



Dietary Restrictions

A guide to eating comfortably in Japan

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Welcome to Japan!

Japanese cuisine, known as 'Washoku', is known around the world for its wide variety of regional and seasonal dishes, created with a high level of passion and artistry and using ingredients found and grown across the island. Whether you're sampling Sushi in one of Tokyo's 230 Michelin Star-awarded restaurants or chomping down on Chanko Nabe in a small, hole-in-the-wall style restaurant owned by a former Sumo Wrestler, every meal in Japan can provide you with a truly unforgettable experience.

As you may be aware, fish, meat, dairy and soy products are incredibly common ingredients in Japanese food, and you may be surprised to find dairy, fish byproducts or soy in some foods that wouldn't include those ingredients in your own country. For this reason, many people with restrictive diets (such as vegans, religious diet followers and people with allergies) can find eating in Japan to be a difficult and limited experience.

Thankfully, Heartland JAPAN is here to help! By following this guide, you will find that eating in Japan doesn't have to be a worrying or difficult experience, and that there are actually many options available to suit every possible diet.

Have a fantastic trip!

Please note: This document was created as a guide by Heartland JAPAN to help our clients to enhance their trips to Japan by experiencing Japanese cuisine. While we have done our best to provide up-to-date and factual information, we can not guarantee that the information provided is correct, and we can not be held responsible for any mistakes or animal products, allergens etc that may exist within the foods/ restaurants we mention. The Japanese law allows manufacturers to leave certain foods out of ingredient lists, so caution should always be exercised.

It is important that you always exercise caution when eating in any country, and if you are unsure or cannot guarantee that a product is safe for you, then we strongly advise you not to consume it.



In Case Of Emergency

Important phone numbers to know

Police: dial 110

In Tokyo, an English speaking service is available. In other areas, using simple, short English is recommended if you can not communicate in Japanese.

Fire/Ambulance: dial 119

In Tokyo, an English speaking service is available. In other areas, using simple, short English is recommended if you can not communicate in Japanese.

For medical emergencies in Tokyo: dial +81(0)3 5285 8181

This English Assistance service is provided by the Tokyo Metropolitan Medical Information Service. Call between 9am and 8pm to receive Tokyo hospital information.

The AMDA International Medical Information Centre (KANSAI): dial +81(0)6 6636 2333

Call this number between 9am and 5pm to receive information about medical facilities across the Kanto region, including Osaka and Kyoto.

The Japan Helpline Emergency 24hr Advice Line: dial +81(0)570 000 911

This number provides emergency advice in English at all times of the day or night, covering areas outside of Tokyo and Kansai. They can also be reached at +81(0)120 461 997

Useful numbers and information can also be found at www.jhelp.com/en/jhlp.html

Useful Phrases

WATASHI NO NAMAЕ WA _____ DESU	My name is _____.
BYO-KI DESU	I'm sick / he/she is sick
KOKYUU KONNAN DESU	Difficulty breathing
ISHIKI FUMEI DESU	Unconscious
KEIREN DESU	Convulsions
KYUU KYUU DESU	Ambulance



Common Words For Foods and Allergens

Useful vocabulary to look out for

- **Vegetarian and Vegan**

While Buddhist cuisine typically contains no animal products, vegetarianism (and veganism) is not a common diet in Japan, and many people still do not understand what vegetarian and vegan food should/should not include.

Vegetarian	ベジタリアン	be-jee-tarian
Vegan	ヴィーガン・ビーガン	bee-gan
Meat	肉 (にく)	nee-ku
Fish	魚 (さかな)	sakana
Seafood	魚介類 (ぎょかいりい)	gyo-kai-ru-ee
Dairy	乳製品 (にゅうせいひん)	nyu-say-heen
Egg	卵 (たまご)	tamago
Fish-based broth	魚だし (さかなだし)	sakana dashi
Honey	蜂蜜 (はちみつ)	hachee-me-tsu

> 私はベジタリアンです。肉と魚ととだしを食べません。

Watashi wa be-jee-tarian desu. Nee-ku to sakana to dashi oh tabemasen.

I am a vegetarian. I do not eat meat, fish or fish broth.

> 私はヴィーガンです。肉と魚と乳製品と卵と蜂蜜を食べません。

Watashi wa bee-gan desu. Nee-ku to sakana to nyu-say-heen to hachee-me-tsu oh tabemasen.

I am a vegan. I do not eat meat, fish, dairy, egg or honey.



- **Religious Diets (Halal and Kosher)**

While Japan is generally very tolerant of religions and faiths, there is still a very limited understanding of religious dietary requirements such as Halal, and especially Kosher. In big cities and areas near airports/hotels, it may be possible to find restaurants offering Halal food, but in rural areas it can prove nearly impossible.

If you follow a religious diet, you may find it easier to eat a vegetarian or vegan diet while in Japan. However, some vegetarian dishes may still contain haram ingredients, such as alcohol, gelatin or dairy products containing animal fats.

Halal	ハラール	hara-ru
Kosher	コーシャー	ko-sha
Pork	豚肉 (ぶたにく)	buta nee-ku
Alcohol	酒 (さけ)	sake
Meat Extract	肉エキス (にくえきす)	nee-ku eh-ki-su
Gelatin	ゼラチン	ze-ra-chin
Mirin	みりん	mirin
Cooking Alcohol	料理酒 (りょうりしゆ)	ryo-ri-shu
Lard	ラード	ra-do
Animal fats	動物性脂肪 (どうぶつせいしぼう)	do-bu-tsu-sei-shi-bo



- **Nut Allergy**

You should ALWAYS notify a restaurant/cafe etc. of your allergy prior to ordering. If you are unsure if the restaurant understand you or your requirements, it is recommended that you go to a different establishment that can cater for your requirements instead.

Nut allergy	ナッツアレルギー	natsu arerugee
Almonds	アーモンド	ah-mondo
Brazil nuts	ブラジルナッツ	burajiru natsu
Cashews	カシュー	kashu
Hazelnuts	ヘーゼルナッツ	hey-zeru natsu
Hickory nuts	ヒッコリーナッツ	hee-ko-ree natsu
Macadamia nuts	マカダミアナッツ	makada-mee-a natsu
Peanuts	ピーナッツ	pi-natsu
Pecan nuts	ピーカンナッツ	pi-kan natsu
Pine nuts	松の実 (まつのみ)	matsu-no-me
Pistachios	ピスタチオ	pi-su-tachio
Walnuts	くるみ	kuru-mee

> 私はナッツアレルギーがあります。 _ _ _ と _ _ _ を食べません。

Watashi wa natsu arerugee ga arimasu. _____ to _____ oh tabemasen.

I have a nut allergy. I don't eat _____ and _____.



- **Shellfish Allergy (Including Molluscs and Crustaceans)**

You should ALWAYS notify a restaurant/cafe etc. of your allergy prior to ordering. If you are unsure if the restaurant understand you or your requirements, it is recommended that you go to a different establishment that can cater for your requirements instead.

Shellfish allergy	貝アレルギー (かいアレルギー)	kai arerugee
Calamari	カラマリ	karamari
Crayfish	ザリガニ	za-ree-ga-nee
Cuttlefish	イカ	ee-ka
Lobster	ロブスター	Rob-sta-
Mussels	ムール貝	mu-ru kai
Oysters	カキ	ka-kee
Prawns	海老 (えび)	eh-bee
Octopus	タコ	ta-ko

- > 私は貝アレルギーがあります。 _____ と _____ を食べません。
Watashi wa kai arerugee ga arimasu. _____ to _____ oh tabemasen.
I have a shellfish allergy. I don't eat _____ and _____.



- **Fish Allergy (Limited List)**

You should ALWAYS notify a restaurant/cafe etc. of your allergy prior to ordering. If you are unsure if the restaurant understand you or your requirements, it is recommended that you go to a different establishment that can cater for your requirements instead.

Fish allergy	魚アレルギー (さかなアレルギー)	sakana arerugee
Cod	タラ	tara
Salmon	サーモン	sa-mon
Snapper	スナッパー	sun-a-pa
Trout	マス	masu
Tuna	マグロ・カツオ・ツナ	maguro/katsu-oh/tsuna
Yellowtail	ハマチ	hama-chee
Mackerel	鯖(さば)	sa-ba
Sardine	イワシ	ee-wa-shi
Anything that lives in the ocean	海に住む生き物 (うみにすむいきもの)	umi-ni-sumu-iki-mono

- > 私は魚アレルギーがあります。_____と_____を食べません。
Watashi wa sakana arerugee ga arimasu. _____ to _____ oh tabemasen.
I have a fish allergy. I don't eat _____ and _____.



- **Gluten Allergy**

You should ALWAYS notify a restaurant/cafe etc. of your allergy prior to ordering. If you are unsure if the restaurant understand you or your requirements, it is recommended that you go to a different establishment that can cater for your requirements instead.

Gluten allergy	小麦アレルギー (こむぎアレルギー)	komu-gee arerugee
Bread	パン	pan
Breakfast cereals	朝食用シリアル (ちょうしょくようシリアル)	cho-shoku-yo-shi-ri-a-ru
Porridge	お粥 (おかゆ)	o-ka-yu
Cakes	ケーキ	keh-kee
Biscuits	ビスケット	bisukeh-to
Pizza	ピザ	pi-za
Pasta	パスタ	pa-su-ta
Wheat-based noodles	小麦焼きそば (こむぎやきそば)	komu-gee-ya-kee-soba
Bread crumbs	パン粉 (パンこ)	panko
Soy sauce	醤油 (しょうゆ)	sho-yu
Yeast extract spread (such as marmite)	イーストエキス	ee-suto-eh-ki-su
Soups	スープ	su-pu
Ice Cream	アイスクリーム	ai-su-ku-ree-mu
Custard Powder	カスタードパウダー	kasuta-do-pa-oo-dah
Beer	ビール	bee-ru
Barbequed Chicken	バーベキューチキン	ba-be-kyu-chi-kin
Sausages	ソーセージ	so-seh-gee
Hamburgers	ハンバーガー	han-bah-gah

> 私は小麦アレルギーがあります。小麦を食べません。

Watashi wa komu-gee arerugee ga arimasu. Komu-gee oh tabemasen.

I have a gluten allergy. I don't eat gluten.



- **Lactose Intolerance**

You should ALWAYS notify a restaurant/cafe etc. of your allergy prior to ordering. If you are unsure if the restaurant understand you or your requirements, it is recommended that you go to a different establishment that can cater for your requirements instead. Please note that some unexpected snacks and foods in Japan will contain milk and dairy products, including potato chips/crisps and bread.

Lactose intolerance	乳製品食べません (にゆうせいひんたべません)	nyu-say-heen tabemasen
Milk	牛乳 (ぎゅうにゅう)	gyu-nyu
Cheese	チーズ	chee-zu
Ice Cream	アイスクリーム	ai-su-ku-ree-mu
Butter	バター	ba-ta
Yoghurt	ヨーグルト	yo-guruto
Biscuits	ビスケット	bisukeh-to
Cakes	ケーキ	keh-kee
Cheese sauce	チーズソース	chee-zu saw-su
Cream soup	クリームスープ	ku-ree-mu su-pu
Custard	カスタード	kasuta-do
Milk chocolate	ミルクチョコレート	Mee-ru-ku cho-ko-re-to
Pancakes	パンケーキ	pankeh-ki
Scrambled eggs	スクランブルエッグ	sukuranburu eggu
Quiche	キッシュ	ki-shu
Some bread	いくつかパン	iku-tsu-ka-pan

- > 私は乳製品食べません。
Watashi wa nyu-sei-heen tabemasen.
I am lactose intolerant / I can't eat lactose.



● **Soy Allergy**

You should ALWAYS notify a restaurant/cafe etc. of your allergy prior to ordering. If you are unsure if the restaurant understand you or your requirements, it is recommended that you go to a different establishment that can cater for your requirements instead. Soy products such as tofu, soy sauce, miso and edamame beans play a huge role in Japanese cuisine, so avoiding them takes extra care and caution.

Soy allergy	大豆アレルギー (だいずアレルギー)	dai-zoo arerugee
Edamame	枝豆 (えだまめ)	eh-da-ma-meh
Miso	味噌 (みそ)	mee-so
Natto	納豆 (なっとう)	nattow
Soy sauce	醤油 (しょうゆ)	show-you
Soy flour	大豆粉 (だいずこ)	dai-zoo-koh
Soy nuts	大豆の実 (だいずのじつ)	dai-zoo-no-
Soy bean sprouts	もやし	moh-ya-she
Soy-based milk	豆乳 (とうにゅう)	tow-new
Soy yoghurt	大豆ヨーグルト (だいずヨーグルト)	dai-zoo yo-goo-ru-toh
Soy ice cream	大豆アイスクリーム (だいずアイスクリーム)	dai-zoo eye-su ku-ree-mu
Soy cheese	大豆チーズ (だいずチーズ)	dai-zoo chee-zu
Soy tamari	大豆たまり (だいずたまり)	dai-zu tah-mah-ree
Soy tempeh	大豆テンペ (だいずテンペ)	dai-zoo ten-peh
Tofu	豆腐 (とうふ)	tow-fu

- > 私は大豆アレルギーがあります。大豆を食べません。
Watashi wa daizu arerugee. Daizu oh tabemasen.
I have a soy allergy. I don't eat soy.



Useful Restaurants

Tokyo

- *Ain Soph*
Ain Soph own a range of restaurants across Tokyo and Kyoto, offering a 100% vegan menu. Their menu also lists other allergens, and the staff (capable of speaking various languages) are always happy to discuss your allergies and the choices available to you.
Find more information here: www.ain-soph.jp
- *T's Tan Tan*
One of the most famous vegan brands in Tokyo, T's Tan Tan offer a menu packed with ramen, curry, gyoza and all of the other restaurant favourites that you could ever want to eat. Menus are available in English, Japanese and Chinese, and the brand also produces a range of curry packets and instant noodles that you can eat at home (available in branch or from Natural Lawson convenience stores).
Find your closest location here: <http://ts-restaurant.jp/tantan/>
- *Bon-Taito*
Serving traditional Buddhist cuisine (known as 'Shojin Ryori') which is made free of animal ingredients, there's more to this restaurant than just the delicious food. The atmosphere, setting and service add to your experience, making this a popular choice for not just vegans and vegetarians, but also anyone with an interest in Japanese culture.
Read more about Bon-Taito here: <https://www.happycow.net/reviews/bon-tokyo-91>
- *Saido*
Saido is a relatively new, up-market restaurant offering vegan interpretations of Japanese food with a twist. Highly rated by members of the local vegan and vegetarian community, this is a great choice for anyone looking to add something special to their time in Tokyo.
English information available here: <https://saido.tokyo/en/>
- *Nishi-Azabu Hide*
The first restaurant to be accredited by the Emirates Halal Centre's Japan office, this 'Edo-style' restaurant is considered one of the best for Halal options in Tokyo. There's only two course options on the menu, which makes it a bit easier to decide which delicious meal to pick.
Check out this glowing review here: <https://www.timeout.com/tokyo/restaurants/nishi-azabu-sudo>



Kyoto

- *Choice*

A vegan and gluten-free restaurant located in the Higashiyama district offering a mix of Japanese and western dishes, along with an English menu. The food here is extremely healthy, with the restaurant having been founded by a Japanese doctor, but there are sweets and smoothies available as well.

Find out more here: <https://www.insidekyoto.com/choice-northern-higashiyama>

- *Izusen*

Izusen offers zen, temple cuisine in the traditional Buddhist 'Shojin Ryori' style, which means that the food served is vegetarian and vegan friendly. There are many restaurants offering Buddhist cuisine in Kyoto, but Izusen is always highly rated by vegetarians and vegans visiting the area, in part thanks to the beautiful surroundings of Daitoku-ji Temple.

Read more about Izusen here: <https://www.insidekyoto.com/izusen>

- *Ayam-ya*

Ayam-ya is a popular location for visitors seeking Halal meals, and serves MSG-free chicken ramen in a location not far from Shijo Station. Reviews of the restaurant also mention the large prayer room located inside the shop.

Reviews of Ayam-ya can be found on their Facebook page: https://www.facebook.com/pg/Ayamyakarasuma.kyoto/reviews/?ref=page_internal

Osaka

- *ORIBIO Cafe Dining*

A uniquely-decorated restaurant serving vegetarian, vegan and Halal versions of your favourite Japanese dishes. The five main pungent roots have also been eliminated from the menu, so followers of Jainism can also find something to enjoy. English menus are available, and the staff can arrange for some offerings to be made vegan by request.

More information available here: <https://vegewel.com/en/restaurant/483>

- *Veggie Ramen YUNIWA*

A friendly restaurant offering ramen dishes made with no animal products or chemical seasonings, this beloved vegetarian and vegan restaurant is a true Osaka treasure and is located within just 10 minutes' walking distance of Kusuba Station. The restaurant is not formally Halal-certified, but the owners recently purchased new kitchen equipment for their kitchen, and this equipment has been used to create two Halal ramen dishes which can be ordered without prior reservation.

Read about it here: https://fooddiversity.today/en/article_15277.html



- *3 te' cafe'*

A muslim-friendly (NOT Halal-certified) restaurant offering Kobe beef and halal meat options, with no alcohol or pork on the premises. Local Muslimahs attend a meet up here around three times a month.

Check out their instagram page: https://www.instagram.com/3tecafe_muslimfriendly/

Other locations

Vegan, vegetarian, gluten-free and Halal dishes can be difficult to find in restaurants and cafes outside of the main cities, but you shouldn't allow that to stop you from exploring all of the wonders that rural Japan has to offer.

No matter where you are, it's always worth taking a look at the Happy Cow website or app to see what vegan and vegetarian-friendly options are available near you: <https://www.happycow.net/asia/japan/>

If you're looking for Halal dishes, Food Diversity have prepared a comprehensive list of restaurants and helpful information (including downloadable maps and Japanese phrase guides) that can help you to navigate meal times across the country: <https://fooddiversity.today/en/map-list>

When in rural locations, a good way to find food free of animal products is to look for restaurants and cafes offering 'Shojin Ryori', which is a traditional form of Buddhist cuisine that happens to be vegetarian and vegan friendly. Your best chance to find these meals is to head towards your nearest Buddhist temple or pilgrimage site, or to search for it in your local area using google maps.