

表参道・外苑前駅
(青山学院体育館周辺)

東京ライス(Tokyo-rice)

Omotesando Station

From Omotesando station,
10 minutes on foot
表参道駅から徒歩10分



5.0 ¥1550



The contents of
“otonano
okosamalunch” are
chikin rice, fried
shrimp, salad, and
meatball, they have 10
kinds of desserts.
All of them are very
delicious.

とても美味しいです！

東京ライス

Tokyo Rice

2 minutes on foot from
Omotesando station (b1 exit)
表参道駅(b1出口)から徒歩2分

Exchange
diary
交換日記帳

While waiting for our foods, we can
write and read.
料理を待っている間に書いたり
読んだり、



★★★★★ 5,0

Menu ...Hamburger demiglace sauce、 tartar sauce、 fried potatoes、 chicken rice、
wiener、 napolitain、 salad、 marinade octopuses and mushrooms、 dessert.
Others include shrimp kids lunch (¥1750) and vegetable kids lunch(¥1650).

メニュー内容...ハンバーグ デミグラスソース、エビフライ タルタルソース、フライドポテト、チキンライス、ウインナー、ナポリタン、サラダ、タコとキノコのマリネ、デザート

他にもエビ系お子様ランチ (¥1750) 、野菜系お子様ランチ (¥1650) などがある。

ウマミバーガー青山店 表参道駅

表参道駅から徒歩5分

★★★★☆ 4.0 クラシックバーガー ¥1380
スモザードポテト ¥800



ウマミバーガー(umamiburger)青山(Aoyama)店

Omotesando station

From a Omotesando station, 5 minutes on foot

★★★★☆ 4.0 Crasick burger ¥1380
Smootherd potato ¥800



This is a hamburger speciality store. I have potato by the side menu. And the matrix also had nearly 20 kinds of drink and hamburger, and was made. This store was pleasant to the eye, and there was charm I feel like entering. This store is recommended!

この店はハンバーガー専門店です。サイドメニューはポテトなどがあり、20種以上の飲み物もあります。

雰囲気が高く、入りたくなってしまうおしゃれな外装です。

ただ、値段が高めなので、友達と行くのには向かないかもしれません。とても美味しいので、一度行ってみたいはどうですか？

Island Vintage Coffee

3.8 ★★☆☆☆

There is a Hawaiian cafe 7 minutes away from Omotesando station by food (exit A1). The most popular drink in this cafe is a Hawaiian Specialty Coffee. You can eat sandwiches, salads, acai bowls, poke and garlic shrimp bowls. The average price for lunch is about 1500 yen. There is a menu written in English. You can enjoy your lunch time in the relaxed atmosphere of this cafe.



THE GREAT BURGER

A 15-minute walk from
Omotesandou station.



¥1500

There are over twenty types of
hamburger. Also they have
sandwiches and hotdogs.
This restaurant is popular among
girls and foreigners.

ハンバーガーは20種類以上あり、
他にサンドウィッチやホットドック
があります。女性の方や外国の方にも
人気があるようです。

THE BURGER STAND FELLOWS



Omotesando station/order-style
A 5-minute walk
from Omotesando station

★★★★☆ 4,0 ¥1300~

The menu includes about 15 kinds of hamburgers🍔,

drinks🍹,and side menus🍟.

The price of those hamburgers is about 1000 yen (without tax) .You have to buy a drink,and the price of drinks is about 300 yen (without tax). The total of them is about 1300 yen (without tax),so it is very reasonable. And the taste is very yummy.



メニューは、ハンバーガー🍔が15種類、飲み物🍹、サイドメニュー🍟があります。

ハンバーガーの値段は約1000円(税別)、
ワンドリンク制でその値段は約300円(税別)です。
合計は約1300円(税別)と、とてもお手頃です。
そして、とても美味しいです。



青山ブションアミューゼ

AOYAMABUJYON

AMYU-ZE

★★★★☆ 4.7 ¥1400

This lunch has soup, rice, and dessert. The price is 1400yen(tax included). The inside of the main dish is grilled sea bream and salad. The salad has pumpkin and eggplant. Cream brûlée of dessert is French cuisine. It is very nice.

Rainbow 🌈 🥞 Pancake



5.0



pancake is very delicious and you can enjoy fluffy and soft pancakes in this cafe .

パンケーキはとても美味しく、フワフワで、柔らかいです。

When you put the pictures of these pancakes on the Instagram, people want to see them.

あなたがパンケーキの写真をインスタなどに載せた時みんながその写真を見たいでしょう。

Place: Jingumae Shibuya
Tokyo

4-28-4 ARES GARDEN
OMOTESANDO 2F

幸せのパンケーキ

評価

★★★★☆ 4.0

¥1,100

Shiawase -no-pancake

A 15-minute walk from
Omote-sandou station .
(表参道駅から徒歩15分)

This pancake is a fluffy pancake
with sweet caramel sauce and
sweet honey ice cream on it. It
is very sweet and very tasty!

このパンケーキはふわふわ
のパンケーキに甘いキャラ
メルソースと甘い蜂蜜
アイスクリームをのせた
ものです。とても甘く
とても美味しいです！





肉炭バル(Nikusumibaru)

Omote-sando Station/set meal

A 5-minute walk from Omote-sando station.

(表参道駅から徒歩5分)

Set meal of lunch has many menus, and miso soup and pickles are attached to each.

At night people can drink wine, and quiet and pleasantness give the restaurant an atmosphere for adults. And the price of food is reasonable.

(1000 yen~2000 yen
for lunch)

昼の定食ランチには沢山のメニューがあり、
それぞれに味噌汁や漬けものが付いています。

夜は高級ワインなども飲め、静かで心地よい雰囲気を感じる大人の店にもなります。
そして値段もお手頃で丁度良い感じですよ(ランチで1000~2000円)

ステーキの食いしんぼ

5-minute walk from a Gaienmae station

Chicken nanban&hamburger steak

850yen



price 800yen~1500yen

明治神宮前・原宿・代々木駅
(国立代々木競技場)

バトミントン・車椅子ラグビー

GOEMON

Harazyuku station
Meijijingu station

★★★★☆ 4.0

There were many
menus, and the
waiting time was short.
Noodles are a little
tender.

多くのメニューがあるのに
待ち時間が短かった。
麺がややモチモチだった。





° ✨ *+ Sweets Paradise ★★★★★ ☆

- ◆ 5-minute-walk from JR Harajuku Sta. ¥1000~/per person ◆
- ◆ It has many kinds of food from Italian to Japanese so you can eat your favorite dish.

Even if you are a big eater you will be able to get full because this restaurant is all-you-can-eat.

You will find a lot of colorful sweets such as cake and jelly.

They are suitable for taking pictures! ◆

J.S.BURGERS CAFE

Meijijingu-mae Station (明治神宮前駅)

7-minute walk from the station. (駅から徒歩7分)

★★★★☆ 4.0 ¥1000～ (about)



There are about 50 menus. Such as hamburgers, sandwiches, hotdogs, and so on. The hamburger was nice smell and delicious. The shop was clean and fashionable. The clerks were kind. The shop is open from 11 o'clock. Please do come!

メニューは約50種類あります。例えばハンバーガーやサンドイッチ、ホットドッグなどです。ハンバーガーはいい香りで美味しかったです。店内はきれいでおしゃれで、店員さんも親切でした。休日は11時開店です。ぜひ行ってみてください！

《메뉴》
MENU

※税別価格です
Tax not included
商品価格に含ま
消費税は含ま
れません

■ 요리 FOOD

공만두 Pan fried dumplings-original (6pieces)	¥290
공만두(마늘·부추) Pan fried dumplings with garlic and leek(chives) (6pieces)	¥290
찜만두 Steamed dumplings-original(6pieces)	¥290
찜만두(마늘·부추) Steamed dumplings with garlic and leek(chives) (6pieces)	¥290
공기밥(스프 포함) White rice with chicken soup	¥200
오이 Cucumber-fresh cucumber with special made miso sauce	¥250
숙주나물 Bean sprouts-boiled bean sprouts with special made meat sauce	¥250
양배추 Cabbage(pickled)	¥250

■ 음료 DRINKS

콜라 Coke	¥200
우롱 차 Oo long tea	¥200
레몬 사워 Lemon sour (alcohol)	¥450
우롱 하이 Oo long sour (alcohol)	¥450
생맥주 (기린 이치 방 시보리) Beer (KIRIN Ichibanshibori)	¥500
니혼슈 Japanese sake (hot or cold)	¥550
사오징어(명창원라오주) Lao chu (hot or cold)	¥550



原宿餃子楼
Harajukugyouzaro
From Meiji
Jingumae station
about a 2-minute
walk

餃子の種類は5種類ほどあり、ニンニク、ニラ有りと無しで選ぶことができます。餃子は6個で290円、米とスープで200円と、とても安いです。3ヶ国語に対応しているメニューもあり、外国人の店員も居るので日本旅行にはとても便利です。



Dumplings ↑ delicious!

Evaluation
★★★★☆

Kind of dumplings is about five types, you can choose garlic, leeks there door without the like. Dumplings are very cheap such as 290 yen (tax excluded) for 6 pieces, 200 yen (tax excluded) for rice and soup. There is also a menu that corresponds to the one and the three languages of foreigners clerk, is very easy to understand,



TEDDY'S

MeijijinguMae Station/
adokadobarger

From Meijijingumae station' 4
minutes on foot

★★★★☆ 4.0 ¥1210

It was Hawaii resort feeling drifting interior of the home. The amount is large and is very delicious buns fluffy. There is also a cheap menu of less than 1000 yen. Quality is high, if eaten at this price, I think that it is profitable. By all means, please try to go.

THE GREAT BURGER

HARAJUKU STATION / BURGER

FROM HARAJUKU STATION ,

A 5-MINUTE WALK.

(原宿駅から駅から徒歩5分)

★★★★★ 5.0 ¥1296

とろけるチーズと甘いパンは、
ここだけ！！カッコいい店員さん
と60年代のアメリカ風な雰囲気
が最高！！ビッグサイズで
堪能ください！！

MELTING CHEESE AND SWEET BUNS ARE
JUST HERE!! COOL STAFFS AND AMERICAN
ATMOSPHERE OF THE 60'S IS THE BEST!!
PLEASE ENJOY WITH BIG SIZE!!



La・Pausa

¥1000~

★★★★☆ 4.5

JR原宿駅から徒歩2分。

「La Pausa」とは、イタリア語で「ひと休み」という意味。店内は少し暗めで太陽光を上手く利用し、お洒落な雰囲気だった。また、独特な絵がまた違った不思議感を醸し出し、より世界観を出している。この店のおすすめメニューは「チーズフォンデュ」。ソースがうまい。

It is 2 minutes on foot from JR Harajuku Station.

"La Pausa" means "a break" in Italian. The interior is a bit dark and they use sunlight well. It has fashionable atmosphere.

Also, we feel strange by a unique picture, giving us a unique world.

A recommended menu of this restaurant is "cheese fondue".

The source is good!

YOSINOYA

吉野家(原宿店)

★★★★☆ 3,0

①Low price.

価格が安い

②Come out as soon as you order. (About 5 minutes)

頼んだらすぐに出てくる。(約5分)。

③Wide variety

種類が豊富

④A large volume. You can choose quantity.

ボリュームが多い。また量の選択可能



そば処松月庵(sobadokoro syogetuan)
From Yoyogi station,5minutes on foot

This is a soba specialty store.
Besides buckwheat there are
also bowl of rice bowl and curry
rice and side menu is abundant.
It is very profitable at around
1000 yen even on holidays.



これは蕎麦店です。そば以外にも天丼やカレーライスなどがあり、サイドメニューも豊富です。休日でも1000円前後ととてもお得です。

¥750



4.0

千駄ヶ谷駅

(東京体育館・新国立競技場)

ブラインドサッカー・卓球・STT・陸上競技



評価



レストランゆりのき

¥800~

Restaurant Yurinoki

From a Sendagaya station, 5 minutes on foot

There are many menu. You'll choose dish and buy tickets.

There are 800~1500 yen.