

General Tips

1. Most restaurants have different opening and closing times/weekly offs. Please plan at least one night in advance else, it can be a struggle finding places to eat at.
2. Last order is typically 30-60 mins prior to the actual restaurant closing time. Most restaurants will turn you away if you show up after the last order time has passed.
3. There are many hidden animal-based ingredients in things you would typically consider vegan/vegetarian in convenience stores - use google image translate to check for those.
4. Plum onigiri, seaweed onigiri, fruit and smoothies, soyjoy bars are vegan. Some chips are vegan too - but you will need to check each packet independently.
5. Natural Lawsons (not the same as Lawsons) has more plant based options in their convenience stores.
6. Be prepared to walk - even if you are in the same area as the restaurant you want to go to, it could be a 10/15 min walk.
7. Try eating lunch and dinner early - else, you will need to wait in a queue. Definitely go to Izakaya Masaka at 6 pm and not later.
8. The food in Japan even for vegetarians/vegans is pretty good, just takes some effort to find the right place.
9. Keep a backup restaurant option ready for every meal (just in case the queue is long or you don't make it in time for last order)
10. If you are vegan, mainstream coffee shops and vegan restaurants will have soy/lat milk options. The rest will most likely not. So be prepared for black coffee or carry a plant-based creamer with you. Starbucks, Doutor and Tullys are your best options.
11. Even at restaurants that say suitable for vegetarians - reconfirm that the ramen broth does not have dashi. Carry the following note with you if you'd like (pasted at the bottom of this sheet).
12. It is easier to be vegan than vegetarian in Japan (if you want to try Japanese food) as the locals may sometimes consider fish/animal byproducts as vegetarian.
13. There are almost no dustbins in public places in Japan and even the ones in bathrooms will be only for sanitary waste - you are expected to carry your food trash with you until you can dispose it (most likely in your hotel). Carry a plastic bag in your backpack to collect garbage for the day.
14. Kyoto is probably the easiest city to be vegetarian in - since it has a lot of Buddhist temples and hence Buddhist style vegetarian meals.
15. In several vegan restaurants, you will see the same food item listed twice on the menu - one without five pungent roots and one with. The five pungent roots are garlic, leeks, chives, leeks and shallots. Buddhists don't eat these and hence, the option is on some menus.
16. Download the app Happy Cow, helpful to check for vegan restaurants around you, read reviews, check open and close timings etc.
17. If you are flying out from Tokyo Narita airport, you can have Ts Tan Tan Ramen at the airport. Their gyozas are good.
18. In case you are worried about not getting enough vegan/veg options - stock up on some cup ramen at Ts Tan Tan/Kyushu Jangara. Worst case, you can have a quick cup noodle meal.
19. Most desserts have egg in them unless you are at a vegan restaurant

The Vegan card (no lacto-ovo)

See [this page](#) for tips on being a vegetarian or vegan in Japan.

申し訳ありませんが、私はビーガンです。
肉、鶏肉、魚(出汁を含めて)、卵、乳製品
が食べられません。

I'm a vegan. I can't eat meat, poultry
or fish including dashi, eggs or dairy.
Thank you for your understanding.

Another useful resource

A Reddit user's sheet that helped us plan our meals: https://docs.google.com/spreadsheets/u/0/d/1m9rYV8o0JUL_YL_HnscBkRK-gpezaTfp2GGEH90_0/htmlview#

Restaurant/Cafe/Shop	Type of food	Area	Vegan/Vegetarian/Veg options available?	Standout dishes	Additional Notes
Vegan Bistro Jangara	Ramen	Harajuku	Vegan	Both ramens on menu	Best ramen we had in Japan, must must have!!
Ta Tan Tan	Ramen	Taiyo station	Vegan		Was highly recommended by most people, but honestly a bit underwhelming. Sesame ramen was decent but nothing special.
Vegan Izakaya Masaka	Japanese	Shibuya	Vegan	Karage	Must go!
Vegan Gyoza Yu	Gyozas	Yiigo City	Vegan	Gyoza platter	Check their days off - have a slightly erratic schedule that changes time to time.
Vegan Place Shuwa Shuwa Peace	Korean + Japanese	Hatagaya (two stops from Shinjuku station)	Vegan	Deep fried gyozas and	Out of the way from most touristy spots, can skip unless you are in the area
Kyushu Jangara	Ramen	Akihabara and Harajuku	Veg Options available		Only one vegan ramen on the menu, decent ramen option
Vegan Sushi Tokyo	Sushi	Shibuya	Vegan		BEST SUSHI EVER! Must get the assorted sushi platter - Japanese ginger was a standout!
Jikasei Mencho Ramen	Ramen	Shibuya	Veg Options available	Tantanmen ramen	
Plant Based Studio Ippudo	Ramen	Shinjuku	Veg Options available		Contrary to what the name says, they have some meat being served too. So pick from the two vegan ramen options + gyozas.
Ain Soph Journey	Dessert	Shinjuku	Vegan	Fluffy pancakes	vega We didn't eat anything other than dessert here, however, there were food options too.
Marbre Dessert	Dessert	Shinjuku	Vegan	Lemon cake	Cute little bakery with lots of vegan dessert options. Can grab a quick bite here before or after visiting Shinjuku Gyoen National Garden.
Shake Shack	Fast Food	Multiple outlets	Veg Options available		Average meal - if anyone wants to grab a quick bite can have the veg mushroom burger. No vegan burger option.
Falafel brothers	Falafel	Shibuya	Vegan		Was highly recommended by many people - but we didn't enjoy this meal at all. Totally skipable.
Happy Pancakes	Dessert	Shibuya + others	Veg options available	Fluffy pancakes	Great fluffy pancakes - not vegan
Gong Cha	Bubble tea	Shibuya + others	Veg options available	Matcha latte with lapio	The matcha option is not vegan - but the other milk teas can be made with soy milk
Freshly made by Coco	Bubble tea	Shibuya	Veg options available	Matcha latte with lapio	No plant milk option
Asakusa Kageutsudo	Dessert - Melon	Asakusa	Veg options available	Melon pan	Not vegan
Asakusa	Desserts	Asakusa	Veg options available	Mochi and daifuku	
Good Town Doughnuts	Desserts	Shibuya	Veg options available		Average donuts, food and drinks were also available
Golden Gal	Bars	Shinjuku		Sake and Plum Wine	(Multiple tiny bars in a very small area. Go for the experience and have a sake/plum wine/Japanese whiskey!)
Blue Bottle Coffee	Coffee	Ginza			Plant based milk available
L'octane Cafe	Cafe	Shibuya	Veg options available	Parfait	No vegan desserts
Day trips from Tokyo					
Nikko					
Hippari Dako	Japanese	Close to Shinkyo Bridge	Veg Options Available		We ate here however, we later checked on Happy Cow that the broth that the restaurant claims is vegetarian actually has dashi in it. Only the ramen, yuba sashimi and edamame are actually vegan.
Cremia	Dessert	At Kegon Falls + other locations	Veg Options Available		Not vegan - cream based soft serve that is popular
Lake Kawaguchiko (Mt. Fuji)					
Show's Sushi Bar and Dining	Japanese	5 mins from Lake Kawaguchiko	Veg Options Available		Good vegetarian set meal option
Places we wanted to go to					
Injoy	Ramen	Taito	Vegan		
Pizza Marumo	Italian	Shibuya	Veg Options available		
Saito	Japanese	Jiyugakka	Vegan		Need to reserve at least a month in advance
2 Foods	Cafe	Shibuya	Vegan		
Sunday Vegan	Dessert	Kichijoji	Vegan		

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Gion Soy Milk Ramen	Ramen	Gion	Vegan		If you like a milky texture to your ramen, you will enjoy this! There is a dessert vending machine outside this restaurant - must get the strawberry and cream cake jar - it was delicious!!
Engine Ramen	Ramen	Close to Nishiki Market	Veg Options Available	Zesty ramen	
Vegan Izakaya Nijiya	Japanese	Close to Nishiki Market	Vegan	Yakitori and silken tofu	Get their set meal. VERY TINY place - cannot seat more than 7 people, try going early.
Musubi Cafe	Café style	Arashiyama Bamboo Grove	Veg Options Available	Japanese chestnut tart and fig tart	
Trattoria M Kyoto	Italian	Kyoto Station - Mercure Hotel	Veg Options Available		Ate here as it was in our hotel, decent pizza but nothing exceptional. Can be skipped.
Mister Donut	Desserts	Kyoto Station	Veg Options Available		Average donuts (not vegan). Can be skipped.
Arabica	Coffee	Close to Nishiki Market	Veg Options Available		Plant-based milk available
Roadside stalls for snacks	Snacks	Arashiyama Bamboo Grove - small road	Veg Options Available	Dango and Sweet Potato Chips	Good as a snack on the move
Roadside stores - Chestnut soft serve	Dessert	Shopping area near Kiyo Mizu Dera	Veg Options Available	Chestnut soft serve	Not vegan
Day trips from Kyoto					
Nara					
Onwa	Japanese	Close to Nara Station	Vegan	Turnip cake, Matcha latte and parfait!	
Places we wanted to go to					
Chao Chao Gyoza	Japanese	Close to Nishiki Market	Veg options available		
Shojin Ryuri - Tenryuji Temple	Japanese - Budd	Close to Arashiyama Bamboo Grove	Vegan		Popular Buddhist temple meal option
Nakatanidou	Dessert - mochi	Nara	Veg options available		You can see mochi being made here every 45 mins or so.
Tadka	South Indian	Close to Nishiki Market	Veg options available		
Towzen Ramen	Ramen	Sakyo Ward	Vegan		
This is Shizen	Dessert - ice cream	Close to Nishiki Market	Veg Options Available		Instagrammable ice cream bouquets
Vegan Cafe Ramuna	Cafe	Nara	Vegan		Cannot take groups of more than 4, run by one woman alone. Be prepared for slow service.

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OKO Takoyaki Vegan	Japanese	Dotonbori	Vegan	Takoyaki!!!!	
Imakaku Kitchin Merry Momo	Japanese	Shin Osaka	Veg Options available	Mapo Tofu, Katsu, Korean Soy meat, Jelly dessert	Grab a benito box if you can for lunch/dinner that day!
OKO Fun Okonomiyaki Bar	Japanese	Dotonbori	Veg Options available	Okonomiyaki!!!!	
Mama Invitation	Indian	Shin Osaka	Veg Options available		Average at best. But sufficed as we didn't want to travel far from the hotel for dinner.
Ei Pancho	Mexican	Dotonbori	Veg Options available	Nachos	Great mexican food
Tapioca Ding Tea Dotonbori	Bubble tea	Dotonbori	Veg Options available		No plant based milk
Rikuru's cheesecake	Dessert - Japanese cheesecake	Dotonbori + others	Veg Options available		Egg in cheesecake. Not suitable for vegans. Light and airy, worth trying but they only give an entire cake - so be prepared to either store it or have others to share with.
Subway	Fast Food	Near Osaka aquarium	Veg Options available		Have the avocado and veggies sub
Paprika Shokudo Vegan	Cafe	Close to Dotonbori	Vegan		Was highly rated on Google, but we did not enjoy it. Skippable.
Venchi	Dessert - gelato	Close to Dotonbori	Veg Options available	Chocolate and raspberry gelato!	4 vegan gelato options
Day Trips from Osaka					
Hiroshima/Miyajima					
Nagaya	Japanese	Close to the atomic bomb dome	Veg options available	Okonomiyaki!	Hiroshima style okonomiyaki - slightly different from Osaka style okonomiyaki. Worth trying. Be prepared to wait in a queue.
Maple shaped pancake sweets	Dessert	Miyajima or Hiroshima Station	Veg options available	Chocolate dessert	Contains egg - not suitable for vegans
Universal Studios Japan					
Louie's NY Pizza Parlor	Italian	Universal Studios	Veg options available		Fries and pizza available. Works for a quick bite. No vegan pizza option.
Places we wanted to go to					
Merry Vegan Factory	Japanese	Close to Dotonbori	Vegan		
Sushi Roll Double Quotation Iki	Japanese	Kita Ward	Veg Options available		A little away from most tourist spots
Brown Rice Sushi Tec	Japanese	Close to Shin Osaka	Vegan		