

2023 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

国土交通省中国運輸局  
(一社) 中国経済連合会

## Note:

Information correct as of March 2023. 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If you find any information that is out of date or would like to provide additional information that might be helpful to future visitors, please contact us by email at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](mailto:hello@jizohat.com) or tag us with #veggiechugoku.



[www.hiroshimatours.info/pdf/vegetarianguide.pdf](http://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

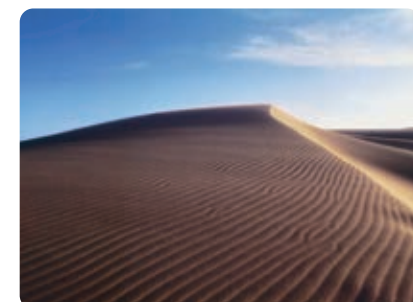


Non-smoking

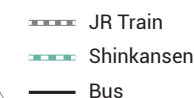
## CHUGOKU REGION



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



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



OSAKA  
KYOTO

HIMEJI

OKAYAMA

From Osaka: 45/50 min  
From Hiroshima: 35/40 min

(All times approximate)

HIROSHIMA  
From Osaka: 80/90 min  
From Okayama: 35/40 min

SHIN-YAMAGUCHI  
From Hiroshima: 30/50 min



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



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



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



# HIROSHIMA

HIROSHIMA, MIYAJIMA, ONOMICHI, KITAHIROSHIMA, SERA, TAKEHARA



VGN vegan VGN opt vegan options VEG vegetarian VEG opt vegetarian options GF gluten-free options

**1 Macrobiotic**

**CROISSANT MARCHE** VGN opt VEG opt  
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.

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

ENG VGN opt VEG opt

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

**3 Tacos&Burrito**

**DOSCO COFFEE** VGN opt VEG opt  
ドスココーヒー

Vegan tacos, burritos, nachos, chili con carne and drinks in Hiroshima's Nagarekawa entertainment district - a good option for a late dinner.

12:00-23:00 (L.O. 22:30)  
Closed Monday (Tues if Mon is Nat Hol)

ENG VGN opt VEG opt

1F XCELL Hotel, 3-5 Nagarekawa-cho, Naka-ku, Hiroshima | Tel: 082-245-7770

**5 Italian**

**PIZZERIA BAR ARIETTA** VEG opt  
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.

Sat-Sun 12:00-15:00 (L.O.14:00)  
Mon-Sun 18:00-25:00 (L.O.24:00)

ENG VEG opt

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

**7 Social book cafe**

**HACHIDORI-SHA** VGN opt VEG opt GF  
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 11:00-18:30, Closed Mon & Tue  
hachidorisha.com

ENG VGN opt VEG opt GF

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

**2 Vegetarian (vegan-friendly)**

**SAISHOKU-KENBI** VEG VGN opt  
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

ENG VGN opt VEG opt

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

**4 Okonomiyaki & Teppanyaki**

**JIRO KICHI** VGN opt VEG opt  
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.

17:30-23:00 (L.O. 22:00)  
Closed Monday

ENG VGN opt VEG opt

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

**6 Organic, natural**

**KISSA SAEKI** VGN opt VEG opt GF  
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

ENG VGN opt VEG opt GF

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

**8 International**

**3 TREE** VEG opt  
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.

11:00-22:00  
3tree-hiroshima.com

ENG VEG opt

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



**9 Organic cafe**

**ORGANIC CAFE ONE EARTH**

Vegan burritos, curry, acai bowl on regular menu. Can adjust other meals on request. Excellent salads (ask for vegan dressing). All drinks vegan. Organic beer.

11:00-20:00  
Closed Monday

ENG   

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

**11 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)

ENG   

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

**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 12:00-22:00  
Sun & National Holidays 14:00-21:00  
[otis.world.coocan.jp](http://otis.world.coocan.jp)

ENG   




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

**15 Vegan fruits cafe**

**VEGAN FRUITS CAFE TAMARU**

All-vegan branch of a local fruit merchant with an 80 year history. Japanese fruit sandwiches made with vegan cream, fruit parfait desserts and drinks.

10:30-19:00  
Closed Monday

ENG   

2F 2-2-2 Kamiya-cho, Naka-ku, Hiroshima | Tel: 050-8881-0064

**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.

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

ENG   

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

**12 Indian**

**CHIDIYA KANAK**  
インド料理チュリヤカナック

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)  
Sunday 17:00-21:30 (L.O. 21:00), Closed Tue  
[kanak-hiroshima.com/en](http://kanak-hiroshima.com/en)

ENG   

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

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

ENG   

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

**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](http://kembyshiroshima.com)

ENG   

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

**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.

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

ENG  

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

**19 Teppanyaki (ANA Crowne Plaza Hirohima)**

**TEPPANYAKI ATAGO**  
鉄板焼 愛宕

7 course vegan teppanyaki lunches available on the 1st floor of the ANA Crowne Plaza Hiroshima. \*Same cooking equipment used as other foods.

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

ENG  

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

**21 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)

ENG  

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

**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](http://onkallstars.jimdo.com)

ENG  

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

**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.

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

ENG  



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

**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 12:00-22:00 (L.O. 21:30)  
Closed Thursday, Sunday

ENG  

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

**22 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)

ENG  

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

**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

ENG  

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



**25 Hotel dining**

**RIHGA ROYAL HOTEL HIROSHIMA**  
リーガロイヤルホテル広島

All the restaurants in this hotel near Hiroshima Castle can accommodate vegan and vegetarian diners. Reservations in advance recommended to assure best service.

Please refer to the hotel website  
[www.rihga.com/hiroshima](http://www.rihga.com/hiroshima)

 ENG
  ENG
 



6-78 Motomachi, Naka-ku, Hiroshima | Tel: 082-228-5401

**27 Indian**

**NAMASTE**  
ナマステハ7丁目店

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

 ENG
  ENG
 



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

**29 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.

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

 ENG
 


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

**31 Turkish/Mediterranean Cuisine**

**KARSIYAKA**  
カルシヤカ

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

11:00-14:00 Sat, Sun, National Holidays  
17:00-22:30 Every day

 ENG
  ENG
 


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

**26 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.

10:00 - 22:00  
Closed Wednesday  
[www.cantina23.com](http://www.cantina23.com)

 ENG
  ENG
 







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

**28 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)

 ENG
  ENG
 




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


**30 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

 ENG
  ENG
 



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

**32 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)

 ENG
  ENG
 



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

**33 Hotel dining**

**HILTON HIROSHIMA**  
ヒルトン広島

Four restaurants and bars can accommodate vegan and vegetarian diners with advance notice.

Please refer to the hotel website  
[www.hilton.com/en/hotels/hijshhi-hilton-hiroshima](http://www.hilton.com/en/hotels/hijshhi-hilton-hiroshima)

 ENG
  ENG
 



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

**35 French (Hotel Granvia Hiroshima)**

**SKY RESTAURANT AND LOUNGE L&R**  
ホテルグランヴィア広島

¥8000 multi course vegetarian dinner (price subject to change. Please refer to our website for the latest details). Reservations required 5 days in advance.

11:30-14:00 (L.O.) 17:00-21:00 (L.O.)  
Closed Wednesday  
<https://hgh.co.jp/english/dining/>

 ENG
  ENG
 



Hotel Granvia Hiroshima 1-5 Matsubara-cho, Minami-ku | Tel: 082-262-1107

**37 Shojin temple cuisine**

**ROKKAKU SABO**  
大聖院 六角茶房

Tasty vegan shojin curry and matcha tea experience on offer at this cute tea house at the entrance to Daishoin Temple.

10:00-17:00  
Closed Tuesday

 ENG
  ENG
 

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

**39 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/>

 ENG
  ENG
 



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

**34 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/hijshi-sheraton-grand-hiroshima-hotel/overview](http://www.marriott.com/en-us/hotels/hijshi-sheraton-grand-hiroshima-hotel/overview)

 ENG
  ENG
 



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

**36 Chinese (Hotel Granvia Hiroshima)**

**CHINESE DINING KOH-RAN-EN**  
ホテルグランヴィア広島

7 course vegetarian Chinese dinners for ¥8000 (price subject to change. Please refer to our website for the latest details). Reservation required 5 days in advance.

11:30-15:00 (L.O. 14:00) / 17:00-21:00 (L.O. 20:00)  
Closed Tuesday (unless Nat Holiday)  
<https://hgh.co.jp/english/dining/>

 ENG
  ENG
 






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


**38 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 Weekdays, 11:00-15:00 Weekends 17:00-18:30 Irregular opening (please call in advance) / Occasional holidays

 ENG
  ENG
 



1162-4 Miyajima-cho, Hatsukaichi | Tel: 0829-44-0700 | yamaichibekkan.com

**40 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





41 Organic



ORGANIC TABLE BOTANICA

オーガニックテーブルボタニカ

Delicious, healthy and inventive vegan plate lunches in Takehara's atmospheric historical preservation district.

11:00-17:00

Closed Tuesday and Wednesday



3-9-2 Honmachi, Takehara | Tel: 0846-22-4684



42 Macrobiotic

NAKAZAWA

なかざわ

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

12:00-18:00

Occasional holidays

[macrobiocafe-nakazawa.com](http://macrobiocafe-nakazawa.com)





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



43 Falafel

HATO-KITCHEN

はとキッチン



Falafel sandwiches on Onomichi's shopping arcade in a pleasant modern cafe. Ask for no yogurt to make the falafel vegan.

11:00-18:00

Occasional holidays



1-7-3 Tsuchido, Onomichi | Tel: 0848-22-2037



44 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



45 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



Onomichi Ropeway



Imakoyasan Temple, Sera Town | Courtesy of Hiroshima Prefecture



Takehara Townscape Conservation Area | Photo Jun Matsuo



Hiroshima Peace Memorial Park



Miyajima



# OKAYAMA

## OKAYAMA, KURASHIKI, AKAIWA, SETOUCHI



vegan



vegan options



vegetarian



vegetarian options



gluten-free options



### 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 plate lunches and sides. A must for cilantro lovers.

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



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



### 2 Organic cafe

**THE MARKET**  
ザ マーケット

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

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 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.

11:30-19:00  
Closed Tuesday



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



### 5 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!

10:30-17:00 Friday, Saturday & Sunday  
Food orders possible in other days.  
[terecoco.jp](http://terecoco.jp)



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



### 6 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.

Fri, 17:00-21:00, Sat, Sun 13:00-21:00  
Closed Mon, Tue, Wed, Thurs  
<https://www.lounge-kado.jp/>



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



### 7 Plant-based cafe

**PLANT-BASED CAFE PEACH**  
プラントベースカフェピーチ

Rice flour pasta with locally-grown, mostly pesticide-free vegetables, vegan ramen, Buddha Bowl etc. Creative use of ingredients to reduce waste. Menu changes monthly.

11:30-24:00  
Closed Tues, Wed, Thurs  
[q@cafe-peach.com](mailto:q@cafe-peach.com)



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



### 8 Vegan cafe

**ERBENMU VEGAN & ORGANIC FOOD**  
アルバンモア

Healthy vegan cooking using organic and local produce whenever possible. Set lunches including dessert ¥1790. Often full, so reservations are recommended.

11:30-15:30 (L.O. 14:30) Fri, Sat, Sun  
Closed 4th Sun of the month  
<https://erbenmu.com/>



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







# YAMAGUCHI

YAMAGUCHI, IWAKUNI, HAGI



vegan 
 vegan options 
 vegetarian 
 vegetarian options 
 gluten-free options

**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.

Wednesday - Friday 16:00-24:30  
Saturday and Sunday 12:00-24:30  
Closed Monday & Tuesday

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

**2 Vegan, organic**

**YOROZUFARM**  
ヨロズファーム

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

11:00 - 17:00 (Sat, Sun only)  
Closed Monday - Friday  
[www.instagram.com/yorozufarm](https://www.instagram.com/yorozufarm)

486-1 Miyakami, 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.jimdofree.com/>

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

**4 Vegan, organic**

**ORGANIC & VEGETABLE KUPU**  
クラブ

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

11:00-17:00 Mon - Thurs & Sun 11:00-22:00 Friday & Saturday Closed Tuesday  
[www.instagram.com/kupu0112/](https://www.instagram.com/kupu0112/)

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

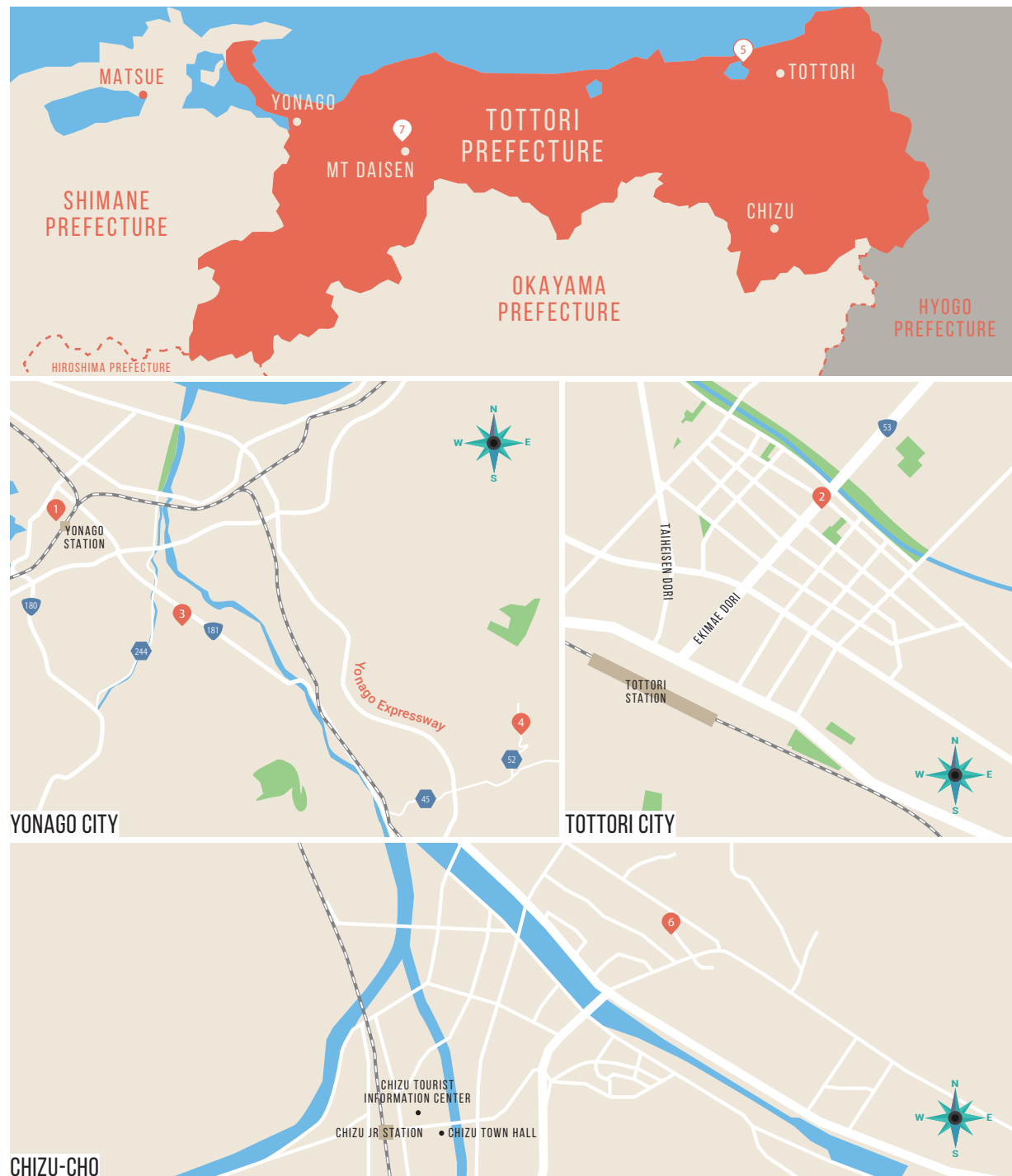


Kintaikyo Bridge, Iwakuni

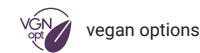


# TOTTORI

## TOTTORI, YONAGO, CHIZU, DAISEN



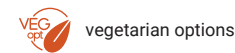
vegan



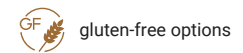
vegan options



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  
Closed Sunday  
[hibinokate.com](http://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](http://cafe-source.com)



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



### 3 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  
See IG for holidays  
[www.instagram.com/hanaami\\_nana\\_risa/](https://www.instagram.com/hanaami_nana_risa/)



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



### 4 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](http://kosaji-1.com)



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



### 5 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)  
Closed Sun, Mon, Tue, Wed  
[tottorioribio.business.site](http://tottorioribio.business.site)



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



### 6 Cafe, craft beer

**TALMARY**  
タルマーリー



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

12:00 - 18:00  
Closed Tuesday, Wednesday, January  
[www.talmary.com](http://www.talmary.com)



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



### 7 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](http://www.san-raku.jp/english.html)



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

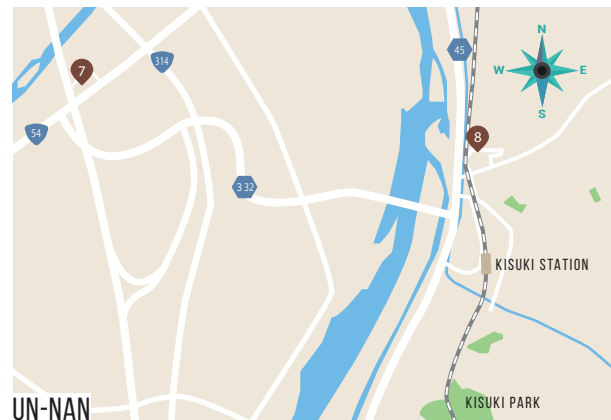
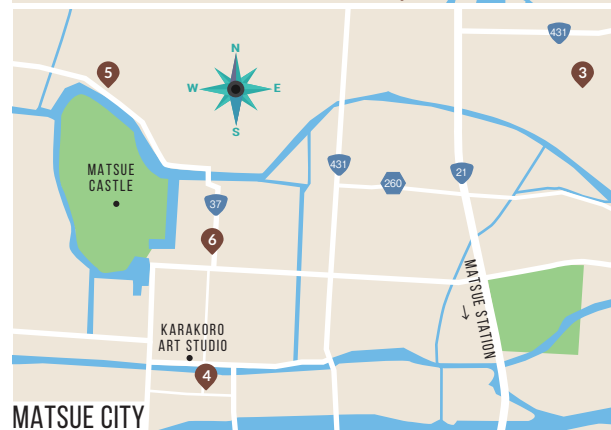


Mt. Daisen



# 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)  
Closed Wednesday

ENG VGN opt GF

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

**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.

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

ENG VGN opt VEG opt GF

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

VGN vegan VGN opt vegan options VEG vegetarian VEG opt vegetarian options GF 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 - 21:30 (L.O. 21:00)  
Closed Tuesday (open if National Holiday)  
www.spice-matsue.com

ENG VEG opt

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

**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.)  
(Closed January 1st and 2nd)  
www.yakumoan.jp

ENG VEG opt

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

**7 Japanese**

**NANOHANA**  
veg cafe & 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.

11:00-14:00  
Occasional holidays (Approx 2 days/month)  
https://nanohanadayori.amebaownd.com

ENG VGN

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

**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 / info@chikuyou.jp

ENG VEG opt GF

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

**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

ENG VEG opt

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

**6 Ethnic**

**GREEN'S BABY**  
グリーンス・ベイビー

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

ENG VGN opt VEG opt

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

**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 Monday, Tuesday, occasional holidays  
cafeoryzae.jp

ENG VEG

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



Izumo Taisha Grand Shrine



## 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.20 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.

## 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.21 9)



#### 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.

## 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.19 7)



### ZEN BURGER



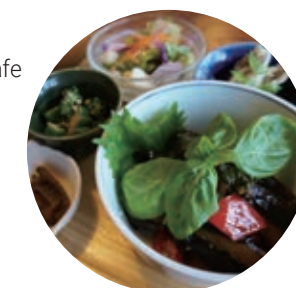
Whether you climb to the summit of **Mt Daisen**, or just enjoy exploring the temple grounds, Daisen village is a great place to escape the bustle of the lowlands for a while. Also, don't forget to try **Sanraku-so's** original vegan 'Zen Burger'.

#### 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.19 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)

<b>BEEF</b>  <b>牛肉</b> gyū-niku	<b>PORK</b>  <b>豚肉</b> buta-niku	<b>CHICKEN</b>  <b>鶏肉</b> tori-niku	<b>FISH</b>  <b>魚類 (經節など)</b> gyo-rui
<b>BEEF STOCK</b>  <b>牛出汁</b> gyū-dashi	<b>PORK STOCK</b>  <b>豚出汁</b> buta-dashi	<b>CHICKEN STOCK</b>  <b>鶏出汁</b> tori-dashi	<b>FISH STOCK</b>  <b>魚出汁</b> sakana-dashi
<b>SHELLFISH</b>  <b>貝 / 甲殻類</b> kai / kōkaku-rui	<b>EGG</b>  <b>卵</b> tamago	<b>MILK</b>  <b>牛乳</b> gyūnyū	<b>CHEESE</b>  <b>チーズ</b> chīzu
<b>BUTTER</b>  <b>バター</b> batā	<b>REFINED SUGAR</b>  <b>白砂糖</b> shiro-zatō	<b>HONEY</b>  <b>蜂蜜</b> hachimitsu	<b>SOY</b>  <b>大豆</b> daizu
<b>PEANUTS</b>  <b>ピーナッツ</b> pinattsu	<b>NUTS</b>  <b>ナッツ</b> nattsu	<b>GLUTEN</b>  <b>グルテン</b> guruten	<b>ALCOHOL</b>  <b>アルコール</b> arukōru



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



Japan. Endless Discovery.