 p.m. - 6:00 p.m.
Closed/Tuesdays, Wednesdays, and Thursdays
Menu languages/English, Chinese



MAP



Azumaya Main Restaurant

Azumaya serves the famous Wanko soba, the epitome of Iwate hospitality, as well as traditional soba noodle cuisine for guests to enjoy.



<Friendly Menu>
Wanko Soba (Can be made Vegetarian and Halal) 3,520 yen (including tax)
Condiments: Namako mushrooms with grated daikon, sesame, non seaweed, soyuzuke, pickled vegetables, grated yam, green onions, wasabi, grated daikon and chili, and Dessert.
*If you'd like vegetarian cuisine, please make a reservation by the previous day.
*We can substitute a vegetarian option for meat

<DATA>
Address/1-8-3 Nakanohashidoori, Morioka
TEL/019-622-2252
Hours/11:00 a.m. - 3:00 p.m., 5:00 p.m. - 8:00 p.m.
Closed/Open every day
Menu languages/English
URL/https://wankosoba.jp/



MAP

Usagi Botanica

We've designed a menu with a fusion of Japanese, Western, and Chinese food using vegetables, grains, beans, and seaweed carefully prepared based on the health impact of the dishes.



<Friendly Menu>
Vegetable Lunch of the Week 1,100 yen (including tax)
(Lunch set featuring a main vegetable that rotates weekly, two other types of vegetables, soup, and brown rice)

<DATA>
Address/1-3-15 Nakanohashidoori, Morioka
TEL/019-681-4932
Hours/11:30 a.m. - 3:00 p.m., 6:00 pm. - 10:00 p.m.
Closed/Tuesdays
Menu languages/English



MAP

Sobe's Café

Serves dishes made from organic brown rice (Sobe Rice), vegetables, beans, and seaweed.



<Friendly Menu 1>
①Lunar cycle plate: 1,200 yen
②Taco rice with brown rice 1,200 yen
③Veggie burger set 1,200 yen (All prices sales tax not include)

<DATA>
Address/578-4 Yama no kami, Hanamaki
TEL/0198-24-7107
Hours/11:30 a.m. - 6:00 p.m.
Closed/Mondays, and over the New Year's Holiday
Menu languages/English
URL/https://cafe.sobe.jp/



MAP

KABURAYA

Vegetarians are welcome here! Try our Mochi Parfait based on the traditional local Ichinoseki mochi culture.



<Friendly Menu>
URAMI SAMURAI Noodle 950yen (including tax)
This healthy ramen dish is filled with veggies and spices.
*We can substitute a vegetarian option for meat
*Reservation at least 3 days in advance required

<DATA>
Address/2-13 Iwaicho, Ichinoseki, Iwate
TEL/0191-26-3671
Hours/11:30 a.m. - 2:30 p.m. (Last order 2:00 p.m.), 5:00 p.m. - 10:00 p.m.
(Dinner requires a reservation from the day before or earlier)
Closed irregularly
Menu languages/English
URL/https://ihatoutohoku.com/kaburaya/



MAP