

Japan's Eternal Home

tono

cuisine & restaurant
guidebook



Tōno City is a valley with an area of approximately 826 km², stretching 38 km from both east to west and north to south, located in the south-central region of the Kitakami Highlands. It is part of one of the colder climate areas of Iwate Prefecture, having a great differential between high and low temperatures and being blessed with the variations of the four seasons, with lows reaching -17°C below zero during mid-winter, but without much snowfall. Approximately 80% of the surface area is covered by mountains and wilderness.

TONO

Tōno Cuisine & Restaurant Guidebook

CUISINE

食

Here, taking advantage of such a rich natural environment, primarily rice and other industrial crops such as vegetables, wasabi, hops, and leaf tobacco are cultivated, and beef cattle are also bred.



Iwate's cuisine can generally be classified into the grain culture, typified by soba (buckwheat noodles), in the north of the prefecture, and the mochi (pounded rice cake) culture in the south of the prefecture. Located almost in the center of the prefecture, Tōno is influenced by both regions, while being characterized by a flour culture which uses rice flour and wheat flour in dishes such as "kanenari" an oval shaped snack made using nonglutinous rice flour covered in a walnut soy sauce, "keiran" egg-shaped pounded rice cakes filled with sweet bean paste in a hot soup, "yakimochi" grilled pounded rice cakes, and "kerisensho" a confectionary made with rice flour and walnuts, with "hittsumi" a hot pot with flour dumplings being a representative local Tōno dish.

Tōno also has abundant blessings from the mountains, with vegetables such as shidoke, a herbaceous perennial plant, and eagle fern harvested in the spring, and mushrooms such as honey mushrooms and hen of the woods mushrooms harvested in the fall, which are preserved by being pickled in salt to prepare for a long winter, while their fresh taste is continued to be enjoyed. There are a variety of other pickled foods as well, including pickled daikon radish, pickled cabbage, pickled cucumbers, as well as minomushi-nanban which uses burdock root and carrots, Kuretsubo turnips, and Kotohata turnips, etc. With its characteristic spicy taste, Kuretsubo turnips are also highly valued as a condiment.

In recent years, efforts are being made to unearth traditional foods, and to develop new kinds of cuisine. This is exemplified by the revival of kazari-meshi, a rice dish which was popular in the middle of the Edo period, and hikkosoba a way of serving buckwheat noodles which was a Tōno specialty until recently, and by the discovery and cultivation of hayachinena (field mustards) which are a traditional vegetable, as well as unrefined sake, local beer, amabuta which is pork fed locally with a flaxseed diet, and Tōno beef.

In addition, yakiniku (grilled meat) in Tōno means a mutton dish called jingisukan (Genghis Khan barbeque). Although Tōno is inland, it is also near the sea, so there is bountiful seafood enabling a diverse array of cuisine to be enjoyed.

Tōno, a town with abundant nature and a rich history, where a unique food culture has taken root



1



2



3

1. Hops: Tōno has the highest production rate in Japan for hops, which is an ingredient in beer.
2. Kuretsubo turnips: A rare kind of turnip that has been cultivated for approximately 400 years, only in Kuretsubo district of Tōno.
3. Hittsumi (Hot Pot with Flour Dumplings): Representative local dish of Iwate. The fowl-based soup stock in Tōno's hittsumi is exquisite.



Brewery tours with sample tasting also offered!

Outside of the peak sake production season, tours of the brewery are also available depending on the timing of your visit. The tour cost is 500 yen, and includes sample tasting of three kinds of sake, and a souvenir gift.

*Must be scheduled in advance.
*All correspondence is in Japanese only.

Visiting Producers

1

Japanese Sake

日本酒

Check the storage tank's humidity, temperature, and brewing conditions.

Iwate Prefecture, where Tōno is located, is the area where the Nanbu Tōji guild of master sake brewers originated. Continuously carrying on traditional techniques for the past 300 years, Nanbu Tōji brewers are to this day active at sake breweries throughout Japan. The Kamihei-Shuzo sake brewery in operation for over 200 years in Tōno example. Their Japanese rice wine (sake), created from water and rice cultivated from a rich natural environment and from the Nanbu Tōji techniques, has been loved by the people of Tōno for over two centuries.

Tono Sake- Carrying on Over 200 Years of Tradition
Kamihei-Shuzo



A Sake that Compliments Meals and Goes Down Smoothly

The Tateya Brewery Store, which was the shop that preceded Kamihei-Shuzo, was founded in Tōno in 1789. Thereafter, due to regulations during the Pacific War, the



Rice used to produce sake is steamed in an enormous cauldron inside of the brewery.

seven brewing companies in the Tōno area merged to form Kamihei-Shuzo, which has been in operation ever since.

The water used at this brewery is subsoil water from Mount Rokkoushi, one of Tōno's iconic mountains. It is a super-soft water characterized by a smooth texture. Kamihei-Shuzo president, Yoshihiko Niisato, explains that "A refreshing flavor that goes down smoothly is produced from this water." The concept of offering a sake that doesn't clash with foods and that drinkers never tire of, even if consuming it every day, is what drives sake production at Kamihei-Shuzo. The brewery's chief in charge of production, known as a "tōji," is the one who leads that process from beginning to end.

Ryoichi Ito, who has been working as the tōji at this brewery for the past five years, has over 30 years of experience as a Nanbu Tōji. He remarks that "this sake is not perceived as the kind where you drink a little and become satisfied, but as the kind that you keep wanting to drink one more glass." In order to achieve that, the matters of which rice to use and how to brew it are where tōji exhibit their instincts and skills.

Kamihei-Shuzo sake is brewed with beautiful, pristine water, rice cultivated with loving care, and Nanbu Tōji techniques, having Tōno nature, culture, and history concentrated in each clear drop.



Kamihei-Shuzo Co., Ltd.

31-19-7 Nukamae, Aozasa-cho, Tono
E-mail:kokka@echna.ne.jp
[HP]http://kamihei-shuzo.jp



Working to prepare koji (a substance used for fermentation made from rice and mold spores) which is essential to sake production .



President Niisato (right) and Mr. Ito, the brewery's tōji

ZUMONA Beer- Made from Tōno Water and Hops

Tōno is a large production areas for hops, which is one of the ingredients in beer. Since 1999, Kamihei-Shuzo has been producing ZUMONA Beer, a local beer made using hops produced in Tōno. Currently, aside from their regular three beer varieties of Weizenbier, pilsner, and Altbier, they produce a total of seven varieties of beers, sold as limited-edition beers, etc. Production manager Daisuke Tsuboi says that "When it comes to local beers, there are many that have a strong individuality, but ZUMONA Beer features a good balance between bitterness and smoothness, and I think it also goes well with cuisine." This is one beer that has been garnering attention in light of the craft beer boom in recent years, with fans increasing not only amongst locals but throughout the country as well.





Visiting Producers

2

Japanese Confectionery

和菓子

Walking the streets of Tōno City, you will spot confectionery shops here and there. At one of those, the Tsurunoya Confectionery Store, the Kawatarō Senbei rice crackers, with the motif of a kappa (a legendary water creature from Japanese folklore) said to live in this area, are popular. If you come at the right time you will be able to catch sight of the product being grilled in the storefront.

Plain Confectionery Developed from Tōno Culture Tsurunoya Confectionery Store



Wooden confectionery molds passed down through the generations, featuring various designs.



Simple and Plain Flavored Kawatarō Senbei

The Tsurunoya Confectionery Store on Chūō-dōri Street in the Tōno City center was founded in 1922. Kunihiro Kikuchi, who is the third generation of management, currently runs the store which carries a variety of products from cherry blossom and maple leaf themed cakes that represent the changing four seasons, to old-fashioned local sweets and Western-style pastries.

Kawatarō Senbei rice crackers, which are Tsurunoya's representative product, are a grilled confectionery with an arched shape that were conceived of by the store's previous generation of owners. With simple ingredients of flour, sugar, and miso, people have taken to the plain and subtle flavor. Kawatarō Senbei are grilled by hand one by one in special grill molds set up in the storefront. If you come at the right time you will be able to catch sight of them being grilled, and you can even taste samples hot off the grill. These charming rice crackers have a light wafer-like texture, but they are soft when served hot off the grill offering a different taste to enjoy.

The Ichigo Mochi (pounded rice cakes with strawberries) are also popular, containing a whole bittersweet strawberry on the inside. At just 100 yen each, they are easily attainable, bringing neighborhood children by to buy them too. Ichigo Mochi are only available in the winter. In autumn, a type containing large Shine Muscat grapes on the inside are offered.



Tsurunoya Confectionery Store

12-4 Chūō-dōri Street, Tōno
Hours of Operation: 7 a.m.-7 p.m.
Closed: New Year's Day;
store closes irregularly



Kawatarō Senbei rice crackers being grilled at the storefront. The name Kawatarō comes from the name of a kappa which was said to live in Kōkōji in Tōno City.



"Akegarasu" Tōno's Representative Japanese Confectionery

The Tōno specialty of Akegarasu made from rice flour, sesame seeds, and walnuts is a Japanese confectionery unique to this region. The name Akegarasu comes from the walnuts that appear on the cut surface resembling the silhouette of a flying crow (karasu in Japanese). A confectionery shop in Tōno City called Matsuda Syorindo first conceived of this confectionery over 100 years ago, and now it is being produced at several confectionery shops throughout the city. This confectionery is simple, yet the flavor of the ingredients is brought out the longer they are chewed. Many souvenir stores have a corner where taste samples of Akegarasu made by the different confectionery shops can be compared, so we hope you compare the tastes and find a favorite.





Video will play



Australian sheep meat is imported in a chilled state keeping freshness.

What is Jingisukan?

Jingisukan is a cuisine enjoyed by grilling mutton together with vegetables on special dome-shaped pan. Although Hokkaido is a well-known region for this dish, Tono's jingisukan is also rapidly gaining popularity.

TONO CUISINE

JINGISUKAN

Genghis Khan Barbeque

Tono locals LOVE jingisukan! What is the history behind this?

Apparently the expression "yakimiku" (grilled meat) has somehow come to mean "jingisukan" (Genghis Khan barbeque) in Tono. Whether eating out at a restaurant, or under the cherry blossom trees, during a celebration, or a sports event, whenever people get together it naturally turns into a jingisukan party. Even peering into the local butcher shop you will see a lineup of mutton. The fact of the matter is Tono people just love jingisukan.

Yet, why and from when did jingisukan become a comfort food for the people? To figure out this mystery we visited Anbe, the shop where Tono jingisukan originated.

From roots as a Manchurian mutton dish, to a meal provided behind the scenes at a restaurant, to a popular local menu item.

Anbe, the restaurant where Tono jingisukan originated, came into existence when Umekichi

Anbe returned from his military service in Manchuria, and opened a butcher's shop combined with an eatery in 1947. The dish that he served his family behind the scenes at the restaurant, the unforgettable taste of a mutton dish he had eaten in Manchuria, was the Tono jingisukan we know today in its original form.

When he treated some of his regular customers to the dish, it was well-received and he added it as one of the menu items around 1955. However, at the time in Tono, sheep were seen as something that were raised for their wool, but not as food. Therefore, Umekichi deployed promotional campaigns, such as providing grilled mutton at a low price at street stalls. Likely due to that, the people of Tono realized how delicious mutton was, and jingisukan became the restaurant's specialty menu item. Customers started to make lines at the restaurant, which was then located at the city center, and an increasing number of other restaurants also started to offer jingisukan. As such, jingisukan became a local food unique to Tono.

Tono locals LOVE jingisukan! What is the history behind this?

There is another reason that jingisukan became rooted in the region. And that is the existence of the jingisukan bucket.

Jingisukan, which had become popular amongst the townspeople, eventually started to become a dish that was enjoyed outside as well, such as at picnics under cherry blossom trees, and celebrations. The second generation owner of the restaurant, Yoshio, devised an original jingisukan bucket, after experimenting with the positioning of holes and sizes, etc., for a device which was both light and durable and easy to clean up, based on its use of solid fuel tablets. As jingisukan became even easier to enjoy, the food culture of jingisukan for outdoor events became established.

Especially good when enjoyed under the skies. Jingisukan fans multiplying nationwide.

Jingisukan has penetrated the region so deeply, that one may wonder if it has become written in the DNA of the Tono townspeople. Misuzu Takahiro, who organizes the "Jingisukan by Bucket" event started by townspeople, is one person who was familiar jingisukan from a young age.

Takahiro thinks that "Although it is delicious when enjoyed at a restaurant, it is especially good when enjoyed in a group under the skies. It would be a shame if only the local people could enjoy it." Based on the notion of enabling tourists to also easily enjoy bucket-style jingisukan, the executive committee for the "Jingisukan by Bucket" event was established. Since 2012, the "Jingisukan by Bucket Rally" has been held in front of the JR Tono Station.

"The allure of this event is that any tourist coming out from the station can easily participate," explains



Jingisukan can be enjoyed anytime, anywhere, just by putting solid fuel tablets into a specialty bucket and setting a Nanbu Cast Ironware pan on top. It is lent out for free to customers who purchase meat (solid fuel tablets not free), and is also sold at the restaurant.



Third generation owner of the restaurant, Kichiya Anbe, with a jingisukan bucket in hand.

Takahiro. There have been over 200 participants, and even many repeat participants coming from afar. She says that she would be delighted if these types of events served as an impetus for making people fans of Tono jingisukan, and gave them a reason to come to Tono.

To experience the appeal of a region even more deeply, the cuisine is where you start. During your travels, we hope you enjoy to your heart's content the local taste that the Tono people love to no end.



Tono bucket Genghis Khan Festival

"I want to increase the fans of Tono by telling the attraction of Jingisukan," says Misuzu Takahiro.



TONO CUISINE GUIDEBOOK
RESTAURANT
 Information

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Lamb shoulder BBQ

A great Genghis Khan BBQ with big, thick lamb slices that are still amazingly tender

Genghis Khan Anbe



Opened in 1955, this is the oldest Genghis Khan BBQ restaurant in Tono, and everyone in town knows about it. Located in a quiet residential neighborhood, it is a slightly retro place with an at-home ambiance. The BBQ consists of lightly flavored cuts of Australian lamb, and the sauce is something special.

● Children's seats and tableware available.



Recommended menu

Lamb shoulder BBQ set
1400 yen

Use ingredients



Mutton & lamb Root crop

Mutton shoulder BBQ set
1100 yen

Use ingredients



Mutton & lamb Root crop

DATA



MAP

- 2-4-12 Hayase-cho, Tono
- Opening hours: 10:00~19:00
- 4 minute by car from Tono Station



English speakers welcome.

Select cut lamb set



Hitsujimaru reimen

Wonderful fresh lamb at the home of Genghis Khan BBQ

Specialist Lamb Store Tono Shokuniku Center



Established almost 60 years ago, this restaurant specializes in juicy and tender lamb, complimented by your choice of the homemade sweet, mild or spicy sauces, with the staff also providing lectures on how to cook and eat lamb to perfection. The best way to finish off the meal is with Tono chilled reimen noodles, with memories of Tono's famous dishes staying with you well after the meal finishes.

● Children's seats and tableware available.



Tono reimen



🍴 Recommended menu

Select cut lamb set
1350 yen

Use ingredients



Mutton & lamb Root crop Garlic Sesame

Tono reimen

Regular size: 842 yen

Use ingredients



Wheat Egg Pork

DATA



MAP

- 20-13-1 Shiraiwa, Matsuzaki-cho, Tono
- Opening hours: 11:30~14:30 & 17:00~20:30
- 6 minute by car from Tono Station
- <http://www.namaramu.co.jp>

Enjoy a refreshing bowl of reimen as your last food order after your jingisukan

Tono Genghis Khan Hitsujimaru Michi



The fresh lamb carefully prepared for jingisukan doesn't have the usual characteristic strong lamb smell and is thick and tender. There are lots of noodle dishes to enjoy here including the light and refreshing-tasting Hitsujimaru reimen and the salad reimen full of vegetables.

● Children's seats and tableware available.



Hitsujimaru set



🍴 Recommended menu

Hitsujimaru set (with vegetables)

Portion size for 2.5-3 people: 3200 yen

Use ingredients



Mutton & lamb Root crop

Hitsujimaru reimen

750 yen

Use ingredients



Wheat Egg Pork

DATA



MAP

- 19-62-1 Shiraiwa, Matsuzaki-cho, Tono
- Opening hours: 11:00~14:30 & 17:00~21:30
- 7 minute by car from Tono Station

02

Genghis Khan

03

Genghis Khan



Seasonal hors d'oeuvres



Okonomiyaki

Course meals of seasonal ingredients and dishes

Enjoy great food and great sake

Japanese restaurant Abeya

Kuishinbo Chikara

04

05

Japanese foods and Izakayas

Japanese foods and Izakayas



Dishes of seasonal ingredients, seasoned to please the most discerning palate, all matched to the perfect Japanese sake rice wine. Guests should try the seasonal course meals that include local seasonal vegetables and seafood from the nearby Sanriku coast. At Abeya, you can enjoy Japanese food prepared with traditional techniques that bring the best out of the seasonal local ingredients.



A Japanese tavern where you can enjoy creative cuisine using local ingredients and sake hand-picked by the owner. The tonkatsu breaded pork cutlets with a generous serving of shredded Japanese daikon radish is always a favorite while the okonomiyaki savory pancakes with a wide variety of flavors and the delicious Japanese style bbq chicken wings are also recommended.

● Please reservation religious and dietary needs in advance.

● Able to meet a variety or religious and dietary needs.
● Children's seats and tableware available.



Seasonal course meals



Recommended menu

Seasonal hors d'oeuvres

If you tell us the budget, we can make the exact set

Use ingredients



Raw food Fish Shellfish Shrimp Squid Chiche

Seasonal course meals

If you tell us the budget, we can make the exact set

Use ingredients



Raw food Fish Shellfish Shrimp



Tonkatsu breaded pork cutlets and shredded daikon



Recommended menu

Tonkatsu breaded pork cutlets and shredded daikon: 1080 yen

Use ingredients



Pork Wheat Root crop

DATA

- 10-4 Chuodori, Tono
- Opening hours: 17:30~24:00
- 2 minute walk from Tono Station

MAP

DATA

- 4-34 Chuodori, Tono
- Opening hours: 17:00~22:00
- 3 minute walk from Tono Station

MAP

Okonomiyaki

530 yen ~

Use ingredients



Mutton & lamb Fish Egg



3 varieties of sashimi



Assorted sashimi

Slow and relaxed dining with local foods and drinks

Sumibiyaki Kataribe

Enjoy the food and flavors of the experienced and expert owner-chef

Sushi Beniya

06

07

Japanese foods and izakayas

Japanese foods and izakayas



A selection of foods that any restaurant would be proud of, from the selection of sashimi fish delivered fresh that day, lightly seared "Genghis Khan" lamb BBQ (only possible with the freshest meat!), and the slowly charcoal grilled yakitori chicken skewers. This is a restaurant to take your time and relax with the meal, served with selected local sake and "doburoku" cloudy sake.



Beniya serves nigiri style sushi using only the freshest of ingredients, as well as a wide selection of a la carte and seasonally available dishes. Enjoy a number of refined and delicate dishes only possible from an experienced sushi chef, combined with the finest selection of Japanese sake.

● Children's tableware available when you visit.

● Children's tableware available when you visit.



Tempura selection



🍴 Recommended menu

3 varieties of sashimi
1404 yen

Use ingredients



Raw food Fish Shrimp

Tempura selection
1080 yen

Use ingredients



Mutton & lamb Shrimp Mushroom Root crop

DATA



MAP

- 6-28 Shinkoku-cho, Tono
- Opening hours: 18:00~24:00
- 2 minute walk from Tono Station



tuna (medium-fatty)



🍴 Recommended menu

Assorted sashimi
enough for 3 people: 5000 yen

Use ingredients



Raw food Fish Shellfish

A variety of sushi dishes available

For example,
tuna (medium-fatty): From 300 yen

Use ingredients



Raw food Fish Shellfish Shrimp

DATA



MAP

- 2-15 Shinkoku-cho, Tono
- Opening hours: 17:30~23:00
- 2 minute walk from Tono Station



Jingisukan vegetable stir fry



Soba salad

An izakaya close to the station with jazz music drifting through the air

Den ~Kakurega~



This izakaya is in a great location just next to Tono Station. It's a popular izakaya with reasonable prices where you can savor great-tasting food and alcoholic drinks. There are seasonal dishes including fried and grilled dishes, local foods and a food menu with great variety devised by the izakaya's master.

- Able to meet a variety or religious and dietary needs.
- Children's seats and tableware available.



Shrimp ankake dofu (tofu in a sticky sauce)
(there's a fried rice option too)



Recommended menu

Jingisukan vegetable stir fry
800 yen

Use ingredients



Shrimp ankake dofu
(tofu in a sticky sauce) 1100 yen

Use ingredients



DATA



MAP

- 7-13 Shinkoku-cho, Tono
- Opening hours: Mon-Sat 17:30~23:00
- 1 minute walk from Tono Station

Enjoy great satisfaction eating the seasonal harvests of the ocean and mountains

Tono Shokuraku Ichiba Ichii



They serve authentic cuisine here with a focus on using ingredients of the local area. There is an excellent selection of dishes served that great effort is taken to prepare and in which different styles of cooking are interwoven including Western-style dishes like pizza and pasta and Japanese style a-la-carte dishes. There is also a wide selection of local Japanese sake and cocktails to choose from.

- Vegetarian meals available if you contact them in advance
- Children's seats and tableware available.



Agedashi dofu (deep-fried tofu)



Recommended menu

Soba salad
720 yen

Use ingredients



Agedashi dofu (deep-fried tofu)
450 yen

Use ingredients



DATA



MAP

- 10-10 Chuodori, Tono
- Opening hours: Tues-Thurs 17:30~22:30; Fri-Sat 17:30~23:00; Sun 17:30~22:00
- 3 minute walk from Tono Station
- E-mail: you1sa87856405@docomo.ne.jp



Sashimi



English speakers welcome.

Homemade craft beers

Enjoy real Japanese dishes with a light heart

Japanese Cuisine Shunsai Wada



This is a Japanese dish restaurant using local seasonal foods abundantly. The dishes are cooked based on the various broth depending on the ingredients. All the dishes are beautifully served with a sense of season, so they are delightful not only for your palate but also for your eyes. As various kinds of sake (Japanese rice wine) are prepared to serve, the restaurant is good for people who want to enjoy sake in a relaxed way.

- Vegetarian dishes available. Please contact us in advance.



"Takemushi (Steamed egg hotchpotch in a bowl made of bamboo)" is a popular dish served with all the dinner course.

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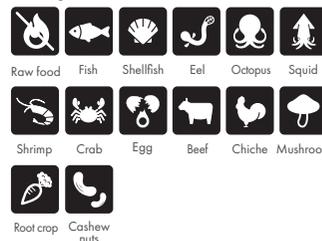
- 2-12 Shinkoku-cho, Tono
- Operating hours: 11:30~13:30, 17:30~20:00
- 2 minute walk from Tono Station
- <http://localplace.jp/t100304793/>



Recommended menu

Chef's choice Kaiseki course
(Dinner only) Minimum 4,000 yen
We will prepare the dishes according to your budget.

Use ingredients



- Raw food
- Fish
- Shellfish
- Eel
- Octopus
- Squid
- Shrimp
- Crab
- Egg
- Beef
- Chiche
- Mushroom
- Root crop
- Cashew nuts

Relax and enjoy freshly brewed beer

Tono Brewing TAPROOM



Enjoy freshly brewed beer in this brewer's pub located in the same building as the brewery. Once you've had a sip of these craft beers with plenty of character made using hops grown in Tono, you'll be hooked on them. Don't miss out on trying one of the limited edition seasonal beers with their varying tastes due to the different brewing processes used.

- Vegetarian dishes available. Please contact us in advance.
- Children catered for (utensils etc.) if you contact them in advance



Hot mabo dofu (spicy minced tofu dish)

DATA



MAP

- 10-15 Chuodori, Tono
- Opening hours: Mon, Weds, Thurs, Fri 17:00~22:00 (last order 21:30) Sat 12:00~22:00 (last order 21:30) Sun 12:00~21:00 (last order 20:30)
- 3 minute walk from Tono Station
- Tel.0198-66-3990
- E-mail:info@tonobrewing.com
- <https://tonobrewing.com>



Recommended menu

Homemade craft beers 600 yen~
Use ingredients



Alcohol

Hot mabo dofu
(spicy minced tofu dish) 600yen
Use ingredients



- Pork
- Chiche
- Egg
- Milk
- Garlic
- Root crop
- Wheat
- Cashew nuts
- Sesame
- Soy
- Alcohol



Charcoal grilled Iwate Wagyu Steak



Spaghetti with meat sauce

Skillfully using the best of local ingredients

Kitchen of the earth Koyomina

Enjoy the flavors of the caringly prepared hand-made dishes

Shamuneko-tei

12

13



Known for the lovingly prepared hamburger and steak dishes using only the best hand-picked local produce, like flaxseed-fed pork from Tono, Iwate-raised wagyu beef, and locally grown vegetables. Seafood dishes use scallops, sea urchin and other delicious seafood from the nearby Sanriku coast. You can also enjoy the best of seasonal dishes.



A relaxing and comfortable restaurant specializing in homemade western food. The highlight is the chef's special slow-cooked beef stew. It has a mild flavor and the meat just melts in the mouth. From full course meals to desserts, with macrobiotic dishes also available.

- Able to meet a variety or religious and dietary needs.
- Children's seats and tableware available.

- Able to meet a variety or religious and dietary needs.
- Children's seats and tableware available.



Flaxseed-fed Pork Hamburger



Recommended menu

Flaxseed-fed Pork Hamburger
Lunch: 860 yen ; Dinner: 780 yen

Use ingredients



Wheat Pork Milk

Charcoal grilled Iwate Wagyu Steak
Lunch: 1380 yen ; Dinner: 980 yen

Use ingredients



Beef



Beef Stew



Recommended menu

Beef Stew: Single Plate: 1000 yen
Set: 1300 yen

Use ingredients



Wheat Root crop Beef Milk Alcohol

Spaghetti with meat sauce
600 yen

Use ingredients



Mutton & lamb Pork Beef Milk Alcohol

DATA



MAP

- 4-6 Chuodori, Tono
- Opening hours: 11:30~14:00 & 17:00~23:00
- 4 minute walk from Tono Station
- E-mail:artisanry.1830@gmail.com

DATA



MAP

- 18-16 Kamiyaori, Ayaori-cho, Tono
- Opening hours: 11:00~19:30 (last order at 19:00)
- 22 minute by car from Tono Station



Omelette filled with seasoned rice



Falafel sandwich

An old-fashioned restaurant with great food for lunch or dinner

Restaurant Takumi

Fashionable clothes and a café bar with delicious food and drinks

Nōto General Store



A restaurant where you can enjoy such western foods as beef stew or cream crab croquettes. The most popular dish, however, is the delicious omelette that is filled with seasoned rice and covered in a rich home-made demi-glace sauce. You can taste the care and devotion that goes into preparing each dish.



This shop is a renovated gas stand. There's a cosy atmosphere here with a shop space filled with clothes and miscellaneous goods of the fashion designer owner's own design combined with a café bar area. the home-roasted coffee is recommended.

- Able to meet a variety or religious and dietary needs.

- Vegetarians and customers with other dietary habits catered for without prior notice.
- Utensils and dishes for children are available

Credit cards accepted



Crab cream croquette



Recommended menu

Omelette filled with seasoned rice: 860 yen

Use ingredients



Crab cream croquette
860 yen

Use ingredients



Monthly spiced curry



Recommended menu

Falafel sandwich
900 yen

Use ingredients

Monthly spiced curry
900 yen

Use ingredients



The specials menu changes monthly so please ask for more information when you go.

DATA



MAP

- 2-24 Kamikumi-cho, Tono
- Opening hours: Mon, Tues 11:00~21:00; Fri, Sat 11:00~23:45; Sun 8:00~19:00
- 5 minute walk from Tono Station
- E-mail: info@noth-production.com
- <http://noto.north-production.com/>

DATA



MAP

- 1-15 Koku-cho, Tono
- Opening hours: 11:30~14:00 & 17:00~20:00
- 4 minute walk from Tono Station



Megane Bridge Ramen



Avocado Hamburg rice bowl



Korean speakers welcome.

A rich range of dishes using our special wasabi

Restaurant Gingatei

16



Located near Megane Bridge, the iconic image from Kenji Miyazawa's tale "Night on the Galactic Railroad", this restaurant has a wide range of dishes using only the best locally grown wasabi, such as the ramen noodles with grated wasabi, or bbq beef with wasabi. It is also a great spot to take photos of the restored SL Ginga steam train as it goes along the JR Kamaishi Line.



Wasabi Ice cream

Recommended menu

Megane Bridge Ramen
700 yen

Use ingredients



Wasabi Ramen noodles
650 yen

Use ingredients



Wasabi Ramen noodles

DATA



MAP

- 30-37-5 Shimomiyamori, Miyamori-cho, Tono
- Opening hours: 11:00~17:00
- 27 minute by car from Tono Station

Mouthwatering handmade Korean food

Korean Kitchen Kajana

17



Kajana specializes in handmade Korean specialties such as kimchi, "namul" seasoned vegetables to name a few. With authentic Korean flavors at a reasonable price, it is a vibrant place popular with people from all walks of life, from young ladies enjoying time together to businessmen out for a meal. The most popular dish is the cheese bibimbap served in the hot stone pot, and the spicy Kajana Jjigae stew set with its deep and rich taste is also worth trying.

- Vegetarian meals always available.
- Children's seats and tableware available.



Stone pot Bibimbap



Recommended menu

Avocado hamburg rice bowl
1200 yen

Use ingredients



Stone pot Bibimbap
970 yen

Use ingredients



DATA



MAP

- 10-13 Chuodori, Tono
- Opening hours: 11:30~14:00 & 17:30~22:00
- 3 minute walk from Tono Station
- www.facebook.com/kitchenkajana/



Chinese noodles



Baked rice cake



English speakers welcome.

This restaurant exclusively uses its own homemade noodles for its ramen dishes too

Bangari



You can savor the taste of ramen with noodles made from homemade flour that's carefully ground here using a quern stone every day. There are ramen dishes of a variety of tastes to enjoy including the restaurant's classic miso ramen, Sichuan-style ramen and tonkotsu ramen. There's also a great choice of set courses of dishes on rice including katsu-don and yakiniku-don.

- Children's seats and tableware available.



pork cutlet bowl



Recommended menu

Chinese noodles

500 yen

Use ingredients



Mutton & lamb Fish Pork

Pork cutlet bowl

800 yen

Use ingredients



Pork Egg Mutton & lamb

DATA



MAP

- 1-36-1 Tomae, Aozasa-cho, Tono
- Opening hours: 11:00~15:00 & 17:00~20:00
- 7 minute by car from Tono Station
- <http://bangari-toono.com/>

Come taste the local flavors of Tono

Denshoen Park



This is a facility where you can experience the farming village culture and customs of this region, see demonstrations of folk arts and handicrafts, and hear old tales of Tono told by out storytellers. At our cafeteria, located on the premises, you can taste local dishes like hittsumi soup (suton), grilled rice cakes (yakimochi), and keiran (red bean paste, wrapped in a skin of mochi rice flour and then boiled).

- Please email religious and dietary needs in advance.
- Children's seats and tableware available.



Hittsumi Soup



Recommended menu

Hittsumi Soup

650 yen

Use ingredients



Wheat Root crop chicken Mushroom

Grilled Mochi (Rice Cake)

1 pc 120 yen

Use ingredients



Wheat Buckwheat

DATA



MAP

- 6-5-1 Tsuchibuchi Tsuchibuchi-cho Tono
- Opening hours: 9:00~17:00 (Restaurant 11:00 - 15:30)
- 10 minute by car from Tono Station
- E-mail: contact@densyoen.jp



Tono soba and mini tendon (tempura on rice)



A variety of Cantonese-style cuisine

Savor the taste of soba produced in Tono in a traditional townhouse

True Cantonese cuisine made by expert hands

Bangari Itoke-ten

Kantonchubo

20

21



This restaurant adjoins the Tono Folk Tale and Storytelling Center. The soba made using buckwheat flour produced in Tono goes very smoothly down your throat and is highly recommended. You can try the local dish Hitsukosoba here which has 4 'ohitsu (wooden containers for cooked rice)' with soba and condiments in each one and you can add some crispy tempura to make the meal extra filling.



Our chef learned his trade in Yokohama Chinatown and we offer true Chinese food including Cantonese style. In addition to our diverse regular menu which includes one-plate dishes like sweet and sour pork and shiba shrimp in chilli sauce, dim sum and noodle dishes, we also have dinner courses and banquet courses for parties.

●Children's seats and tableware available.

●Children's seats and tableware available.



Hitsukosoba



Recommended menu

Tono soba and mini tendon (tempura on rice) 1100 yen

Use ingredients



Wheat Buckwheat Root crop Fish Shrimp Mushroom

DATA



MAP

- 2-11 Chuodori, Tono
- Opening hours: Weds-Mon 11:00~15:00 & 17:00~19:00
- 3 minute walk from Tono Station
- <http://bangari-toono.com/>



Shrimp in chilli sauce



Recommended menu

Shrimp in chilli sauce 1450 yen

Use ingredients



Egg Shrimp Root crop Garlic Soy

DATA



MAP

- 21-46-33 Shimomasuzawa, Miyamori-cho, Tono
- Opening hours: Thurs-Tues 11:00~14:00 (last order 13:30)/17:00~20:00 (last order 19:30)
- 3 minute by car from Kashiwagidaira Station

Sweet and sour pork 1400 yen

Use ingredients



Pork Egg Root crop Soy



Sandwiches



Ramen noodles in soy soup

An historic tea house right in front of Tono Station

Coffee shop Taigetsu



A Japanese tavern where you can enjoy creative cuisine using local ingredients and sake hand-picked by the owner. The tonkatsu breaded pork cutlets with a generous serving of shredded Japanese daikon radish is always a favorite while the okonomiyaki savory pancakes with a wide variety of flavors and the delicious Japanese style bbq chicken wings are also recommended.

- Able to meet a variety of religious and dietary needs.



Napolitan spaghetti



Recommended menu

Sandwiches
650 yen

Use ingredients



Napolitan spaghetti
680 yen

Use ingredients



DATA



MAP

- 3-1 Shinkoku-cho, Tono
- Opening hours: 10:00~21:00
- 1 minute walk from Tono Station

A rich menu and reasonable prices

Fast food restaurant Kamifusen



Kamifusen is a fast food restaurant in Tono's TOPIA shopping center. The recommendations are the light and refreshing ramen noodles in soy soup, and the hittsumi in the rich broth, although you can also get all the menu selections you would normally expect at a coffee shop, all at a very reasonable price.

- Children's seats and tableware available.



Hittsumi



Recommended menu

Ramen noodles in soy soup
450 yen

Use ingredients



Hittsumi
680 yen

Use ingredients



DATA



MAP

- 1st floor of Tono TOPIA shopping center, 1-11 Shinkoku-cho, Tono
- Opening hours: 9:00~19:30
- 4 minute walk from Tono Station



English speakers welcome.

A variety of home-roasted coffees



Genghis Khan lamb burgers

Coffee made with great care and homemade sweets

Michael's Café American



This café outside the station has a real American feel to it. The coffee made by careful slow-drip style once you've ordered it is the real deal. The sweets here including cookies and brownies to accompany the great coffee are also popular. Don't miss out on the filling 'slider burger' made using Tono beef.

● Vegetarian meals available on request.

Credit cards not accepted



A variety of American sweets



🍴 Recommended menu

A variety of home-roasted coffees 350 yen~
Use ingredients



Milk

A variety of American sweets 200 yen~
Use ingredients



Wheat Egg Orange Apple Banana Peach

DATA



MAP

- 5-8 Shinkoku-cho, Tono (inside the Tourism Association building)
- Opening hours: Weds-Sun 11:00~16:00 (winter)/17:00 (summer)
- 1 minute walk from Tono Station
- <https://www.facebook.com/madeintono>
- <https://blackshipcoffee.com/cafe/>

Menu full of dishes using only local Tono produce

Cafeteria and Tea House Coco Kana



A variety of unique dishes using Tono-only ingredients, such as the local hitsumi specialty, teriyaki-style Genghis Khan lamb burgers, and the doburoku ice cream; which matches a sweet vanilla flavor with the Tono unique milky doburoku sake. Vegetarians and vegans can enjoy the buckwheat soba noodles or udon wheat noodles with vegetables in the dried kelp soup.

● Vegetarian and vegan meals available on request.



Hittsumi soba



Doburoku soft serve ice cream 350 yen

🍴 Recommended menu

Genghis Khan lamb burgers 350 yen
Use ingredients



Wheat Root crop Mutton & Lamb

Hittsumi soba 680 yen
Use ingredients



Wheat Egg chicken

DATA



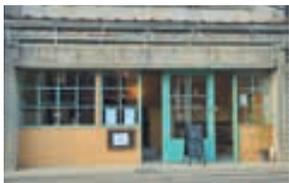
MAP

- 2-1 Chuodori, Tono
- Opening hours: Fri.-Wed.10:30~22:00
- 6 minute walk from Tono Station



A community café where everyone gathers

Commons Space



You can enjoy the half-monthly lunch specials and the homemade sweets at this café. There's a multi-purpose common space that's available for anyone to use for events including music concerts and workshops. You can also buy drinks produced in Tono and seasonings here.

- Utensils and chairs for children are available if you email in advance



Muffin & drink set



Recommended menu

half monthly lunch special
900 yen

Use ingredients

The specials menu changes half-monthly so please ask for more information when you go.

Muffin & drink set
550 yen

Use ingredients



Wheat Egg Soy

DATA



MAP

- 5-32 Chuodori, Tono
- Opening hours: Fri-Weds 10:00~19:00 (until 18:00 in winter) ● 4 minute walk from Tono Station
- E-mail: commonsspace@nextcommons.co.jp

An old-style café in a renovated Meiji-era townhouse

On-café



Enjoy the owner-chef's special tender shrimp cream sauce pasta in a nostalgic and relaxing space, surrounded by antique clocks, sewing machines and other memorabilia. The cakes, made fresh by hand every day, are also exceptional, and the café also serves freshly baked bread every Saturday.

- Able to meet a variety of religious or dietary needs.
- Children's seats and tableware available.



Tender shrimp cream sauce pasta



Recommended menu

Tender shrimp cream sauce pasta
(with salad, soup and yoghurt)
1200 yen

Use ingredients



Wheat Shrimp chicken Milk Garlic Sesame

Chiffon cake

Single Plate: 480 yen

Use ingredients



Wheat Egg Alcohol Sesame

DATA



MAP

- 4-26 Chuodori, Tono
- Opening hours: 11:00~17:00 (last order at 16:30)
- 5 minute walk from Tono Station
- English speaking phone number: 090-6782-8294 (Sakae)



IWATE TONO ACCESS INFORMATION

By plane	From	Time	To
Sapporo (Shin-Chitose) Nagoya (Komaki) Osaka(Itami)	→	55 minutes	Iwate Hanamaki Airport
	→	1 hour and 15 minutes	Iwate Hanamaki Airport
	→	1 hour and 30 minutes	Iwate Hanamaki Airport
Fukuoka	→	2 hours and 10 minutes	Iwate Hanamaki Airport

By train	From	Time	To
TO Hiraizumi	Tokyo (Tohoku Shinkansen Line)	2 hours and 9 minutes	Hiraizumi (Tohoku Line)
	Sendai (Tohoku Shinkansen Line)	Approx. 30 minutes	Hiraizumi (Tohoku Line)
TO Hanamaki	Tokyo (Tohoku Shinkansen Line)	Approx. 2 hours and 35 minutes	Shin-Hanamaki
	Sendai (Tohoku Shinkansen Line)	Approx. 1 hour	Shin-Hanamaki
Hiraizumi (Tohoku Line)	→	Approx. 43 minutes	Shin-Hanamaki
TO Tono	Tokyo (Tohoku Shinkansen Line)	Approx. 2 hours and 35 minutes	Tono (Kamaishi Line)
	Sendai (Tohoku Shinkansen Line)	Approx. 1 hour	Tono (Kamaishi Line)
	Sendai (Tohoku Shinkansen Line)	Approx. 1 hour	Tono (Kamaishi Line)

Expressway	From	Time	To
Tohoku Expressway / Kamaishi Expressway	Sendai-Miyagi IC	→	Hiraizumi-Maesawa IC
	Sendai-Miyagi IC	→	Hanamaki IC
	Sendai-Miyagi IC	→	Tono IC

Oirase Mountain Stream



Sapporo



Hokkaido

Sapporo



Hakodate



Kakunodate



Matsushima



Tono Furusato Experience Council

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