

Please point items with your finger and let us know your preferences at the time of order.

請用手指向圖示點餐。



Does the broth used in this dish contain meat or fish?

請問這道料理的高湯是否含魚或肉?

この料理の「出汁」には、お肉やお魚が使われていますか?

I cannot eat this ingredient (which I am pointing).

我不能吃 (手指點選的食材)。

私は (指を指した食材) を食べられません。



Meat,
Seafood

肉類 魚貝類
お肉 魚介類



Dairy products,
Eggs

乳製品 雞蛋
乳製品 卵



Honey 蜂蜜
はちみつ



Garlic, Chinese chives,
Green onions, Onions,
Japanese leeks

大蒜、韭菜、蔥 (青蔥)、洋蔥、薤
ニンニク、ニラ、ネギ (アサツキ)、玉ネギ、ラッキョウ

I can't eat this ingredient (which I am pointing) because I am allergic to it.

我對 (手指食材) 過敏，不能食用。

私は (指を指した食材) アレルギーで食べられません。

Buckwheat
蕎麥
そば

Peanuts
花生
落花生

Cashew
nuts
腰果
カシューナッツ

Wheat
小麥
小麦

Sesame
芝麻
ごま

Raw food
生食
生もの

Alcohol
酒類
酒類

📍 Okinawa Travelers' Information

Be.Okinawa Multilingual Contact Center

Travelers' information is available every day from 9:00 to 21:00

Be.Okinawa Multilingual Contact Center / Be.Okinawa 多語言諮詢中心

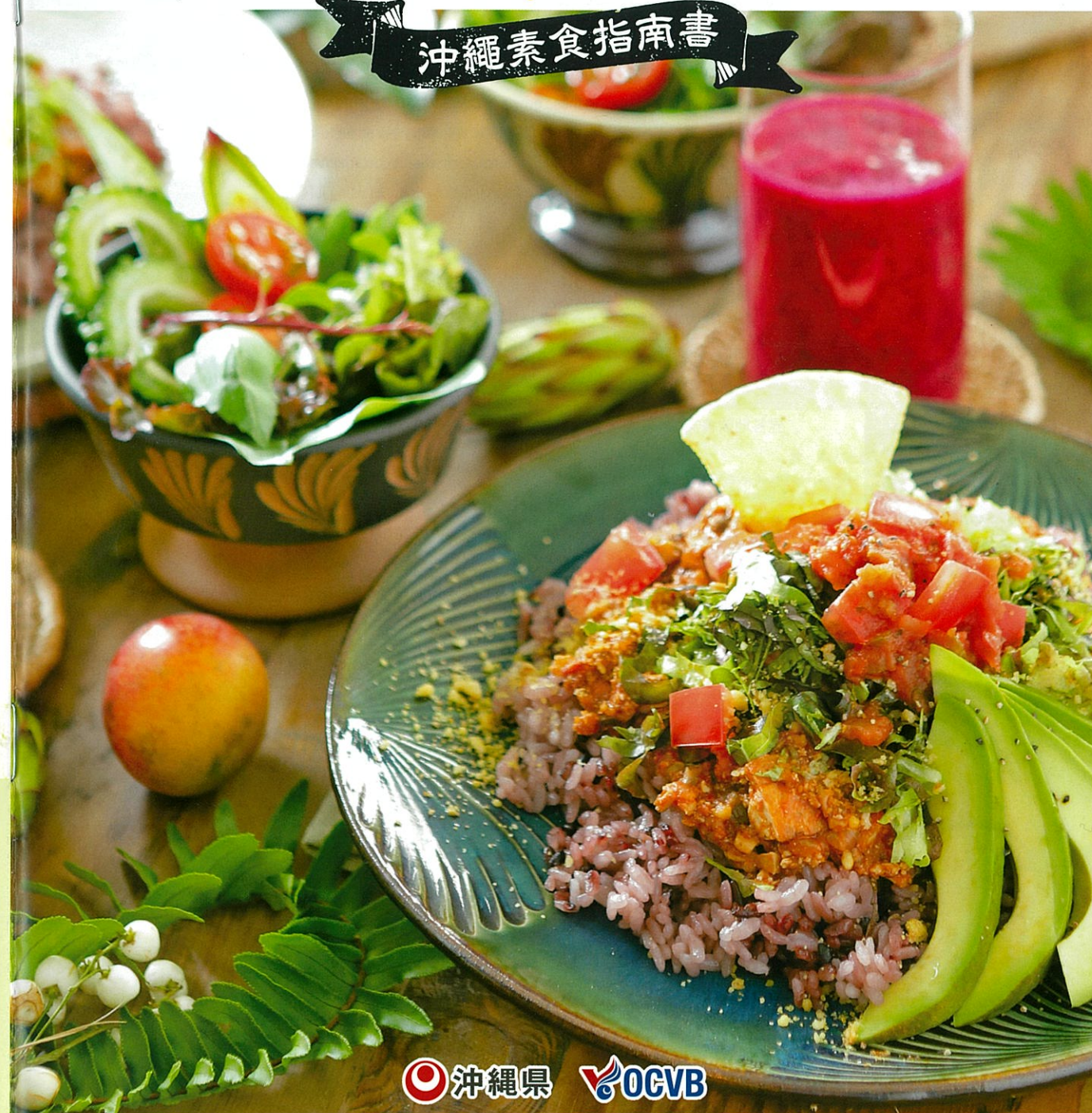
This is a public service for foreign visitors provided by Okinawa Prefecture. It provides tourist information, interpreter services and caring support for travelers in emergencies. Supported Language are English, Traditional Chinese, Simplified Chinese, Korean, Thai. Service is free of charge, there will be call charges only.

沖繩縣專門為海外遊客提供的公共服務。通過電話、Skype、郵件提供觀光信息、口譯服務以及災害時的應對方法等。對應的語言包括英語、中文、韓語、泰語。服務是免費的。只發生通話費。

English	Phone ☎+81-98-851-7286	Skype ID: call-center-en01 ID: call-center-en02
简体中文	電話 ☎+81-98-851-9356	Skype ID: call-center-ch01 ID: call-center-ch02
繁體中文	電話 ☎+81-98-851-9356	Skype ID: call-center-ch01 ID: call-center-ch02
한국어	전화 ☎+81-98-851-9554	Skype ID: call-center-kr01 ID: call-center-kr02
ภาษาไทย	โทรศัพท์ ☎+81-98-851-3133	Skype ID: call-center-th01 ID: call-center-th02

OKINAWA VEGETARIAN Guide Book

沖繩素食指南書





Loofa 絲瓜

Dragon fruit 火龍果

Shikuwasa 扁實檸檬

Mango 芒果

WELCOME to OKINAWA

歡迎來到沖繩

Okinawan vegetables are cultivated in fields with strong sunlight and sea breeze and quite different from those grown in other parts of Japan. They are rich in antioxidants and minerals thanks to the extraordinary soil and hard water of Okinawa. Enjoy unique, international, Okinawan vegetarian/vegan foods that combine international and traditional dietary cultures using lots of Okinawan vegetables.

充足的陽光與海風下培育出的沖繩「島蔬菜」，孕育出各種日本本土沒有的獨特蔬菜。「島蔬菜」因為沖繩特有的土壤與硬水，具有富含抗氧化作用與礦物質成分的特色。使用大量「島蔬菜」、充滿國際色彩的沖繩蛋奶素與全素飲食文化非常的獨特，歡迎品嘗在傳統料理中引進世界各地飲食文化、沖繩獨一無二的美食。

Okinawa spinach 紅國菜

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Banana 沖繩香蕉

Editorial supervisor: Mimi Saida (Okinawa Vegan Association) 監修: 齊田實美 (沖繩全素協會)

HOW TO USE THIS GUIDEBOOK

How to read the restaurant information 店鋪資訊的解讀方法

Legends

標誌說明

Please ask staff when you are ordering. 點餐時請事先詢問店員。



Vegan menu only 僅有植物五辛素餐點



Vegan and Vegetarian options available. 除了一般餐點之外，還有植物五辛素、蛋奶素餐點



Buddhist Friendly option available 可去蔥蒜等五辛材料



Gluten-free options available 可提供無麩質餐點

Map number

地圖刊登號碼

Restaurant information

店鋪資訊



Address 地址



Phone number 電話號碼



Language spoken 服務人員使用語言
ENG = English / 繁 = 繁體字



Parking space 停車位數量



Language of menu 菜單語言



Website 網頁



Seating capacity 座位數



Facebook 有無臉書/Facebook



Instagram 有無Instagram



Free Wi-Fi Wifi 設備



Credit card payment 信用卡結帳



Take-out menu 外帶餐點



Dinner 晚餐時段營業

Communication sheet 手指對話表

A useful communication sheet for help with ordering can be found on the back cover of this guidebook. 請用手指向圖示點餐

Access 交通方法

Scan the QR code to see the destination on Google Maps. Use the navigation feature to get easy directions to the restaurant.

讀取QR CODE將會出現已設定好前往目的地路徑的Google Map，直接開始導航就能順利前往店鋪。

Classification

店鋪類別



don buri Nantoya

井 Nanto屋

4F, South Food Court, Naha Airport 那霸機場4樓 South Food Court內
+81 98 996 3121 ENG 繁 ENG 繁 Nearby 120



A wide variety of dishes to meet all kinds of food restrictions and allergies.

Rice bowls with deep-fried mixed vegetables and mozuku in Okinawa, and with soy meat thick sauce are oriental vegan friendly. Only fresh, seasonal ingredients are used.

考量到飲食限制以及過敏食材的豐富餐點

使用沖繩產海蘊、當季蔬菜製作的「什錦天婦羅」，以及黃豆素肉製作的「燴飯」，甚至是不使用五辛。提供堅持使用當季食材與注重新鮮度的餐點選項。

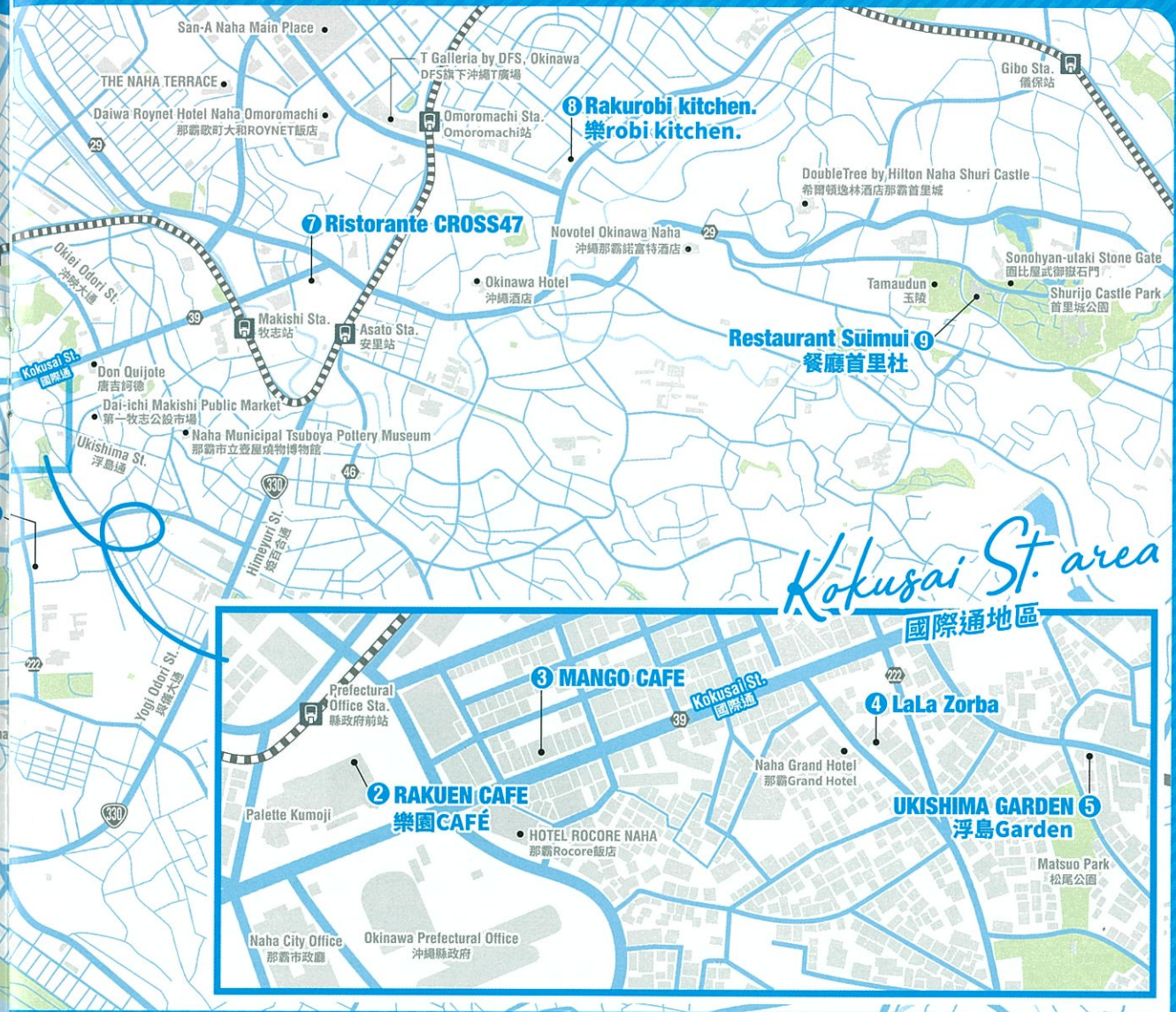


HOURS 營業時間 10:00-21:00
CLOSED 公休 日 Open year round 全年無休
www.nantocorp.com/donnantoya/



Naha area

那霸地區



1 Restaurant 餐廳

don buri Nantoya
井 Nanto屋

Google Map

4F, South Food Court, Naha Airport 那霸機場4樓 South Food Court內
+81 98 996 3121 ENG 繁 ENG 繁 120

A wide variety of dishes to meet all kinds of food restrictions and allergies. Rice bowls with deep-fried mixed vegetables and mozuku in Okinawa, and with soy meat thick sauce are oriental vegan friendly. Only fresh, seasonal ingredients are used.

考量到飲食限制以及過敏食材的豐富餐點
使用沖繩縣產海產、當季蔬菜製作的「什錦天婦羅丼」，以及黃豆素肉製作的「燴飯」，甚至是不使用五辛。提供堅持使用當季食材與注重新鮮度的餐點選項。

HOURS 營業時間 10:00-21:00
CLOSED 公休 日 Open year round 全年無休
www.nantocorp.com/donnantoya/

2 Cafe 咖啡簡餐店

RAKUEN CAFE
樂園CAFÉ

Google Map

2F, RYUBO Department Store, 1-1-1 Kumoji, Naha City 那霸市久茂地1-1-1 Ryuboo百貨店2樓
+81 98 867 1171 ENG ENG Available/Nearby 94

A beautiful presentation of delicious Okinawan food. Enjoy an invigorating moment. Using the local ingredients of Okinawa, healthy dishes are served with exciting and beautiful presentation. The veggie-taco rice bowl with Okinawa tofu taco meat and other original local foods are not to be missed.

以美麗的視覺效果呈現沖繩的「美食」，打造雀躍的體驗
堅持使用沖繩當地食材，提供美觀且有益身體的好食物，店家理念是美麗且雀躍的料理。用島豆腐製作塔可肉醬的素食塔可飯等原創當地食物也很推薦。

HOURS 營業時間 8:00-21:00
CLOSED 公休 日 New year 一月一日
www.resort-dept.okinawa/caffe/

3 Cafe 咖啡簡餐店

MANGO CAFE

Google Map

1F, Washita Shop, 3-2-22 Kumoji, Naha City 那霸市久茂地3-2-22 Washita Shop 1樓
+81 98 861 1947 ENG ENG ENG 30

An Okinawan taste is offered with amazing amounts of mango. Cupped desserts topped with chunks of mango are lined up in front of this stall-like shop. Mangoes, pineapples and other fruits are sold here with the wish to offer seasonal Okinawan tastes to everyone.

提供沖繩特色的美味，大份量芒果也很有衝擊性
豪邁地用大塊芒果果肉作裝飾，有如屋台（攤販）的可愛店鋪，切好的芒果擺放在碗裡。抱持著「將沖繩的當季美食提供給更多人」的想法，銷售芒果鳳梨等新鮮水果。

HOURS 營業時間 10:00-22:00
CLOSED 公休 日
https://ryudogroup.com/shop/mango-cafe-wasita/

4 Restaurant 餐廳

LaLa Zorba

Google Map

2F, 2-32 Matsuo, Naha City 那霸市松尾2-32 2樓
+81 90 7605 6648 ENG ENG 繁 22

Asian ethnic food with Okinawan vegetables, herbs and spices. Healthy Asian ethnic foods using organic vegetables and soybeans are offered. All will be satisfied with the choice of dishes and variety of spices and Okinawan herbs. A wide range of organic wine is also available.

使用沖繩縣產蔬菜與香草、調味料的亞洲民族料理
使用無農藥蔬菜與黃豆，手工製作對身體有益的亞洲民族料理，大量使用各種香料與沖繩縣產的香草，創造所有人都能滿意的替代食物，另外供應多種有機葡萄酒。

HOURS 營業時間 18:00-22:00
CLOSED 公休 日 TUE, WED 周二、三
www.lalazorba.com

5

Cafe / Restaurant 咖啡簡餐店 / 餐廳

UKISHIMA GARDEN

浮島Garden

2-12-3 Matsuo, Naha City 那霸市松尾2-12-3

☎ +81 98 943 2100 ENG 繁 ENG 繁 N/A 152



Five-grain spirit foods that produce a great harvest from a single seed.

Carefully-selected, organically-cultivated, five grains are used to release the flavor of meat, fish, eggs and dairy products. Authentically brewed condiments are used to express the sea and earth of Okinawa through all ingredients.

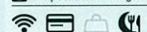
使用由一顆種子長成結實累累作物的五穀製作靈魂食物

利用五穀呈現肉與魚、雞蛋與乳製品的滋味。調理用的五穀採用無農藥有機栽培材料，另外還堅持使用純釀造調味料，透過食材展現沖繩的海洋與大地。

HOURS 營業時間 11:30-15:00/18:00-22:00

CLOSED 公休日 Irregular 不定期休

☎ https://ukishima-garden.com



7

Restaurant 餐廳

Ristorante CROSS47

2-4-7 Asato, Naha City 那霸市安里2-4-7

☎ +81 98 943 9625 ENG 繁 ENG 繁 Nearby 78



The prefectural number for Okinawa is 47. The place to find fine ingredients produced in 47 prefectures and meet people.

While focusing on Okinawan ingredients, other fine ingredients are also collected from all over Japan and the world. Over 50 kinds of Italian wine provide a fun time finding the best match for the food. This place also serves as an intersection where people may find each other.

沖繩縣的縣市編號為47，提供47都道府縣的頂級食材到人與人交流的提案

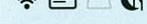
以沖繩縣的食材為主軸，同時備有日本各地與全球的美味頂級食材，供應超過50種的義大利葡萄酒等，在美味當中增加選擇樂趣。而且還提供沖繩的社交場所，拉近人與人的交流。

*Reservation required 需要預約

HOURS 營業時間 17:30-2:00

CLOSED 公休日 TUE 周二

☎ www.cross47.com



9

Restaurant 餐廳

Restaurant Suimui

餐廳首里杜

1-2 Kinjo-cho, Naha City 那霸市首里金城町1-2

☎ +81 98 886 2020 ENG 繁 ENG 繁 120 spots/Nearby 86



Okinawan food in a UNESCO World Heritage site

Shuri Castle is one of the UNESCO world heritage site. The restaurant is located in the greenery of Shuri Castle Park. An original menu using ingredients produced in the prefecture and Okinawan cuisine are offered. Calories and fat content are indicated.

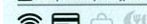
在世界遺產內享用富有沖繩元素的餐點

首里城為世界遺產之一，餐廳就位於鄰近首里城公園、綠意盎然的地點。供應沖繩縣產食材製作的原創餐點與沖繩料理，另外還標註熱量與脂肪含量。

HOURS 營業時間 10:00-17:00

CLOSED 公休日 一

☎ http://oki-park.jp/shurijo/guide/59/159



6

Cafe / Restaurant 咖啡簡餐店 / 餐廳

DOCG Okinawa Dining

DOCG 沖繩 Dining

DOCGおきなわダイニング

1F, Kinjo Bldg., 1-1-65 Higawa, Naha City 那霸市樋川1-1-65 金城大樓1樓

☎ +81 98 836 6455 ENG 繁 ENG 繁 Nearby 30



Creative dining that is friendly to all.

Seasonal Okinawan ingredients produce a creative dining experience. The menu is prepared as all people can enjoy eating. Buddha bowl delivery and catering services are also available.

健康取向的創作餐點

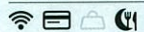
堅持使用沖繩的食材、運用當季材料烹製的創作餐點。注重飲食無界限概念，供應每個人都能享用的餐點，提供日式全素料理等配餐，以及外場服務。

*Reservation required 需要預約

HOURS 營業時間 18:00-23:00

CLOSED 公休日 SUN・National Holidays 周日・例假日

☎ https://www.facebook.com/docgokinawa/



8

Cafe 咖啡簡餐店

Rakurobi kitchen.

樂robi kitchen.

楽ロビ kitchen.

201 Blancher Makabi, 1-29-16, Makabi, Naha City 那霸市真嘉比1-29-16 Blancher真嘉比201

☎ +81 98 960 8800 ENG 繁 ENG 繁 7 spots/Nearby 30



Offers healthy food using meat-like "Okara (soy pulp) konnyaku"

An organic cafe where you can discover macrobiotic food. The concept is, "Tasty is fun. Tasty makes happiness". Enjoy the casual macrobiotic meals that use "Okara konnyaku". Cooking lesson for okara konnyaku are offered too.

使用像肉一樣口感的豆渣蒟蒻，烹調有益身體的餐點

「開心！就美味，美味！就幸福。」以此為理念，創立能夠開心享用糙米蔬食的有機咖啡館。使用豆渣蒟蒻製成的餐點，並還開設豆渣蒟蒻教室。

HOURS 營業時間 11:00-17:00 (Fri-Sun -21:00)

CLOSED 公休日 Thu 周四

☎ https://tsuku2.jp/storeDetail.php?scd=000063476



COLUMN

What is dashi?

請問這道料理的高湯是否含魚或肉？

Dashi is a soup stock made from kombu kelp and fish. It is often used in Japanese cuisine to extract the umami of the ingredients. Dashi is used even in dishes that look like they are plant-based, such as Okinawa soba noodles and Yushi-dofu (unsolidified tofu). You should be careful when ordering from a "vegetarian" menu. Use the communication sheet on the back cover of this guidebook to ask if fish or meat is used to make the dashi.

在日式料理中，為了襯托食材美味會使用由昆布或魚熬煮出的「高湯 (Dashi) (高湯)」。「乍看之下沒有使用動物性食材的「沖繩麵」與「Yushi豆腐 (豆腐腦)」等餐點，湯汁中也用了「高湯」。就算在菜單上使用了「蛋奶素」這個詞彙，還是有可能在湯汁等使用了「高湯」，因此需要注意。這本素食地圖的背面刊登有「請問高湯裡是否用了魚或肉？」的日文，因此請使用這段話向店裡的服務人員確認使用食材。

Pickup!
Okinawan vegetables

沖繩的島蔬菜

Papaya
木瓜

Green, or unripe, papaya is used for salads and stir-fry dishes.

用成熟前的青木瓜當作食材，做成沙拉與炒菜的食材來食用。

Mango
芒果

A typical tropical fruit of Okinawa. Has a rich and sweet flavor and moderate sourness.

沖繩最具代表性的熱帶水果，濃郁的甜味與恰到好處的酸味令人著迷

Guava
芭樂

It is full of seeds and this fragrant fruit is used for juice and sweets.

種子多但是帶有美味香氣，會用於果汁與甜點等

Passion fruit
百香果

A popular fruit with a unique aroma and nice, sour taste. It is said to be good for beauty.

具有獨特香氣與清爽酸味的人氣水果，被認為有美容效果

Okinawa spinach
紅團菜

Leaves have been eaten to gain perpetual youth and longevity since days of old. Can be used for marinating dishes or in soups.

自古就被當作不老長壽菜使用的食材，會製成涼拌菜或湯品的配料

Shikuwasa
扁實檸檬

A sour citrus fruit grown wild since days of old. Can be used for cooking or for juice when ripe.

自古以來的原生酸柑橘，很適合搭配餐點，成熟的果實會做成果汁

Purple sweet potato
紅地瓜

Has natural sweetness and a creamy texture. Good for making sweets with its bright purple color.

高雅的甜味與綿密的口感。另有運用紅地瓜鮮豔紅色製作的甜點等

Dragon fruit
火龍果

Also known as pitaya. Nutritious and good for breakfast as cut fruit or in smoothies.

營養價值高，被當作早餐食用的火龍果，可以做成果昔或直接食用

Bitter melon
苦瓜

A typical Okinawan vegetable. Has a distinctive bitterness. Usually stir-fried.

沖繩最具代表性的蔬菜，會做成炒菜等食用，特徵是它的苦味

Loofa
絲瓜

A summer vegetable known as "Nabera" in Okinawa. Young nabera cooked in miso is a popular dish.

在沖繩被稱為「Nabera」的夏季蔬菜，嫩瓜會作成味噌燉菜等食用

Southern area

南部地區



COLUMN

VEGAN

Jimami (peanuts) tofu 地豆豆腐



Note to those allergic to peanuts: Jimami tofu contains peanuts.
地豆豆腐含有花生，對花生過敏者請小心。

You can enjoy with just soy sauce or ginger!
只需醬油或薑泥也很好吃！

Note that the sauce contains dashi.
醬料裡含有「出汁」，還請注意。



Please tell restaurant staff NOT to serve with the sauce.
在店裡請告知店家「不要淋醬」

Available at convenience stores.
在便利商店也能買到

In the Okinawan language, Jimami means Peanuts. Jimami tofu is unique to Okinawa and unlike regular tofu, the texture is soft and gelatinous more like pudding or jelly. The ingredients are quite simple: peanuts, arrow root flour and salt. In this dessert-like tofu you can feel the taste and sweetness of the original ingredients.

地豆 (Jimami) 在沖繩方言中意指花生，地豆豆腐是沖繩特有的食物，口感非常有趣，有著純白外觀的地豆豆腐，更像是布丁與果凍！原料只使用葛粉、鹽和花生這些簡單的植物性食材，讓人可以品嚐到材料原有滋味與甜味，有如甜點的豆腐。

1

Cafe/Sweets/Juice & Smoothie 咖啡簡餐店・甜點・果汁・Smoothie

Detox cafe felicidad

35-10 Nishikawa-cho, Itoman City 絲滿市西川町35-10
+81 98 994 9557 ENG 8 spots/Nearby



Have delicious food until you feel full.

Focusing on the selection of healthy, organic ingredients, the main concept is to make customers feel better by serving delicious meals until customers are full. Enjoy the homemade, easy-on-the-stomach meals.

享用美食直到飽足

主題是「身體愉悅」，選用有益身體的食材與有機材料，並且堅持美味，也很重視飽足感。歡迎品嚐一道道手工製作、有益腸胃的餐點。



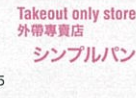
HOURS 營業時間 11:00-18:00
CLOSED 公休日 SUN, MON, TUE 周日、一、二
http://detoxcafe-felicidad.net

2

Bakery 麵包店

Simple pan

522-5 Ueta, Tomigusuku City 豐見城市宇上田522-5
+81 80 6494 5525 ENG 4 spots



Bread so safe that even babies can eat it every day.

Simple, home-baked breads, made using natural yeast. Some are made from spelt, an ancient German wheat that is believed to be gluten-allergy-friendly. Providing breads that are egg, dairy and oil-free, so even babies can eat it every day.

提供小嬰兒每天吃也安心的麵包

使用天然酵母，一個個細心手工製作的簡單麵包，另外供應數種不容易出現小麥過敏症狀的德國古代小麥「斯卑爾脫小麥」所製作的麵包。提供不使用雞蛋、乳製品，以及油脂類製作的麵包，就算小嬰兒每天食用也好安心。



HOURS 營業時間 10:00-18:00
CLOSED 公休日 WED, SUN, National Holidays 周三、日、例假日
http://simplepan.com

3

Market 市場

Moriga Farm 辣木農場

496-2 Kamizato, Haeburu City 南風原町宇神里496-2
+81 98 889 5562 ENG 3 spots/Nearby



Naturally-cultivated organic fruit and vegetable market
Moringa is a plant rich in Vitamins and Minerals. It is used as a crude drug in Ayurveda, a traditional Indian medicine. Original crude drugs, essential oils, and fruits and vegetables cultivated without fertilizers or pesticides are available.

自然栽培的無農藥蔬菜與水果應有盡有的市場

辣木在印度傳統醫學「阿育吠陀」也被當作藥材，是富含維他命與礦物質的植物，供應原創的藥材與精油等商品，也銷售無肥料、無農藥農法培育的蔬菜與水果。

HOURS 營業時間 10:00-18:00
CLOSED 公休日 Kyubon (old Bon) / New Year 春節・新年
https://morigafarm.buyshop.jp

4

Cafe / Restaurant 咖啡簡餐店 / 餐廳

Yama no Chaya Rakusui 山之茶屋 樂水

19-1 Tamagusuku, Tamagusuku, Nanjo City 南城市玉城字玉城19-1
+81 98 948 1227 ENG 30 spots



Savor relaxing natural food at "the pocket" of the mountain

Pizzas made from home-grown wheat, cooked in brick ovens, Rakusui soba noodles with organic barley, and other Okinawan local food made using local vegetables are offered. The restaurant is located at "the pocket" of the mountain, and you can enjoy the view of a toroidal coral reef.

在山林的懷抱中享用平靜心靈的自然餐點

備有地產地消的蔬菜，製作以沖繩鄉土料理為主的餐點，例如自製小麥製作的石窯披薩，以及使用有機栽培的樂水麵等。店面建築方式就像是被山林環抱一樣，能夠將沖繩屈指可數的環礁畫收眼底。

*Reservation required 需要預約
HOURS 營業時間 11:00-16:00 (Mon 10:00-16:00)
CLOSED 公休日 SUN 周日
http://yama.hamabenochaya.com



Central area 中部地區

Mihama area 美濱地區

- ⑥ ESPARZA'S TACOS&COFFEE
- ⑦ Sushi on La Cienega
- ⑧ Toyo-Hanten 東洋飯店
- ⑨ ROCKERS CAFE
- ⑩ Vongo&Anchor
- ⑪ Menshin Maruyoshi 麵神Maruyoshi
- ⑫ Tami's
- ⑬ Thai Restaurant Jai Thai 泰國餐廳Jai Thai

- ⑭ COKOFU
- ⑮ plant-HOLIC



1 Cafe 珈琲簡餐店

Cafe Green Leaf

カフェグリーンリーフ

②24-17 Senaha, Yomitan Village 讀谷村瀨名波224-17
☎ +81 98 923 3870 ENG ENG 16 spots 24

An organic cafe from where you can take out all foods and continue enjoying shopping.
A cafe supplied by the Green Leaf organic food store. Foods prepared using carefully selected natural ingredients and nutritious superfoods are very popular. A shop in the cafe means you can enjoy shopping after dining.

能夠享受到購物樂趣，所有餐點皆可外帶的有機咖啡館
有機食品專賣店「Green Leaf」推出的咖啡館。大量使用嚴選無添加且自然的食材與營養價值高的超級食物製作的餐點備受好評，附設在商店裡，餐後還能購物，這一點也很讓人開心。

HOURS 營業時間 10:00-19:00
CLOSED 公休日 1/1 一月一日
https://www.greenleaffoods.com

3 Restaurant 餐廳

SPICE CURRY PALMYRA

② 1-17-21, Chuo, Okinawa City 沖繩市中央1-17-21
☎ +81 50 1446 3898 ENG ENG 2 Nearby 12

Greedy curry with your choice of two flavors
A curry restaurant on the up and up because of the uncompromising selection of ingredients but reasonable price. The popular two flavors of your choice curry is available in both vegan and non-vegan versions.

能夠選擇2種口味的饕客咖哩
店家展現毫不妥協的食材挑選方式與工作態度，價格設定卻很實惠，人氣因而緩緩上升的咖哩店，人氣餐點雙口味咖哩除了全素咖哩之外，也能選擇用肉調製的咖哩。

HOURS 營業時間 12:00-21:00
CLOSED 公休日 SUN 周日

5 Cafe 珈琲簡餐店

Vegeful Lunch Cafe

② 2F, Cooper House, 858-5 Chatan Town 北谷町吉原858-5 Cooper House 2樓
☎ +81 80 3963 7180 ENG ENG 2 Nearby 34

Suggesting new ways to extract the umami of vegetables
A cafe located in the best spot to enjoy a panoramic view of Chatan area. Along with the view, a daily buffet of over twenty different dishes persuades some customers to come almost every day. The variation of the dishes increases naturally as even more ways are found to enjoy vegetables.

襯托食材鮮味的蔬菜享用方法提案
位於絕佳地點的咖啡館，可將北谷景色盡收眼底。除了景色之外，常客幾乎每天都來的理由就是可以品嚐每天更換、20種以上料理的自助餐，據說菜色是店家在思考「蔬菜享用方法提案」時逐漸增加的。

HOURS 營業時間 11:00-15:00/18:00-21:30
CLOSED 公休日 WED, THU 周三、四

2 Cafe 珈琲簡餐店

dechibica

② 648-1-101 Furugen, Yomitan Village 讀谷村古堅648-1-101
☎ +81 98 957 0111 ENG ENG 6 spots 25

A cozy cafe in Yomitan offering lots of fresh local vegetables
The half & half curry with your choice of two flavors is particularly popular. Many customers come here for curry with lots of Okinawan vegetables and a colorful side dish. The vegan baked confectionery is not to be missed!

可以品嚐到大量當地新鮮蔬菜，位於讀谷的暖心咖啡館
咖哩備受好評的店裡面，最受歡迎的是可以選擇2種口味的Half & Half咖哩套餐，看中有大量蔬菜的咖哩，以及各種副菜而造訪的客人也很多，另外，符合全素要求的烘培點心也千萬不要錯過。

HOURS 營業時間 11:00-16:00 (L.O. 15:00)
CLOSED 公休日 SUN, National Holidays 周日、例假日

4 Restaurant 餐廳

BALI NOON BALI MOON

② 1F, Plaza House Shopping Center, 3-1-12 Kubota, Okinawa City 沖繩市久保田3-1-12 Plaza House Shopping Center 1樓
☎ +81 98 933 1144 ENG ENG 300 spots/Nearby 30

Meet the exotic world of healthy Asian medicinal food
Try authentic Balinese cuisine cooked by an Indonesian cook who trained at a famous restaurant in Bali. The menu includes unique dishes with the distinctive flavor of Bumbu, a paste made of combined fresh herbs and spices, and tempeh, made from fermented soy beans.

在外國風情的世界裡與健康的亞洲藥膳相遇
品嚐曾在峇里島知名餐廳磨練的印尼籍廚師製作的道地峇里料理，調配新鮮香草與辛香料的醬料「Bumbu」獨特風味，搭配黃豆發酵食品天貝（Tempeh）製作的餐點等，這裡獨有的料理排列在菜單上。

HOURS 營業時間 11:30-15:00/18:00-22:00
CLOSED 公休日 THU(Night), 1/1 周四(夜)、一月一日
www.plazahouse.co.jp/food/bali-noon-bali-moon

6 Cafe 珈琲簡餐店

ESPARZA'S TACOS&COFFEE

② 1F, 3-1-10 Mihama, Chatan Town 北谷町美濱3-1-10 1樓
☎ +81 98 926 1888 ENG ENG 20 spots/Nearby 70

Embodies a lifestyle of caring for ingredients and the environment.
An exotic restaurant that offers mainly tacos and coffee. The flagship tacos has several options, including "very vegan," mainly with grilled vegetables. The homemade ginger ale is as popular as the tacos. Take-out containers are made of paper.

展現考量食材與環境的生活型態
洋溢異國風情的餐廳，主要供應墨西哥捲餅與咖啡，店家以引為傲的墨西哥捲餅有主要使用直火燒烤蔬菜的每果全素等數種口味，另有手作薑汁汽水，人氣度也不輸給墨西哥捲餅。外帶容器使用紙製品。

HOURS 營業時間 11:00-21:00 (Sat, Sun 8:00-21:00)
CLOSED 公休日 Year end and new year 元旦假期
www.obbligato.co.jp

7

Restaurant 餐廳

Sushi on La Cienega

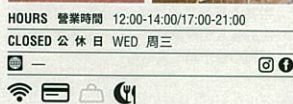
101 Felicidade, 51-3 Miham, Chatan Town 北谷町美濱51-3 Felicidade 101
+81 98 989 8339 ENG ENG 繁 25



Enjoy delicious sushi and a panoramic view of the sea
A formerly Hollywood-based restaurant that offers colorful vegetable rolls and sushi. The vegan sushi plate, consisting of avocados, sweet potatoes, king oyster mushrooms and other items on brown rice, is particularly healthy. The vinegared miso sauce adds an even more refreshing flavor.

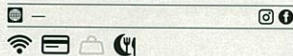
瞭望在眼前延伸的海洋，同時品嚐色彩繽紛的美味壽司

該店是從加州好萊塢遷移到沖繩，在此可以品嚐色彩繽紛的素食壽司捲與蔬食壽司，全素壽司拼盤更是使用糙米搭配酪梨、地瓜與杏鮑菇等食材製作的健康餐點，醋味醬汁增添清爽的口感。



HOURS 營業時間 12:00-14:00/17:00-21:00

CLOSED 公休日 WED 周三



9

Cafe/Sweets/Juice & Smoothie 咖啡簡餐店・甜點・果汁・Smoothie

ROCKERS CAFE

2F, Oak Fashion Bldg. 9-39 Miham, Chatan Town 北谷町美濱9-39 Oak Fashion Bldg. 2樓
+81 98 923 4178 ENG ENG 繁 46



A rare cafe offering Ital food
Along with a regular vegan menu, Ital food for Jamaican vegans is available. The diet was created based on the premise that eating products grown in the soil makes mind and body healthy and helps the soul grow. This is thought to detoxify the mind as well as the body.

可以品嚐到I-tal食物的罕見店舖

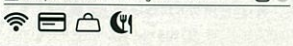
除了全素餐點之外，還能品嚐到牙買加素食主義者所食用的I-tal(天然)食物，源自「食用從土地培育的食物，獲得身心健康、促進靈性成長」思想而製作的餐點，說不定能幫忙淨化身體與心靈。



HOURS 營業時間 11:30-21:00

CLOSED 公休日 WED 周三

http://rockerscafe.org/index.html



11

Restaurant 餐廳

Menshin Maruyoshi
麵神Maruyoshi

1F C Bldg., American Depot 9-12 Miham, Chatan Town 北谷町美濱9-12 American Depot C樓 1樓
+81 98 936 3200 ENG 繁 18



The ultimate ramen to savor the concentrated umami of kombu kelp dashi.
The vegan ramen of this long-established, famous ramen restaurant uses a pure kombu kelp dashi that matches well with the egg-free noodles. Enjoy the rich umami of kombu to the full. Toppings including paprika, deep-fried tofu, onions and seasoned bamboo shoots, further emphasize the umami.

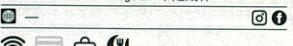
能夠品嚐到昆布高湯濃鮮味的極致拉麵

由知名拉麵老店供應的VeganRamen只使用昆布熬煮高湯，搭配不使用雞蛋製作的麵條，能夠盡情品嚐到昆布濃郁鮮味。紅椒、油豆腐、洋蔥與筍乾等的健康配料更加突顯高湯鮮味。



HOURS 營業時間 11:30-14:30/17:30-21:30

CLOSED 公休日 Irregular 不定期休



8

Restaurant 餐廳

Toyo-Hanten
東洋飯店

264 Ihei, Chatan Town 北谷町伊平264
+81 98 936 4026 ENG 繁 60 spots 165



A Taiwanese vegetarian menu is available on request
A Chinese restaurant offering a unique Oriental vegetarian menu. This oriental vegan cooking does not contain five pungent roots. Reservation required.

可配合需求提供「台灣素食」

供應中華料理專賣店特有的素食餐點「台灣素食」，素食代表菜，因帶有可去五辛，所以連五葷都不使用，製作出東方全素餐點，但需要預約，敬請注意。



*Reservation required 需預約

HOURS 營業時間 11:00-22:00 (L.O. 21:30)

CLOSED 公休日 Irregular 不定期休

http://www.toyohanten-okinawa.com



10

Cafe / Restaurant 咖啡簡餐店 / 餐廳

Vongo&Anchor

1F, Vessel Hotel Annex, 9-21 Miham, Chatan Town 北谷町美濱9-21 Vessel Hotel 別館 1樓
+81 98 988 5757 ENG ENG 繁 66



An ocean-front cafe you can visit any time, from morning to evening
Some enjoy a cup of coffee early in the morning, while others enjoy lunch as they view the sea. At night time, many people come to enjoy alcoholic drinks. Among the vegan burritos, the tacos burrito with soy meat and tofu is highly recommended.

提供早餐到晚餐，隨時可以前來造訪的海景咖啡館

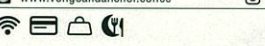
店內有早起品嚐咖啡的人、眺望大海度過午餐時光的人，一到夜晚，享用酒精飲料的人，熟練店內氣氛，請務必來此嘗試看看全素墨西哥捲餅。特別推薦黃豆素肉和豆腐製作的墨西哥捲餅。



HOURS 營業時間 8:00-22:00

CLOSED 公休日 —

www.vongoandanchor.coffee



12

Cafe/Juice & Smoothie 咖啡簡餐店・果汁・Smoothie

Tami's

15-69-214 Miham, Chatan Town 北谷町美濱15-69-214
+81 98 926 2511 ENG 繁 30



A menu with a wide range from junk food to authentic Italian
All the menu is available under vegan request. Uses 100% plant-based ingredients for everything, from fast food such as hamburgers and fried food, to authentic Italian dishes. The restaurant is located just under the Ferris wheels.

從速食到道地義大利料理應有盡有的餐館選項充滿魅力

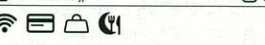
這間店就位在摩天輪底下，所有餐點都是全素的，從漢堡排和唐揚炸雞等垃圾食品到義大利麵等道地義大利料理都是使用100%植物性食材。



HOURS 營業時間 11:00-14:30/18:00-21:00

CLOSED 公休日 TUE 周二

www.tamis.jp



13

Restaurant 餐廳

Thai Restaurant Jai Thai
泰國餐廳Jai Thai

2F, Miham Carnival, 15-69 Miham, Chatan Town 美濱15-69 美濱Carnival 2樓
+81 98 936 0828 ENG 繁 500 spots 70



Offering "Thai's heart" through Thai cuisine using seasonal ingredients.
The first authentic Thai restaurant in Japan to win the Thai Prime Minister's Award. Thai cuisine is a healthy food in which spices bring out the best of the seasonal ingredients. The fried tofu salad and Phat bai Kaprao, fried soy meat, basil and rice noodles, are not to be missed!

透過當季食材製作的泰國料理傳遞「泰國之心」

日本首次獲得首相獎且得到泰國政府認證的泰國菜餐廳，使用當季食材製作的泰國料理是用辛香料襯托食材美味的健康食物，特別像是炸豆腐沙拉(Mune TOFU沙拉)與黃豆素肉和羅勒、炒米麵的「泰式炒河粉」(Phat bai Kaprao)。

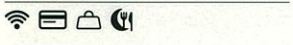


11:00-15:00 (L.O. 15:00)/17:00-22:00 (L.O. 22:00)

Sat, Sun 11:00-22:00 (L.O. 22:00)

CLOSED 公休日 Irregular 不定期休

www.jaithai.co.jp



15

Cafe/Sweets/Juice & Smoothie 咖啡簡餐店・甜點・果汁・Smoothie

plant-HOLIC

4-17-15 Kakazu, Ginowan City 宜野灣市嘉數4-17-15
+81 80 3626 0880 ENG ENG 8 spots 20



An entirely vegan and gluten-free cafe offering sweets and much more.
The completely vegan menu offers a wide variety of foods, including the Japan-first vegan macarons, raw cakes and a veggie-sushi rice bowl. Enjoy freely the eco-friendly dishes made using organic, naturally-grown vegetables and condiments.

可同時享用到全素與無麩質甜點的咖啡館

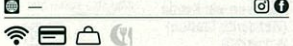
供應日本首創的全素馬卡龍與蛋糕捲、壽司素食等豐富的全素餐點，享用盡可能使用有機與自然栽培的蔬菜與調味料所烹調、有益身體且環保的餐點。



*Buddhist friendly option: Reservation required 五辛不添加・需預約

HOURS 營業時間 10:00-16:00

CLOSED 公休日 SUN, MON, TUE 周日、一、二



17

Market 市場

Happy More Market
Happy More市場

1-247-1 Shimashi, Ginowan City 宜野灣市志真志1-247-1
+81 98 896 0657 ENG 繁 50 spots



Why not cook original vegetarian dishes using fruit and vegetables unique to Okinawa?
Information stickers on all products indicate how much pesticides and fertilizers were used. Natural products such as condiments and smoothies are also available.

歡迎使用沖繩特有蔬菜與水果製作蛋奶素料理

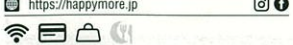
商品上貼有識別貼紙，可以了解有無農藥與肥料，以及施肥方法，所以可以放心購買。另有銷售調味料與果昔等自然派食品。



HOURS 營業時間 10:00-18:00

CLOSED 公休日 SUN 周日

https://happymore.jp



14

Cafe/Sweets/Juice & Smoothie 咖啡簡餐店・甜點・果汁・Smoothie

COKOFU

#50 Minatogawa State Side Town, 2-12-7 Minatogawa, Urasoe City 浦添市港川2-12-7 港川外國人住宅 50號
+81 98 955 6844 ENG 繁 2 spots/Nearby 16



Sweets and drinks using carefully-selected Okinawan ingredients are popular.
The entirely vegan cafe offers Kyoto's raw wheat gluten sweets and black tapioca soy milk. Gaining popularity is the Cokofu-original "Kokuto Karin-fu", a fried wheat gluten with brown sugar. It is made using Okinawan rolled dried wheat gluten.

使用沖繩嚴選素材製作的甜點與飲料最受歡迎

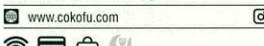
可以品嚐到京都生麩甜點與黑糖珍珠豆奶等餐點，所有商品都是全素的咖啡館，其中又以沖繩什錦炒麵原料「車麩」的COKOFU原創限定版「黑糖花林麩」正在迅速累積人氣。



HOURS 營業時間 11:00-18:00

CLOSED 公休日 WED 周三

www.cokofu.com



16

Sweets/Juice & Smoothie 甜點・果汁・Smoothie

Vivre Okinawa

2-10-17 Oyama, Ginowan City 宜野灣市大山2-10-17
+81 98 898 1217 ENG ENG 4 spots



The sweets filled with the blessings of Okinawa are perfect for souvenirs.
Vegan and gluten-free baked goods made using Okinawan ingredients, such as passion fruit and shell ginger, are lined up in the shop. You can take away the homemade enzyme juice with seasonal fruit, vegetables and herbs.

集結沖繩物產・最適合伴手禮的甜點

店內排列著盡量使用百香果與月桃等沖繩縣產素材的全素與無麩質烘焙甜點，歡迎外帶當季水果與蔬菜、香草等製作的自製酵素果汁。



HOURS 營業時間 11:00-17:00

CLOSED 公休日 MON, TUE 周一、二

www.vivre-okinawa.com



18

Cafe / Bakery 咖啡簡餐店 / 麵包店

BOULANGERIE CAFE yamashita

2F 425-2, Yonashirohenza, Uruma City Uruma市與那城平安座425-2 2樓
+81 98 977 8250 ENG 繁 2 spots 28



The natural yeast bread attracts customers even from Taiwan
The flagship bread of the bakery, "Nuchi Anpan" (Nuchi means life) bread with sweet red bean paste, is made with brown sugar from Tarama Island. A filling vegan curry with dashi made from onions and tomatoes, Indian spices, chick peas and potatoes is also available.

常有台灣客人造訪・堅持使用天然酵母麵包

這間店可以瞭望海景，招牌商品是使用多良間產黑糖的手作「海鹽紅豆麵包」，另有使用直接從印度進口的香料所製作的人氣全素咖哩，用洋蔥與番茄製作高湯，再放入鷹嘴豆與馬鈴薯，口感十足的一道菜。



HOURS 營業時間 11:00-19:00

CLOSED 公休日 WED, THU, FRI 週三、四、五

http://okinawa-nutanpan.com



Northern area

北部地區



1

Yaedake Bakery 八重岳 Bakery

1254 Izumi, Motobu Town 本部町伊豆味1254
☎ +81 980 47 5642 ENG ENG P 10 spots 1 8



Breads created to help hospital patients with allergies.

In 1977, the bakery started to bake plant-based "black bread" with whole wheat, as a healthy bread for hospital patients. Under the motto of "Life is a treasure", they naturally cultivate wheat and culture wild yeast using the shikwasa that grows wild on Mt. Yae.

源自對食物過敏的體貼，醫院內供餐用麵包

1977年，因製作醫院內供餐用麵包的全麥麵粉，植物性「黑麵包」而發跡的烘焙坊，以「Nuchidotakara」(生命才是財富)為座右銘，推動小麥的自然栽培、使用八重岳原生扁實檸檬培育野生種酵母等，對材料也有所堅持。



HOURS 營業時間 10:00-18:00
CLOSED 公休日 SAT 周六
http://yaedake.com



八重岳ベーカリー

3

Elly's Cafe

32 Seragaki, Onna Village 恩納村瀬良垣32
☎ +81 98 967 7888 ENG ENG P 5 spots/Nearby 20



An original vegan menu with extra ingredients.

Enjoy the dishes and sea of Okinawa at a cafe with a diving shop. Sprinkle grated cheese of miso and almond powder onto vegan taco rice made with Okinawan tofu meat and soy milk mayonnaise. Provides natural and healthy food to all.

使用費食材製作的原創全素餐點

附設在潛水商店裡，可以感受到沖繩海洋與食物的店內空間。島豆腐素肉再加上豆乳美乃滋製作的素塔可飯，淋上了沖繩 Inamuruchi 味噌，灑上捲入杏仁粉的起司粉調味，提供有益所有人健康的食材。



HOURS 營業時間 8:00-17:00
CLOSED 公休日 WED 周三
http://ellys-cafe.com



2

Niceness

1635-1 Umusa, Nago City 名護市宇茂佐1635-1
☎ +81 80 5232 8552 ENG ENG P 4 spots 1 8



A vegan restaurant offering food to make you healthy

The menu, including Nepalese curry, is created based on Ayurveda medicine, which focuses on digestion and macrobiotics with a yin and yang balance. Japanese ingredients, such as kombu kelp and dried shiitake mushrooms are used, and the cooking method brings out the flavor and nutrition of the ingredients.

呵護身體的養生食物全素餐廳

引進重視消化能力的阿育吠陀，以及取得除陽平衡的長壽飲食，製作尼泊爾咖哩等餐點，運用曬托出素材滋味與美味的調理方法，同時採用昆布與乾香菇等日式食材。



HOURS 營業時間 11:00-16:00
CLOSED 公休日 MON, TUE, WED 周一、二、三
https://niceness.ti-da.net



4

Daiseikirinzan fureai SHOKUDO NANTOYA 大石林山Fureai食堂Nanto屋

1241 Ginama, Kunigami Village 國頭村宜名真1241
☎ +81 980 41 8117 ENG ENG P 130 spots 1 200



Vegetable and medicinal herb salads from local farmers

Okinawan medicinal herbs fill a large part of the salad bar. Vegetarian meals and meat-free medicinal herb pizzas are available. Enjoy meals and a panoramic view of the ocean.

使用當地農家栽培的蔬菜與藥草製作的沙拉

沙拉吧裡的蔬菜是跟當地農家進貨，主要擺放著沖繩的藥草，提供精進料理以及無肉的藥草披薩等餐點，可以一邊欣賞面向海的360度全景，一邊用餐。



HOURS 營業時間 10:00-16:30
CLOSED 公休日 —
https://www.sekirinzan.com/restaurant/



COLUMN

VEGETARIAN

Deep-fried mozuku (Mozuku tempura) 海蘊天婦羅

"Mozuku tempura" is available at deli section of most of the supermarket in Okinawa. People have it as a side dish of a meal, or even as a snack when feeling a bit hungry. Eggs are contained in the dough, and nicely seasoned, so that it is tasty without adding soy sauce.

「海蘊天婦羅」能夠在超市的熟食區以實惠的價格輕易地購買到，這道料理在沖繩不論是當作白飯的配菜，還是作為嘴饞時的點心都能吃到，麵團會使用雞蛋並且適度地調味，所以不用淋醬油也能感受到它的美味。

Okinawa is the largest producer of mozuku in Japan.
沖繩的海蘊天婦羅產量為日本國內第一



It is said to be good for health and beauty.
被認為是對美容與健康有益的食品

Rich in Minerals and Vitamins.
富含礦物質與維他命