

# Miyagi Guide for Muslims and Vegetarians

ムスリム&ベジタリアン みやぎガイド



ENJOY  
your  
MEAL

# Welcome to MIYAGI!

1, 2, 3, Smile!



We have prepared this guidebook for Muslims and Vegetarians visiting Miyagi Prefecture to help you relax and enjoy sightseeing and dining during your stay, by providing details about what services are available at the different restaurants and accommodation in Miyagi Prefecture.

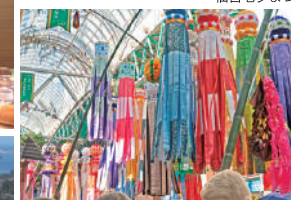
We hope that the information provided will help you to find restaurants and accommodation that meet your needs, making your stay more pleasant and enjoyable in Miyagi Prefecture.

このガイドブックでは、宮城県を訪れるムスリムそしてベジタリアンの皆様に安心かつ快適に観光や食事を楽しんでいただくため、県内の飲食店や宿泊施設などで提供可能な様々なサービスを掲載しています。

ぜひ皆様のニーズにあった飲食店や宿泊施設選びにご活用いただき、快適な宮城での滞在をお楽しみください。



Sendai Tanabata Festival  
仙台七夕まつり



Saigyo Modoshi no Matsu Park  
西行戻しの松公園



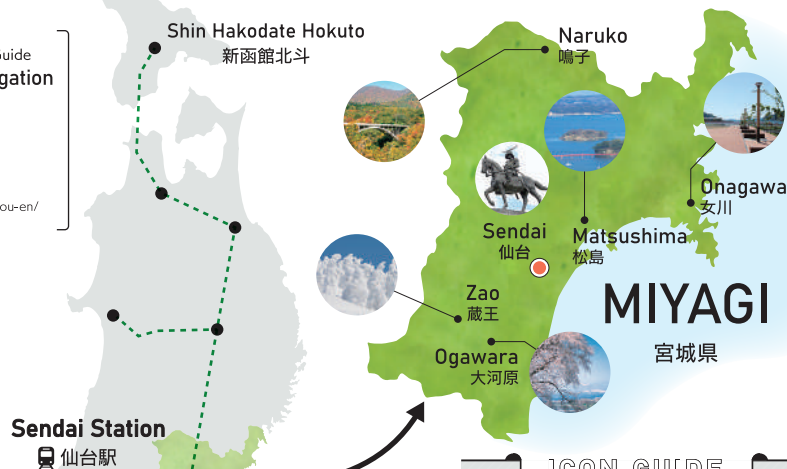
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Official Miyagi Travel Guide  
Miyagi Touring Navigation



[www.pref.miyagi.jp/site/kankou-en/](http://www.pref.miyagi.jp/site/kankou-en/)



### Enjoy effortless travel with the Shinkansen

Tokyo --- Sendai  
Travel Time : Approximately 1 hour 30 min.  
Sendai --- Shin-Hakodate-Hokuto  
Travel Time : Approximately 2 hours 30 min.

### 新幹線なら移動もスムーズ

東京 ↔ 仙台  
[最速] 約1時間30分  
仙台 ↔ 新函館北斗  
[最速] 約2時間30分

Sendai International Airport  
仙台国際空港

From Sendai International Airport to JR Sendai Station Take the Sendai Airport Access Line to Sendai Station, the trip takes approximately 17 minutes by rapid train.

仙台国際空港からJR仙台駅へは仙台空港アクセス線で最短17分。

Tokyo Station 東京駅  
Narita International Airport 成田国際空港 55分 [ANA]

### ICON GUIDE

■ Service related icon  
■ Menu related icon

- Prayer room**  
Prayer space available  
祈禱室、または祈禱スペースあり
- Prayer Items**  
Prayer mat and compass available to use  
祈禱用マット、コンパスの設置、貸し出しあり
- English Speaker**  
English-speaking staff  
スタッフの英語対応可



**Wi-Fi**  
Wi-Fi available  
Wi-Fi利用可



**Cashless, Smartphone payment**  
Cashless, smartphone payment available  
キャッシュレス、スマートフォン決済利用可



**Credit Card**  
Credit cards accepted  
クレジットカード利用可



**English Information**  
English information/sign  
英語の案内・表示あり



**Halal Certified**  
Acquired Halal certificate  
ハラール認証取得済



**English Menu**  
English menu available  
英語のメニューあり



**Non-Pork&Non-Alcohol Menu**  
No Pork and No Alcohol menu available  
豚肉とアルコールが含まれないメニューあり



**Halal Meat**  
The restaurant serve halal certified meat for muslim customer  
ムスリム用に処理された肉を提供可能



**Vegetarian Menu**  
Vegetarian Menu available  
ベジタリアンメニューあり



**Vegan Menu**  
Vegan Menu available  
ヴィーガンメニューあり



**Take Out**  
Food available for take-out  
お持ち帰り可能

The contents of this document are based on the information as of December 2020.  
本書の内容は2020年12月時点の情報を基に作成しています。

In this guidebook, shops that meet the following definitions are considered Muslim Friendly  
Uses halal certified meat and halal seasonings. The ingredients are clearly displayed. ※Tableware and kitchenware are not always separated.  
本書では、以下の定義に該当するお店をムスリムフレンドリーとしています。  
•ハラール肉や、ハラール対応調味料を使用している •原材料を明確に表示している ※ハラール用に食器や厨房を分けているとは限りません。

# Exciting one day trip



**YAMAMOTO & ZAO**  
山元 & 蔵王

The southern part of Miyagi prefecture, is blessed with a mild climate. There are many spots where you can enjoy beautiful landscapes and seasonal foods inspired by nature.

豊かな風土に恵まれた宮城の県南地域。自然から生まれた風景や旬の食を楽しむスポットがたくさん。

am9:00 ▶▶▶

山元いちご農園

## Yamamoto Strawberry Farm

It is one of the largest strawberry farms in Tohoku, located in Yamamoto Town, a famous strawberry producing area. The green houses are filled with bright-red strawberries. You can also enjoy homemade strawberry sweets at the adjoining cafe.

いちごの名産地、山元町にある東北最大級のいちご農園。大型ハウスの中には真っ赤ないちごがいっぱい。隣接するカフェでは自家製いちごのスイーツなども味わえる。

60 Inami, Yamadera, Yamamoto Town, Watari County  
亘理郡山元町山寺字稲実60

0223-37-4356

December-February 10:00-15:00, March-June 10:00-16:00  
Open 7 days a week from December to June.

※Closed on New Year's Day

15 minutes walk from "Yamashita Station" on the JR Joban Line



Yamamoto Strawberry Farm, Strawberry picking from mid-December to early June

山元いちご農園いちご狩り  
12月中旬～6月初旬

am11:30 ▶▶▶

青葉城跡

## Aoba Castle Ruins

The ruins of Aoba Castle, where a statue of Date Masamune mounted on a horse is located, is place where you can experience the history of Miyagi, while looking over, and across the city of Sendai.



伊達政宗公の騎馬像が鎮座する青葉城跡。仙台市街を一望できる宮城の歴史に触れられる場所。

1 Kawauchi, Aoba Ward, Sendai City 仙台市青葉区川内1

022-268-9568

(Sendai Tourism, Convention and International Association)

Aoba Castle Museum 9:00-17:00 (11/4-3/31 until 16:00)

From Sendai Station, West Exit Bus Pool No.16, take "Loope Sendai" for 22 minutes and get off at "Sendai Castle Ruins"

pm14:00 ▶▶▶

みやぎ蔵王こけし館

## Miyagi Zao Kokeshi Museum

Featuring Kokeshi dolls from Tohoku and all over Japan, the collection includes traditional Kokeshi dolls from Togatta, and are exhibited in this museum. You can also experience painting the Kokeshi dolls yourself.

遠刈田系伝統こけしを始め、東北や全国のこけしを一室に展示。こけしの絵付け体験もできる。

36-135 Togatta Onsen Shinchi Nishiurayama, Zao Town, Katta County

刈田郡蔵王町遠刈田温泉字新地西裏山36-135

0223-37-4356

9:00-17:00 12/29-1/3 until 15:00 admission

Adults 300yen, children 150yen, Free admission for Preschoolers

70 minutes by highway bus from JR Sendai Station No.33, 10 minutes on foot from Miyagi Transportation Bus "Tokarita Onsen Bus Stop"

### < Painting Experience >

Time required : About 30-40 minutes

Fee : 1 Kokeshi Doll 850yen (Tax included)

### < 絵付け体験 >

所要時間 : 30 ~ 40分程度

料金 : 1本850円 (税込)



You can also try this plan in Zao!  
蔵王にはこんなプランも!

<みやぎ蔵王の樹氷巡り>

## Miyagi Zao snow monster tour

December 26, 2020 (Sat) - March 14, 2021 (Sun)  
11:00 departure-13:00 return / 13:30 departure-15:30 return

Tour of the Zao Monster field from the comfort of the heated passenger snow vehicle named "The Wild Monster". The fantastic scenery of snow and ice woven by the nature of Zao is truly beautiful.



暖房付乗用雪上車「ワイルドモンスター号」で広大な樹氷原を目指すツアー。蔵王の自然が織りなす雪と氷の幻想的な景色が魅力的。

Sumikawa Snow Park すみかわスノーパーク ☎0224-87-2610  
Slope Rest House, Kuraishidake National Forest, Zao, Togatta Onsen, Katta County

All guest rooms have an open-air bath. Hot water flow 100% from its natural source. You can enjoy your own private hot spring time.

pm17:00 ▶▶▶ 流迺別館 観山聴月

## Ryuusen Bekkan Kanzan Chougetsu

全客室露天風呂付き。お湯は源泉かけ流し100%。自分たちだけのプライベートな時間を堪能できる。

17-1 Aone Onsen, Kawasaki Town, Shibata County  
柴田郡川崎町青根温泉17-1

0224-87-2617

About 40 minutes by car / taxi from JR "Shiroishi Zao Station"



pm15:00 ▶▶▶

台湾喫茶 慢瑤茶

## Taiwan Cafe Man Yao Cha

The vegan menu uses popular, locally grown Zao vegetables and fruit.

蔵王の野菜や果物を使用したヴィーガンメニューが人気。



[For Vegetarian]

Almond Tofu

(Alloy Tomato Sauce)

450yen (Tax included)

Known as Almond Tofu, this popular dessert has a gentle taste, and uses seasonal ingredients, and is made with a fresh sauce.

杏仁豆腐(アロイトマトソース) 450円(税込)

季節の食材を使用した新鮮なソースとやさしい味の杏仁豆腐の相性◎。

14 Togattaonsen, Motomachi, Zao Town, Katta County

刈田郡蔵王町遠刈田温泉本町14

0224-34-4218

11:00-18:00

※Closed on Tue. and Wed.

From Sendai Station, take the "Tokarita Onsen" bus and get off at "Tokarita Onsen"



[For Vegetarian]  
Strawberry wine  
いちごワイン



[For Muslim]  
Yamamoto Tree Strawberry parfait  
山元ツリーいちごパフェ

Natural monument "Shiogama Sakura"  
(at Shiogama Shrine)

## SHIOGAMA & MATSUSHIMA



塩竈・松島

In this eastern area of the prefecture, you can enjoy fresh greenery in summer, colored leaves in autumn, and a snowy landscape in winter. Especially in spring, the cherry blossoms are beautiful, and there are many things to see. The sea is nearby, and you can enjoy fresh seafood.

夏は新緑、秋は紅葉、冬は雪景色と四季折々の景色が楽しめる県東エリア。特に春は桜が美しく、見所がいっぱい。海が近く新鮮な海産物が楽しめる。

am9:00 ▶▶▶

鹽竈神社

## Shiogama Shrine

Since ancient times, it has been revered by the feudal lords, including the imperial court, as the number-one shrine in Tohoku, "Mutsu Kuniichinomiya". In spring, you can view and enjoy 300 cherry blossom trees in 40 different varieties, including "Shiogama Sakura" that have been designated as a national natural treasure.

東北一の神社「陸奥國一之宮」として、古くより朝廷を始め土地の領主からも崇敬されてきた。春には国の天然記念物「鹽竈桜」をはじめ、四十種類300本の桜が楽しめる。

1-1 Ichimoriyama, Shiogama City  
塩竈市一森山1-1

022-367-1611

shrine entrance gate 5:00-18:00 (March to October)  
until 17:00 (November-February)  
Closed : None

About a 15-minute walk from "Hon-Shiogama Station"  
on the JR Senseki Line



## Recommended in SHIOGAMA



For Muslim  
For Vegetarian  
**Rice Dumpling**  
団子

**Osankochaya**  
(Osanko Tea Shop)  
おさんこ茶屋  
11-12 Motomachi,  
Shiogama City  
022-362-0946

※For Muslim customers, please be aware that the Shoyu (Soy Sauce) contains alcohol.

※醤油だれには原料にアルコールが含まれています。

**Shiogama Seafood Wholesale Market**  
塩竈仲卸市場

1-20-74 Shinhamacho, Shiogama City  
022-362-5518

For Muslim  
**Kaisen-don**  
海鮮丼

※For Muslim visitors, please bring your own non-alcohol soy sauce for dipping.

※ムスリムの方は、ノンアルコール醤油をご持参ください。



pm13:00 ▶▶▶

瑞巖寺

## Zuiganji Temple

91 Chonai, Matsushima Town, Miyagi Country  
宮城県松島町松島町内91

022-354-2023

8:30-16:30 (Gate closing time varies depending on the season)  
Closed : None

About a 10-minute walk from "Matsushima Kaigan Station" on the JR Senseki Line



A Buddhist temple of the Rinzai sect that was reconstructed by Date Masamune. Inside the main hall, which is a national treasure, and also an important cultural property, you can see the magnificently restored replicas of the wall/sliding door paintings that decorate each room.

伊達政宗公によって再建された臨済宗妙心寺派の仏教寺院。国宝・国重要文化財の本堂内部には欄干彫刻や、各室を飾る復元模写された壮麗な障壁画を見ることが出来る。



A panoramic view of Matsushima, one of the three most scenic spots in Japan, can be viewed from a hill. In spring, you can see the islands of Matsushima Bay, a pleasure boat, and the red-painted Fukuura Bridge over the cherry blossoms in full bloom.

日本三景松島を高台から一望。春には満開の桜越しに松島湾の島々や遊覧船、朱塗りの福浦橋が望める。

2 Matsushima Inuta, Matsushima Town, Miyagi Country  
宮城県松島町松島大田2

022-354-2618 (Matsushima Tourism Association)

About a 15-minute walk from "Matsushima Kaigan Station" on the JR Senseki Line

am11:00 ▶▶▶

塩竈から松島への移動

## Depart from Shiogama to Matsushima



A pleasure cruise from Marine Gate Shiogama. Take a 50-minute cruise while admiring the wonderful view. Matsuo Basho (Well known Japanese Poet of the Edo period) was once inspired by this area and composed some of his famous haiku poems here.

マリンゲート塩竈から遊覧船で。かつて松尾芭蕉が感銘を受け俳句を詠んだ素晴らしい風景を眺めながら約50分の船旅を。

Marubun Matsushima Kisen Co.,Ltd. 丸文松島汽船 株式会社

1F Marine Gate Shiogama, 1-4-1 Minatomachi, Shiogama City  
塩竈市港町1-4-1 マリンゲート塩竈 1F

022-365-3611

9:00-15:00 Closed : Open daily, closed during stormy weather

About a 15-minute walk from "Hon-Shiogama Station" on the JR Senseki Line

## Recommended in MATSUSHIMA

Inside the store, you can find hand towels and lacquerware that are great as souvenirs.



お土産に喜ばれる手ぬぐいや手塩皿などが並ぶ店内。

**Yukitakeya** 雪竹屋

109 Chonai, Matsushima Town 022-354-2612



For Muslim **Grilled Oyster** 焼牡蠣

**Sugihara Isao Shoten** 杉原功商店  
Isozaki 100-29 Isozaki, Matsushima Town,  
Miyagi County 022-354-2319

pm15:00 ▶▶▶

西行戻しの松公園

## Saigo Modoshi no Matsu Park





JAPANESE

## Ajimidokoro HIKARIAN

味見処 光庵

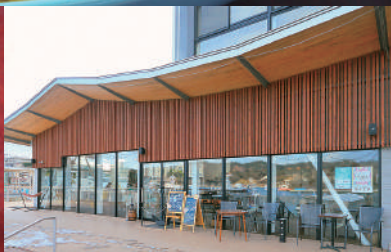


CAFE

## ANCHOR COFFEE

アンカーコーヒー 内湾店

Muslim  
Friendly



### Smooth and Chewy Shiroishi Umen つるっとコシのある白石温麺

You can enjoy Shiroishi Umen manufactured at the adjacent factory. Enjoy the smooth noodles in a muslim-friendly soup that does not use any alcohol or mirin. This quaint store was renovated from a thatched-roof samurai residence built in the Edo period.

隣接の工場で製造された白石温麺が楽しめる。つるっと透明感のある麺をアルコールやみりん不使用のハラール対応のつゆでいただく。江戸時代に建てられた茅葺屋根の武家屋敷を改装した趣ある店舗も見どころ。

- 🏠 46 Motomachi, Shiroishi City  
白石市本町46
- 🕒 11:00-14:30 (LO.14:15)  
Closed: Thu. and 3rd Fri.
- 💰 ¥1,000
- ☎ 0224-26-2565
- 🌐 <https://www.tsurigane.com/restaurant.html>
- 🚶 JR-line [Shiroishi Sta.] [JR白石駅]  
8min: Walk (徒歩8分)

Reservations cannot be made on Saturdays and Sundays, but on weekdays, make reservations before coming to the store. (Same-day reservation is also possible)

土日の予約はできないが、平日は来店前になるべく予約を。(当日予約も可能)



### Port town of Kessenuma-born Coffee shop 港町・気仙沼で生まれたコーヒーショップ

Chicken over rice can be enjoyed with home-roasted coffee on the open terrace overlooking Kessenuma Inner Bay. We also recommend the "Kessenuma over rice", which is arranged with kessenuma seafood delicacies.

気仙沼内湾を見渡せるオープンテラスで自家焙煎コーヒーとともに味わえるのはチキンオーバーライス。気仙沼の海の幸でアレンジした気仙沼オーバーライスはおすすめです。

- 🏠 2F Mukaeru, 1-14 Minamimachi-Kaigan, Kessenuma City  
気仙沼市南町海岸1-14 ムカエル2F
- 🕒 11:00-18:00 (Weekend 9:00-)  
Closed: None
- 💰 ¥1,000-¥1,500
- ☎ 0226-24-5955
- 🌐 <http://anchor2fullsail.shop-pro.jp/>
- 🚶 JR-line [Kessenuma Sta.] [JR気仙沼駅] 7min: Walk (徒歩7分)

Chicken over rice is also available at affiliated stores, MOTHER PORT COFFEE Rione Furukawa Store, and the Tohoku Daigakubyoin-mae Store.

チキンオーバーライスは、系列店のMOTHER PORT COFFEE リオーネ古川店、東北大学病院前店でも提供。





RAMEN

## DASHIRO -NIBO-

だし廊 -NIBO-



JAPANESE

## Hotel Metropolitan Sendai Japanese Restaurant「HAYASE」

ホテルメトロポリタン仙台 日本料理・鉄板焼き「はや瀬」



### A Ramen Shop in Sendai that Serves Must-try Ramen 店主こだわりの一杯を提供する仙台のラーメン店

The soy sauce-based soup made from aged non-alcoholic soy sauce, and the soup stock made from horse mackerel with the flavor of seafood is exquisite. A bowl of ramen topped with halal chicken is recommended for both Japanese and Muslims customers.

ノンアルコール醤油の熟成タレと、アジをベースに魚介の旨味を重ねた出汁で作る醤油ベースのスープが絶妙な味わい。ハラールチキンをトッピングした一杯は、日本人にもムスリムにもおすすめ。

- 🏠 1F Kakitoku Bldg, 4-9-1 Ichibancho, Aoba Ward, Sendai City  
仙台市青葉区一番町4-9-1 かき徳ビル1F
- 🕒 11:00-25:00 (LO.24:45)  
Closed : New Year Holidays
- 💰 ¥750-¥1,000
- ☎ 022-393-4988
- 🌐 <http://dashi-ro-nibo.com/>
- 🚇 Subway Nanboku line 「Kotodai-koen sta.」  
[地下鉄南北線 勾当台公園駅]  
3min : Walk (徒歩3分)



MAP



### Enjoy Fine Japanese Cuisine in a Traditional Japanese Atmosphere 和の趣を感じながらハラール対応の和食を堪能

This is a restaurant where guests can immerse themselves in the Japanese atmosphere of a Sukiya-style building, while enjoying the authentic Japanese food. Halal certified Sukiyaki made with halal-certified beef has a taste that melts in your mouth. At the Teppanyaki counter, the guest can also enjoy watching a skillful chef cooking right in front of their eyes.

数寄屋造りに日本情緒を感じながら旬の味覚の真髄を堪能できる和食料理店。ローカルハラール認証の牛肉を使用したすき焼きは、とろけるような美味しさ。鉄板焼きカウンターでは目の前で調理も。

- 🏠 1-1-1 Chuo, Aoba Ward, Sendai City 仙台市青葉区中央1-1-1
- 🕒 Morning time 6:30-10:00 / Lunch 11:00-14:30  
Dinner 17:00-20:30 (LO.20:00)  
Closed : None
- 💰 ¥4,000-¥9,000
- ☎ 022-267-2143
- 🌐 <https://sendai.metropolitan.jp/restaurant/list/hayase/>
- 🚇 JR-line 「Sendai sta. Western exit」 [JR仙台駅 西口]  
1min : Walk (徒歩1分)

Reservation required for halal menu up to 2 days in advance.  
ハラール対応メニューは2日前まで要予約。





FRENCH

## Hotel Metropolitan Sendai Restaurant 「Serenity」

ホテルメトロポリタン仙台 レストラン「セレニティ」

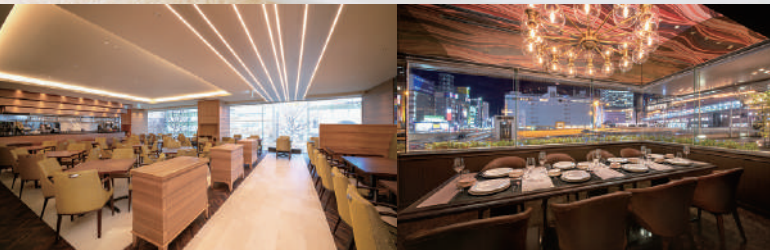


INDIA

## Indian Restaurant ZAMZAM

インド料理 ザムザム 六丁の目店

Muslim Friendly



### Fine Dining Restaurant For a Special Day 特別な日に行きたいワンランク上のレストラン

It is possible to reserve sophisticated private rooms, as well as a large space for parties. With local halal certification, you can enjoy halal certified "Sendai French" cuisine using ingredients from Tohoku, based on orthodox French cuisine style.

プライベート感のある上質な空間を演出する個室や、団体で楽しめるパーティースペースの利用が可能。ローカルハラール認証を取得しており、正統派のフランス料理をベースに東北の食材を使った「仙台フレンチ」が楽しめる。

- 🏠 1-1-1 Chuo, Aoba Ward, Sendai City 仙台市青葉区中央1-1-1
- 🕒 Morning time (breakfast buffet) 6:30-10:00  
Lunch 11:00-14:30 / Dinner 17:00-20:30 (LO:20:00)  
Closed : None
- 💰 ¥2,000-¥6,000
- ☎ 022-267-2104
- 🌐 <https://sendai.metropolitan.jp/restaurant/list/serenity/>
- 🚶 JR-line 「Sendai sta.Western exit」 [JR仙台駅 西口]  
1min : Walk (徒歩1分)

Reservation required for halal menu up to 2 days in advance.  
ハラール対応メニューは2日前まで要予約



### Indian Restaurant With Various Selections Available for Takeout. Fully Halal Indian Restaurant Zamzam

豊富なメニューで持ち帰りも可能。ハラール対応のインド料理店

The ZAMZAM Rokuchonome location is right next to the Sendai Higashi IC (Sendai East Interchange) on the Sendai Tobu Road. A menu with various selections is available, and all of these options are 100% Halal. You can enjoy the rich taste of ZAMZAM not only by dining-in, but also for takeout.

仙台東部道路「仙台東IC」のすぐそばにあるZAMZAM六丁の目店。豊富なメニューが用意されており、すべてがハラール対応。店内飲食はもちろん、テイクアウトでもその味を楽しめる。

- 🏠 Inside Pachinko Tiger, 2-1 Akanuma, Rokuchonome, Wakabayashi Ward, Sendai City  
仙台市若林区六丁目字赤沼2-1パチンコタイガー内
- 🕒 11:30-14:30 17:00-21:00  
Closed : None
- 💰 ¥500-¥1,800
- ☎ 022-725-7863
- 🚶 Subway Tozai line 「Arai Sta.」 [地下鉄東西線 荒井駅]  
20min : Walk (徒歩20分)





JAPANESE

# KUSHIKATSUSAKABA YOI-DARUMA

串カツ酒場 YOI-DARUMA

Muslim  
Friendly



JAPANESE

# MIURA

御食事 みうら



## A Hideaway Tavern Where You Can Enjoy a Variety of Foods

多様な料理が楽しめる隠れ家的な居酒屋

All the meat used in this restaurant is halal certified. You can enjoy delicious halal foods that have been prepared by a muslim chef. In addition to the deep-fried skewers (Yakitori), The restaurant also serves halal ramen and South Asian cuisine. Some menus are available for takeout.

使用している肉はすべてムスリム用に処理されたもの。ムスリムのシェフが腕を振るう料理が楽しめる。串揚げのほか、ラーメンや南アジア料理の提供も。テイクアウトできるメニューもある。

- 🏠 5-4-21 Yamatomachi, Wakabayashi Ward, Sendai City  
仙台市若林区大和町5-4-21
- 🕒 17:00-25:00 (FOOD LO.24:00 / DRINK LO.24:30)  
Closed : None
- 💰 Dinner ¥2,500-¥2,900
- ☎ 022-352-6855
- 🌐 <https://www.facebook.com/Yoi-Daruma-2290222911069865/>  
<https://www.instagram.com/yoidaruma/>
- 🚇 Subway Tozai line 「Oroshimachi Sta.」 [地下鉄東西線 御町駅]  
5min : Walk (徒歩5分)



## Delicious Aburafu Bowl that Muslims Can Enjoy

ムスリムが美味しく食べられるあぶら麩丼

Miura is a popular restaurant that is famously known for using locally sourced ingredients. The Aburafu used at this store is Sendai-Aburafu made by Yamagataya Shoten, which has acquired halal certification, so Muslim customers can enjoy it with confidence and peace of mind. The store always has halal-certified soy sauce, mirin, and vinegar available in store to make muslim friendly menu items.

地元食材を使った料理が人気の御食事 みうら。あぶら麩丼はハラール認証を取得した山形屋商店の仙台麩を使用しているため、安心して食べられる。ハラール認証を受けたしょうゆやみりん、酢を常備している。

- 🏠 81 Honcho, Yanaizu, Tsuyamacho, Tome City  
登米市津山町柳津字本町81
- 🕒 Lunch 11:00-14:00 / Dinner 17:00-20:30  
Closed : Wed. 12/26-1/4
- 💰 Lunch ¥650- / Dinner ¥5,500-
- ☎ 0225-68-2003
- 🌐 <http://www.e-miuraya.com/>
- 🚇 JR-line 「Yanaizu sta.」 [JR柳津駅] 10min : Walk (徒歩10分)

There is also a special muslim friendly menu that can be made by changing the seasonings of other menu items. Please request it at the time of booking.

調味料の変更で対応可能なハラールメニューもあり。予約時にお申し出を。







JAPANESE

## Old Date's Count House Shokeikaku

旧伊達伯爵邸 鐘景閣



Feel the history of Sendai in a traditional banquet  
with cuisine once enjoyed by the Date clan

仙台の歴史を味わえる伊達家縁の会席料理

It has been designated as a tangible cultural property of Sendai City as the residence of the Date clan, with a history of more than 100 years. For enjoying kaiseki cuisine that inherits Date clan food culture, seasonings and soup stock can also be arranged for halal diners by making a reservation in advance.

百余年の歴史を持つ伊達家の邸宅として仙台市の有形文化財にも指定されている。伊達の食文化を継承する会席料理は、事前予約で調味料やだしをハラール対応にアレンジ可能。

- 🏠 143-3 hitokitanishi, Moniwa, Taihaku Ward, Sendai City  
仙台市太白区茂庭字人來田西143-3
- 🕒 11:30-15:00 (LO.14:00), 17:00~21:00 (LO.19:00)  
(Reservation required) Closed : Irregular holidays
- 💰 ¥5,000-¥15,000
- ☎ 022-245-6665
- 🌐 <https://shoukeikaku.jp/>
- 🚏 Municipal bus 「Moniwasou iriguchi」 [仙台市営バス 茂庭荘入口]  
15min : Walk (徒歩15分)

Please note that Muslim friendly menu are not usually offered, please make a reservation in advance if you wish to be served Muslim friendly dish.

ハラール対応メニューは通常は提供していないため事前にお申し出を。



CAFE RESTAURANT

## Route 227's Café TOHOKU

ルート227カフェ東北



Disseminating the appeal of cuisine  
from 227 municipalities in Tohoku

東北227市町村の食の魅力を発信

A cafe restaurant in Kotodai Park located in the center of Sendai, and disseminating the charm of the 227 municipalities of Tohoku through food. There is also a Muslim-friendly menu that does not use pork, non-halal meat or alcohol.

仙台の中心部に位置する勾当台公園にあるカフェレストラン。食を通して東北227市町村の魅力を発信。豚肉やアルコールを使用しないムスリムフレンドリーメニューも用意されている。

- 🏠 3-1-1 Kokubuncho, Aoba Ward, Sendai City  
仙台市青葉区国分町3-1-1
- 🕒 11:00-21:00 (LO.20:00)  
Closed : None
- 💰 ¥1,000-¥3,000
- ☎ 022-796-9770
- 🌐 <https://route227.jp/>
- 🚏 Subway Nanboku line 「Kotodai-Koen sta.」  
[地下鉄南北線 勾当台公園駅]  
1min : Walk (徒歩1分)





THAI CUISINE

## Thai Restaurant SABAI SABAI

タイ料理 サバイ・サバイ

Muslim  
Friendly



INDONESIAN CUISINE

## Warung Mahal

ワルンマハール

Muslim  
Friendly



### Taste of the Northeastern Thailand countryside cuisine

タイ東北部の田舎料理を気軽に味わえる

Some seasonings and menu items are Muslim friendly. (Please ask the staff about the specific menu.) The restaurant also serves vegetarian friendly dishes made with no animal derived ingredients. The spice level can be chosen, and meals are available for Takeout.

調味料・メニューは一部ハラール対応(スタッフまで問い合わせ)。動物性食品を使用していないメニューはベジタリアンも食べられる。辛さの変更やテイクアウトも可能。

- 🏠 2-6-32 Kimachidori, Aoba Ward, Sendai City  
仙台市青葉区木町通2-6-32
- 🕒 Lunch 11:00-14:30 (LO.14:30)  
Dinner 17:00-22:00 (LO.22:00)  
Closed: Mon.
- 💰 Lunch ¥800-¥1,500 / Dinner ¥990-¥2,500
- ☎️ 090-2027-6897
- 🌐 <https://sabaisabai.jp>
- 🚶 Sendai subway Namboku line [Kita-Yobancho sta.]  
[地下鉄南北線 北四番丁駅]  
7min: Walk (徒歩7分)



### Bridging Kesenuma and Indonesia Through Food

食を通じて気仙沼とインドネシアの架け橋に

An Indonesian restaurant with a Mushalla, (Small size prayer space) was opened with the desire of having Muslims who are living in Kesenuma enjoy the taste of their hometown. The restaurant also aims to be a place for interaction with Kesenuma citizens.

気仙沼に住むムスリムの方々に「故郷の味を安心して楽しんでもらいたい」との想いからオープンしたムショラ (小さな礼拝所) 併設のインドネシア料理店。気仙沼市民との交流の場としての活用も目指している。

- 🏠 Mishione Yokocho, 4-5 Uoichibamae, Kesenuma City  
気仙沼市魚市場前4-5 みしおね横丁内
- 🕒 Lunch 11:00-14:00 / Dinner 17:00-21:00  
Closed: Tue.
- 💰 Lunch ¥1,000-¥2,000 / Dinner ¥3,000-¥5,000
- ☎️ 050-3573-4248
- 🌐 <https://sugawara-idn-cuisine.com/>
- 🚶 Kesenuma City circular Bus [Uminoichi-mae]  
[気仙沼市内循環バス 海の市前]  
2min: Walk (徒歩2分)





JAPANESE

# YAHATAYA

割烹 八幡家



ARABIAN CUISINE

# Zaytoon

ザイトゥーン

Muslim Friendly



The ultimate taste of over 100 years of tradition that maximizes the beauty and taste of Japanese Cuisine

日本の食の美と味を極める百余年の伝統の味

A Japanese restaurant with a history of 100 years in Ishinomaki offers Muslim Friendly menus, with a spirit of hospitality so that Muslim guests can also enjoy authentic Japanese cuisine. It can also prepare soup stock without using dried bonito or any other animal derived ingredients for vegetarian guests.

石巻で100年の歴史を持つ割烹料理店。ムスリムの方にも日本料理を味わって欲しいというおもてなしの心でハラルメニューを提供。ベジタリアン向けに精進出汁（かつお節を使わない）の用意が可能。

- 📍 2-8-23 chuo, Ishinomaki City  
石巻市中央2-8-23
  - 🕒 Mon.-Sat. 12:00-14:00, 17:00-19:30  
Sun. and holidays 12:00-15:00  
Closed : Tue. dinner and Wed. all day
  - 💰 Lunch ¥1,620-¥10,000
  - ☎ 0225-22-0138
  - 🌐 <http://www.i-yahataya.com/>
  - 🚶 JR-line [Ishinomaki sta.] [JR石巻駅]  
12min : Walk (徒歩12分)
- Reservation required up to 3days before arrival.  
来店3日前まで要予約。



Middle Eastern Style Kebab and Grill

中東のケバブ&グリル

At Zaytoon, the guest can enjoy hummus, falafel, as well as various kebab dishes and grilled lamb. All ingredients and menu are 100% halal and safe to consume for Muslims. The store also serves vegetarian and vegan menus. A range of foods are available for take-out.

フムス、ファラフェルはもちろん、ケバブ料理各種、ラム肉グリルをご用意。全てのメニューにハラール食材を使用。ベジタリアン・ヴィーガンメニューもあり、テイクアウトも利用できる。

- 📍 1F Daishi Bldg Itsutsubashi, 3-5-65 Itsutsubashi,  
Wakabayashi Ward, Sendai City  
仙台市若林区五橋3-5-65 大志マンション五橋1F
- 🕒 Lunch 11:30-14:30 (LO.14:00)  
Dinner 17:30-22:00 (LO.21:30)  
Closed : Sun.
- 💰 Lunch ¥600- / Dinner ¥700-
- ☎ 022-221-5118
- 🚶 Subway Namboku line [Itsutsubashi sta.] [地下鉄五橋駅]  
5min : Walk (徒歩5分)



## Other Recommended Muslim Friendly Restaurant to Visit

**Nan Tandoori Halal Food Restaurant** 16-27 Shiheimachi, Aoba Ward, Sendai City  
 仙台市青葉区子平町16-27  
 インド料理 ナンタンドリ ファミリーレストラン 022-272-1523

A restaurant where you can enjoy halal Indian cuisine. You can feel the Indian atmosphere from the decoration inside the store. ハラル対応のインド料理が楽しめるお店。店内の装飾からはインドの雰囲気を感じられる。



**Indian Restaurant TAJ2** B1F Sakurai Pharmacy Bldg, 2-5-10 Chuo, Aoba Ward, Sendai City  
 仙台市青葉区中央2-5-10 桜井薬局ビル地下1F  
 インド料理 TAJ2 022-716-0810 <https://taj2.owstj.jp/>

An Indian chef carefully cooks the selected ingredients. You can enjoy traditional Indian cuisine at this restaurant. こたわりの食材をインド人シェフが丁寧に調理。伝統のインド料理を堪能できる。



**Japanese Restaurant KITAHAMA** 1-10-8 Furukawanakazato, Osaki City  
 和膳 きたはま 大崎市古川中里1-10-8  
 0229-22-0595 <http://www.kitahama-jp.com/>

A long-established Japanese restaurant rooted in "Furukawa", in northern Miyagi prefecture for over 50 years. Muslim friendly items are possible to serve with reservations made 2 days in advance. 宮城県北部「古川」に50年以上根差す老舗日本料理店。2日前までの予約でハラル対応可。



**Sindur** 2-4-10 Itsutsubashi, Aoba Ward, Sendai City  
 インド料理とスパイスの店 シンドール 仙台市青葉区五橋2-4-10  
 022-215-2488 <https://sindur.sendai.wixsite.com/home>

Indian food and spice shop Sindur Homemade Indian food with plenty of spices. The spices used can also be purchased over the counter. スパイスをたっぷり使った手作りインド料理。使用しているスパイスは店頭で購入可能。



**Halal Hub café** 2-12-11 Hachiman, Aoba Ward, Sendai City  
 ハラルハブカフェ 仙台市青葉区八幡2-12-11  
 022-208-3587 <https://www.halalhub.jp/>

Enjoy traditional Bangladeshi home-cooked food and sweets. 伝統的な方法で調理したバングラデシュの家庭料理とスイーツが楽しめる。



**Namaskar** B1F TK Bldg, 2-2-11 Ichibancho, Aoba Ward, Sendai City  
 本格インド料理店 ナマスカ 仙台市青葉区一番町2-2-11 TKビルB1F  
 022-222-7701 <https://namaskar.owstj.jp/>

Uniquely blended with 40 kinds of carefully selected spices imported directly from India. There is a wide variety of drinks in this spacious area. インド直輸入の厳選スパイス40種を独自に配合。広々としたフロアでドリンクも種類豊富。



**PJ's Rasoi** 113 No.3 shokei Bldg, 2-11-18 Itsutsubashi, Aoba Ward, Sendai City  
 ピージェイズ ラソイ 仙台市青葉区五橋2-11-18 第三ショーケービル113  
 022-225-9006 <https://www.facebook.com/PJsRasoi0909/>

Enjoy authentic Indian cuisine made by an Indian chef with experience working at a 5-star hotel, and a variety of creative dishes based on Indian cuisine. 5つ星ホテル出身のインド人シェフによる本格インド料理やインド料理をベースにした創作料理の数々を楽しんで。



**Spice Art** 1F Pal Kamisugi, 2-4-26 Kamisugi, Aoba Ward, Sendai City  
 スパイスアート 仙台市青葉区上杉2-4-26 パル上杉1F  
 022-225-9006 <https://www.spiceart.net/>

A creative restaurant that combines Indian and international cuisine using carefully selected spices and herbs. 厳選したスパイスやハーブを使い、インド料理と多国籍料理を融合させた創作料理のお店。



**Ishinomaki Genki Ichiba** 2-11-11 Chuo, Ishinomaki City  
 いしのまき元気いちば 石巻市中央2-11-11  
 0225-98-5539 <http://genki-ishinomaki.com/>

Enjoy all of the seasons of Ishinomaki. A halal food sales corner set up. For groups, a reservation is required up to 1 week in advance. 石巻の旬をまるごと堪能。ハラル食品販売コーナー設置。団体の場合は1週間前まで要予約。



## Have a Blissful Time While looking out at the Sea ゆったりと海を眺めながら極上な至福の時間を

An organic vegan & raw food restaurant overlooking Shiogama Bay. The monthly special on the menu is a vegan lunch course, with a different course being offered each month. Enjoy delicious artistic vegan cuisine with your five senses in a space overlooking the sea through the window.

3-1-55 Shinhamacho, Shiogama City  
 塩釜市新浜町3-1-55  
 11:00-15:00 (Reservation required)  
 Closed : Thu.  
 ¥2,750  
 022-352-7250  
<http://life-thyme-plus.com/>  
 JR-line [Higashi Shiogama sta.] [JR東塩釜駅]  
 15min : Walk (徒歩15分)

塩釜湾を眼下に臨めるorganicVegan&Rawfoodのレストラン。一番の看板メニューは月替わりのヴィーガンランチコース。大きな窓から海が見渡せる空間で美味しいアートな食を五感で楽しんでみて。





CAFE

## AKIU-SHA

アキウ舎



RAMEN

## DASHIRO

だし廊 -DASHIRO-



Cafe restaurant in a traditional folk house  
where the vegetables on menu are very popular

野菜が人気の古民家カフェレストラン

The "AKIU-SHA bowl from the garden", uses plenty of fresh vegetables from the Akiu area, and it is a popular dish for vegetarians. AKIU-SHA is a cafe restaurant that has been remodeled from an old traditional folk house in the Edo period on a large scale, and offers a large garden, and an open terrace.

秋保地域の新鮮野菜をふんだんに使用した畑のアキウ舎ボウルはベジタリアンに人気の一品。江戸時代の古民家を大規模に改修し、広い庭とオープンテラスも人気のカフェレストラン。

- 🏠 9-4 Nozoki, Yumoto, Akiumachi, Taihaku Ward, Sendai City  
仙台市太白区秋保町湯元字除9-4
- 🕒 11:00-17:00 (Food LO.14:30, Cafe LO.16:00)  
Closed : Tue.
- 💰 ¥1,000-¥2,000
- ☎ 022-724-7767
- 🌐 <https://akiusha.jp/>
- 🚏 Miyagi Transportation Bus 「Rairai-Kyo」 [宮城交通バス 轟々峡]  
5min : Walk (徒歩5分)



Vegan Ramen to Try at One of  
Sendai's Famous Ramen Shops

仙台屈指の名店で味わうヴィーガンラーメン

Their miso-flavored potage soup ramen is recommended for both vegans and health-conscious individuals. The soup stock is made with burdock root, carrots, potatoes, onions, and other select vegetables, with the gentle taste of Sendai miso matched to perfection.

味噌風味のポタージュスープのラーメンはヴィーガンにも健康志向の方にもおすすめの一杯。ごぼうやにんじん、じゃがいも、たまねぎ等で出汁をとり、そこに仙台味噌の優しい味わいをマッチさせている。

- 🏠 1F TK Bldg, 2-2-11 Ichibancho, Aoba Ward, Sendai City  
仙台市青葉区一番町2-2-11 TKビル1F
- 🕒 11:00-21:00 (LO.20:45)  
Closed : New Year Holidays
- 💰 ¥690-¥1,000
- ☎ 022-204-4890
- 🌐 <https://www.dashiro.com/>
- 🚇 Subway Tozai line 「Aoba-dori Ichibancho Sta.」  
[地下鉄東西線 青葉通一番町駅]  
4min : Walk (徒歩4分)



CAFE

# IMACOCO SHOKUDO

いまこ食堂



JAPANESE

# Izakaya Bottakuri

居酒屋 ぼったくり



## Naturally Grown Organic Vegetables and Rice on a Lunch Plate

オーガニック・自然栽培の野菜やお米をランチプレートで

This restaurant offers Buddhist vegetarian dishes with home-grown vegetables and rice that do not use pesticides or fertilizers, and without the "five pungent allium vegetables". This restaurant is particular about seasoning their food, and only uses organic and traditional manufacturing methods. Home-grown vegetables and processed products are also sold in-store.

農薬や肥料を使わない自家製の野菜やお米を使用した五辛なしの素食精進料理を提供。調味料にもこだわり、オーガニックや伝統製法のもののみを使っている。店頭では自家製野菜や加工品の販売も。

- 🏠 18-1 Shimizukubokita, Nagafukuro, Akiumachi, Taihaku Ward, Sendai City 仙台市太白区秋保町長袋字清水久保北18-1
- 🕒 11:00-15:00 Closed: Tue.-Sat. Check on Facebook
- 💰 About ¥2,000
- ☎ 090-2309-6451
- 🌐 <https://www.facebook.com/imacocoshodoku>
- 🚏 Miyagi Transportation Bus 「Nonaka」 [宮城交通バス 野中] 1min: Walk (徒歩1分) / Next to Akiu Shrine (秋保神社となり)

Halal people need to call at least one week before coming to the store. ムスリムの方は来店の1週間前までに電話確認を。



## Vegan Cuisine Made Using Homemade Miso and Sweet Koji

手作りの味噌や甘麹を使用したヴィーガン料理

Using sweet koji (fermented rice liquid) in place of using mirin, brings out the flavor of the vegan curry miso ramen, and the vegan soy sauce tsukemen. Using seasonal vegetables, the store offers vegan and vegetarian cuisine. Dine-in is possible without prior reservation. There are also menus that are available for take out.

ヴィーガンカレー味噌ラーメンやヴィーガン醤油つけ麺は、みりんを使わず甘麹で風味を出す。旬の野菜を使ったベジタリアンやヴィーガン料理を提供。イートインの予約は不要。テイクアウトが可能なメニューもあり。

- 🏠 2F Naruse Country Bldg, 2-9-36 Kokubuncho, Aoba Ward, Sendai City 仙台市青葉区国分町2-9-36 成瀬カントリービル2F
- 🕒 Tue.-Sat. 17:00-24:00 Sun. and Public Holiday 14:00-20:00 Closed: Mon.
- 🍽 Lunch ¥1,000 Dinner about ¥3,000
- ☎ 022-211-7747
- 🌐 <https://www.instagram.com/explore/locations/1033056558/>
- 🚏 Subway Nanboku line 「Kotodai-koen Sta.」 [地下鉄南北線 勾当台公園駅] 8min: Walk (徒歩8分)

Please check before coming to the store as business hours and regular holidays may change.

営業時間・定休日が変更となる場合があります。来店前に店舗にご確認ください。





CAFE

## KEYAKI CAFE

ケヤキカフェ



SANDWICH & SWEETS

## Macrobiotic Sweets Musubi

精進スイーツ結び



A cozy cafe overlooking the famous Aoba street  
青葉通りを見渡せる心地よいカフェ

Cold-pressed juice made from ingredients that were directly purchased from local farmers and a special set menu is very popular with vegetarians. If you order a special set menu, you can eat more than 20 kinds of vegetables and grains. The cafe is family friendly, and there is also a nursing room available for those who would like to use it.

契約農家から直接仕入れた食材を使用したコールドプレスジュースや20種以上の野菜と穀物が食べられるスペシャルセットメニューがベジタリアンに人気。授乳室もあり子ども連れ歓迎のお店。

- 🏠 3F Fujisaki Main Building, 3-2-17 Ichibancho, Aoba Ward, Sendai City  
仙台市青葉区一番町3-2-17 藤崎本館3F
- 🕒 10:00-19:00 (LO.18:30)  
Closed : Irregular holidays
- 💰 ¥1,500-¥2,000
- ☎ 022-395-9234
- 🌐 <http://www.fujisaki.co.jp/floorguide/detail.php?id=469>
- 🚇 Subway Tozai line 「Aoba-dori Ichibancho Sta.」  
[地下鉄東西線 青葉通一番町駅]  
Connected directly (直結)



Enjoy a vegetable sandwich while looking out  
across a Japanese garden

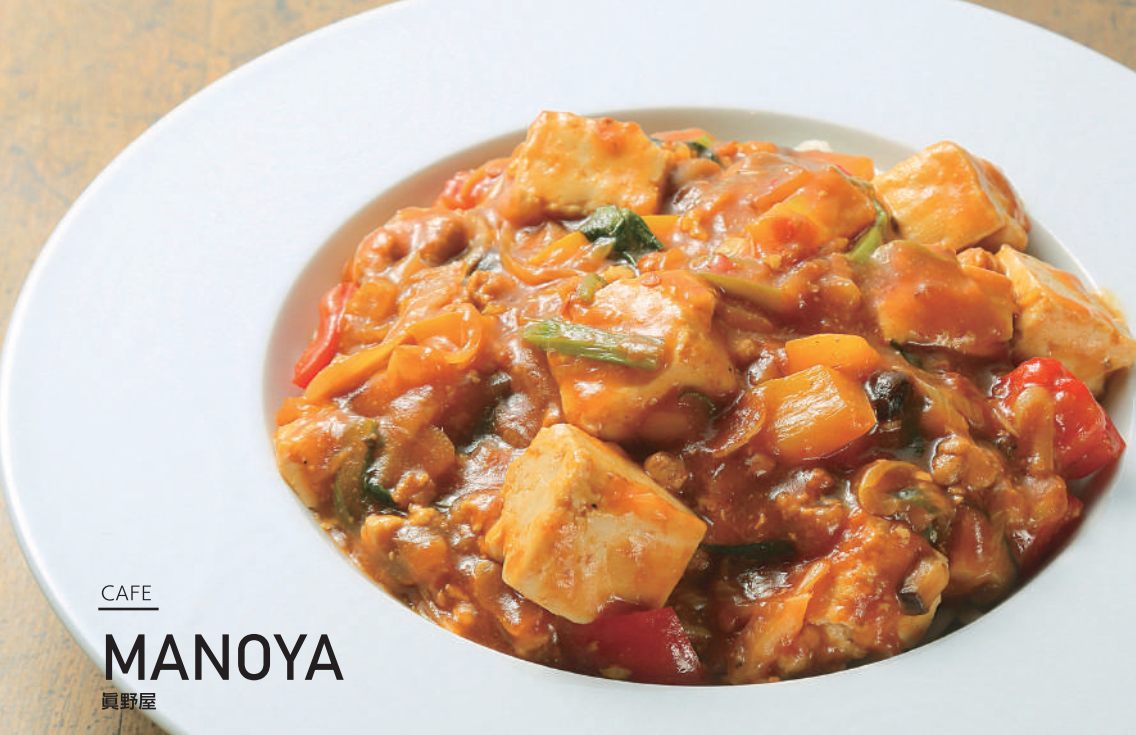
和風庭園を眺めながら野菜サンドイッチを頬張る

You can enjoy sweets and sandwiches made with fresh vegetables and seasonal fruits produced in Tome city. These foods are made without eggs, milk, animal derived ingredients, or white sugar. Lunch special menus are available only on weekends.

卵や牛乳、動物性食品、白砂糖を一切使わずに作った、登米ならではの新鮮野菜や旬の果物のお菓子やサンドイッチを楽しめる。ランチは週末限定。

- 🏠 5 Nyudozaka, Ishimori, Nakadacho, Tome City  
登米市中田町石森字入道坂5
- 🕒 10:00-19:00  
Closed : Irregular holidays
- 💰 ¥500-¥1,500
- ☎ 050-3580-8800
- 🌐 <http://musubitome.com>
- 🚇 Miyagi-Kenpoku road 「Nakada IC」  
[みやぎ東北高速幹線道路 中田IC]  
3min : Car (車で3分)





CAFE

# MANOYA

眞野屋



ISRAELI CUISINE

# Millis-Dining Bar

ミリスダイニングバー



## Enjoy a Menu Using Carefully Selected Ingredients Inside the Cafe's Spacious Interior

広々とした店内で厳選食材を使用したメニューを楽しむ

You can enjoy vegetarian and vegan friendly Mabo Yakisoba Noodles in-store at the cafe space. There is also a restaurant and supermarket on the same floor, where you can buy vegan sandwiches and fresh vegetables and soy nuggets.

- 🏠 1F, 1-37 Showamachi, Aoba Ward, Sendai City  
仙台市青葉区昭和町1-37-1F
- 🕒 10:00-20:00 (LO.18:00)  
Closed : New Year Holidays
- 💰 ¥1,000-
- ☎ 022-342-1755
- 🌐 <https://www.manoya.co.jp/>
- 🚶 JR-line 「Kita-Sendai Sta.」 [JR北仙台駅]  
5min : Walk (徒歩5分)

ベジタリアン・ヴィーガンOKな麻婆焼きそばは店内カフェスペースで味わえる。同フロアにはレストランや食品売り場もあり、カフェではヴィーガンサンド、食品売り場では野菜やソイナゲットなどが購入可能。



## A dining bar with Israeli homemade cuisine, and an exotic bar atmosphere

イスラエルのホームメイド料理と異国の雰囲気味わえるダイニングバー

The restaurant serves a varied selection of menu items from juicy meat dishes, to vegetarian and vegan dishes. The Israeli home-cooked food, which is rare in Sendai, and the stylish atmosphere inside the restaurant are fascinating.

- 🏠 3F Abe Fort Bldg, 2-1-10 Kokubuncho, Aoba Ward, Sendai City  
仙台市青葉区国分町2-1-10 阿部フォートビル3F
- 🕒 18:00-27:00 (LO.26:30)  
Closed : Sun. and irregular
- 💰 ¥2,000-¥3,000
- ☎ 022-281-8992
- 🌐 <https://millisdiningbar.owst.jp/>
- 🚶 Subway Nanboku line 「Hirose-dori sta.」 [地下鉄南北線 広瀬通駅]  
5min : Walk (徒歩5分)

ジューシーな肉料理から、ベジタリアンやヴィーガン料理まで豊富なメニューをラインアップ。仙台でも珍しいイスラエルの家庭料理と店内のお洒落な雰囲気も魅力的。







ITALIAN

# NOBATTE

ノバッテ



## Enjoy Tohoku Wine, Italian Wine and Fine Italian Dining イタリア&東北のワインと楽しむイタリア料理

This restaurant serves Italian cuisine along with fine wine from both Tohoku and Italy. The dishes are mainly made from locally grown products in Miyagi. Muslim friendly and vegetarian menus are also available upon request.

イタリアワインと東北ワインを楽しめるイタリア料理店。宮城産の食材をメインに料理を提供している。ハラール・ベジタリアンメニューは柔軟に対応できる。

- 📍 4F M-ONE Bldg, 4-3-11 Ichibancho, Aoba Ward, Sendai City 仙台市青葉区一番町4-3-11 M-ONEビル4F
  - 🕒 17:00-23:00 (LO.22:30) Closed : Sun. and holidays
  - 💰 ¥5,000-
  - ☎ 070-6619-7029
  - 🌐 <https://www.facebook.com/NOBATTE>
  - 🚶 Subway Nanboku line [Kotodai-koen Sta.] [地下鉄南北線勾当台公園駅] 5min : Walk (徒歩5分)
- Reservation required for halal and vegetarian menus up to 2 days in advance.  
ハラール、ベジタリアンメニューは2日前までの要予約。



CAFE

# ORGAN

オルガン



## Making Deliciousness out of Simple Ingredients. Vegan Takeout Specialty Store

素材の美味しさをもっとシンプルに。ヴィーガン×テイクアウト専門店

This store offers homemade menus such as the popular vegan veggie burger and seasonal smoothies. This is a take-out specialty store where all menus are vegan. Have a wonderful day by breathing in the fresh air of Akiu's greenery.

人気のヴィーガンベジバーガーや季節のスムージーなど、お店で手作りしたメニューを提供。全てのメニューがヴィーガンに対応しているテイクアウト専門店。秋保の大自然の美味しい空気を吸って素敵な1日を。

- 📍 44-12 Nakayachiminami, Moniwa, Taihaku Ward, Sendai City 仙台市太白区茂庭字中谷地南44-12
- 🕒 9:00-16:00 Sat.Sun.and public holiday Closed : Thu.
- 💰 ¥1,000-¥1,800
- ☎ 022-796-8259
- 🌐 <http://life-thyme-plus.com/>
- 🚶 Miyagi Transportation Bus [Nakayachi] [宮城交通/バス 中谷地] 1min : Walk (徒歩1分)





ITALIAN CUISINE

## Pizzeria vegetariana L'Albero

アルベロ



### Pizza and Pasta Made of Select Vegetables

こだわり野菜を使用したピッツアやパスタ

A vegetarian restaurant featuring seasonally collected vegetables, grown by local farmers. No animal products other than eggs and dairy are used. The Pizza is baked in a handmade wood-fired kiln, creating a crust that is crispy on the outside, yet chewy on the inside.

近隣から集めた旬の野菜を主役にした菜食レストラン。卵、乳製品以外に動物性のもは一切不使用。ピッツアは手造りの薪窯で、外はカリッ、中はもっちり焼き上げる。

- 🏠 23-1 Shirasawa, Kamiyashi, Aoba Ward, Sendai City  
仙台市青葉区上愛子字白沢23-1
- 🕒 Lunch 11:00-16:00 (LO.15:30)  
Dinner 17:00-21:00 (LO.20:00)  
(Wed. : Only lunch)  
Closed : Thu.
- 💰 ¥1,500-¥2,000
- ☎ 022-392-9570
- 🌐 <http://www.facebook.com/pv.albero>
- 🚌 Municipal bus 「Kamiyashi primary school」  
[仙台市営バス 上愛子小学校前]  
3min : Walk (徒歩3分)

MAP



TAIWAN CUISINE

## Taiwan-Cafe ManYaoCha

台湾喫茶 慢瑤茶



### Taiwan-Central Asia Cuisine Made with Simple and Natural Ingredients

身近な材料で作る台湾～中央アジア料理

Focusing on Taiwanese cuisine, the owner has traveled to central Asia, and expresses his culinary journey by making these dishes, using ingredients found locally and nearby. The restaurant serves meat, however it has many vegan dishes and sweets options.

台湾料理を中心に、オーナーが旅してきた中央アジアの料理を地元や近隣の食材で表現。一部肉料理もあるが、基本的にヴィーガン料理でスイーツなども充実している。

- 🏠 14 Togattaonsen Motomachi, Zao Town, Katta County  
刈田郡蔵王町通刈田温泉本町14
- 🕒 11:00-18:00 (LO.17:30)  
Closed : Tue. and Wed.
- 💰 Lunch ¥1,000-¥2,000
- ☎ 0224-34-4218
- 🌐 <https://drop.tools/lp/NZCCCFA>
- 🚌 Miyagi Transportation Bus 「Togattaonsen」  
[宮城交通/バス 遠刈田温泉]  
1min : Walk (徒歩1分)

MAP





CAFE

# vegan cafe & restaurant vegeto・LIKO

ヴィーガンカフェ&レストラン ベジトリコ



Feel free to enjoy the daily vegan cuisine being offered

日替わりのヴィーガン料理を気軽に楽しむ

「The owner wants people to know about delicious vegan cuisine」 The store offers healthy yet delicious "healthy junk" vegan dishes that the owner herself named. Takeout is also available.

「おいしいヴィーガン料理を知ってほしい」とヘルシーなおいしい「ヘルシージャンク」と店主自ら名付けた料理を日替わりで提供。テイクアウトでも楽しめる。

📍 2F Shinto Building Annex, 2-6-16 Ichibancho, Aoba Ward, Sendai City  
仙台市青葉区一番町2-6-16 シントウビル別館2F

🕒 Tue.-Thu. 9:30-17:00 Fri.-Sat. 9:30-16:30, 17:30-21:00  
※Reservation required for dinner (LO.30 minutes ago)  
Sun. and Public Holidays 9:30-16:00 Closed : Mon.

💰 ¥1,000-¥2,000  
☎ 022-796-7728

🌐 <https://www.instagram.com/vegeto.liko>

🚶 Subway Tozai line 「Aoba-dori Ichibancho Sta.」  
[地下鉄 青葉通一番町駅] 3min : Walk (徒歩3分)

Halal menu, gluten-free, etc. can be reserved at least one week in advance.

ハラルメニューやグルテンフリーなど1週間前までに予約対応可能。



## Other Recommended Vegetarian Friendly Restaurant to Visit

### Vegetables Restaurant kibako

野のカフェレストラン kibako

📍 3-7-6 Takanohara, Aoba Ward, Sendai City  
仙台市青葉区高野原3-7-6

☎ 022-343-6011 🌐 <http://www12.plala.or.jp/ua2003au/>

A place where you can enjoy homemade freshly baked bread and soup, and western style dishes featuring pesticide-free seasonal vegetables. Vegetarian meals are available if reserved in advance.

自家製焼ききたてパンとスープ、無農薬の季節野菜が主役の洋食料理が味わえる。事前予約でベジタリアンメニュー対応可。

MAP



### Miroku Hachiman-machi shop

Miroku 八幡町店

📍 Suncoat Hachiman II, 3-2-8 Hachiman, Aoba Ward, Sendai City  
仙台市青葉区八幡3-2-8 サンコート八幡II

☎ 022-266-5010 🌐 <https://miroku-sweets.ocnk.net>

Providing additive-free, good for the body baked goods and meals without using eggs or milk.

乳・卵不使用をベースに、無添加で身体に優しい焼き菓子やお食事を提供。

MAP



### Vegetables Cafe VERDE

野菜屋カフェ ヴェルデ

📍 1F Hillside-Mall, 1-3-1 Nishikigaoka, Aoba Ward, Sendai City  
仙台市青葉区錦ヶ丘1-3-1 ヒルサイドモール1F

☎ 022-393-8856 🌐 <https://yasaiya-cafe-verde.amebaownd.com/>

An Italian style cafe where vegetables purchased directly from farmers and vegetables made at the cafe's own farm are the main part of the charm of this place. Vegetarian menu is available with a reservation in advance.

農家から直接仕入れた野菜や自社農園で作った野菜が主役のイタリアンカフェ。事前予約でベジタリアンメニュー対応可。

MAP



### Organic cafe Soul Tree

オーガニックカフェ ソウルツリー

📍 8-15 Kasugamachi, Aoba Ward, Sendai City  
仙台市青葉区春日町8-15

☎ 090-2881-7727 🌐 <https://www.facebook.com/organiccafesoultree/>

The cafe offers vegan dishes using organic ingredients for a healthy mind and body.

心と身体に優しいオーガニックの食材を使ったヴィーガン料理を提供。

MAP



### MOROYA Farm Kitchen

もろやファーム キッチン

📍 2F Yamanaka Bldg, 6-12-2 Arai, Wakabayashi Ward, Sendai City  
仙台市若林区荒井6-12-2 ヤマカビル2F

☎ 022-288-6476 🌐 <https://www.instagram.com/moroya.f.k/>

A restaurant that serves dishes made with seasonal vegetables from their own farm. Vegetarian menu is available with a reservation in advance.

自らの畑で採れた四季折々の野菜を使った料理を提供する農家レストラン。事前予約でベジタリアンメニュー対応可。

MAP



### Bakery Shop YUGAHU

パン工房 ゆがふ

📍 4-15-17 Yurigaoka, Natori City  
名取市ゆりが丘4-15-17

☎ 022-386-6444 🌐 <https://www.facebook.com/yugafupan/>

A popular shop for natural yeast bread made without using butter or eggs.

バターや卵などを使わずに作った天然酵母のパンが人気のお店。

MAP



### Itagaki

いたがき本店

📍 300-1 Nijuninmachi, Miyagino Ward, Sendai City  
仙台市宮城野区二十人町300-1

☎ 022-291-1221 🌐 <http://www.itagaki-jp.com/shop/01/>

A lineup of gorgeous jellies and sweets that use plenty of seasonal fresh fruits.

※Confirmation is required for the compatible product

旬の新鮮な果物や、それらをふんだんに使用した見た目も華やかなゼリーやお菓子が並ぶ。※対応商品は要確認。

MAP



### Date's Kaiseki cuisine Ungai

伊達懐石料理 雲外

📍 67 Matsushima, Matsushima Town, Miyagi County  
宮城県松島町松島67

☎ 022-353-2626 🌐 <http://www.sensian.co.jp/ungai/>

A place where you can enjoy a first class experience of "Date Shojin" cuisine which is made from collected blessings of Miyagi. Vegetarian menu is available with a reservation in advance.

選り抜かれた宮城の恵みを集め、伊達一流の調理で膳を彩る「伊達精進」を堪能できる。事前予約でベジタリアンメニュー対応可。

MAP



## Prayer Space

### Islamic Cultural Center of Sendai (ICCS) イスラム文化センター

7-7-24 Hachiman, Aoba Ward, Sendai City 仙台市青葉区八幡7-7-24  
 ☎ 090-9424-8361 (担当: 佐藤) 🌐 <http://www.iccsendai.org/web/jp/>  
 🚶 JR-line「Kuzuoka sta.」[JR葛岡駅] 17min:Walk(徒歩17分)



### Sendai Central Prayer Room 仙台セントラルプレイヤーーム

2-4-13 Itsutsubashi, Wakabayashi Ward, Sendai City 仙台市若林区五橋2-4-13  
 ☎ 090-2993-4601  
 🚶 Subway Nanboku line「Itsutsubashi Sta.」[地下鉄南北線五橋駅] 5min:Walk(徒歩5分)



### Ar-Raudhah アル・ラウダー

1 Mishione Yokochi, 4-5 Uoichibamae, Kesenuma City 気仙沼市魚市場前4-5 みしおね横丁内  
 ☎ 080-8704-5203 🌐 <https://sugawara-idn-cuisine.com/>  
 🚶 Kesenuma City circular Bus「Uminoichi-mae」[気仙沼市内巡回バス 海の市前] 2min:Walk(徒歩2分)



### Sendai Airport Prayer Room 仙台空港礼拝室

2F Sendai Airport Minamihara, Shimomasuda, Natori-City 名取市下増田南原 仙台空港2F  
 ☎ 022-382-0080 🌐 <https://www.sendai-airport.co.jp/>  
 🚶 Sendai Airport Access Line「Sendai Airport Sta.」To the entrance of Sendai Airport [仙台空港アクセス線 仙台空港駅 仙台空港入り口まで] 3min:Walk(徒歩3分)



## Muslim and Vegetarian Friendly Accommodation

### Hotel Metropolitan Sendai

ホテルメトロポリタン仙台

1-1-1 Chuo, Aoba Ward, Sendai City 仙台市青葉区中央1-1-1  
 ☎ 022-268-2525 🌐 <https://sendai.metropolitan.jp/>



Local halal certified restaurants are available with advance reservations. There is also a vegetarian menu available. Please book up to 2 days in advance for either of these dietary needs. ローカルハラル認証のレストランは事前予約で利用可能。ベジタリアンメニューは相談可。どちらも2日前まで予約を。

### Hotel Metropolitan Sendai East

ホテルメトロポリタン仙台イースト

1-1-1 Chuo, Aoba Ward, Sendai City 仙台市青葉区中央1-1-1  
 ☎ 022-302-3373 🌐 <https://east-sendai.metropolitan.jp/>



Accommodation directly connected to the east exit of Sendai Station. There are prayer mats and compasses available for rent. Please confirm in advance at the time of booking. 仙台駅東口直結の宿泊施設。祈祷用マットやコンパスの設置、貸出あり。予約時に事前確認を。

### Sendai Royal Park Hotel

仙台ロイヤルパークホテル

6-2-1, Teraoka, Izumi Ward, Sendai City 仙台市泉区寺岡6-2-1  
 ☎ 022-377-2111 🌐 <https://www.srph.co.jp/>



Accommodation with a restaurant where you can consult about serving vegetarian and Muslim friendly dishes. Please make a confirmation and reservation at least one week in advance. ベジタリアンやムスリムの相談に乗ってくれるレストランを有する宿泊施設。レストランは1週間前に確認と予約を。

### Sankeinoyado RYUSEN 山景の宿 流迎

Bettei KANZANCHOGETSU 別邸 観山楼

17-2 Aoneonsen, Kawasaki Town, Shibata County 柴田郡川崎町青根温泉17-2  
 ☎ 0224-87-2611 🌐 <http://www.aoneonsen.com/ryusen/>



Muslim-friendly meals are available with advance reservations up to 5 days in advance. The accommodation has a natural open-air bath in all guest rooms. ムスリムフレンドリー食のみ、5日前までの事前予約で対応可能。別邸は全客室に天然露天風呂あり。

### Miuraya

料理旅館 三浦屋

81 Honcho, Yanaizu, Tsuyamacho, Tome City 登米市津山町柳津字本町81  
 ☎ 0225-68-2003 🌐 <http://e-miuraya.com/>



Muslim-friendly and vegan cuisine can be served with advance reservation. Limited to 2 groups a day, each room has a family bath. 事前予約でムスリムフレンドリー・ヴィーガン食の提供が可能。1日2組限定でそれぞれに家族風呂もある。

### Guest House UMEBACHI

ゲストハウス梅鉢

1-3-14 Heisei, Miyagino ward, Sendai City 仙台市宮城野区平成1-3-14  
 ☎ 022-231-7447 🌐 <https://umebachi2009.com/>



Advance reservation is required for Muslim-friendly vegetarian cuisine. Prayer Mats and prayer dresses for women are available for rent. ムスリムフレンドリー・ベジタリアン対応の夕食は要事前予約。マットや女性用の礼拝着の貸出あり。

## Lunch Box (Bento)

### Manmatei RAN

まんま亭 菜

69 Higashi, Marumori Town, Igu County 伊具郡丸森町字町東69  
 ☎ 0224-72-1733 🌐 <https://www.facebook.com/manmateiran/>



Halal and vegetarian friendly dishes are possible to order. You can enjoy delicious Koshihikari rice, and local vegetables from Marumori. Please contact the restaurant for details.

ハラル・ベジタリアン対応可。丸森産コシヒカリや地場野菜を美味しく食べられる。※詳細については問い合わせを。

### Tsuzuri café

綴café

1F HSG Bldg, 4-7 Kitamemachi, Aoba Ward, Sendai City 仙台市青葉区北目町4-7 HSGビル1F  
 ☎ 022-393-7888 🌐 <https://tsuzuri.jp/>



Both halal and vegetarian dishes can be booked up to 3 days in advance. The lunch box (bento) is made with plenty of local vegetables and it is also popular with the locals.

ハラル・ベジタリアン共に3日前まで予約で対応可。地元野菜をふんだんに使ったお弁当は仙台市民にも人気。

### Indian Restaurant ZAMZAM

ザムザム弁当 本町店

1F, 3rd Shiraume Bldg, 1-2-5 Honcho, Aoba Ward, Sendai City 仙台市青葉区本町1-2-5 第3ビル1F  
 ☎ 022-725-7863 (六丁の目店につながる)



Curry with Naan and daily lunch boxes are all muslim friendly, in addition, biryani and gapao rice are also available. It is also possible to order a vegetarian lunch box.

ナン付のカレーや日替わり弁当は全てムスリムフレンドリー。その他ビリヤニやガパオライスもご用意。ベジタリアンも対応可。

## SOUVENIR



Here are some souvenirs from Miyagi prefecture that muslims, vegetarians, and vegans can buy with confidence. The listed products are sold at shops at the JR Sendai Station, and Sendai Airport.

ムスリムやベジタリアン、ヴィーガンの皆様にも安心してご購入いただける宮城県のお土産をご紹介します。掲載商品は、JR仙台駅や仙台空港内のショップなどで販売されています。



### Miyagi no Arare

みやぎのあられ

Brown rice and zao basil arare do not use soy sauce, and are safe to consume for muslims who keep halal.

玄米あられや蔵王バジルは醤油を使っておらずムスリムも食べられる。

**Place to buy :** Miyagi Arare Wataricho main store, the official online store **販売先:** みやぎのあられ 亶理町本店、HP通販

**Produced by :** Miyagino Aarare Co.,Ltd. **製造元:** みやぎのあられ (株)



### Sendai Karintou

仙台麩かりんとう

Karintou that is made in the Sendai style, has already acquired vegan and halal certification. There are 2 flavors available, miso and spicy miso.

ヴィーガン認証・ハラル認証取得済の仙台麩を使用したかりんとう。味噌味と南蛮味噌味の2種。

**Place to buy :** JR Sendai Station souvenir shops, road side station inside the prefecture (Partial) **販売先:** JR仙台駅おみやげ店、県内の道の駅(一部)

**Produced by :** Yamagataya Shouten Co.,Ltd. **製造元:** (株)山形屋商店



### Shiroishi Umen

白石温麺 (ラーメン)

The Umen itself is safe to consume for vegans and muslims. It is a specialty product with a tradition dating back about 400 years.

温麺単体であればヴィーガン、ムスリムも食べられる。約400年の伝統ある特産品。

**Place to buy :** Shops in the JR Sendai station and the Sendai Airport. **販売先:** JR仙台駅・仙台空港構内のおみやげ店など

**Produced by :** Kichimi Seimen Co.,Ltd. **製造元:** (株)きちみ製麺

- Some countries prohibit or restrict the import of certain items by law. Before purchasing, check your country's customs policies to know what you can bring back with you and what you cannot.
- The retailer information is stated as of December 2020.
- To find more about the retailers, refer to the information desks or the bulletin boards at railroad stations and airports.

- 商品によっては、持ち込み先の国や地域の法律により、持ち込みが禁止または制限されている場合があります。ご購入の前にあらかじめ自国のルールをご確認ください。
- 販売先は2020年12月時点の情報です。
- 店舗の詳細は、駅、空港など各施設のインフォメーションへお問い合わせください。

That  
was  
delicious!



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Welcome to  
MIYAGI!  
.....

Published in March 2021

Published by Food Industry Promotion Division,  
Miyagi Prefectural Government

Address: 3-8-1, Honcho, Aoba Ward, Sendai City, 980-8570

TEL: +81-22-211-2346

発行: 2021年3月

発行元: 宮城県農政庁食産業振興課

〒980-8570 仙台市青葉区本町3-8-1

TEL 022-211-2346



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