

1 Mugitoro Marikotei 麦とろ 丸子亭

Tororo Cuisine ☎ 03-3388-3067



Mariko set meals ¥990
Jinenjo Tororo potato with light brown miso produces a uniquely subtle Tororo flavour. We provide a healthy portion of dark seaweed, stew, vegetable chowder

Open : Weekdays 11:30-15:00, 17:00-21:00,
Weekends and holidays 11:30-21:00
Closed : Tue. and every third Wed.

2 Coffe Shop maro コーヒーショップ maro

Coffee shop ☎ 03-3388-9519

Dry Curry ¥580

Drink/meal set (coffee or black tea) is 710 yen. The gentle flavour with the salty Curry is superb. Our meal is all handmade



Open : 12:00-23:00
Closed : Mon.

3 Rose Garden

Coffee shop ☎ 03-3388-1260



Hamburger set ¥830
Handmade hamburgers with sunny side up eggs, salad, rice and soup. Also, varieties of pilaf grains are popular among our regular customers

Open : 9:00-23:00 (Lunch 11:00-15:00)
Closed : Sun.

4 Washiya:Gohan-Dokoro わしや・ごはん処

Teishoku (Set meals) ☎ 03-5345-5061 www.e-washiya.co.jp

Megumi Rice Set ¥800

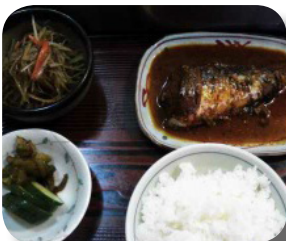
We offer three side dishes: Megumi Rice, sticky bowl, and Pork Miso Soup. Our perfected signature taste can be served every dish



Open : 11:00-22:00, Holidays 11:00-21:00
(LO. half hour before) Closed : Sun.
* Smoking and non-smoking seat is available

5 Meshi Dokoro Noren めし処 のれん

Mackerel(saba) Miso ☎ 03-3319-3348



Saba miso set meals ¥850
Saba miso is a traditional Japanese dish made from mackerel cooked with miso. There is only counter seat and is closed when sold out

Open : 11:30-16:00
Closed : 1st, 15th, 30th & 31st of every month

6 Kitchen Kotobuki キッチンことぶき

Teishoku (Set Meal) ☎ 03-3387-7771

Fried Whitefish Set Meal ¥650

Deep frying makes the fish crispy and gives it a good flavour. We serve with sunny side up eggs and a large portion of miso soup



Open : 11:30-15:00, 17:00-21:00
Closed : Sun.



There are many old and small restaurants that serve lunch set meals in Nakano. All restaurants are recommended by locals. Let's find your favourite dish!

7 Takabayashi 高ばやし

Japanese Food ☎ 03-5942-5101

Daily special Set meal ¥800

We recommend the fish special (sashimi or grilled). The picture shows a fresh tuna bowl. You can have a relaxing lunch in hidden place on the 2nd floor

Open : 11:30-13:30 (LO),
17:00-23:00 (LO. half hour before)
Closed : Sun.



8 Ransom らんぐさむ

Bistro ☎ 03-3388-2025



Beef Stew ¥1050

Our luxurious beef dishes will melt in your mouth. Set includes salad, soup, rice or bread, ice cream and a drink

Open : Weekdays & Sat. 11:30-14:30, 17:00-23:30,
Sun & Holidays : 12:00-15:00, 17:00-22:30
Closed : Mon.
* No smoking during lunch time

9 Grilled Chicken SHUN 地鶏炭火焼 旬

Pedigree Chicken ☎ 03-3387-7100 r.gnavi.co.jp/a092200/

Satsuma Oyako Don Set ¥750

Our charcoal grilled Satsuma chicken/fowl with runny soft boiled egg is superb. We use our secret sauce for the great flavour, and no artificial flavouring

Opening : 11:00-14:00, 17:00-23:00
Closed : Lunch time is open everyday
* No smoking during lunch time



10 Umeya 梅屋

Japanese Food & Dessert ☎ 03-3387-2390



Rice Ball Meal ¥650

We specialize in traditional Japanese desserts. We also offer a healthy set meal of 3 kinds of Rice balls, vegetables boiled in soy sauce, and miso soup

Open : 9:30-20:00 (Eat in LO. 19:00)
Open Everyday

11 Yakiniku Toraji 焼肉 とらじ

Yakiniku ☎ 03-3388-9538 www.torazi.com

Korean Beef Ribs Set ¥670

Our Korean style beef set with namul, salad, rice and soup is a bargain. We also recommend our soy sauce pickled cow's tongue

Open : 11:30-4:00 (LO. half hour before
Lunch 11:30-15:00), Sun. & Holidays 12:00-3:00 (LO. 2:40) Open Everyday



12 Tenta 天太

Tempura ☎ 03-5318-6868



Tenta Set Meal ¥880

Prawns, Squid, White fish, 3 kinds of vegetables, rice and soup. As soon as you finish one plate we serve another, in order to give you fresh crispy tempura

Open : 12:00-14:30, 18:30-22:30
Open Everyday
* No smoking during lunch time

ホントは教えたくない
中野の美味しいお店
厳選
24店

LUNCH

中野
路地裏
MAP

中野区観光協会

中野区観光協会が地元目線で選んだ、人気の定食ランチと
一見入りづらいけど味はおスミ付きの飲み屋を紹介します！

NOMIYA

The north side area of the Nakano Station is famous with many Izakaya (Japanese style Bar) on small back alley. Are you brave enough to go in and have a drink??

13 Enraku Nakanosou 円らく 中野荘

Japanese Sake and Food ☎ 03-3228-8989



Our restaurant looks like a house, so it's often overlooked by our guests. We recommend the charcoal grill(Sumibiyaki) dishes and our rare sake

Open : Weekdays 11:30-13:00, 17:30-24:00, Weekends 17:00-24:00
Open Everyday

Notes * The owner of the restaurant has a great deal of knowledge on Japanese sake. Please ask for any advice if necessary

◆ Recommended Menu ◆

Enraku special meat & potatoes
..... ¥750



We serve slow cooked pork with fresh potatoes. This unique Nikujaga will give you a new experience of Japanese food. Gyuutoro meshi(rice and beef) is made of famous Tokachi Brand beef

14 Miyagawa 宮川

Yakitori ☎ 03-3385-1268



Everyone knows this place for it's yakitori. The restaurant can be found on the 3rd street off the north side of Nakano station

Open : 17:30 ~ 23:00
Closed : Wed.,Sun.,holidays,2nd&4th Sat. every month

Notes * We neatly take off all the burns on Yakitori with scissors. We grill each Yakitori with care. It's very cheap but very tasty because of fresh ingredients

◆ Recommended Menu ◆

Tsukune (meatball) Yakitori
..... ¥170(one)



We use the best and fresh chicken, and offer many kinds of tasty Yakitori. Once you had one, you can not stop!

15 Brick ブリック

Bar ☎ 03-3388-1263



Our bar offers a retro feel like showa era. There are counter and tables. But we recommend the counter for our

Open : 17:00-24:00 (LO.23:30)
Closed : Sun.,holidays

Toris Highballs (Whiskey Highballs)
..... ¥200

It is very famous and surprisingly cheap. you can order any cocktail even if it's not on the menu



16 Namidabashi 泪橋

Izakaya(Japanese style Bar) ☎ 03-6383-2900



Miyazaki chicken is our speciality. You can't see our Izakaya from the street but once you step in it's quite comfortable

Open : 17:00-23:00
Closed : Sun. & holidays

Special Chicken Cuisine
..... ¥580

Fried shicken with vinegar and tartar sauce. It originates from Miyazaki



17 Kawajiro 川二郎

Eel Restaurant ☎ 03-3389-4192




This eel restaurant is famous in Nakano for it's Izakaya style and eel kebabs. We fill up quickly as we open

Open : 17:30 - 22:00
Closed : Sun.

Eel Course
..... ¥1100

Our basic meal consists of 5 eel kebabs. We change the variations once it's sold out



19 Uosen 魚せん

Izakaya (Japanese style Bar) ☎ 03-5380-2245




A few steps from the main road, you will find a residential house. In that house you will find a great sashimi restaurant

Open : Weekdays 18:00-24:00, Weekends & holidays 17:00-24:00
Closed : Mon.

Sashimi
..... ¥1580

Almost all customers order this large portion of sashimi. It's very cheap considering the size



21 Horse Meat Sakura 馬肉食堂さくら

Horse meat Restaurant ☎ 080-2264-0818




Only serves the best horse meat! It's a bit difficult to find because it is located in a residential area

Open : 18:00-24:00, Sat.& holidays 17:00-24:00(LO23:00)
Closed : Sun.

Horse meat with Tofu Stew
..... ¥400

Variety of horse meat is cooked with tofu. Horse meat kebab is 150yen



23 Uomi 魚味

Izakaya(Japanese style Bar) ☎ 03-3388-5535




We have a traditional style exterior with a very kind and friendly Okamisan(owner) who's waiting for you

Open : 13:00-23:00 (Sun.-22:30)
* Opening time varies
Closed : Time to time


Sardine Sashimi
..... ¥650

You can ask Okamisan for the fish of the day. Vegetable pot is 500yen



18 Uoya Yokura 魚屋 よ蔵

Standing Bar ☎ 03-3319-8642




Uoya Yokura was originally a fish shop, but now it's a fish restaurant. You can choose and cook your own fish

Open : 17:00-23:00
Closed : Wed.

Sashimi
..... ¥280

There is always fresh fish in the refrigerator. Feel free to ask the manager about the fish of the day



20 Bow's Bar 坊主バー

Bar ☎ 03-3385-5530




You can find Bows Bar on the second floor of an empty building. Enter, and you will find not only a bartender but also a monk

Open : 19:00-2:30(LO)
Closed : Sun.&Holidays(sometimes more)
* Open on the day before holidays


Kuusokuzeshiki
..... ¥1400

Many cocktails are named uniquely because the bartender is a monk. His story is amazing



22 BAR Strawberry Fields

Bar ☎ 03-3388-1523



Our bar hosts a mature crowd. It can be found after passing by Life supermarket. We offer a few hundred kinds liquors

Open:19:00-am5:00
Open Everyday

Cocktails
..... ¥500 ~

Our original cocktail, Nakano Mojito is very popular. It's orange like the Chuo train line



24 Kyomaru by Bunpuku 京まる by ぶんぷく

Izakaya(Japanese style Bar) ☎ 03-3387-0420



The location of this bar was carefully chosen to make it the most difficult place to find in Nakano. Can you find it?

Open : 18:00-am2:00
Closed : Sun. & holidays

Japanese Curry Stew
..... ¥580

Meat is boiled for a longtime, so you can taste it's deliciousness in the soup. Shizuoka Oden is good too

