

中  
野

English  
日本語

ナイトガイド

# Night

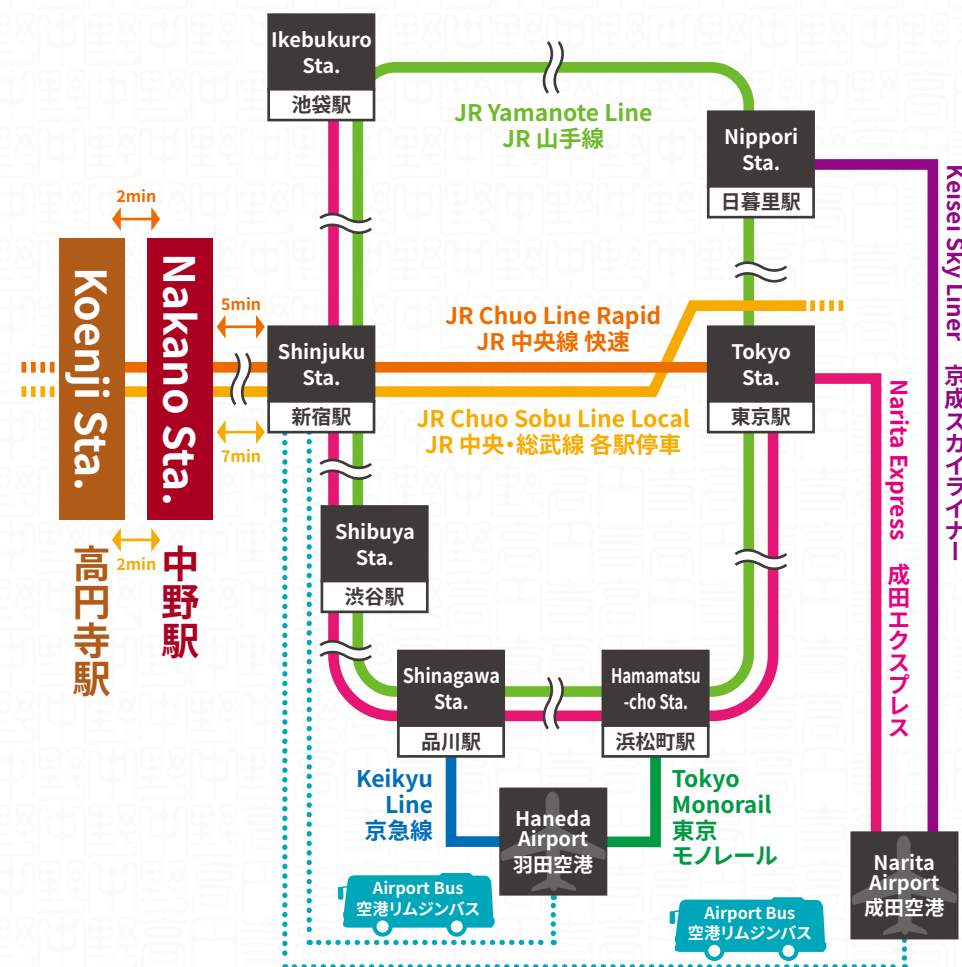
NAKANO X KOENJI

# Guide

高  
円  
寺

## Transportation system to Nakano and Koenji

### 中野 高円寺までの交通手段



#### JR Chuo Soubu Line Local / JR 中央・総武線 各駅停車

Other than when Nakano Station is the last stop, it will stop at every station.

終点が中野駅の場合を除き、すべての駅に停車します。

#### JR Chuo Line Rapid / JR 中央線 快速

The upbound and downbound JR Chuo Line (Rapid) will not stop at Koenji Station on Saturdays, Sundays, and holidays, so you will need to transfer at Shinjuku Station or Nakano Station.

土日・休日の中央線(快速)は下り・上りとも高円寺には停車しませんので、新宿駅または中野駅で乗換が必要です。

#### Keisei Sky Liner / 京成スカイライナー

In addition to a passenger ticket, a limited express ticket is also required.

乗車券 + 特急券が必要です。

#### Narita Express / 成田エクスプレス

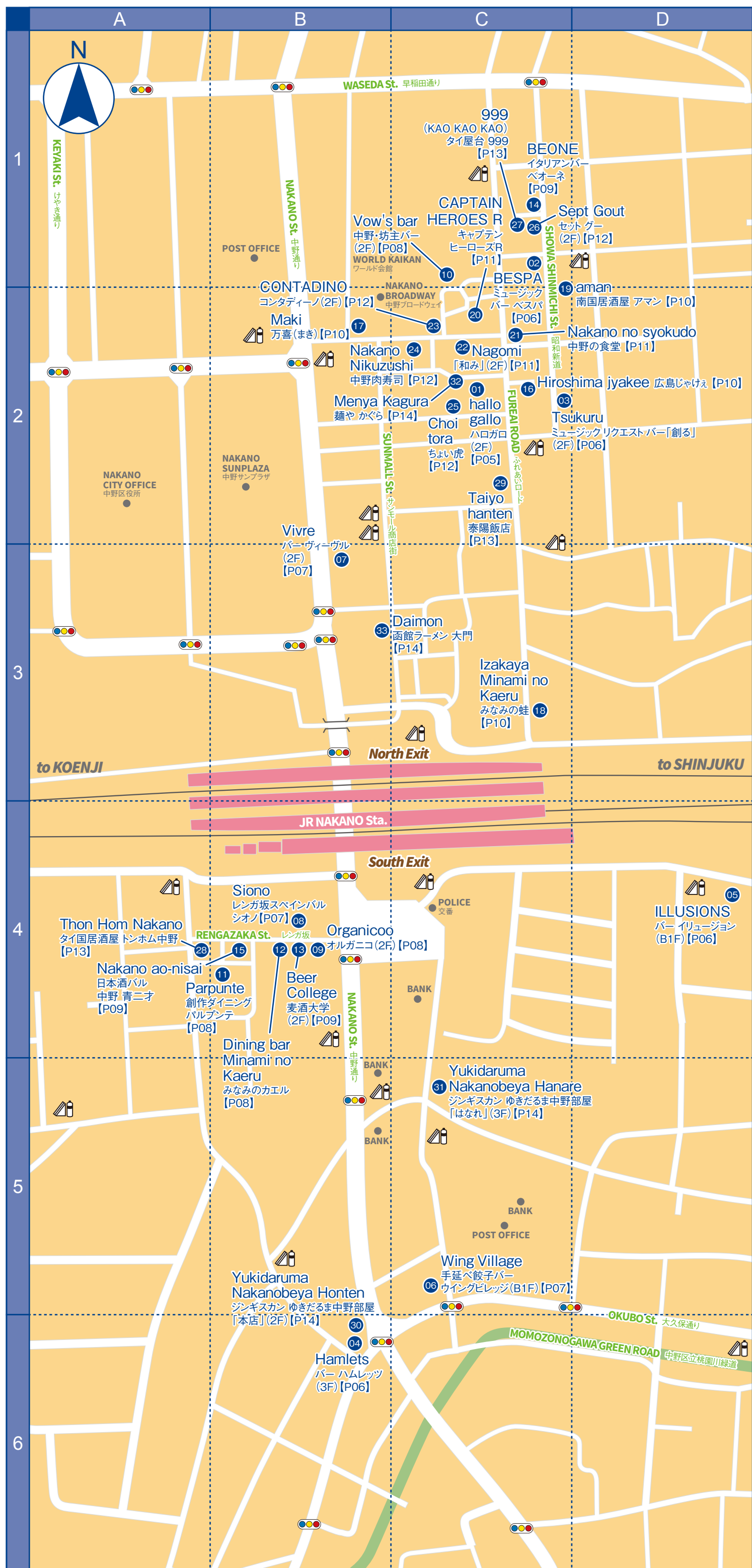
In addition to a passenger ticket, a limited express ticket or a green ticket is required.

※乗車券 + 特急券もしくはグリーン券が必要です。

# NAKANO NIGHT GUIDE



Convenience store  
(24 hour store)  
コンビニエンスストア







There has been an increase in the tendency for foreign tourists to visit Japan in recent years, and that is not an exception in the districts of Nakano or Koenji that run along the JR Chuo Line. It feels like more foreigners are seen every day in these districts perhaps due to them having excellent access to Shinjuku. This booklet was written so that those foreigners would learn about the delicious restaurants and fun night life in Nakano and Koenji, and in doing so completely immerse themselves in the charm of those districts. Naturally, that does not change the fact that the numerous restaurants in this guidebook are also appealing to someone who is Japanese. Use this booklet as a guidebook that will allow you to find a restaurant you have never gone to before so you can enjoy yourself there.

ここ数年、日本を訪れる外国人観光客は増加傾向にあります。それは中央線「中野」「高円寺」も例外ではなく、新宿へのアクセスの良さも手伝ってか、街に行く外国人の数は日に日に増えているように感じます。そんな外国人観光客に、「中野」「高円寺」の飲食店の美味しさ、夜の楽しさを知ってもらい、その魅力にどっぷりと浸かってもらうためにこの冊子を作りました。もちろん、掲載されているそれぞれの店舗は、日本人にとっても魅力的である事に変わりはありません。新たな飲食店を開拓するためのガイドブックとしてご利用下さい。

Transportation system to Nakano and Koenji

Inside  
front cover

Nakano Night Guide Map

P01-P02

About this booklet

P03

Information on restaurants in Nakano

P05-P14

Information on restaurants in Koenji

P15-P24

Koenji Night Guide Map

P25-P26

•So as to enjoy Izakaya in Japan

•Helpful Japanese phrases when at a restaurant

inside  
back cover

## C o n t e n t s



中野・高円寺までの交通手段

表紙中面

中野ナイトガイドマップ

P01-P02

この冊子について

P03

中野 飲食店ガイド

P05-P14

高円寺 飲食店ガイド

P15-P24

高円寺ナイトガイドマップ

P25-P26

•日本の居酒屋の楽しみ方

•飲食店で役に立つ日本語のフレーズ集

裏表紙中面

# 中野 NAKANO

Nakano is a "mecca of subculture" for things such as anime and manga. Meanwhile, it is also a district with a large variety of restaurants. All of the restaurants introduced here are skilled enough to be called a "sanctuary for alcohol and food".

マンガ・アニメなどを始めとする「サブカルチャーの聖地」とされる一方で、多様な飲食店が軒を連ねる街、中野。ここで紹介する店舗は、どこも「酒の聖地・食の聖地」と言うべき実力派揃い。

## 01 Bar, Vegan food

### hallogallo ハロガロ



Delicious vegan food and drinks served in a super cozy atmosphere with carefully selected music and decor. You're sure to become a regular.

とても居心地が良い雰囲気の中、美味しいヴィーガンフードとドリンク、そして音楽を楽しめます。行きつけの場所にしたいお店です。

2F, 5-56-15, Nakano, Nakano-ku  
☎ 03-3389-1833  
■ OPEN / Tue.-Sat. / 7:00pm-2:00am Sun. / 5:00pm-11:00pm  
■ CLOSED / Mon.  
■ Cost(Average) / Around 2,000YEN  
■ Cover charge, Otoshi(An appetizer) / —

■ WEB / [www.hallogallotokyo.com](http://www.hallogallotokyo.com)  
■ Facebook / <https://www.facebook.com/hallogallotokyo/>  
■ Twitter / <https://twitter.com/hallogallotokyo>  
■ Instagram / <https://www.instagram.com/hallogallotokyo>

\*Vaping allowed. ※ペイプ・加熱式たばこは可。



## 02 Bar

### music bar BESPA ミュージックバー ベスパ



Nakano's music bar BESPA offers acoustic live performances and DJ events. Visit to get excited by the music, delicious alcohol and endless conversations.

中野のmusic bar BESPA! アコースティックライブ・DJイベント等を開催しています。みんなで音楽・酒・会話が盛り上がりましょう。

1F, 5-54-8, Nakano, Nakano-ku  
☎ 080-1041-1915  
■ OPEN / 7:00pm-2:00am  
■ CLOSED / Irregular holidays  
■ Cost(Average) / Around 2,000YEN  
■ Cover charge, Otoshi(An appetizer) / 500YEN  
■ Facebook / <https://www.facebook.com/Music-bar-BESPA-1852024775059376/>  
■ Twitter / [https://twitter.com/music\\_bar\\_BESPA](https://twitter.com/music_bar_BESPA)  
■ Instagram / <https://www.instagram.com/musicbarbespa/>



## 04 Bar

### Bar Hamlets バー ハムレッツ



A bar with a beautiful night view in a homely atmosphere. It also hosts fun events such as stand-up comedy shows. Details on the events are posted on social media.

アットホームな空間と夜景がきれいなバーです。参加自由のスタンドアップコメディなど、イベントも行います。イベントの詳細はSNSに掲載しています。

301, 3F, SN Cross Bldg, 3-33-20, Nakano, Nakano-ku  
■ OPEN / 7:00pm-3:00am  
■ CLOSED / Sun.  
■ Cost(Average) / Around 2,000YEN  
■ Cover charge, Otoshi(An appetizer) / —  
■ Facebook / <https://www.facebook.com/barhamlets>  
■ Twitter / <https://twitter.com/barhamlets>  
■ Instagram / <https://www.instagram.com/barhamlets>



## 03 Bar

### Music request bar Tsukuru ミュージックリクエストバー「創る」



From memorable songs to the latest hits, the bar plays your favorite songs and videos on their huge, 80-inch large screen. The shop also has karaoke for your enjoyment.

思い出の曲から最新曲まで「あなた」の好きな曲と映像を80インチ大型スクリーンで流します。カラオケも楽しめるお店です。

2F, Sanwa Bldg, 5-46-4, Nakano, Nakano-ku  
☎ 03-3387-5538  
■ OPEN / Mon.-Sat. / 7:00pm-5:00am  
Sun. & Holidays / 6:00pm-11:30pm  
■ CLOSED / The 1st Monday of every month  
■ Cost(Average) / Around 3,000YEN  
■ Cover charge, Otoshi(An appetizer) / 500YEN  
■ Facebook / <https://www.facebook.com/tsukuru.musicbar.3>  
■ Twitter / [https://mobile.twitter.com/bar\\_request](https://mobile.twitter.com/bar_request)



\*Payments can be made using PayPal. ※PayPay 決済可

## 05 Bar

### Bar ILLUSIONS バー イリュージョン



A bar that is especially particular about cocktails. Their Naporitan (ketchup-based spaghetti), which won the "Nakano Ippin Grand Prix," is a must-try.

カクテルにこだわっているBar。中野逸品グランプリを受賞した「イリュージョンのナポリタン」が名物です。

B1F, Iio Bldg, 2-12-11, Nakano, Nakano-ku  
☎ 03-3384-7598  
■ OPEN / Mon.-Sat. / 6:00pm-3:00am  
Sun. / 6:00pm-2:00am  
■ CLOSED / —  
■ Cost(Average) / Around 3,000YEN  
■ Cover charge, Otoshi(An appetizer) / 500YEN  
■ WEB / <http://illusions2004.com/>  
■ Facebook / <https://www.facebook.com/Bar-イリュージョン-118459441602493/>  
■ Twitter / <https://mobile.twitter.com/illusions2004>





06 Bar

## Hand-stretched gyoza bar Wing Village

手延べ餃子バー ウイングビレッジ



While being a bar with a calm atmosphere situated in the basement, the restaurant offers authentic cuisine including its special hand-stretched gyoza dumplings.

地下の落ち着いた雰囲気のあるバーでありながら、こだわりの手延べ餃子をはじめとした本格的な料理を楽しめるお店です。

B1F, Nakano JM Bldg, 2-28-1, Nakano, Nakano-ku

☎ 03-6382-8022

■ OPEN / 5:00pm-12:00am(midnight)(L.O. 11:00pm)

■ CLOSED / Wed.

■ Cost(Average) / Around 4,000YEN

■ Cover charge, Otoshi(An appetizer) / 500YEN

■ WEB / <http://wingvillage.holy.jp/>

■ Twitter / [https://mobile.twitter.com/wing\\_village](https://mobile.twitter.com/wing_village)

■ Instagram / [https://www.instagram.com/wing\\_village](https://www.instagram.com/wing_village)



Until 31 March 2020 From 1 April 2020

07 Bar

## Bar Vivre

バー ヴィヴル



A bar with a relaxed atmosphere featuring antique furniture from the 1900s. Their Chandler Gimlet is an exquisite specialty.

1900年代のアンティーク家具に囲まれた、落ち着いた雰囲気のBARです。チャンドラーのギムレットが名物です。

2F, Wakou Bldg, 5-65-4, Nakano, Nakano-ku

☎ 03-5942-5897

■ OPEN / Mon.-Sat. / 7:00pm-2:00am

Sun. / 7:00pm-1:00am

■ CLOSED / —

■ Cost(Average) / Around 3,000YEN

■ Cover charge, Otoshi(An appetizer) / 500YEN

■ WEB / <https://bar-navi.suntory.co.jp/shop/S000007841/>

■ Facebook / <https://www.facebook.com/Bar-Vivre-バーヴィヴル-25246662310831/>

Bar-Vivre-バーヴィヴル-25246662310831/



Until 31 March 2020 From 1 April 2020

08 Spanish bar

## Rengazaka St. Spanish bar Siono

レンガ坂スペインバル シオノ



A Spanish bar on the Rengazaka street nearby Nakano Station South Exit. The bar plays Spanish cante to create a relaxing Spanish bar-like atmosphere. So please feel free visit to the bar.

中野駅南口レンガ坂にあるスペインバル。店内にはカンテが流れ、心地良いバルの雰囲気を満喫できます。スペインを味わいこふらりと立ち寄ってください。

1F, 3-36-3, Nakano, Nakano-ku

☎ 03-3381-5178

■ OPEN / Mon.-Thu. / 5:00pm-12:00am(midnight)(L.O. 11:00pm)

Fri. & Sat. / 5:00pm-12:00am(midnight)(L.O. 11:30pm)

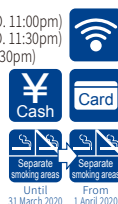
Sun. & Holidays / 5:00pm-11:00pm(L.O. 10:30pm)

■ CLOSED / Irregular holidays

■ Cost(Average) / Around 3,500YEN

■ Cover charge, Otoshi(An appetizer) / 350YEN

■ WEB / <https://siono-nakano.jimdo.com>



Until 31 March 2020 From 1 April 2020

\*Smoking only on terrace seats. ※テラス席は喫煙可。

09 Bar, Western cuisine

## Organicoo

オルガニコ



2 minutes on foot from Nakano Station South Exit! There are various dishes such as organic wine from various countries and tapas, raw oysters, and dishes made with vegetables directly sourced from their production area! Do try their oyster gratin, which was also shown on TV.

中野駅南口徒歩2分!世界のオーガニックワインとタパスのお店!生ガキや直送野菜が沢山!テレビで紹介された牡蠣グラタンを是非。

2F, Senno Bldg, 3-34-24, Nakano, Nakano-ku

☎ 03-6382-8216

■ OPEN / Mon.-Fri. / 11:00am-3:00pm(L.O. 2:00pm)

6:00pm-1:00am(L.O. 12:00am(midnight))

Sat. & Sun. / 3:00pm-1:00am(L.O. 12:00am(midnight))

■ CLOSED / —

■ Cost(Average) / Around 4,000YEN

■ Cover charge, Otoshi(An appetizer) / 400YEN

■ Facebook / <https://www.facebook.com/Organicoo>

■ Instagram / [https://www.instagram.com/tadashi\\_miyasaka](https://www.instagram.com/tadashi_miyasaka)



Until 31 March 2020 From 1 April 2020

11 Dining bar

## Creative cuisine Parpunte

創作ダイニング パルプンテ



Baked cheese risotto  
焼きチーズリゾット  
1,200yen(includes tax)

An absolute gem of a diner hidden in the back alley. We recommend their baked cheese risotto, that is beyond addicting! Their Chicken Nanban (fried chicken with vinegar and tartar sauce) is also a very popular dish!

裏路地に付も隠れた家のダイニング。一度食べたらやみつきになる自慢の焼きチーズリゾットがおすすめ!チキン南蛮も大人気!

1F, Yamahira Bldg, 3-35-5, Nakano, Nakano-ku

☎ 03-6336-8313

■ OPEN / 5:00pm-3:00am

■ CLOSED / Tue.

■ Cost(Average) / Around 3,000YEN

■ Cover charge, Otoshi(An appetizer) / —

■ Facebook / <https://www.facebook.com/parpunte>

■ Instagram / <https://www.instagram.com/parpunte.yukito/>



Until 31 March 2020 From 1 April 2020

10 Concept bar

## Nakano Vow's bar

中野・坊主バー



A Buddhist-themed bar open as a "Midnight Life Consultation Center" and "A place where you can relax." Drop by to enjoy their original cocktails such as "Gokuraku-Jodo" and "Shikisoku-Zeku"!

「真夜中の駆け込み寺」「心の脱衣所」として営業中の、仏教をコンセプトにしたバーです。「極楽浄土」「色即是空」などのオリジナルカクテルを是非どうぞ!

2F, World kaikan, 5-55-6, Nakano, Nakano-ku

☎ 03-3385-5530

■ OPEN / Mon.-Sat. / 6:00pm-L.O. 2:30am

Sun. & Holidays / 6:00pm-L.O. 12:30am

■ CLOSED / New Year's & Irregular holidays

■ Cost(Average) / Around 2,500YEN

■ Cover charge, Otoshi(An appetizer) / 1,000YEN



Until 31 March 2020 From 1 April 2020

12 Dining bar

## Minami no Kaeru

みなみのカエル



From fresh Guinness draft beer from the barrel to original cocktails, the bar has a wide range of drinks you need to try. It is a bar where you can relax. Pay a visit to enjoy its popular frog-themed sour drink, as well as its delicate meat dishes.

ギネスビール樽生、オリジナルカクテル等、ドリンクメニューが豊富。人気のカエルサワーやお肉プレートほっこり空間どうぞ。

3-34-23, Nakano, Nakano-ku

☎ 03-6753-7771

■ OPEN / 6:00pm-12:00am(midnight)(L.O. 11:30pm)

■ CLOSED / Sun.

■ Cost(Average) / Around 3,000YEN

■ Cover charge, Otoshi(An appetizer) / 300YEN



Until 31 March 2020 From 1 April 2020

13 Beer bar

## Beer College

麦酒大学



A beer bar that can change the taste of its beer simply by changing the way it is poured into the glass. You can learn entirely new ways to enjoy beer here.

1種類のビールの味わいを、注ぎ方だけで変える「注ぎ分け」のお店。今までに経験したことがないビールの楽しみ方がここにあります。

2F, Tsuji Bldg, 3-34-23, Nakano, Nakano-ku

☎ 03-4292-8571

■ OPEN / 6:00pm-12:00am(midnight)

■ CLOSED / Sun.

■ Cost(Average) / Around 3,000YEN

■ Minimum charge / 1,000YEN

■ Facebook / <https://www.facebook.com/beer.college.nakano/>

■ Twitter / [https://twitter.com/beer\\_college](https://twitter.com/beer_college)

■ Instagram / <https://instagram.com/beercollege/>

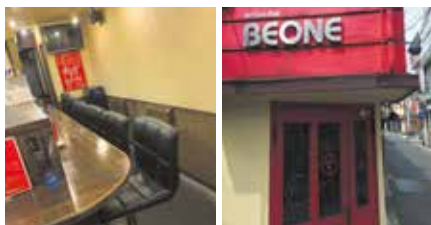


Until 31 March 2020 From 1 April 2020

14 Italian bar

## Italian bar BEONE

イタリアンバー ペオネ



A fun and casual bar with a focus on tasty Italian cuisine! Please come for some serious fun and return home happy and full!

イタリア料理中心のお店ですが、本当にお気軽に楽しいお店です!是非遊びに来て、幸せになって帰ってください。

5-53-9, Nakano, Nakano-ku

☎ 03-6676-9875

■ OPEN / 6:00pm-12:00am(midnight)

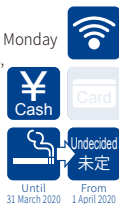
■ CLOSED / Sun.(when Saturday, Sunday and Monday are three consecutive holidays, the store is open on Sunday but closed on Monday.)

(土日月の3連休の場合は日曜営業、月曜店休日)

■ Cost(Average) / Around 2,500YEN

■ Cover charge, Otoshi(An appetizer) / —

■ Instagram / <https://instagram.com/beone666>



Until 31 March 2020 From 1 April 2020

15 Izakaya

## Sake bar Nakano ao-nisai

日本酒バル 中野 青二サ



An Izakaya makes creative Japanese cuisine that perfectly matches exquisite Japanese sake. Choose from 24 kinds of sake, whose variety changes daily.

日本酒に合う創作和食を提供しております。日替わりの日本酒を24種類楽しめます。

1F, Matsui Bldg, 3-35-7, Nakano, Nakano-ku

☎ 03-5340-1231

■ OPEN / 5:00pm-1:00am

■ CLOSED / Irregular holidays

■ Cost(Average) / Around 3,500-4,000YEN

■ Cover charge, Otoshi(An appetizer) / 300YEN



Until 31 March 2020 From 1 April 2020

\*Payments can be made using PayPay, LINE Pay, au PAY & EPOS Pay.  
※PayPay, LINE Pay, au PAY, EPOS Pay 決済可

16 Izakaya

## Hiroshima jyakee

広島じゃけえ



An Izakaya where you can enjoy large fresh oysters brought in directly from Hiroshima all year round! There are also many other dishes such as Hiroshima wine, Japanese sake, Hiroshima beef, and other local gourmet foods.

広島直送の大粒(4L)生牡蠣が一年中味わえるお店!他にも広島ワイン、日本酒、広島牛、ご当地グルメなどを幅広くご用意しています。

1F(far side), Nagashima Bldg, 5-57-4, Nakano, Nakano-ku

☎ 03-6454-0321

■ OPEN / 5:30pm-12:30am

■ CLOSED / Tue.

■ Cost(Average) / Around 3,000YEN

■ Cover charge, Otoshi(An appetizer) / 400YEN

■ Instagram / <https://www.instagram.com/hiroshimajyakee>



Until 31 March 2020 From 1 April 2020

18 Izakaya

## Minami no Kaeru

みなみの蛙



An Izakaya where you can enjoy creative cuisine made using seasonal ingredients, along with delicate sake.

季節の食材を使った創作料理を、選りすぐりの日本酒と共に気軽に楽しめるお店です。

5-32-11, Nakano, Nakano-ku

☎ 03-6753-1987

■ OPEN / 6:00pm-12:00am(midnight)(L.O. 11:30pm)

■ CLOSED / Sun.

■ Cost(Average) / Around 4,000YEN

■ Cover charge, Otoshi(An appetizer) / 300YEN



Until 31 March 2020 From 1 April 2020

17 Izakaya

## Maki

万喜(まき)



No. 1-ranked pub among yakitori restaurants in Nakano! The grilled liver and the rich, melted texture of the tripe are especially famous here.

中野焼鳥ランキング1位のお店!元祖アミレバーと、とろけるシロココロがおすすめです。

5-52-4, Nakano, Nakano-ku

☎ 03-3386-2808

■ OPEN / 6:00pm-12:00am(midnight)

■ CLOSED / Irregular holidays

■ Cost(Average) / Around 2,500YEN

■ Cover charge, Otoshi(An appetizer) / 250YEN

■ Facebook / <https://www.facebook.com/pages/万喜-居酒屋/124441027607165>

■ Twitter / [https://twitter.com/izakaya\\_maki](https://twitter.com/izakaya_maki)

■ Instagram / [https://www.instagram.com/izakaya\\_maki/](https://www.instagram.com/izakaya_maki/)



Until 31 March 2020 From 1 April 2020

19 Izakaya

## Nangoku Izakaya aman

南国居酒屋 アマン



Offers a wide variety of liquors and dishes. We especially recommend their sour drink made with Japanese citrus fruit! The restaurant also has many foreign regulars. Thanks to everyone, it has just celebrated its 10th anniversary.

様々なお酒、お料理をご用意しています。おススメはシークワーサーソーワ!外国人の常連さんもたくさん来店されます。おかげさまで10周年を迎えました。

5-47-5, Nakano, Nakano-ku

☎ 080-1041-1915

■ OPEN / 6:00pm-2:00am

■ CLOSED / —

■ Cost(Average) / Around 1,000YEN

■ Cover charge, Otoshi(An appetizer) / —



Until 31 March 2020 From 1 April 2020



20 Izakaya

## CAPTAIN HEROES R

キャプテンヒーローズR



The comic book hero-themed spot is the flashiest restaurant in Nakano! The owner makes delicious Thai and Japanese dishes.

アメコミと言ったらここ! マスターがおいしいタイ料理や日本食をつくってくれます。中野で一番派手なお店です。

5-55-10, Nakano, Nakano-ku

☎ 03-5942-9887

■ OPEN / 5:00pm-Late at night

■ CLOSED / Irregular holidays

■ Cost(Average) / Around 3,000YEN

■ Cover charge, Otoshi(An appetizer) / 500YEN

■ Twitter / <https://twitter.com/CaptainHeroesR>

■ Instagram / [https://www.instagram.com/captain\\_heroes\\_r](https://www.instagram.com/captain_heroes_r)



Until 31 March 2020 From 1 April 2020

21 Izakaya, French cuisine, Italian cuisine

## Nakano no syokudo

中野の食堂



Today's meat dishes  
日替わり本日の肉料理  
2,500yen(+tax)

Today's pasta  
日替わり本日のパスタ  
1,400yen(+tax)

"The interior of this izakaya is inspired by Studio Ghibli and so on. Expect to find otoshi(An appetizer), as well as Italian and French dishes."

スタジオジブリや日本のアニメーションをモチーフにしたお店です。お通しに駄菓子をご提供。お料理はイタリアン、フレンチを扱っています。

5-54-3, Nakano, Nakano-ku

☎ 03-5942-1299

■ OPEN / 5:00pm-Late at night

■ CLOSED / Irregular holidays

■ Cost(Average) / Around 3,000YEN

■ Cover charge, Otoshi(An appetizer) / 500YEN

■ Twitter / <https://twitter.com/nakanonoshokudo>

■ Instagram / <https://www.instagram.com/nakanonoshokudo>



Until 31 March 2020 From 1 April 2020

22 Izakaya, Washoku

## Nagomi

おでんといわな骨酒「和み」



Nagomi is a tiny izakaya with a homely vibe. Try the oden(A traditional Japanese stew packed with a variety of ingredients.) Popular toppings include soft-boiled eggs and sukiyaki meat wrapped in deep-fried tofu. Hot sake with seared char bone is also a hit with customers.

小さくてアットホームなお店です。おすすめおでんは半熟卵とすき焼き肴。炙った岩魚に熱燗を注いだ「いわな骨酒」も人気です。

2F, 5-56-12, Nakano, Nakano-ku

☎ 03-6325-5810

■ OPEN / 7:00pm-12:00am(midnight)

■ CLOSED / Sat. & Sun. & Holidays

■ Cost(Average) / Around 2,500YEN

■ Cover charge, Otoshi(An appetizer) / 500YEN

■ WEB / <https://www.hotpepper.jp/str/J001222980/>

■ Facebook / <https://www.facebook.com/NAGOMI2NAKANO>

■ Twitter / <https://mobile.twitter.com/ivschemP5djjWWA>

■ Instagram / [https://www.instagram.com/odentoiwanakotsusyu\\_nagomi](https://www.instagram.com/odentoiwanakotsusyu_nagomi)



Until 31 March 2020 From 1 April 2020

\*Payments can be made using PayPay & au PAY. ※PayPay, au PAY 決済可

23 Izakaya, Lamb yakiniku

## CONTADINO

コンタディーノ



This restaurant specializes in lamb. The meat is cooked on processed-lava plates. They receive supplies of Shinshu Suffolk, a black-haired Japanese lamb, once a month.

ラム肉専門店。溶岩プレートで召し上がって頂くスタイルです。主に国産信州サフォーク(黒毛和羊)を月に1度入荷しています。

2F, 5-55-17, Nakano, Nakano-ku

☎ 03-3228-6411

■ OPEN / 6:00pm-12:00am(midnight)

■ CLOSED / Mon.

■ Cost(Average) / Around 4,000YEN

■ Cover charge, Otoshi(An appetizer) / 350YEN

■ Instagram / <https://www.instagram.com/contadino2012/>



Until 31 March 2020 From 1 April 2020

25 Standing bar, Izakaya, Washoku

## Choi tora

ちよい虎



This spot is a great place to try delectable fish and sake. They have over 50 kinds sake. They have plenty of dishes even solo diners can enjoy, such as two slices of sashimi for 150 yen.

美味しい魚と日本酒がウリで、常時50種類のお酒を揃えています。2切れ150円のお刺身など、お一人様仕様のメニューが沢山あります。

1F, Tanihiro Bldg, 5-56-2, Nakano, Nakano-ku

☎ 03-5942-6652

■ OPEN / Mon.-Fri. / 5:00pm-12:00am(midnight)

Sat. & Sun. & Holidays / 2:00pm-12:00am(midnight)

■ CLOSED / Tue.

■ Cost(Average) / Around 2,500YEN

■ Cover charge, Otoshi(An appetizer) / —

■ Twitter / <https://mobile.twitter.com/choitora0915>

■ Instagram / <https://www.instagram.com/choitora0915>



Until 31 March 2020 From 1 April 2020

24 Izakaya, Meat-sushi

## Nakano Nikuzushi

中野肉寿司



Here you can try sushi made with meat instead of fish. They offer a variety of carefully-prepared meats, including horse, beef, chicken, and foie gras. It's the perfect place to savor the taste of meat-sushi.

お肉をネタに握ります! 桜肉を中心に牛肉、鶏肉、フォアグラなど様々なお肉を丁寧に調理してご提供します。「肉」寿司の味を是非ご堪能ください。

1F, Murai Bldg, 5-56-10, Nakano, Nakano-ku

☎ 03-3228-2199

■ OPEN / Mon.-Fri. / 3:00pm-1:00am

Sat. & Sun. & Holidays / 12:00pm(12:00)-1:00am

■ CLOSED / —

■ Cost(Average) / Around 3,000YEN

■ Cover charge, Otoshi(An appetizer) / 200YEN

■ WEB / <https://nikusushi.ne.jp/shoplist/nakano/>

■ Facebook / <https://www.facebook.com/nakano.nikusushi/>

■ Instagram / [https://www.instagram.com/nakano\\_nikusushi/](https://www.instagram.com/nakano_nikusushi/)



Until 31 March 2020 From 1 April 2020

26 Bistro

## Sept Gout

セツグー



Lamb stew with couscous  
チキンのスープ  
830yen (includes tax)

Grilled lamb chop (1 piece)  
ラムチャップのグリル(1本)  
550yen (includes tax)

Sept Gout is an izakaya with a casual vibe and a focus on wine. Here you can try couscous and bistro dishes. They even have a rooftop terrace and barbecue-beer garden. \*reservations required for barbecues.

クスクスとビストロ料理のお店。気軽に使えるワイン居酒屋です。屋上テラスあり。BBQビアガーデンもできます。※BBQは予約制。

2F, New Road Nakano, 5-53-10, Nakano, Nakano-ku

☎ 03-6454-0020

■ OPEN / Mon. & Wed.-Fri. / 12:00pm(12:00)-1:30pm

6:00pm-12:00am(midnight)

Sat. & Sun. / 5:00pm-12:00am(midnight)

■ CLOSED / Tue.

■ Cost(Average) / Around 3,000YEN

■ Cover charge, Otoshi(An appetizer) / 100YEN

■ Facebook / <https://www.facebook.com/JuJiUuShiTangsetto/>



Until 31 March 2020 From 1 April 2020

\*Payments can be made using PayPay. ※PayPay 決済可



27 Thai cuisine, Izakaya



Thailand food stall 999 (KAO KAO KAO)

タイ屋台 999 (カオカオカオ)



This spot is inspired by Thai food stalls. You can enjoy authentic Thai cuisine made by Michelin Bib Gourmand-chef OENCHAI.

「ミシュラン ビブグルマン シェフ OENCHAI」を迎え、タイ屋台を彷彿とさせるお店で本格的な味を召し上がれます。

5-53-10, Nakano, Nakano-ku  
☎ 03-3386-0383  
■ OPEN / Mon.-Fri. / 11:30am-2:00pm  
5:30pm-12:00am(midnight)  
Sat. & Sun. & Holidays / 12:00pm(noon)-3:00pm  
5:00pm-12:00am(midnight)  
■ CLOSED / —  
■ Cost(Average) / Around 3,500YEN  
■ Cover charge, Otoshi(An appetizer) / 300YEN  
■ WEB / <https://www.thailand999.com>  
■ Facebook / <https://www.facebook.com/thaiyatai999>



28 Thai cuisine, Izakaya



Thon Hom Nakano

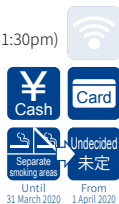
タイ居酒屋 トンホーム中野



This cozy Thai eatery is inspired by food stalls in the northern district of Thailand, Isaan. Try some of their traditional and authentic Thai dishes.

タイの東北地方(イサーン)の屋台をイメージしたアットホームな空間です。ぜひ伝統的なタイ料理を味わってみてください。

3-35-6, Nakano, Nakano-ku  
☎ 03-3383-3595  
■ OPEN / 11:00am-3:00pm(L.O. 2:30pm)  
5:00pm-12:00am(midnight)(L.O. 11:30pm)  
■ CLOSED / —  
■ Cost(Average) / Around 3,000YEN  
■ Cover charge, Otoshi(An appetizer) / —  
■ WEB / <https://thonhom.web.fc2.com/>



29 Chinese cuisine, Izakaya



Taiyo hanten

泰陽飯店



This long-standing and affordable Chinese restaurant is just two minutes from Nakano Station. Some celebrities visit the restaurant! They have an all-can-eat-and-drink plan for 2,980 yen. If you're visiting with a group, you can rent out the whole place. In addition, You can watch TV at this restaurant.

中野駅徒歩2分。リーズナブルな価格で楽しめる、有名人が多数来店する老舗中華料理店! 食べ飲み放題2,980円。団体様貸切OK!TV有り。

1F, Kousan Bldg, 5-59-1, Nakano, Nakano-ku  
☎ 03-5942-4462  
■ OPEN / 11:00am-12:30am  
■ CLOSED / —  
■ Cost(Average) / Around 1,000YEN  
■ Cover charge, Otoshi(An appetizer) / —



\*Payments can be made using PayPal. ※PayPay 決済可

30 Jingisukan(Lamb barbecue)



Yukidaruma Nakanobeya Honten

ジンギスカン ゆきだるま中野部屋「本店」



The lamb served here is loved by a former sumo wrestler with epicurean tastes. With the hope for more people to sample their delicious fare, the staff here continues to work with joy and gratitude.

グルメな元幕内力士が惚れ込んだお肉で、ジンギスカンのイメージが変わります!より多くの方にその感動を、という気持ちで営業中です。感謝!

2F, Gosaro Bldg, 3-30-20, Nakano, Nakano-ku  
☎ 03-3380-8321  
■ OPEN / Mon.-Fri. / 5:00pm-12:00am(midnight)  
Sat. & Sun. & Holidays / 4:00pm-12:00am(midnight)  
■ CLOSED / —  
■ Cost(Average) / Around 4,000YEN  
■ Cover charge, Otoshi(An appetizer) / —  
■ WEB / <http://nakano.kita-yukidaruma.com>  
■ Facebook / <https://www.facebook.com/ジンギスカン-ゆきだるま中野部屋-1466818233621386/>  
■ Instagram / [https://www.instagram.com/yukidaruma\\_oyakata](https://www.instagram.com/yukidaruma_oyakata)



32 Ramen



Menya Kagura

麺やかぐら



This restaurant moved to an area packed with ramen shops, but managed to keep running for 3 years. Their veggie-packed miso ramen is incredibly popular. Their spicy miso ramen is particularly popular among international visitors.

ラーメン激戦区の一隅に移転して3年。野菜たっぷりのみそラーメンが人気のお店。外国人には、スパイシーな辛みそが人気です。

1F, NK Tenpo, 5-56-15, Nakano, Nakano-ku  
■ OPEN / 11:00am-6:00am  
■ CLOSED / —  
■ Cost(Average) / Around 1,000YEN  
■ Cover charge, Otoshi(An appetizer) / —



31 Jingisukan(Lamb barbecue)



Yukidaruma Nakanobeya Hanare

ジンギスカン ゆきだるま中野部屋「はなれ」



The lamb served here is loved by a former sumo wrestler with epicurean tastes. With the hope for more people to sample their delicious fare, the staff here continues to work with joy and gratitude. You can opt for counter seats or their comfortable private rooms.

グルメな元幕内力士が惚れ込んだお肉で、ジンギスカンのイメージが変わります!より多くの方にその感動を、という気持ちで営業中です。感謝!お洒落なカウンター席と落ち着いた雰囲気のある個室があるお店です。

3F, Nakamura Bldg, 2-26-10, Nakano, Nakano-ku  
☎ 03-6323-6350  
■ OPEN / Tue.-Fri. / 5:00pm-12:00am(midnight)  
Sat. & Sun. & Holidays / 4:00pm-12:00am(midnight)  
■ CLOSED / Mon.  
■ Cost(Average) / Around 4,000YEN  
■ Cover charge, Otoshi(An appetizer) / —  
■ WEB / <http://nakano.kita-yukidaruma.com>  
■ Facebook / <https://www.facebook.com/ジンギスカン-ゆきだるま中野部屋-1466818233621386/>  
■ Instagram / [https://www.instagram.com/yukidaruma\\_oyakata](https://www.instagram.com/yukidaruma_oyakata)



33 Ramen



Hakodate Ramen Daimon

函館ラーメン 大門



If you're in Nakano, try their delectable ramen and gyoza dumplings. They also have limited edition spicy ramen.

中野に立寄った際は、当店自慢のラーメンと餃子をご賞味ください!限定メニューのスパイシーなラーメンもおすすめです。

5-64-8, Nakano, Nakano-ku  
☎ 03-5318-3471  
■ OPEN / 10:00am-4:00am  
■ CLOSED / —  
■ Cost(Average) / Around 1,000YEN  
■ Cover charge, Otoshi(An appetizer) / —





# KOENJI

Koenji is nicknamed "Japan's India". It is a bustling district with a mix of new and old shops. At this place where people gather in pursuit of freedom and dreams, such as young people aiming to be professional musicians, or people creating art, there is also a large collection of various kinds of unique restaurants.

「日本のインド」とも呼ばれるカオスでディープな街、高円寺。バンドマン、アーティストなど、自由と夢を求める人が集まるこの場所では、やはり飲食店も固定観念に囚われない個性的な店舗が多く集まっている。

01 Bar

## Traditional Japanese musical Instrument bar Ryu Guw 和楽器BAR 龍宮〜Ryu Guw〜

MAP  
KOENJI  
E-6



The interior looks like a shrine. Japanese music instruments are placed on the stage. This bar presents traditional Japanese in a modern way. There are three events a week.

神社の様な内装に、和楽器の並ぶ舞台。日本の伝統音楽を現代的に表現したバーです。週に約3回、イベントがあります。

B1F, 12Kisyuu Bldg, 2-21-6, Koenji-minami, Suginami-ku  
☎ 03-6795-6699

■ OPEN / 7:30pm-12:00am(midnight)  
■ CLOSED / Tue.  
■ Cost(Average) / Around 1,500YEN  
■ Cover charge, Otoshi(An appetizer) / 500YEN

■ WEB / <https://www.ryuguw.com>  
■ Facebook / <https://www.facebook.com/RyuGuw/>  
■ Twitter / <https://twitter.com/RyuGuw/>

\*We are planning to start electronic payment.  
※電子マネー導入予定



02 Bar

## tico チコ

MAP  
KOENJI  
E-3



This is a "a spirits flavored with fruit etc" and "all-you-can-eat nut" bar.

「自家製酒」と「ナッツ食べ放題」の店です。

3-68-1, Koenji-minami, Suginami-ku

■ OPEN / 7:00pm-2:00am  
■ CLOSED / —  
■ Cost(Average) / Around 1,000-2,000YEN  
■ Cover charge, Otoshi(An appetizer) / 300YEN



03 Bar

## Connection コネクション

MAP  
KOENJI  
G-4



You might find entering the bar a little difficult as it is located underground, however, please feel free to visit the bar. I will be expecting you.

地下のお店なので、少々入りづらいかもしれませんが、一度覗いてみてください。ご来店お待ちしております。

B1F, Nakagin Koenji Mansion, 4-23-4, Koenji-minami, Suginami-ku  
☎ 03-3312-8688

■ OPEN / Mon. & Wed.-Sun. / 6:00pm-2:00am  
Sat. / 6:00pm-5:00am  
■ CLOSED / Tue.  
■ Cost(Average) / Around 2,000YEN  
■ Cover charge, Otoshi(An appetizer) / —

■ WEB / <https://koenji-connection.net/>  
■ Facebook / <https://www.facebook.com/205586096182936/>  
■ Twitter / <https://twitter.com/koike1970>  
■ Instagram / <https://www.instagram.com/koike1970/>



04 Bar

## BAR MUGEN バー ムゲン

MAP  
KOENJI  
F-3



This bar has animation figures for show.

アニメフィギュアが並ぶ、BARスタイルのお店です。

B1F, Plaza USA Bldg, 3-58-17, Koenji-minami, Suginami-ku  
☎ 03-6383-1643

■ OPEN / 9:00pm-4:00am  
■ CLOSED / —  
■ Cost(Average) / Around 3,000YEN  
■ Cover charge, Otoshi(An appetizer) / 500YEN



05 Bar

## Bar Matatabi バー またたび

MAP  
KOENJI  
H-3



The bar just opened in July 2019. It offers an extensive food menu. There is no table fee, so please feel free to visit us.

2019年7月にOPENしたばかりのお店です。お食事メニューも充実しております。ノーチャージですのでお気軽にご来店ください。

4-42-6, Koenji-minami, Suginami-ku  
■ OPEN / 8:00pm-Around 5:00am  
■ CLOSED / Mon.(Open Mondays if the Monday is a holiday)  
(月曜が祝日の場合は営業)

■ Cost(Average) / Around 2,000YEN  
■ Cover charge, Otoshi(An appetizer) / —  
■ Instagram / [https://www.instagram.com/matatabi\\_koenji/](https://www.instagram.com/matatabi_koenji/)



## EL PORTEGO

エル・ポルテゴ

MAP  
KOENJI  
E-4

Margherita pizza made with buffalo mozzarella "Buffara" flown in from Italy  
イタリア産の牛乳モッツァレラチーズのマルゲリータ / 1,800YEN (+tax)



Beef tagliata (bottom flap meat), with fried potatoes  
希少部位牛カルビ/底肉のタリアータ  
ポテトフリット添え / 1,900YEN (+tax)

The inside décor is inspired by a Venetian square, and once inside, customers can enjoy authentic Neapolitan pizza, cicchetti and over 20 kinds of wines.

ヴェネツィアの広場をイメージした店内で、本格的なナポリピッツアとチケッティ(おつまみ)、20種以上のワインなどを楽しみ頂けます。

1F, Daiichi yajima Bldg, 4-9-3, Koenji-minami, Suginami-ku

☎ 03-6304-9574

■ OPEN / 6:00pm-1:00am

■ CLOSED / —

■ Cost(Average) / around 3,000YEN

■ Cover charge, Otoshi(An appetizer) / —

■ WEB / <http://el-portego.tokyo>

■ Instagram / [https://www.instagram.com/elportego\\_koenji/](https://www.instagram.com/elportego_koenji/)



\*Payments can be made using PayPal. ※PayPay 決済可

## SPICED BAR ALI'S

スパイスバー アリス

MAP  
KOENJI  
F-2

You can taste the curry cooked with 30 kinds of spices, kebab with 27 kinds of spices and creative Bangladesh cuisine. In addition to that, you can enjoy an alcoholic drink which uses spices.

スパイスを30種使ったカレーや27種使ったケバブ、オリジナル বাংলাদেশ料理をご提供。スパイスを使ったお酒もあります。

1F, Lions Plaza Koenji, 3-21-19, Koenji-kita, Suginami-ku

☎ 03-6883-9484

■ OPEN / Mon.-Fri. / 5:00pm-2:00am

Sat. & Sun. / 11:30am-3:00pm / 5:00pm-2:00am

■ CLOSED / —

■ Cost(Average) / Around 2,500YEN

■ Cover charge, Otoshi(An appetizer) / —

■ WEB / <https://tabelog.com/tokyo/A1319/A131904/13214048/>

■ Facebook / <https://www.facebook.com/alis.bar.31>

■ Instagram / [https://www.instagram.com/spiced\\_bar\\_alis/](https://www.instagram.com/spiced_bar_alis/)



## Irish Pub The Cluracan

アイリッシュパブ ザ・クルーラカーン

MAP  
KOENJI  
G-4

Guinness and Kilkeny beers are at the center of a variety of Irish drinks you can enjoy! A wide selection of whiskey is offered. Also, there are beers from various countries around the world including Europe.

ギネス、キルケニーを中心に様々なアイルランドのお酒をお楽しみ下さい! Irish Whiskey も豊富に揃えています。また、ヨーロッパをはじめ、世界のビールを提供しております。

4-9-6, Koenji-minami, Suginami-ku

☎ 03-5930-1752

■ OPEN / Tue. & Wed. & Thu. / 6:00pm-3:00am

Fri.-Sun. / 6:00pm-5:00am

■ CLOSED / Mon.

■ Cost(Average) / Around 2,000YEN

■ Cover charge, Otoshi(An appetizer) / —

■ Facebook / <https://www.facebook.com/Irish-Pub-The-Cluracan-137550413001819/>

■ Twitter / <https://twitter.com/TheCluracan>

■ Instagram / [https://www.instagram.com/irishpub\\_thecluracan/](https://www.instagram.com/irishpub_thecluracan/)



\*Payments can be made using d-payment & six other electronic payment brands, as well as transportation electronic money (such as Suica). ※払いこみ、6ブランドの電子マネー、交通系電子マネー (Suica など) 決済可

## SUB STORE

サブストア

MAP  
KOENJI  
F-2

You can enjoy the music you like while having coffee, a drink or Indonesian cuisine. We also host events on the weekend where you can enjoy music from around the world!

コーヒーやお酒、インドネシア料理を食べながら好きな音楽をお楽しみいただけます。週末には国際色豊かな音楽イベントも開催しています!

2F, 3-1-12, Koenji-kita, Suginami-ku

☎ 080-3496-3883

■ OPEN / Mon.-Sun. / 3:00pm-12:00am(midnight)

Wed. / 5:00pm-12:00am(midnight)\*Business hours may change.

■ CLOSED / Tue. & Irregular holidays

■ Cost(Average) / Around 1,000-2,000YEN

■ Cover charge, Otoshi(An appetizer) / —

■ WEB / <https://substore.jimdo.com/>

■ Facebook / <https://www.facebook.com/substore.tokyo01>

■ Twitter / [https://twitter.com/substore\\_tokyo](https://twitter.com/substore_tokyo)

■ Instagram / <https://www.instagram.com/substore.tokyo/>



## CITRABA

クラフト麦酒酒場 シトラバ

MAP  
KOENJI  
G-1

"20 kinds of beer which change daily", "Eight kinds of original lemon sour using lemons from Odawara" and "A fried half-chicken from Daisen" are famous at this bar.

毎日変わるクラフトビール20種と小田原産レモン使用のオリジナルレモンソーダ8種、大山鶏半身のフライドチキンが絶品な居酒屋。

1F, Canyon Plaza Osuga, 2-22-6, Koenji-kita, Suginami-ku

☎ 03-6383-0301

■ OPEN / Mon.-Fri. / 5:00pm-11:30pm

Sat. & Sun. & Holidays / 12:00pm(12:00)-11:30pm

■ CLOSED / Irregular holidays

■ Cost(Average) / Around 3,000YEN

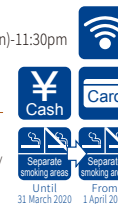
■ Cover charge, Otoshi(An appetizer) / 300YEN

■ WEB / [https://tabelog.com/tokyo/A1319/A131904/13233396/?lid=owner\\_rst-top-jitempo\\_pc](https://tabelog.com/tokyo/A1319/A131904/13233396/?lid=owner_rst-top-jitempo_pc)

■ Facebook / <https://www.facebook.com/citraba.koenji/>

\*There are spots where the free Wi-Fi does not work in the bar.

※フリーWi-Fiはお店の一部でのみ利用可



## JAPUB YENZOU

JAPUB 円蔵

MAP  
KOENJI  
G-1

You can taste creative Japanese cuisine and Japanese sake in a restaurant where a DJ plays music. You will be able to spend a fun night with many friendly customers.

DJが音楽を選曲している中で、創作和食・日本酒を愉しんでいただけます。お客様もフレンドリーな方が多く、楽しい夜をお約束いたします。

2-22-6, Koenji-kita, Suginami-ku

☎ 03-5356-9199

■ OPEN / 7:00pm-1:00am

■ CLOSED / Mon.

■ Cost(Average) / Around 2,500YEN

■ Cover charge, Otoshi(An appetizer) / —

■ WEB / <http://japub.yenzou.com/>

■ Facebook / <https://www.facebook.com/japub.yenzou/>

■ Twitter / [https://twitter.com/japub\\_yenzou](https://twitter.com/japub_yenzou)

■ Instagram / [https://www.instagram.com/japub\\_yenzou/](https://www.instagram.com/japub_yenzou/)



## Dachibin

炎の沖縄居酒屋 抱瓶

MAP  
KOENJI  
E-2

The bar which was themed based on a "little Okinawa in Tokyo" has been in business for 41 years. This bar is very lively and full of energy. Please taste Okinawa home cooking and local drinks.

「東京の中の小さな沖縄」は創業41周年! にぎやかで活気あふれる居酒屋です。沖縄の家庭料理とお酒を味わってください。

3-2-13, Koenji-kita, Suginami-ku

☎ 03-3337-1352

■ OPEN / 5:00pm-5:00am

■ CLOSED / —

■ Cost(Average) / Around 2,800YEN

■ Cover charge, Otoshi(An appetizer) / 330YEN

■ WEB / <http://www.dachibin.com/dachibin>

■ Facebook / <https://www.facebook.com/dachibin>

■ Twitter / [https://twitter.com/dachibin\\_koenji](https://twitter.com/dachibin_koenji)





13 Izakaya

# Yakitori Yondaime Kemuri Koenji

炭火串焼 四代目 けむり 高円寺店



Yakitori is grilled fresh. A chicken liver skewers is recommended. The big place is suitable to entertain a group. Of course, single customer are very much welcome as well.

焼鳥はすべて生から焼き上げます。おすすめはもつ(レバー)です。広い店内は団体様のご利用にぴったり。もちろん、お一人様でのご来店も大歓迎です。

2F, Delco Homes Koenji, 3-22-3, Koenji-kita, Suginami-ku  
☎ 03-3337-7767

■ OPEN / 5:00pm-3:00am  
■ CLOSED / Irregular holidays  
■ Cost(Average) / Around 4,000YEN  
■ Cover charge, Otoshi(An appetizer) / 500YEN

■ Instagram / <https://www.instagram.com/kemuri.koenji/>



Until 31 March 2020 From 1 April 2020

14 Izakaya

# sakava Akiya

sakava 空き屋



This bar is famous for Tokyo Oden, which is totally black and sweet and salty.

甘じょっぱい真っ黒な東京おでんが名物の居酒屋です。

3-22-17, Koenji-kita, Suginami-ku  
☎ 03-6768-9929

■ OPEN / 6:00pm-2:00am  
■ CLOSED / Mon.  
■ Cost(Average) / Around 3,000YEN  
■ Cover charge, Otoshi(An appetizer) / 100YEN



Until 31 March 2020 From 1 April 2020

15 Washoku

# Jidoritei Koenji Kitaguchi

ぢどり亭 高円寺北口店



The restaurant specializes in chicken dishes. Centering on yakitori, you can enjoy Japanese chicken cuisine such as chicken sashimi, seared chicken thigh (grilled only surface of meat), hot pot with chicken, etc.

鶏料理専門店。焼き鳥を中心に、鶏刺や鶏もものたたき、鶏鍋等、日本的な鶏料理が楽しめます。

2F, 2-21-5, Koenji-kita, Suginami-ku  
☎ 03-5327-4129

■ OPEN / 5:00pm-12:00am(midnight)  
■ CLOSED / Wed.  
■ Cost(Average) / Around 2,800YEN  
■ Cover charge, Otoshi(An appetizer) / 300YEN

■ WEB / <http://www.didoritei.cc/>

■ Facebook / <https://www.facebook.com/didoriowarai/>

\*Payments can be made using d-payment & six other electronic payment brands, as well as transportation electronic money (such as Suica), ※d払い、6ブランドの電子マネー、交通系電子マネー(Suicaなど) 決済可



Until 31 March 2020 From 1 April 2020

16 Izakaya

# Koenji Izakaya Kouchan

高円寺居酒屋 こうちゃん



The Izakaya's mascot is a dog who can always be found at the Izakaya. This is a pet-friendly Izakaya. Yakitori, dried fish, vegetable wrapped with beef and so on are popular. Single customers or groups can have a great time.

犬のぼんずくんが店長見習いとして毎日出勤中! 店内外動物同伴OKです。人気料理は産直の焼鳥、干物、肉巻き野菜料理など。お一人様でも大人数でも楽しめます♪

3-69-1, Koenji-minami, Suginami-ku

☎ 03-3339-2772

■ OPEN / Mon., Wed. & Thu. / 6:00pm-12:00am(midnight)  
Fri.-Sun. & Holidays / 5:00pm-12:00am(midnight)  
■ CLOSED / Tue.(they close Wednesday instead of Tuesday if Monday is a holiday.)  
(月曜が祝日の場合は水曜店休日)

■ Cost(Average) / Around 1,800YEN

■ Cover charge, Otoshi(An appetizer) / —

■ Instagram / <https://www.instagram.com/kousuke20030303/>



Until 31 March 2020 From 1 April 2020

18 Izakaya, Washoku

# Mara

まら



You can enjoy Japanese sake and Japanese cuisine. They are famous for Yamagata Prefecture country cooking. Please spend a fantastic night with sashimi, vegetables from Yamagata Prefecture, buckwheat noodles and good music.

日本酒と和食のお店。山形県の田舎料理がウリです。刺身、伝承野菜、山形牛、田舎そば、グッドミュージックと共に最高の夜を。

1F, South core, 4-30-8, Koenji-minami, Suginami-ku  
☎ 03-6304-9669

■ OPEN / Mon.-Fri. / 6:00pm-1:00am Sat. & Sun. / 5:00pm-1:00am  
Fri. & Sat.(Irregular events) / 1:00am-Around 5:00am  
■ CLOSED / Irregular holidays

■ Cost(Average) / Around 4,000YEN

■ Cover charge, Otoshi(An appetizer) / 400YEN

■ WEB / [http://drecome.co.jp/mara\\_koenji/](http://drecome.co.jp/mara_koenji/)

■ Twitter / [https://twitter.com/otomeshi\\_koenji](https://twitter.com/otomeshi_koenji)

■ Instagram / [https://www.instagram.com/mara\\_koenji/](https://www.instagram.com/mara_koenji/)



Until 31 March 2020 From 1 April 2020

\*Payments can be made using PayPay. ※PayPay 決済可

17 Izakaya

# Daruma Koenji

だるま 高円寺



Daruma is all about delicious and reasonable Yakitori(pork skewers) directly from Shibaura! We also have hotpots and great drinks. You must be satisfied with everything here.

芝浦直送やきとんとプリプリ牛ホルモン鍋はリピート確実! 美味しい・早い・安いで大満足をお約束します。コスパ最強で、お財布に優しいお店です。

4-28-7, Koenji-minami, Suginami-ku

☎ 03-5306-6040

■ OPEN / 5:00pm-2:00am  
■ CLOSED / New Year's & Irregular summer holidays  
■ Cost(Average) / Around 2,000YEN  
■ Cover charge, Otoshi(An appetizer) / —

■ WEB / <https://daruma-koeng.gorp.jp/>



Until 31 March 2020 From 1 April 2020

19 Izakaya

# Jiyujin sakaba

自由人酒場



You can taste very delicious curry. Mild keema curry is famous. It is featured at various curry festivals.

酒場のカレーとは思えない、尋常ではないレベルのカレーを提供するお店として、多数のカレーイベントに出店しています。名物は甘口キーマカレーです。

4-42-6, Koenji-minami, Suginami-ku  
☎ 03-5305-6665

■ OPEN / 7:00pm-12:00am(midnight)  
■ CLOSED / Sun.  
■ Cost(Average) / Around 2,000YEN  
■ Cover charge, Otoshi(An appetizer) / —



Until 31 March 2020 From 1 April 2020

## Koenji Uscita

高円寺ウシタ



An Italian bar located in the immediate vicinity from Koenji Station. Our specialty is our delicious pasta made with special noodles from a well-established noodle-making factory in Asakusa. We have so many kinds of Italian wines that you could call us the "no.1 in the region"!

高円寺駅から徒歩すぐ近くのイタリアンバル。老舗製麺所「浅草開化楼」の特製麺で作る絶品パスタが自慢です。イタリアワインの種類は地域No.1!

2F, 3-22-5, Koenji-kita, Suganami-ku

☎ 03-6336-4451

■ OPEN / Mon.-Fri. / 11:30am-14:30pm / 5:00pm-12:00am(midnight)  
Sat., Sun. & Holidays / 11:00am-12:00am(midnight)

■ CLOSED / —

■ Cost(Average) / Around 1,200YEN(Lunch), Around 2,500YEN(Dinner)

■ Cover charge, Otoshi(An appetizer) / —

■ Facebook / <https://www.facebook.com/pages/category/Italian-Restaurant/Andiamo-all-Uscita-151894301554626/>■ Twitter / <https://twitter.com/uscita315>■ Instagram / <https://www.instagram.com/uscita315>

\*Payments can be made using PayPay, Alipay, & merpay. ※PayPay, Alipay, merpay 決済可  
Until 31 March 2020 From 1 April 2020



## IL DOGE

イル ドージェ



You can have everything from a glass of wine to a proper meal in this bar, where the interiors are based on Venice's bacaros.

ヴェネツィアのバーカロをイメージした店内で、軽くワイン1杯からしっかり食事で出来る、日常使いのイタリアンレストランです。

1F, Ric Koenji, 3-45-11, Koenji-minami, Suganami-ku

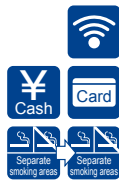
☎ 03-6304-9525

■ OPEN / 6:00pm-1:00am

■ CLOSED / Irregular holidays

■ Cost(Average) / Around 3,500YEN

■ Cover charge, Otoshi(An appetizer) / —

■ WEB / <http://il-doge.com>■ Instagram / [https://www.instagram.com/ildoge\\_koenji/](https://www.instagram.com/ildoge_koenji/)

\*Payments can be made using PayPay. ※PayPay 決済可  
Until 31 March 2020 From 1 April 2020

## TEX MEX DINER Bourbon House

テックスメックスダイナー バーボンハウス



An American cuisine and Mexican cuisine restaurant. You can use it for a variety of occasions, such as dates and parties. In addition to the dishes listed here, our original "avocado cheese croquette" also comes recommended.

アメリカ、メキシコ料理店です。デートやパーティなど、様々なシーンにご利用頂けます。上のメニュー以外に、当店オリジナルの「アボカドチーズクロquette」もおススメです。

2F, Kondo Daisan Bldg, 3-23-13, Koenji-kita, Suganami-ku

☎ 03-6750-8233

■ OPEN / 11:30am-3:30pm / 5:00pm-2:00am

■ CLOSED / Irregular holidays

■ Cost(Average) / Around 2,000YEN

■ Cover charge, Otoshi(An appetizer) / —

\*Payments can be made using ApplePay, GooglePay &amp; six other electronic payment brands, as well as transportation electronic money (such as Suica).

※Apple Pay, Google Pay, 6ブランドの電子マネー、交通系電子マネー (Suicaなど) 決済可



## Yonchome Cafe

ヨンチョウメ カフェ



The recommended dish is the "deluxe taco rice (with soft-boiled eggs)".

おすすめ料理は「デラックスタコライス(半熟卵添え)」です。

2F, 201, 4-28-10, Koenji-minami, Suganami-ku

☎ 03-5377-1726

■ OPEN / 11:30am-1:00am

■ CLOSED / —

■ Cost(Average) / Around 1,000-2,000YEN

■ Cover charge, Otoshi(An appetizer) / —

\*Payments can be made using ApplePay, au PAY & six other electronic payment brands, as well as transportation electronic money (such as Suica).

※Apple Pay, au Pay, 6ブランドの電子マネー、交通系電子マネー (Suicaなど) 決済可



Until 31 March 2020 From 1 April 2020

## THE DAY FOOD LAB

ザ デイフードラボ



A slightly grown-up bistro where customers enjoy very delicious meat dishes. With a focus on natural wine, you can also enjoy craft gin and whisky.

絶妙の火入れの肉料理を楽しむ、ちょっと大人なビストロです。自然派ワインを中心に、話題のクラフトジンやウイスキーもお楽しみ頂けます。

2F, Enchanté Bldg, 3-23-11, Koenji-kita, Suganami-ku

☎ 03-5356-8900

■ OPEN / 6:30pm-1:00am (L.O. 0:30am)

■ CLOSED / Sun.

■ Cost(Average) / Around 5,000YEN

■ Cover charge, Otoshi(An appetizer) / 500YEN

■ Instagram / [https://www.instagram.com/thedayfoodlab\\_koenji/](https://www.instagram.com/thedayfoodlab_koenji/)

Until 31 March 2020 From 1 April 2020

## Cafe&amp;Bar Smile Earth

カフェ&amp;バー スマイルアース



A cafe-bar that the owner opened after traveling around the world for two years. Let's have a toast at the counter and share a good time.

2年間の世界一周旅行の後にオープンしたカフェ&バー。カウンター席ではみんなで乾杯!楽しい時間を共有しましょう。

2F, 12Kisyuu Bldg, 2-21-6, Koenji-minami, Suganami-ku

☎ 03-5938-0514

■ OPEN / 5:00pm-12:00am(midnight)

■ CLOSED / Irregular holidays

■ Cost(Average) / Around 2,000YEN

■ Cover charge, Otoshi(An appetizer) / —

■ WEB / <http://smileearth.sunnyday.jp/>

■ Facebook / <https://www.facebook.com/CafeBar-Smile-Earth-高円寺-286676291350072/>

\*Payments can be made using PayPay, Rakuten PAY, as well as transportation electronic money (such as Suica).

※PayPay, 楽天PAY, 交通系電子マネー (Suicaなど) 決済可



Until 31 March 2020 From 1 April 2020

## After Hours 2005

アフターアワーズ2005



A fun bar where you can feel free to drink as a woman alone, as a couple, or even in a group. The bar owner's homemade "smoked cheese" and "smoked radish pickles" come recommended.

女性一人でも、カップルでも、グループでも気軽に飲める楽しい店です。店主手作りのチーズ燻製、たくあん燻製がお薦めです。

3-21-20, Koenji-kita, Suganami-ku

☎ 03-3330-1556

■ OPEN / 5:30pm-2:00am

■ CLOSED / —

■ Cost(Average) / Around 1,000YEN

■ Cover charge, Otoshi(An appetizer) / —



Until 31 March 2020 From 1 April 2020



27 Sushi, Washoku

## Momotaro Sushi Honten

桃太郎すし 本店



A sushi starting at 100 yen per dish and assorted sashimi are popular. An extensive range of other dishes are also available.

一皿100円からの寿司に加え、6点盛などの刺盛りも人気です。サイドメニューも豊富に取り揃えています。

4-49-1, Koenji-minami, Suginami-ku  
☎ 03-3330-6004  
■ OPEN / 11:00am-2:00am  
■ CLOSED / The 2nd & 3rd Monday of every month (open when the 2nd or 3rd Mondays are holidays.) (第2・第3月曜が祝日の場合は営業)  
■ Cost(Average) / Around 3,000YEN  
■ Cover charge, Otoshi(An appetizer) / 200YEN

\*Payments can be made using QUICPay, as well as transportation electronic money (such as Suica). ※QUICPay, 交通系電子マネー (Suicaなど) 決済可



28 Curry bar

## CURRY BAL Kujira

カレーバルくじら



A bar where you can enjoy spice appetizers, tapas and curry rice. Please feel free to visit, even if you're on your own. \*Vegetarians should note that meat is used in the curry.

スパイスを使った前菜やタパス、メにカレーが食べられるバル。お一人様でもお気軽にご来店いただけます。※お肉を使用しているカレーですので、菜食主義の方はご注意ください。

Daiichi Ichiba, 3-22-8, Koenji-kita, Suginami-ku  
☎ 03-3336-6566

■ OPEN / 5:00pm-11:00pm  
■ CLOSED / Irregular holidays  
■ Cost(Average) / Around 2,000YEN  
■ Cover charge, Otoshi(An appetizer) / —  
\*Minimum one drink per guest is required. (※1ドリンクオーダー制)

Instagram / <https://www.instagram.com/currybalkujira7igshid=1r4hqzsay0gk>



\*Payments can be made using PayPay. ※PayPay 決済可

29 Yakiniku

## Kaburi Koenji Apache

焼肉食道 かぶり 高円寺アパッチ店



We recommend the wagyu beef ribs, outside skirt, magma rice (hot soup with rice) and the lunch set.

和牛カルビ、ハラミ、マグマご飯、ランチセットがおすすめです。

1F, Forum Koenji, 3-24-6, Koenji-kita, Suginami-ku  
☎ 03-5356-8929

■ OPEN / 12:00pm (noon)-12:00am (midnight)  
■ CLOSED / Mon.  
■ Cost(Average) / Around 1,000YEN (Lunch) Around 3,000YEN (Dinner)  
■ Cover charge, Otoshi(An appetizer) / —



\*Payments can be made using PayPay. ※PayPay 決済可

30 Shabu-shabu

## Tonkodo

黒豚しゃぶしゃぶ とんこど



We mainly use Kagoshima brand black pigs. A refreshing shabu-shabu (a kind of Japanese hot pot dish) with homemade sauce, soba soup, sesame sauce, and ponzu (a blend of soy sauce and citrus juice).

鹿児島産 六白黒豚を主に使用し、自家製のつけダレ、そばつゆ、ゴマだれ、ポン酢でお召し上がり頂ける、さっぱりしたしゃぶしゃぶです。

2F, Shinwa Bldg, 4-6-11, Koenji-minami, Suginami-ku  
☎ 03-3316-2442

■ OPEN / 6:00pm-3:00am  
■ CLOSED / Mon. (Close Tuesday instead of Monday if Monday is a holiday.) (月曜が祝日の場合は火曜店休日)  
■ Cost(Average) / Around 3,000YEN  
■ Cover charge, Otoshi(An appetizer) / —

\*Payments can be made using PayPay. ※PayPay 決済可



32 Chinese cuisine

## Homien

中華料理 豊味苑



A two-minute walk from Koenji Station. It's a restaurant where you can relax and enjoy authentic Chinese cuisine with an extensive menu.

高円寺駅から徒歩2分。ゆったりした席と豊富なメニューの本格中華料理店です。

1F, Delco Homes Koenji, 3-22-3, Koenji-kita, Suginami-ku  
☎ 03-3223-5756

■ OPEN / 11:00am-1:00am  
■ CLOSED / —  
■ Cost(Average) / Around 2,500YEN  
■ Cover charge, Otoshi(An appetizer) / —



\*Payments can be made using PayPay. ※PayPay 決済可

31 Hiroshima Okonomiyaki

## Mikazuki

広島お好み焼き みかづき



Our dishes are made with carefully-selected ingredients from Hiroshima. It's a restaurant where you can eat authentic Hiroshima okonomiyaki in Tokyo.

広島食材にこだわって作る、東京で食べられる本場広島のお好み焼きです。

2-17-7, Koenji-kita, Suginami-ku  
☎ 03-5356-7175

■ OPEN / Mon.-Wed & Fri. / 11:30am-3:00pm 5:00pm-12:00am (midnight)  
Sat. & Sun. / 11:30am-12:00am (midnight)

■ CLOSED / Thu.  
■ Cost(Average) / Around 2,000YEN  
■ Cover charge, Otoshi(An appetizer) / —

Facebook / <https://www.facebook.com/広島お好み焼きみかづき-19508397082888/>  
Instagram / <https://www.instagram.com/mikazuki.0/>

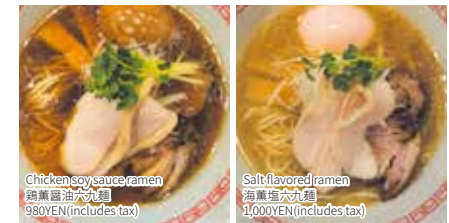
\*Payments can be made using LINE Pay & PayPay. ※LINE Pay, PayPay 決済可



33 Ramen

## 69 MEN (ROCK MEN)

noodle kitchen 六九麺



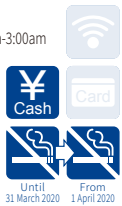
We recommend the chicken soy sauce ramen!! We have confidence in the taste of the chicken and the soy sauce!! Since it's a simple dish, we make no compromises making it!! Please taste our delicious soup made with "multiple brands of chicken" and "blended soy sauce"!

オススメは鶏醤油油六九麺!! 鶏と醤油に自信あり!! シンプルゆえに妥協なしの純鶏湯らぁ麺!! 複数銘柄鶏肉とブレンド醤油が決め手!!

102, 1F, Coop Cattleya Bldg, 4-7-1, Koenji-minami, Suginami-ku  
☎ 03-6454-6939

■ OPEN / Mon. - Thu. / 11:30am-2:00am  
Fri., Sat. & A day before a holiday / 11:30am-3:00am  
Sun. / 11:30am-12:00am (midnight)

■ CLOSED / Irregular holidays  
■ Cost(Average) / Starting from around 780YEN  
■ Cover charge, Otoshi(An appetizer) / —



\*Payments can be made using PayPay. ※PayPay 決済可

# KOENJI NIGHT GUIDE



Convenience store  
(24 hour store)  
コンビニエンスストア



It takes about only 7 min  
from Shinjuku to Koenji by train.

GUEST HOUSE  
高円寺純情ホテル



KOENJI JUNJO HOTEL

高円寺純情ホテル

**GUEST HOUSE**

4-40-20, Koenji-minami, Suginami-ku, Tokyo

WEB <http://www.koenji-junjo-hotel.com/>

SINGLE ROOM **5,000YEN~**

We kindly await your reservation.

By E-mail / [info@koenji-junjo-hotel.com](mailto:info@koenji-junjo-hotel.com)

By phone / 03-5929-7581



# So as to enjoy Izakaya in Japan

## 日本にほんの居酒屋いざかやの楽しみたのしみ方かた

### [What is "Otoshi"?)

It is a simple dish served first at Izakaya, before your orders come out. "Otoshi" is thought to come from Japanese phrases that contain the word, and mean "to prove that the order was placed" or "to bring guests to their seats." Generally, 300-500yen is added to your bill for "Otoshi."

### 「お通し」とは？

お通しは 居酒屋の 料理です。さいしょに できます。そのあとに 次の 料理が できます。

「お通し」という 名前は 意味が あります。「料理を たのんだ」や「お客さんを 案内する」です。お金は 300円から 500円です。

### [Tip is not required]

Contrary to the Western customs, Izakaya restaurants in Japan do not charge separately for service. If you receive an exceptional service, a sincere "Thank you!" will suffice.

### [チップは 払いません]

日本で チップは 払いません。良い サービスを 受けたら、「ありがとう」と いいましょう。あなたの 気持ちか 伝わります。

### [Order drink first]

At Izakaya, you might be asked for your drink order first. Knowing what you want to drink makes it easy to place the order. Many people order a beer first, such that a phrase, "Toriezu Beer (first, a beer)," is commonly used. Toast to "another day of hard work" and "enjoying a meal with friends"!!

### 【飲み物 から たのみます】

居酒屋では さいしょに 飲み物を たのみます。さいしょに ビールを 頼む 人が 多いです。

そのときに「とりあえず ビール」と いいます。飲み物を のむ ときに「かんぱい」と いいます。

「かんぱい」は「1日頑張りました」「ごはんを 楽しもう」という 意味です。

### [No shoes in tatami rooms]

At an Izakaya, you may be seated on the floor in a Tatami room called "Ozashiki." Be sure to take your shoes off, when entering this room.

### 【お座敷では 靴を ぬぎます】

居酒屋には テーブルと お座敷が あります。お座敷は たたみの 部屋です。お座敷では 靴を ぬぎます。

## Helpful Japanese phrases when at a restaurant

### Sumimasen.

すみません。

[English translation] ①Excuse me. ②I'm sorry.

### Arigato gozaimasu.

ありがとうございます。

[English translation] Thank you very much.

### Osusume wa dore desuka?

おすすめは どれですか？

[English translation] What do you recommend?

### Mou ichido ii desuka?

もういちど いいですか？

[English translation] Could you say that again?

### Korewa ikura desuka?

これは いくら ですか？

[English translation] How much is this?

### Okaikai onegai shimasu.

おかいけい おねがいします。

[English translation] Can I have the check please?



Publisher: KOENJI JUNJO HOTEL (Koenji Junjo shopping district)  
Planning: HOT WIRE GROUP inc.  
Production: HOT WIRE GROUP inc. / Nakano-ku Tourism Association  
Cooperate: Chuosen Aruaru Project  
The information in this guidebook is as of November 15th, 2019.

発行:高円寺純情ホテル(高円寺純情商店街)  
企画:有限会社 HOT WIRE GROUP  
制作:有限会社 HOT WIRE GROUP・中野区観光協会

協力: なみじやない、杉並！

中央編あらあ PROJECT

このガイドブックの情報は2019年11月15日時点のものです。

