

# What are Dedicated "Awaji Fresh" Stores?

Dedicated "Awaji Fresh" stores are restaurants and eateries (including lodging facilities) whose proprietors have declared their dedication to actively striving to use ingredients from Awaji Island.



# The three points that "Awaji Fresh" stores are all dedicated to

- 1. Sourcing at least 50% of the fresh food ingredients used each year (on a per-item basis) from Awaji Island
- 2. Cooking with passion, bringing out all of the delicious flavor of ingredients from Awaji Island
- 3. Clearly indicating which Awaji Island ingredients were used each day on menus, in-store signage, and the like

Stores registered as dedicated "Awaji Fresh" stores are indicatedusing the following symbols.







**50%** or **more** of the ingredients used at this store are from Awaji Island

Awaji Island has long been called "Miketsu Kuni (Land of Imperial Provisions)." It has supplied countless ingredients enjoyed in the Imperial court. Look for these symbols as you travel Awaji Island and enjoy the rich selection of cuisine this island has to offer.



Stores dedicated to using ingredients from Awaji Island, "Land of Imperial Provisions"

# Dedicated "Awaji Fresh" Stores

Enjoy all of the finest foods from Awaji



Restaurants and eateries on Awaji Island dedicated to using delicious local ingredients























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Restaurants and eateries on Awaji Island dedicated to using delicious local ingredients 



1168-2 Gunge, Awaji-shi Phone:0799-70-1671 Opening hours: October to March18:00a.m.-5:00p m [October to March]8:00a.m.-5:00p.m. [April to September]8:00a.m.-5:30p.m. Closed:Every Thursday + the third Friday of March and August Every Thursday and Friday in all other months (Open when these days fall on holidays)

A highlight of this café is the fish meal set, featuring fish caught in the Harimanada Sea, which stretches out in front of the restaurant. It includes a bowl of boiled shirasu (whitebai on rice and a seasonal fish dish.



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### Cafe 03 Hoshino Kajitsuen Bloom

2416-6 Sano, Awaii-shi Phone:0799-70-9121 Opening hours:8:00a.m.-6:00p.m. Closed:Tuesdays Products made with strawberries grown in the café's own garden are available from Decembe to May.

Hoshino Kajitsuen Bloom, a new store from Hoshino Kajitsuen, which has its own strawberry garden, sells sweets, gelato, jams, and preserves made with seasonal fruit fro Awaii Island.





192 Ichiengyouji, Minamiawaji-shi Phone:0799-42-1930 Opening hours:9:00a.m.-5:00p.m (Last call:5:00p.m.) Closed:Tuesdavs

This café's pancakes, made with ingredients from Awaji Island, are a runaway hit!! There is also an extensive menu of drinks and sweets.



949-3 Fukakusa, Awaji-shi Phone:0799-70-4563 Opening hours:11:00a.m.-5:00p.m. (Open until 4:00p.m. on weekdays) Closed: Mondays, Tuesdays, and Fridays (May be temporarily closed on other days)

This café and shop is located in a historical renovated storehouse. It primarily serves food made with ingredients grown in the café's owr garden.



# Cafe & Confectionery



3111-32 Shizuki, Awaii-shi Phone:0799-60-0266 Opening hours:9:30a.m.-9:00p.m (Last call:8:30p.m.) Closed:Open every day \*Small pets are allowed (terrace area only)

Awajigyu and boiled shirasu (whitefish) over rice, served with "pontama," light onion ponzu



Phone:0799-53-6170 Opening hours:10:00a.m.-6:00p.m (Last call:5:00p.m.) Closed: Thursdays



Waffles and coffee are the specialties of this café, a converted traditional Japanese home



955-1 Jindaijitohou, Minamiawaji-shi Phone:0799-20-5048 Opening hours:10:00a.m.-6:00p.m. (Last call:5:30p.m.) Closed: Tuesdays and the second Monday of every month (Open if the day is a holiday)

This authentic, Japanese-style café, surrounded by the fields of Awaji Island, has its own Japanese sweets kitchen.





3-1 Kuruma, Awaji-shi Phone:0799-70-1913 Opening hours:10:00a.m.-6:00p.m. Closed:Mondays (Open if the day is a holiday), Tuesdavs, Wednesdavs

This Higashiura shop sells Basque cheesecake and dry flowers. The Basque cheesecake, made with generous portions of eggs from Awaji Island, is a perfect match for the shop's specialty coffee blend.





1530-2 Fukurakou, Minamiawaji-shi

Confectionery Awajishima Chiffon Cake Shop **fortune** 

Phone:0799-52-3607 Opening hours:10:00a.m.-5:00p.m. Closed:Tuesdays,Wednesdays (Closed on Thursdays)

This shop, in a fishing town at the southern tip of Awaji Island, specializes in sponge cake. Its moist, fluffy cake is made with rice flour and other ingredients from Awaji Island, and

contains no additives.





3067-10 Osaki, Awaji-shi Phone:0799-70-7227 Opening hours:7:30a.m.-2:30p.m. Closed:Tuesdays,Wednesdays



Cafe KidsPension FruitJuice miko cafe

This café serves dishes and sweets made primarily with ingredients from Awaji Island, making you healthier from the cellular level.

1139 Ouii Awaii-shi Phone:0799-62-1981 Opening hours:Noon.-3:00p.m Closed:No regular weekly closures



Led by the motto "You are what you eat," Mike Café makes healthy dishes using Awaji Isla ingredients.





Sea side 2F 95-2 Nojima Todoroki, Awaji-shi Phone:0799-64-7530 Opening hours:11:00a.m.-7:00p.m. Closed:Wednesdays (Open if the day is a holiday)



# Western cuisine

80% or more of the ingredients used at this store are from Awaji Island



50% or more of the ingredients used at



sauce.

# Fuku Cafe





built over 100 years ago. Come to unwind and relax.









# 843 Nojima Hikinoura, Awaji-shi Phone:0799-82-1820

Opening hours: [Weekdays]Lunch:11:00a.m.-2:00p.m.(Last call:2:00p.m.). Café time:2:00p.m.-5:30p.m.(Last call:5:15p.m.). [Weekends and holidavs] [unch:10:30a m -3:00p m (l ast call:3:00p m )

Café time:3:00p.m.-5:00p.m.(Last call:5:15p.m.). Closed:Wednesdays (Open if the day is a holiday). \*See website for details.

The café's salad buffet, which features over 20 different vegetables grown on Awaji Island, is especially popular. The sweet onions are a special highlight.









177-5 Nojima Hirabayashi, Awaji-shi Phone:0799-70-9022 Opening hours:11:00a.m.-5:15p.m Closed Wednesdays



A startling collaboration between Awaji Island onions and pancakes?! Enjoy this shop's selection of surprising and delicious dishes.



## 900 Sano, Awaji-shi Phone:0799-70-9113

Opening hours: [Direct sales store] 9:00a.m.-5:00p.m. [Shirasu Bakery]10:00a.m.-5:00p.m. [Sano Cafe]Breakfast:9:00a.m.-midday Lunch:10:00a.m.-2:00p.m. Café:10:00a.m.-4:00p.m.(Last call:3:30p.m.) Closed:Tuesdavs

SANOSYO TERRACE is popular for its dishes made with fresh (not frozen) shirasu (whitefish) prepared in the café's own plant! Don't miss

Ciboulette

Authentic Western-style restaurant





Inside the Awaji City Furusato Center 197 Taga, Awaji-shi Phone:080-3774-2025

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Opening hours: Lunch:Noon-2:00p.m.(Last call) Closed: Thursdays Open if the day is a holiday

This full-fledged Western restaurant uses sumptuous portions of Awaji ingredients and organic vegetables and fresh herbs grown by the restaurant's own chef.





# 9-15 Ikuhoniijima, Awaji-shi Phone:0799-64-0777

Opening hours: Weekdays:11:00a.m.-3:00p.m.(Last call:2:30p.m.) 5:00p.m.-9:30p.m.(Last call:8:30p.m.) Café (Weekends, and holidays only):3:00a.m.-5:00p.m. Closed: Thursdays (Open if the day is a holiday, closed the following day instead)

DAN-MEN is a fresh pasta specialty shop DANAMENT is a tresh pasta speciatty shop operated by Awaji Mengyo, which has been dedicated to making noodles for over 110 years. Enjoy the pasta dishes, made with generous amounts of ingredients from Awaji Island. Reservations required for dinner service.



### Restaurant/Cafe 19 Cafe Restaurant UM

634-1 Sano, Awaii-shi Phone:0799-70-1353 Opening hours:11:30a.m.-3:00p.m.(May be available after 3:00p.m. If a reservation is made by the previous day).Last call is 30 minutes before closing. Closed:Mondays (Open if the day is a holiday, closed the following day instead)

This café and restaurant is located in a hand-built log house with a view of the sea. Enjoy both the wonderful food and the wonderful view.



# Inside Hotel Anaga 1109 Anaga, Minamiawaii-shi

Phone:0799-39-1111 Opening hours: Lunch:11:30a.m.-1:30p.m. Dinner:5:30p.m.-7:30p.m Closed:No regular weekly closures.

Enjoy seasonal French cuisine featuring the oounties of Awaji Island's seas and mo





Roadside Station Uzushio 947-22 Fukurahei, Minamiawaji-shi Phone:0799-52-1157 Opening hours: 9:30a.m.-4:30p.m.(No orders taken after 4:30p.m.) Closed: Thursdays (may be open on some holidays and during busy seasons) %12/31,1/1 "The restaurant will be operating from a temporary location from February 2023 due to renovation work at the original site.

1st prize winner of the 3rd Nationwide Local Burger Grand Prix! A local burger that places onions from Awaii Island on center stage



5-1-16 Honmachi, Sumoto-shi Phone:0799-24-5788 Opening hours: Lunch:11:30a.m.-2:00p.m.(Last call) Dinner:5:00p.m.-11:30p.m. (Last call) Closed:Open every day

This reservation-only French restaurant serves dishes made with vegetables grown without pesticide on Awaji Island, seafood from the Awaji town of Yura, Awajigyu, and other local ingredients.





\* \*





560-17 Nojima Esaki, Awaji-shi Phone:050-3390-0093 Opening hours:Noon-2:00p.m. (Reservations required) Closed:Check the restaurant's Instagram accour



KUMI'S KITCHEN ANANDA has moved to a high point on the western coast of the island with a sweeping view of the sea.

# Italian 20 ITALIA TEI

### 3-1-43 Sakaemachi Sumoto-shi Phone:0799-24-5399 Opening hours

Lunch:11:30a.m.-3:00p.m.(Last call:1:30p.m.) Dinner:5:30p.m.-9:00p.m.(Last call:8:00p.m.) Reservations required Closed:Mondays (Open if the day is a holiday. closed the following day instead) . The restaurant is closed one day each month.

This Italian restaurant uses vegetables grown in its own garden and seafood from Awaj Island.



197-2 Enamikoenami Minamiawaii-shi Phone:0799-20-1609 Opening hours: 11:30p.m.-5:00p.m



It also sells black rice ohagi sweets, as seen on



Uzunooka Onaruto Bridge Memorial 2000 Hall 936-3 Fukurahei, Minamiawaji-shi Phone:0799-52-2888 Opening hours:9:00a.m.-4:00p.m.(No orders taken after 4:00 p.m.) Closed: Tuesdays (Temporary business on public holidays and during busy seasons depending on the situation) %12/31,1/1

Sister restaurant to the 1st prize winner of the Nationwide Local Burger Grand Prix. Local burgers featuring delicious Awaji Island



ingredients.

2-1-20 Sakaemachi, Sumoto-shi Phone:0799-53-6494 Opening hours: Lunch:11:30a.m. -2:00p.m.(Last call:1:30p.m.) Dinner:6:00p.m.-10:00p.m.(Last call:9:00p.m.) Closed:Tuesdays.Wednesdays.



VERDE's chef born and raised on Awaii Island visits growers and fish markets to hand-select the Awaji Island ingredients he uses in his dishes.

50% or more of the ingredients used at

this store are from Awaji Island













Italian 27 Ristorante scuola

# 843 Nojima Hikinoura, Awaji-shi Phone:0799-82-1820 Opening hours:Lunch:11:30a.m.-3:30p.m. (Last call:2:00p.m.) Doors close at 2:00p.m. Dinner:5:30p.m.-9:30p.m.(Last call:8:00p.m.) Last Entry:7:30p.m. \*See website for details Closed:Wednesdays (Open if the day is a holiday

Eniov Italian cuisine made with Awaii Island vegetables and seafood, Awajigyu, and other local ingredients at this restaurant, produced by famous chef Masayuki Okuda.





Teppanyaki TODOROKI

95-2 Nojima Todoroki, Awaji-shi Phone:080-3203-3272 Opening hours: Lunch:11:00a.m.-3:00p.m Dinner:5:00p.m.-8:00p.m. Closed:Tuesdays

vou savor a casual teppanyaki multi-co





70 Nojima Okawa, Awaji-shi Phone:0799-70-9110

Opening hours Lunch:11:00a.m.-3:00p.m.(Last Entry:2:00p.m.) Closed:Thursdays

Umi no ya is dedicated to serving customer

dishes made with wonderful ingredients fro





Awaii Island.

33 Auberge French Forest Grand Baobab

2593-8 aza-Banaka, Kusumoto, Awaji-shi Phone:0799-70-9063 Opening hours: Lunch:11:30a.m.-3:30p.m.(Last Entry:1:00p.m.) Dinner:5:30p.m.-9:30p.m.(Last Entry:7:00p.m.) Closed:Wednesdays





35 Auberge French Forest Prince Etoile



×

2593-8 aza-Banaka, Kusumoto, Awaji-shi Phone:0799-70-9061 Opening hours: Lunch:11:30a.m.-3:30p.m.(Last Entry:1:00p.m.) Dinner:5:30p.m.-9:30p.m.(Last Entry:7:00p.m.) Closed:Thursdays

Enjoy novel French cuisine that combine Awaji Island ingredients with traditiona Basque cooking.



80% or more of the ingredients used at this store are from Awaji Island



This restaurant serves a different lunch each day, made with ingredients from Awaji Island.

May be available after 5:00p.m. with a reservat Closed:Mondays

Curry (Ethnic Cuisine) mong curry

1F 2-3-11 Honmachi, Sumoto-shi Phone:070-3975-1538

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Opening hours:Lunch:11:00a.m.-2:00p.m. Closed:Sundays ,Mondays,Tuesdays, Wednesdays.

The gently spiced, savory chicken curr made with Awaji Island vegetables and Awa chicken, is especially popular.

Hamburger **30** FISHMILE BURGER

522-2 Tushi, Goshikicho, Sumoto-shi Phone:0799-33-0531 Opening hours:11:00a.m.-5:00p.m Closed:weekday

This restaurant specializes in fish burgers made with generous portions of fresh fish and vegetables from Awaji Island. You're sure to be pleased with both the flavor and serving size!

32 CRAFT CIRCUS CRAFT KITCHEN

# 2-2 Nojima Hirabayashi, Awaji-shi Phone:0799-82-1855 Opening hours:Weekdays11:00a.m.-7:00p.m

Western cuisine

Wook ends and holidays 10.30a m -8.00p m Closed:Thursdays (Open when these days fall o nolidays)

The craft burgers, made with Awajigyu, and the famous island pizza, which measures 40 cm across, are a sight to behold!

# Restaurant Auberge French Forest La Rose

# 2593-8 aza-Banaka, Kusumoto, Awaji-shi

# Phone:0799-70-9062

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Opening hours: Lunch:11:30a.m.-3:30p.m.(Last Entry:1:00p.m.) Dinner:5:30p.m.-9:30p.m. (Last Entry:7:00p.m.) Closed:Tuesdays

La Rose serves a fusion of Japanese and French cuisine made from the finest seasona ingredients of Awaji Island.



# 816 Nojima Hikinoura, Awaji-shi Phone:0799-70-9031

Opening hours: Weekdays:10:00a.m.-7:00p.m. (Last call:6:00p.m.) Saturdays, Sundays, and Holidays: 9:30a.m.-7:00p.m.(Last call:6:00p.m.) osed:Wednesday

The dishes served in this café, made with Awaji Island lemons and lemon juice, will make you feel like you've come to the island of Capris























785-9 Nojima Hikinoura, Awaji-shi Phone:0799-80-2600 Opening hours: Weekdays 10:30a.m.-7:00p.m.(Last call:6:00p.m.) Weekends and holidays:10:00a.m.-7:30p.m.(Last call:6:30p.m.) Closed:Tuesdays (Open when these days fall on holidays)

Miele offers an all-you-can-fill bowl of shirasu (whitefish) from Awaii Island! Delight in the fresh, fatty flavor of shirasu.

# Restaurant 39 Soup GOTAIRIKU

### Ladybird Road 1F, 95-2 Nojima Todoroki, Awaji-shi Phone:080-7598-8090

Opening hours: Weekdays 11:00a.m.-7:00p.m (Last call:6:30p.m.)/Weekends and holiday: 10:00a.m.-6:00p.m.(Last call:5:30p.m.) Closed:Tuesdays\*Business hours and holidays may vary by season.

Set off on a journey, exploring the ingredients of Awaji Island through this restaurant's soups! Take-out is also available, so you can enjoy the view of the sea from the terrace seating.



## Restaurant Western style restaurant Donna 🔢 41

95-7 Nojima Todoroki, Awaji-shi Phone:090-3324-3048 Opening hours: Lunch:11:00a.m -3:00p.m. binner:5:00p.m.-7:00p.m. \*Business hours may vary by season. Closed:Wednesdays

The vegetables of Awaji Island, rich in minerals, are used to prepare cuisine that is both beautiful and delicious, satisfying your body and your soul.



Udoi 42 UDON & SOBA IZUMOAN

3522-1 Shizuki, Awaji-shi Phone:0799-62-6002 Opening hours: Lunch time:11:00a.m.-3:00p.m. Dinner time:5:00p.m.-9:00p.m.(Last call: 8:00p.m.) Only open during lunch hours on Mondays. Tuesdays and Wednesdays. Closed:Thursdays (Open when these days fall on holidays)

Try the popular Hana onion and dipping noodles, dishes made with Awajigyu, and other cuisine made with ingredients from Awaji Island

# Japanese cuisine Café MARUGO KITCHEN

1395-3 Kurodani, Awaii-shi Phone:0799-70-4217 Opening hours:11:00a.m.-2:00p.m. Only open on Saturdays and Sundays \*Not accessible by large buses

Try Marugo Kitchen's Gossa Lunch, made with local vegetables, or the Gossa Curry made with Awaji ingredients.





EDDEGR

# Restaurant/Teppanyaki 38 Aman no Shokutaku Teppanyaki Pier SAJIKI

1042 Nojima Tokiwa, Awaji-shi Phone:0799-70-9090 Opening hours:11:00a.m.-9:00p.m Lunch:Last call:13:30p.m. Dinner:Last call:7:30p.m. Closed:Tuesdays

Enjoy teppanyaki and sukiyaki cooked right front of you using the fine ingredients that a Awaji's pride and joy.





Ladybird Road Seaside 2F. 95-2 Noiima Todoroki, Awaii-shi Phone:080-4949-5081 Opening hours:11:00a.m.-7:00p.m \*Business hours may vary. Closed:Wednesdays

Sole serves salads, pastas, and risottos made with vegetables and fish from Awaji Island.

# Japanese cuisine



1993 Toshima, Awaji-shi Phone:0799-82-0402 Opening hours: Monday to Friday:4:00p.m.-8:00p.m. Weekends and holidays:Noon-8:00p.m. Closed:Wednesdavs





Phone:0799-85-0167 Opening hours:Noon-2:00p.m. 5:00p.m.-8:00p.m.(Last call) esdays,Thursdays

Enjoy the vukke donburi bowl, made with Awaji roast beef, together restaurant's special yukke sauce. with

















551-1 Nakada, Awaii-shi Phone:0799-62-2121 Opening hours: Weekdays 11:00 a.m.-2:00 p.m Saturdays, Sundays, and Holida 11:00a.m.-2:00p.m./5:00p.m.-00p.m. Closed:Normally closed on Tuesdays, but r regular holidays

Don't miss Awaya's pride and joy, sweet an

salty Awajigyu cooked in dashi broth, serv over udon noodles.



2581-2 Yura, Yura-cho, Sumoto -shi Phone:0799-27-1786 Opening hours:11:00a.m.-2:30p.m (Last call:2:00p.m.) Closed:Tuesdays, Wednesday (with son additional irregular holidays)





pot dishes.

Hotel New Awaji Bar&Dining at Bar AWAJI

Inside Hotel New Awaji, 20 Orodani, Sumoto-sh Phone:0570-079922 (Hotel New Awaji Group Navi Dial) Opening hours:11:30a.m.-2:00p.m. /5:30 p.m.-0:30a.m

(Last call:Dinner:9:30 p.m., Late meal: at midnight) Closed:Tuesday lunches and other irregula holidays

The chef's recommendations are beef donburi bowls made with Awaji Island ingredients, Awaji Island seafood noodles, and raw shirasu (whitefish) donburi bowls.



	Sushi & Local Fish Cuisine
<b>52</b>	HARUKICHI

524-8 Tushi, Goshikicho, Sumoto-shi Phone:0799-33-1200

Hours: Lunch:Opens at 11:30a.m. (Last call: 2:00p.m.) Dinner:Opens at 5:30p.m. (Last call: 8:30p.m.) Closed:First, third, and fifth Wednesday of each month.Thursdays (with some additiona irregular holidays)

The skin and flesh of fresh sawara mackered are packed with umami flavor. At HARUKICHI this skin is fragrantly seared and served over vinegared rice.



Sushi Dining SAKURAGAWA



4-3-13 Honmachi, Sumoto-shi Phone:0799-24-3918 Opening hours: Lunch:11:30a.m.-2:30p.m. Dinner:5:30p.m.-10:00p.m.(Last call:9:30p.m.) Closed:Sundays and the first and third Monda of each month

SAKURAGAWA wants customers to enjoy its reasonably priced sushi made from carefully selected ingredients from Awaji Island. Standouts are sawara mackerel in spring, red sea urchin and pike conger in summer, and three-vear torafugu in winter.



80% or more of the ingredients used at this store are from Awaji Island





The delicious akashiyaki are made with Awai Kitasaka eggs and dashi broth made fro Hokudan octopus. Also try dishes like th seared Awajigyu and Awaji onion.





1119-52 Taga, Awaji-shi



Japanese-style creative restaurant **RESTAURANT Sky&Sea** 



### 8-1 Takedani Awaii-shi Phone:0799-70-8592

Opening hours:Lunch:11:30a.m.-3:00p.m.(Last call/Dinner:5:00p.m.-8:00p.m.(Last call) The restaurant will close early if all the ingredients for the day are used up. Closed: Tuesdays and the third Wednesday and Thursday of each month

The concept of this restaurant is to serve healthy meals packed with Awaii Island ingredients to treat yourself for all the hard work you do.





# Japanese cuisine wanotakumi YOSHINO



### 694-3 Ohno, Sumoto-shi Phone:0799-24-3421

Opening hours: Weekdays 6:30p.m.~ Saturdays, Sundays, and Holidays : Lunch:11:30a.m.-2:00p.m./Dinner:5:00p.m.-10:00p.m. \*Reservation only (reservations must be made at least three days in advance.)Feel free to contact us. Closed:Irregular holidays

YOSHINO treats diners to fresh Awaji Island ingredients, red sea bream in the spring, pike conger and red sea urchir in the summer. Ise lobster in the fall, three-year torafuguir the winter, Awaji beef, fresh island vegetables, and more



4-1-46 Honmachi, Sumoto-shi Phone:0799-24-5460 Opening hours:5:00p.m.-10:00p.m. Closed:Sundavs





Come try dishes made with delicious rice vegetables, and fish from Awaji Island.



# Kappo cuisine/Sushi Kappo cuisine Sushi FUKUICHI



# 1-4-18 Honmachi, Sumoto-shi Phone:0799-22-0515

Opening hours:11:00a.m.-2:30p.m. 5:30p.m.-10:00p.m.(Last call: 9:30p.m.)

The restaurant will close early if all the ingredients for the day are used up. Closed:Mondays,Tuesdays

At FUKUICHI, the chef uses skilled culinary techniques to prepare fresh, delicious fish from Awaji Island.





Shirasu kamaage bowl NAKAHARA SUISAN

# 1-1-41 Takenokuchi, Sumoto-shi Phone:0799-22-1406

Opening hours: Meals 10:00a.m. - 4:00p.m. Retail sales 9:00a.m. - 6:00p.m Closed:Irregular holidays



NAKAHARA SUISAN serves donburi bow nade with fresh ingredients prepared in-



1528-25 Fukurakou, Minamiawaji-shi Phone:0799-52-1514 Opening hours: Lunch:Noon.-2:00p.m.(Weekends and holidays only) Dinner:5:00p.m.-9:00p.m.(reservations required) Closed:Wednesdays (May be temporarily closed on other days)

Three-year torafugu multi-course meal (Novem to March). AUN never uses two-year torafugu, or three-year torafugu. Other highlights are its Aw vegetables, rice, sake, and ponzu sauce.



# Okonomivaki Okonomiyaki CRUISE

Inside Seapa 110 Minato, Minamiawaii-shi Phone:0799-36-0155 Opening hours:9:30a.m.-9:00p.m. Closed:Wednesdays

<Butatama pork okonomiyaki with salad topping> Come try the okonomiyaki, made with carefully prepared batter, local eggs, and local vegetables.



528-1 Hirota Hirota, Minamiawaji-shi Phone:0799-45-1019 Opening hours:11:00a.m.-2:00p.m 5:00p.m.-8:00p.m.(Lastcall:7:30p.m.) Closed:Wednesdays

At Awaji Island's Matsuba Sushi, you can savor various dishes made with deliciou three-year torafugu, nurtured by the area'

raging tidal currents.



4 Fukuraotsu, Minamiawaji-shi Phone:0799-52-0017 Closed:Irregular holidays

YABUMAN is Awaji Island's oldest ryokan inn. Savor the diverse, fresh tastes of Awaji Island, such as YABUMAN's famous sea bream noodles.



Japanese cuisine/Tavern Local Fish & Vegetables ~ SHUN ~

1197-5 Jindaikokuga Minamiawaji-shi Phone:0799-42-1029 Opening hours: Lunch:multi-course meal (reserve at least a day in advance) Dinner:5:30p.m.-10:00p.m.(Last call:9:30p.m.) Closed Mondays

Every day, SHUN's owner heads to Fukura Port to select ingredients. Enjoy the fresh foods of Awaji Island. Telephone reservations are recommended.





### Japanese cuisine 57 Japanese Cuisine Sushi ANAGA

Inside Hotel Anaga 1109 Anaga, Minamiawaji-shi Phone:0799-39-1111 Opening hours: Lunch:11:30a.m.-1:30p.m. Dinner:5:30p.m.-7:30p.m. Closed:Irregular holidays

Enjoy "ANAGA's cooking," only available here, made with seasonal seafood and fresh egetables.

Japanese cuisine/Western cuisine 59 KOARAYA

1029 Yagiyougikami, Minamiawaii-shi , Phone:0799-42-5396 Opening hours:11:00a.m.-9:00p.m. Closed:Mondavs

Come to experience KOARAYA's pride and joy, fresh raw shirasu (whitefish) with omemade sauce



x 10

# Spectacular View Restaurant UZUNOOKA

Uzunooka Onaruto Bridge Memorial Hall 936-3 Fukurahei, Minamiawaji-shi Phone:0799-52-2888 Opening hours:10:00a.m.-3:30p.m. (Last call:3:00p.m.) Closed: Tuesdays, December 31, and January

\*The restaurant may also be closed in Deceml for maintenance.

Enjoy shabu-shabu made with seafood skewers cooked in rich soup broth. Finish your meal off with delicious, umami-packed , sea urchin zosui.



# Japanese cuisine 63 Ajidokoro tokkuri

512-91 Fukurakou, Minamiawaji-shi Phone:0799-52-1388 Opening hours:5:00p.m.-11:00p.m. (Last call:10:30p.m.) Closed:Tuesdays, the fourth Monday of each month





1530-2 Fukurakou, Minamiawaji-shi Phone:0799-52-0120 Opening hours:10:00a.m.-5:00p.m (Closes at 4:00p.m. on Thursday Closed:Wednesdays

Kamaboko fish paste is topped with heaping helpings of the three exquisite bounties of the seas of the gournet paradise of Awaji Island (three-year torafugu, pike conger, and masu salmon).You can enjoy both the texture and great taste of these delicacies with this island kamaboko























Sushi/Seafood/Japanese cuisine Awajishima SATOMI

284 Minato, Minamiawaji-shi Phone:0799-36-2603 Opening hours:11:30a.m.-2:30p.m (Last call:1:30p.m.) 5:30p.m.-9:00p.m. (Last call:8:30p.m.) Closed:Tuesdays,Some additional irregula holidays

SATOMI serves dishes made with fresh

seafood from Awaii Island, like the popula

red sea bream, summer pike conger, and





winter three-year torafugu.



Closed:Mondays,Tuesdays



Japanese cuisine 70 KYOBANZAI

95-7 Nojima Todoroki, Awaji-shi Phone:070-1227-8903 Opening hours: Lunch:11:00a.m.-3:00p.m. Dinner:5:00p.m.-8:00p.m Closed: Tuesdays, Fridays



Warm your heart with Kyoto-style side dishes obanzai) made using seasonal Awaji ingredients



Japanese cuisine Awajishima IWAYA Fisheries Cooperative Association 7/2 IWAYA no SAKANAYA

Inside Awaji Island Tacoste 1414-27 Iwaya, Awaji-shi Phone:080-9651-5834 Opening hours:11:00a.m.-6:00p.m. Closed:Wednesdays

This restaurant is especially dedicated to fis

caught in the Iwava area of Awaii Island. Con





try the fresh fish of Iwaya!

CRAFT CIRCUS Awajishima KAIOU ICHIBA

2-2 Nojima Hirabayashi, Awaji-shi Phone:0799-82-1855 Opening hours: Weekdays:11:00a.m.-7:00p.m. Weekends and holidays:10:30a.m.-8:00p.m. Closed: Thursdays (Open if the day is a holiday)

This restaurant is especially dedicated to fish caught in the Iwaya area of Awaji Island. Come try the fresh fish of Iwaya!





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tokkuri serves fresh seafood at a reas price. nable





Thanks to its location in a fishing town.







50% or more of the ingredients used at

this store are from Awaji Island











# 104 Ichiengyoji, Minamiawaji-shi Phone:0799-42-0194

Japanese cuisine/Western cuisine

TONKATSUICHIBAN

Opening hours:

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Lunch:11:00a.m.-2:00 p.m. Dinner:5:00p.m.-10:00p.m.(Last call:9:30p.m.) (reservations required for summer pike conger and winter three-year torafug Closed:Mondays (Open if the day is a holida closed the following day instead)

A wide selection of mouth-watering dishes Shabu-shabu and sukiyaki made with Awajigyu. Pik conger sukiyaki in summer. Three-year torafugu with a heaping helping of Awaji Island vegetables in winter The Awaii Island beef donburi bowl is also popular

Sushi/Kappo cuisine **69** SUSHIICHI

1193-1 Shizuki, Awaji-shi

Phone:0799-62-3312 Opening hours:11:00a.m.-8:30p.m. Closed:Thursdays

Savor the flavors of sushi and other dishes made with the bounties of Awaii Island's seas and mountains.

Japanese cuisine

Phone:070-3172-0655

Opening hours: Lunch:11:00a.m.-3:00p.m.

Dinner:5:00p.m.-8:00p.m.

Closed:Irregular holidays \*Please contact us for details.

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Fresh ingredients from Awaji Island an skewered and deep-fried to crispy perfection

right before your eyes. Enjoy their exquisi flavor while taking in the view of the sea

Japanese cuisine

70 Nojima Okawa, Awaji-shi

Phone:0799-70-9109

Closed:Thursdays

**73** SEIKAIHA Ao no ya

Opening hours: Lunch:11:00a.m.-3:00p.m.(Doors close at 2:00p.m.) Dinner:5:00p.m.-9:00p.m.(Doors close at 7:30p.m.)

Ao no va serves Japanese food as only Awai Island can, focusing on sushi and tempura Every seat in the restaurant faces the sea





1042 Nojima Tokiwa, Awaji-shi Phone:0799-70-9089 Opening hours:11:00a.m.-9:00p.m (Lunch:Last call:2:00p.m. Dinner:Last call:8:00p.m.)

Closed:Tuesdays

Enjoy rustic seafood dishes that bring out a the best qualities of the bounties Island's seas and mountains.



















# 76 Minatokoyado Uminokaori to AWAJISHIMA 🔣

1529-7 Fukurakou, Minamiawaii-shi Phone:0570-079922 (Hotel New Awaji Group Navi Dial) Opening hours:5:30p.m.-8:00p.m. Closed:Irregular holidays



Enjoy splendid fresh dishes made with fis caught in Minami Awaji, local vegetables, an

Accommodation limited to 1 group per day



620 Asano Minami, Awaji-shi Phone:0799-82-2337 Closed:Irregular holidays



× 10

flavors of the island, a spirit that can be felt hroughout the hospitality that it offers.



Awaji International Hotel The SUNPLAZA

Stay

1279-13, Orodani, Sumoto-shi Phone:0799-23-1212 Opening hours:Please inquire Closed:Open every day

Warm Awaji Island is blessed by both the sea and the mountains. The SUNPLAZA is



constantly applying its ingenuity to bring out the very finest features of Awaji's ingredients.



1-1-50 Yamate, Sumoto-shi Phone:0570-079922 (Hotel New Awaji Group Navi Dial) Closed:Irregular holidays

Savor the flavor of dishes made with tende loving care using carefully selected loca seasonal ingredients.



20 Orodani, Sumoto-shi Phone:0570-079922 (Hotel New Awaji Group Navi Dial) Closed:Irregular holidays





Fresh seafood from Awaii Island is filleted in the inn's own kitchen. Awajigyu steak is also served piping hot from the teppanyaki table.

# Japanese cuisine/Japanese inn 80 AWAJI YUMESENKEI

1052-2 Orodani, Sumoto-shi Phone:0570-079922 (Hotel New Awaji Group Navi Dial) Closed:Irregular holidays



Enjoy a gourmet experience with dishes that bring out the great qualities of ingredients from Awaii Island.

# Japanese cuisine/Japanese inn 82 Nagisa no Shou HANAGOYOMI

1053-16 Orodani, Sumoto-shi Phone:0570-079922 (Hotel New Awaji Group Navi Dial) Closed:Irregular holidays



This restaurant and rvokan inn is dedicated to using fresh island ingredients, painstakingly preparing dishes that are hot, fresh, and freshly made



1277-5 Orodani, Sumoto-shi Phone:0570-079922 (Hotel New Awaji Group Navi Dial) Closed:Open every day

SHIMAHANA serves both Japanese-Western multi-course meals and sumibiyaki grill multi-course meals made with fresh Awaji land ingredients. (A buffet is also availab during the summer)



50% or more of the ingredients used at this store are from Awaji Island



1052-2 Orodani, Sumoto-shi Phone:0570-079922 (Hotel New Awaji Group Navi Dial) Closed:Open every day



Japanese inn

X 11 87 Awaji Island Uzushio Onsen UMEMARU

1137-9 Anaga, Minamiawaji-shi Phone:0799-39-0206 Closed:Open every day

the bounties of the sea and the mount

This ryokan inn's multi-course meals include shabu-shabu made with sea bream and local vegetables, cooked in rich Awaji onion sou and horakuyaki, served with onions.



970-76 Matsuho Kotsuro, Minamiawaji-shi Phone:0799-37-3000 Closed:Irregular holiday



At KEINOUMI, you can enjoy Japanes kaiseki cuisine made with fresh Awaji Island ingredients.



# lapanese inn/Dining room Japanese Inn KIMURAYA

899 Nushima, Minamiawaji-shi Phone:0799-57-0010 Closed:Irregular holidays

While all of the fish caught in the sea around Nushima Island is delicious, pike

conger dishes are a special highlight.



15-14 Nada Habu, Minamiawaji-shi Phone:0799-56-0128 Opening hours: Lunch:11:30a.m.-2:30p.m. Dinner:5:00p.m.-11:00p.m. Closed:Wednesdays\*Dinner service may be available on Wednesdays with reservations

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With its location right by the sea, the highlight of HABUSOU's menu is its locally caught seafood!! It specializes in stonefish and Ise lobster, and its pike conger dishes are exquisite.





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970-81 Matsuho Kotsuro Minamiawaji-shi Phone:0570-079922 (Hotel New Awaji Group Navi Dial)

Closed:Irregular holidays



Eniov Awaiigvu, fresh seafood, fresh vegetables sourced directly from farmers. and other wonderful ingredients from the island.



# Japanese cuisine/Japanese inn Awajishima KAIJO HOTEL

# 21-1 Fukurakou, Minamiawaii-shi Phone:0799-52-1175

Opening hours: Day trip visitors:11:00a.m.-2:00p.m. Dinner:5:30p.m.-9:00p.m.(Last call:8:00p.m.) Closed:Open every day

Fresh seafood is one of the blessings of the Seto Inland Sea. Enjoy seasonal flavors befitting an inn located in the land or Imperial Provisions.

# Resort hotel 90 Hotel New Awaji Plaza Awajishima



1433-2 Ama Fukiagemachi, Minamiawaji-shi Phone:0570-079922 (Hotel New Awaji Group Navi Dial) Opening hours: Lunch:11:30a.m.-2:00p.m. Dinner:5:30p.m.-8:00p.m.(Last call:8:00p.m.

Closed:Irregular holidays

This resort hotels serves both Japanese and Western cuisine that makes full use of the bounties of Awaji's sea and mountains, focusing on ingredients from Minami Awaji. Delight in the flavor of fresh ingredients that can only come from Awaji Island.





772-25 Fukura Hei,

Phone:0799-52-1566 Opening hours:11:00a.m.-9:00p.m Closed:Irregular holidays

Minamiawaji-shi

# Bed and Breakfast Bed and Breakfast Minshuku SETO





SETO is dedicated to using the finest and vegetables from Awaji Island



Japanese cuisine/Japanese inn AWAKAN

# 1053-17 Orodani, Sumoto-shi Phone:0120-22-9700

Opening hours:Noon.-9:00p.m. Closed:Mondays and Tuesdays, except the busy seasor



Enjoy dining on kaiseki cuisine made resh Awaji Island ingredients.



## 2945-9 Nakayama, Kusumoto Awaii-shi Phone:080-3861-0535 Closed:Open every day

Enjoy fresh vegetables grown in Virgin Valley's own garden and one of the world's finest olive oils, winner of numerous international contests



# Chinese cuisine Awaii Hanten MAMY

1660 Toshima, Awaii-shi Phone:0799-82-0219 Opening hours:11:30-14:00 sed:Wednesdays (Open if the day is a holiday)

New menu items include the Kaikyo Ramer and Jumbo Nameko Ankake Ramen. The Kaikyo Ramen contains a slice of sea bream and vakame seaweed from Awaii



163-2 Minatosato, Minamiawaii-shi Phone:0799-36-3644 Opening hours:11:00a.m.-1:30p.m Closed:Sundays

The Awaii Island Arigato Ramen contains glossy wakame seaweed, deliciou soft-boiled eggs, and sweet onion.

# BBO Terrace 🔟 Nojima BBQ Terrace

843 Nojima Hikinoura, Awaji-shi Phone:0799-82-1820

Opening hours:Lunch:11:30a.m.-3:00 p.m. (Last call:2:00p.m) Dinner:5:00p.m.-8:00 p.m. (Last call:7:30p.m.) \*Open from late March to mid-November \* See website for details Closed:Wednesdays (open if the day is a holiday)

Nojima BBQ Terrace serves BBQ meals made with rice, beef, and vegetables from Awaji Island. Enjoy your meal as you watch the Sunset.



816 Noiima Hikinoura, Awaii-shi Phone:0799-82-1907 Opening hours:Lunch:11:30a.m.-3:30p.m Dinner:5:00p.m.-9:00p.m Closed:Thursday

Ocean Terrace's buffet serves dishes made with delicious Awaji Island ingredient such as the finest Awaii beef.



# Chinese cuisine Yakiniku

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# Yakiniku/Seafood/Western cuisine 97 SHIRASAGINO YADO MARUFUKU

2379-9 Yura, Yura-cho, Sumoto -shi Phone:0799-27-2229 Opening hours: Weekdays

11:00a.m.-2:00p.m./5:30p.m.-9:00p.m. Saturdays,Sundays,and holidays: 11:00a.m.-2:00p.m./5:30p.m.-9:00p.m. Closed:Mondays.Thursdays

MARUFUKU also operates its own butchery, so its menu includes rare cuts of meat. The homemade Japanese hamburg steak and MARUFUKU donbur owl are also popular menu items.



# Chinese bar Chinese bar **GEN**

# 1-2-15 Shiova, Sumoto-shi Phone:090-6077-0303

Opening hours:Lunch:11:30a.m.-1:30p.m. (Weekdays only) Dinner:6:00p.m.-9:00p.m. (Last call) Closed:Irregular holidays

GEN serves dishes made with beef, Yukihime

pork, chicken, fish, vegetables, and rice from Awaji Island, as well as authentic multi-course Chinese meals made with ingredients such s shark's fin



2-2 Nojima Hirabayashi, Awaji-shi Phone:0799-82-1855 Opening hours:Weekday:11:00a.m -7:00p.m

Weekends and holidays: 10:30a.m.-8:00p.m. Closed:Thursdays

(Open when these days fall on holidays) The enormous servings of dishes made with





Ladybird Road mountainside 2F 95-7 Nojima Todoroki, Awaji-shi Phone:080-7520-6010

Opening hours:Lunch:11:00a.m.-3:00p.m. (Last call:2:30p.m.) Dinner:5:00p.m.-7:00p.m. (Last call: 6:30p.m.) Business hours may vary by time of year. Closed:Tuesdavs

Savor special hot pot dishes made with fresh Awaji ingredients and handmade din sum while taking in the view of the sea.



# The abundant ingredients A treasure house of ingredients from the island known as "Miketsu Kuni (Land of Imperial Provisions)"

The word "Miketsukuni" was used from Japanese antiquity until the Heian era to refer to the Japanese provinces—Lands of Imperial Provisions—that supplied food, especially seafood, to the Imperial court. Along with the provinces of Wakasa and Shima, Awaji Island, which is blessed with a wealth of ingredients, has long been a supplier of ingredients to the Imperial court.

During the age of Emperor Nintoku, the Kojiki states, "cool spring water drawn at Awaji Island was offered to the Emperor." Even the water that was drunk by everyday people in Awaji Island was brought to the Imperial court. The ingredients from Awaji Island enjoyed the endorsement of the Imperial Court. Now, over a thousand years later, the Awaji Island brand has been further polished through the hard work of the people here. Below, we introduce some of the many ingredients which have made a name for themselves throughout Japan.







Onions planted in the fall soak up nutrition through Awaii Island's warm winter months. reaching just the right level of tenderness and sweetness that makes them one of Awaii

are triple-cropped with rice and lettuce

Raw shirasu (whitefish)

famous seafood dishes

have been selected and systematically bred to preserve the exceptional quality of the beef.

# Pike conger



Awaji Island once supplied pike conger to the Imperial court in Kvoto, so every July the island conducts a holy ceremony called "Hamo (pike

pick out and use only the finest of the shirasu brought in from Port Iwava. Semi-cured and well-dried shirasu are also used to make chirimen, another of the island's

Awaji Island naruto oranges

Fishermen with

discerning eyes

These oranges

have been grown

on Awaji Island,

crossbreeding,

the Hachisuka

since a retainer of

clan planted tang

without

. . . . . . . . . . . . . . . . . .

Loguats from

. Hokudan are

mountain slopes

sunlight, so they

with excellent

drainage and

grow large and

blessed by

conger) Dochu." Pike conger is even richer and more delicious in the summer, and can be enioved in all kinds of way, be it lightly boiled or prepared as tempura

# Figs



mikan seeds roughly two centuries ago.

mid-November. They are gaining attention as a new popular fall food.

### They have a distinctively fragrant peel and juice that is sweet. sour. and just slightly bitter

# Octopus



its sweet fragrance and its refined flavor. Octopus are caught throughout the area using small dragnets or octopus traps, and thanks to all of the food found in and around the straits, the octopus

Milk

温時書



Its freshness is a point of pride for the island. Mixed husbandry, combining wet paddy production and vegetable-raising, is practiced on Awaii Island, and the cattle raised here play an important part in the preparation of the soil.



Loguats

Awaji Island's tomatoes grow in a warm climate in soil enriched with compost and organic fertilizer. using techniques to minimize

watering. This gives them their rich taste. Spring tomatoes, in particular, have a perfect balance of sweetness and tartness, and they're popular for their delicious flavor and soft texture



80% or more of the ingredients used at this store are from Awaji Island







carefully selected Awajigyu are a sight to see! Enjoy the finest grilled meat from the terrace seating, overlooking the sea.













sweet. The loquats of the Nada area are grown in south-facing sloping orchards which also drain well, resulting in sweet caught there are especially large. fruit with high sugar content. 

Tomatoes

# Awaji Island red sea bream "Ebisu sea bream"



Awaii Island's sea bream live in the powerful currents of the Akashi Strait and the Naruto Strait They have thick. firm flesh that is a pleasure to eat. Their refined and

delicate flavor can be enjoyed in famous dishes like ikezukuri and horakuvaki.

Sawara mackerel



Raw sawara mackerel is an essential part of any celebratory day. Its flavor is fresh but sweet, with a

melt-in-vour-mouth marbling like chutoro tuna. Locals say that raw sawara mackerel is so

# delicious that vou'll lick the plate clear

# Red sea urchin



Red sea urchin from Yura stands out for its rich flavor and sweetness, Because it stays good for so ong, no alum is used in its preparation. It is a

high-end ingredient in fine Japanese restaurants and sushi restaurants, chosen for its delicious natural flavor, with no unwanted flavor notes

# Laver seaweed



Awaii Island's laver seaweed is ragrant and rich n umami. It is crispy, yet highly esistant to tearing. Instead of the typical laver

farming method that uses poles, Awaji Island's lave seaweed is grown using nets that float on the surface of the

Strawberries



Awaji Island produces several superb varieties of strawberries such as Sachinoka. Sagahonoka, and Benihoppe. Exceptional production technologies

are used to grow large, sweet strawberries. They are a well-known island sweet and used in desserts such as strawberry tarts. Strawberries are in season from December to June.

Awaii Island three-year torafugu



While Japanes torafugu fry are normally raised for two years, torafugu from Awaii Island are raised for three years in mineral-rich natural fishing

grounds. This gives them a firmness, rich umami, and deepness of flavor that sets them apart from other torafugu.

# Awaii Island masu salmon



Awaji Island masu salmon are raised under highly naturalistic conditions in the cold and swift currents of the Naruto Strait.

They are a true delicacy, with a light, smooth flavor despite their high fat content. This delicious fish is only available in the spring.

# Lettuce



Awaii Island's lettuce is light and delicious thanks to the compost used in its soil and the island's warm climate. Soil is

prepared using compost produced by the island's busy cattle farming, and the lettuce is chilled immediately after harvesting to keep it crisp and fresh.

# Wakame seaweed



Awaii Island's wakame seaweed is brightly colored and soft vet with a firmness within Wakame seaweed from the Naruto Strait.

known as Naruto wakame, is particularly famous. It is prepared in many ways, such as naturally dried, ash-dried, or boiled and brined.

Hand-pulled somen noodles

Hand-pulled somer noodle production began as a winter side-job for fishermen in Fukura While famous somen brands have increasingly turned

to machine production. Awaii Island has remained dedicated to making somen by hand the old-fashioned way. They are made over the course of two days and two nights during the winter, taking care not to make too much and they stand out for their rustic flavor.