

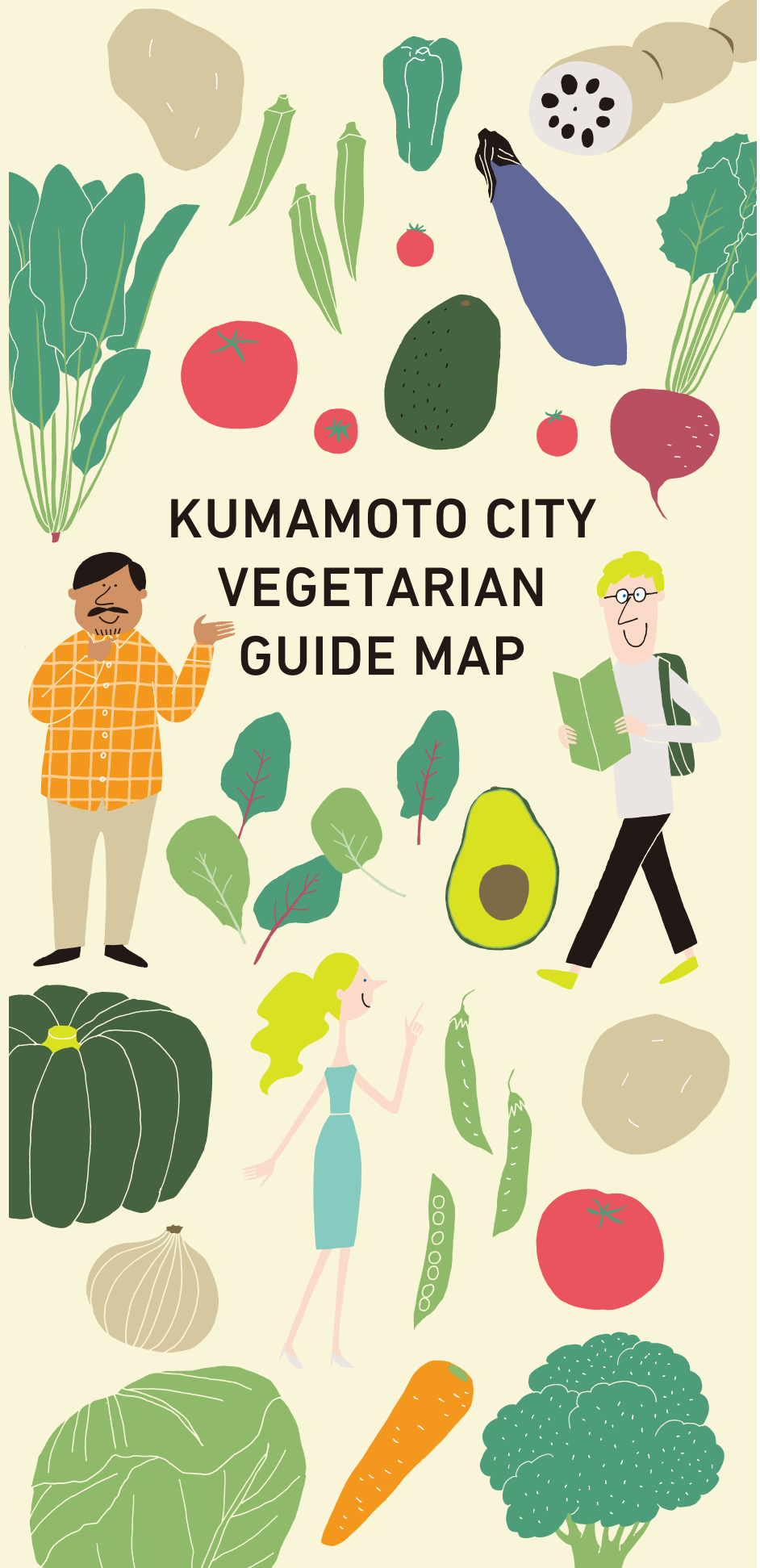


## IS THERE ANYTHING YOU CANNOT EAT?

食品確認表

|   |  |  |  |  |
|---|--|--|--|--|
| <br><b>Milk</b><br>乳          | <br><b>Eggs</b><br>卵            | <br><b>Honey</b><br>蜂蜜      | <br><b>Beef</b><br>牛肉               | <br><b>Pork</b><br>豚肉         |
| <br><b>Horse meat</b><br>馬肉   | <br><b>Mutton</b><br>羊肉         | <br><b>Chicken</b><br>鶏肉    | <br><b>Gelatin</b><br>ゼラチン          | <br><b>Fish</b><br>魚類         |
| <br><b>Shellfish</b><br>貝類    | <br><b>Eel</b><br>うなぎ           | <br><b>Octopus</b><br>たこ    | <br><b>Squid</b><br>いか              | <br><b>Shrimp</b><br>えび       |
| <br><b>Crab</b><br>かに        | <br><b>Raw food</b><br>生もの     | <br><b>Wheat</b><br>小麦     | <br><b>Buckwheat</b><br>そば         | <br><b>Sesame</b><br>ごま      |
| <br><b>Soy</b><br>大豆        | <br><b>Walnuts</b><br>くるみ     | <br><b>Peanuts</b><br>落花生 | <br><b>Cashew nuts</b><br>カシューナッツ | <br><b>Fruit</b><br>果物      |
| <br><b>Mushrooms</b><br>きのこ | <br><b>Matsutake</b><br>まつたけ  | <br><b>Yams</b><br>やまいも   | <br><b>Root vegetables</b><br>根菜  | <br><b>Alcohol</b><br>アルコール |
| <br><b>Leeks</b><br>ねぎ      | <br><b>Scallions</b><br>らっきょう | <br><b>Chives</b><br>にら   | <br><b>Onions</b><br>たまねぎ         | <br><b>Garlic</b><br>にんにく   |

Produced by Kumamoto City / Kumamoto University / Kumamoto DMC  
English by Kumamoto City International Affairs Section, corrections by Adastra Co.,Ltd.



## KUMAMOTO CITY VEGETARIAN GUIDE MAP

### SWEETS



**A Shiratamaya Shinzaburo**  
Sakura no Kouji Branch  
Shiratama Zenzai  
(sweet red bean soup with rice flour mochi) 500 YEN (+tax)  
1-1-2 Ninomaru, Chuo Ward, Kumamoto tel +81-96-288-5888  
hours Shop 9:00-19:00 Restaurant 10:30-18:30



**B Private Lodge cafe&diner**  
Soymilk & Rice Flour Pancakes 620 YEN (+tax)  
3-33, 2F, Kamibayashimachi, Chuo Ward, Kumamoto  
tel +81-96-323-3551 closed Contact us  
hours Mon-Fri 12:00-18:00 (Wed: close at 16:00)  
Sat, Sun & holiday 12:00-17:00



**C Purely Restaurant**  
Daily Cake Special 400 to 600 YEN (+tax)  
Add drink to meal +300 YEN (+tax)  
(if separate, drinks start at 500 yen+tax)  
15 Nakatoujinmachi, Chuo Ward, Kumamoto tel +81-96-323-1552  
closed Wednesday hours Lunch/11:30-14:00 Cafe/14:00-16:30





# RESTAURANT

- English menu
- Staff can speak English
- Accepts credit card
- Vegan options available
- Vegetarian options available
- Five pungent roots options available
- Gluten free options available

\*Prices are subject to change without notice.  
\*Accepts credit card types vary by restaurant.



**Vegetarian Lunch**  
(changes monthly) 1,300 YEN (+tax)  
Purely offers a different vegetarian lunch each month created around organic local vegetables and naturally grown rice (grown with zero fertilizers and pesticides). Miso soup can also be made vegan if reserved beforehand.

shop data

**Purely Restaurant**  
15 Nakatoujinmachi, Chuo Ward, Kumamoto  
tel +81-96-323-1552 closed Wednesday  
hours Lunch 11:30-14:30(LO 14:00)  
Cafe 14:00-17:00(LO 16:30)



**Vegetarian Meal** starting at 2,500 YEN (+tax)  
We'll ask you what kind of meal you would like, carefully select the day's finest ingredients, and prepare a custom meal just for you! Each meal comes with salad, soup, bread, pasta, main dish, and coffee.

shop data



**Piccolina**  
South Five Second Building 1F, 4-5 Minami-tsuboimachi, Chuo Ward, Kumamoto tel +81-96-356-4745  
closed Sunday and National holidays  
(We are open every Fri and Sat even if it is a national holiday)  
hours Lunch 11:30-14:00  
Dinner 18:00-21:00  
No lunch service on Fridays and Saturdays.



**Spring Rolls (2 rolls)** 600 YEN (+tax)  
Our spring rolls are a light snack of fresh shrimp and vegetables wrapped in rice paper. Enjoy authentic Vietnamese and Thai specialties in our restaurant's warm atmosphere. We can prepare a fully vegetarian meal (about 2500 yen) if you let us know beforehand.

shop data

**333 /Ba Ba Ba**  
Kusaba Mansion 1F, 4-5 Kusabacho, Chuo Ward, Kumamoto  
tel +81-96-327-9394 closed Monday  
hours Lunch Tue-Sun 11:30~14:00  
Dinner Tue-Thu,Sun 18:00-22:00(LO 21:30)  
Fri,Sat 18:00-23:00(LO 22:30)



**Shokado Bento Kinome** 2,000 YEN (+tax)  
We are experts in shojin ryori, a style of traditional Buddhist vegetarian cooking that does not use any animal-derived ingredients. Our dishes are made with plenty of tofu and vegetables and are sure to fill you up.

shop data

**Soshoku Tsune (草喰 常)**  
6-4 Minami-tsuboimachi, Chuo Ward, Kumamoto  
tel +81-96-353-0817 closed Contact us  
hours Lunch 11:30-13:00 Dinner 18:00-22:00  
Reservation required at least one day in advance for lunch



**Momoyama Meal** 3,200 YEN  
Healthy, local cuisine with lots of vegetables and tofu. We are quite flexible, so please let us know if there are any foods you cannot eat. Fully vegetarian meals are available if reserved in advance. Cash only.

shop data

**Suzunoya (鈴の家)**  
Ryukyuya Building 2F, 5-3 Anseimachi, Chuo Ward, Kumamoto tel +81-96-324-5717  
hours Sun-Thu 17:30-23:30(LO 21:30)  
(No dinner service on Mondays and Sundays except with reservation)



**Garden Tomato Spaghetti** 890 YEN  
**Garden Vegetable Bagna Càuda** 940 YEN  
Our signature dishes use vegetables picked in nearby Mashiki. We can substitute the bagna càuda sauce for a vegetable dipping sauce at your request. We are happy to accommodate any food preferences you may have. Gluten-free dishes available with reservation.

shop data

**Bistro La Repos**  
2-7-32 Shimotori, Chuo Ward, Kumamoto  
tel +81-96-326-2622 closed Contact us  
hours Sun-Thu 17:30-23:30(LO 23:00)  
Fri,Sat&the day before national holiday 17:30-25:00(LO 24:00)



**Vegetarian Meal**(requires a reservation at least one day in advance) 3,000 YEN (+tax)  
We offer meat- and fish-free meals made with soy meat alternatives. We can prepare vegan and vegetarian meals if you let us know at least one day in advance. We also have souvenirs for our guests from overseas!

shop data

**Sharaku (写楽)**  
2-8 Shinshigai, Chuo Ward, Kumamoto  
tel +81-96-311-5050  
closed Monday (if Monday is a holiday, we will be open Monday and closed the following day)  
hours Tue-Thu,Sun 16:00-23:30(LO23:00)  
Sat, the day before national holiday 16:00-24:00(LO 23:30)



**Vegetarian (Soshoku) Course**  
(Only After 5:30 PM) 3,000 YEN  
We offer Chinese teas, Chinese home cooking, and dishes and desserts based on the principals of Chinese medicine. The vegetarian course shown does not use any animal-derived ingredients, but reservations are required by 1PM on the day of your visit. We can also prepare meals without eggs, garlic, and/or onions.

shop data

**Chinese Cafe Anding (安定小館)**  
Hori Building 2F, 5-57 Jotomachi, Chuo Ward, Kumamoto  
tel +81-96-356-3455  
closed Contact us  
hours Mon-Sat 11:30-23:00(LO 22:00)  
Sun 11:30-22:00(LO 21:00)



**Lunch Specials(Changes Daily)**  
Genmai brown rice + half-size pasta lunch w/ mini-dessert & drink 1,250YEN (+tax)  
We are a vegan restaurant with a focus on organic, Kumamoto-grown vegetables. We offer a Genmai Lunch that changes daily, as well as our ever-popular Veggie Burger. We also have gluten-free sweets, too. Reservations required beforehand for gluten-free lunch.

shop data

**Private Lodge cafe&diner**  
3-33, 2F, Kamibayashimachi, Chuo Ward, Kumamoto  
tel +81-96-323-3551 closed Contact us  
hours Mon-fri 12:00-19:00(LO 18:00)  
\*Wed closed at 17:00(LO 16:00)  
Sat,Sun&holiday 12:00-18:00(LO 17:00)



**Vegetarian Meal**(reservation required) 3,000 YEN (+tax)  
Our dishes are made with delicious Kyushu-grown ingredients. Our vegetarian meal requires a reservation one day in advance, but we offer a la carte vegetarian options even without reservations. Our menu changes with the seasons, so some dishes may be unavailable during certain times of year. We can also prepare vegan dishes by request, so feel free to ask!

shop data

**Kyushu Gochisouya Hanasaki (九州ご馳走家 花咲)**  
La Legenda Namikizaka 2F, 1-10 Minami-tsuboimachi, Chuo Ward, Kumamoto tel +81-96-288-0873  
closed Monday (if Monday is a holiday, we will be open Monday and closed the following day)  
hours Lunch 11:30-13:30  
Dinner 16:00-23:00 (LO 22:30)  
Reservation required at least one day in advance for lunch



**Veggie Curry** starting at 1,300 YEN (+tax)  
Come relax in our quaint restaurant nestled in the quiet countryside of Kumamoto. Our mild tomato and coconut veggie curry features home-grown black rice and handmade naan, and comes with a quinoa and vegetable mini-salad. We can also adjust the spice level of the curry to make it more suitable for children. Our menu changes regularly to take advantage of in-season vegetables.

shop data

**Kokopelli**  
592 Hirayama, Matsuomachi, Nishi Ward, Kumamoto  
tel +81-96-245-8187  
hours 11:00-17:00



**Vegetarian Curry of the Day** 780 YEN  
We get many local regular customers during lunchtime. Our vegan curry changes daily and is made to accentuate the natural flavors of the fresh vegetables we use. After your meal, we recommend our daily vegan-friendly dessert (contains no eggs/dairy, not available on some days) or a soy chai latte.

shop data

**Indo Shokudo (インド食堂)**  
5-12 Oe, Chuo Ward, Kumamoto tel +81-96-371-6528  
closed Wednesday, 2nd & 4th Tuesdays  
hours Lunch 11:30-14:30  
Dinner 17:30-19:30  
\*may close early if sold out



**Seasonal Vegetable Bagna Càuda** 1,380 YEN (+tax)  
We specialize in Italian cuisine made with local ingredients sourced directly from farms located throughout Kumamoto and Kyushu. Our restaurant attracts a young crowd as we offer a variety of tasty drink options. If you would like to substitute the bagna càuda sauce for something else or remove anything from a dish, please let your server know.

shop data

**Tutti**  
2-29 Anseimachi, Chuo Ward, Kumamoto  
tel +81-96-323-6068  
closed Wednesday  
hours 18:00-24:00(LO 23:30)



**Seasonal Vegetable Ohitashi** 500 YEN (+tax)  
Our ohitashi is made with fresh, seasonal vegetables, carefully boiled and lightly seasoned to perfection. Our convivial owner created this izakaya to reflect life in Kumamoto, and we are proud to offer local sake and seasonal vegetables to our customers. If there is anything you would like to change in a dish, we are happy to make adjustments.

shop data

**Shukou Fukuyama (酒肴フクヤマ)**  
2-24, Kusabacho, Chuo Ward, Kumamoto  
tel +81-96-354-2290  
closed Monday  
hours 17:00-24:00



**Taipien** 850 YEN (+tax)  
We are a Chinese restaurant loved by locals where you can enjoy a healthy meal in a chic atmosphere. Many of our dishes feature local vegetables and we are quite flexible with our recipes, so please let our staff know if you have any requests.

shop data

**JANG JANG GO**  
13-10 Second Site Building, Hanabatacho, Chuo Ward, Kumamoto tel +81-96-323-1121  
closed 12/31-1/1  
hours Mon-Sat, the day before national holiday 17:30-3:00(LO 2:00)  
Sun,Holiday 17:30-2:00(LO 1:00)

