Must-Try!
A Guide to Vegetarian Restaurants in Osaka

The information is as of January 2018
VEGETARIAN RESTAURANTS

Types of Vegetarian

<table>
<thead>
<tr>
<th></th>
<th>Red meat/Chicken/Seafood</th>
<th>Eggs</th>
<th>Dairy Product</th>
<th>Honey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegan</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Lacto Vegetarian</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Ovo Vegetarian</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lacto-Ovo Vegetarian</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Index

<table>
<thead>
<tr>
<th>No.</th>
<th>Restaurant Name</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Indian Restaurant Bar Banjara</td>
<td>P. 5</td>
</tr>
<tr>
<td>02</td>
<td>Ajikitcho Bunbu-an</td>
<td>P. 5</td>
</tr>
<tr>
<td>03</td>
<td>Paprika Shokudo Vegan</td>
<td>P. 6</td>
</tr>
<tr>
<td>04</td>
<td>Nepali &amp; Indian Restaurant Manakamana</td>
<td>P. 7</td>
</tr>
<tr>
<td>05</td>
<td>Iruir</td>
<td>P. 7</td>
</tr>
<tr>
<td>06</td>
<td>Japanese Food Restaurant MATSURI</td>
<td>P. 8</td>
</tr>
<tr>
<td>07</td>
<td>3te' Cafe'</td>
<td>P. 8</td>
</tr>
<tr>
<td>08</td>
<td>Organic &amp; Vegetarian Cafe Ati</td>
<td>P. 9</td>
</tr>
<tr>
<td>09</td>
<td>Green Earth</td>
<td>P. 9</td>
</tr>
<tr>
<td>10</td>
<td>CHOWK</td>
<td>P. 10</td>
</tr>
<tr>
<td>11</td>
<td>Vegetarian Indian Restaurant Shama</td>
<td>P. 10</td>
</tr>
<tr>
<td>12</td>
<td>Apakabar</td>
<td>P. 11</td>
</tr>
<tr>
<td>13</td>
<td>EL PANCHO</td>
<td>P. 11</td>
</tr>
</tbody>
</table>

Thanks to the Japan Vegetarian Society (a non-profit organization)
Authentic Indian cuisine, serving the needs of vegetarian, Halal and Jain customers.

For 20 years, Banjara is proud to serve real Indian food as it is prepared in India. With an extensive menu and head chef trained at the Ashoka hotel chain, they can meet special needs of not only vegetarians but also Halal and Jain diners. Open kitchen, so you can watch everything being prepared fresh.

We're dedicated to serving authentic, vegetarian-friendly Indian food, the Indian way!

Veggie Lunch (¥1500): Soup, salad, papad, yogurt, samosa, veg kebab, veg curry, nan, pilaf, chai or coffee

Traditional vegetable biryani of lightly spiced vegetables and saffron rice, with curry.

We are sure you'll be satisfied with the cuisine and the service.

An example of a vegetarian course (¥8000). Each meal is a work of art that delights the heart.

All ingredients are strictly selected, fresh and in season.
A highly original vegan menu, as delicious as it is healthy. This popular restaurant serves a wide variety of vegan dishes. Hamburg steak and fried chicken are on the menu, but they are made with soy rather than meat, and all ingredients are plants, mostly organic! Large groups are welcome in the spacious interior with 50 seats.

**Paprika Shokudo Vegan**

06-6599-9788

Smoothies made fresh after order is received, ¥700.

Lunch set of the day, from ¥950. All come with brown rice, soup and salad.

Try kushikatsu, a favorite Osaka “soul food.” This izakaya (dining pub) near Osaka’s iconic Tsutenkaku Tower is famous for its kushikatsu (breaded, fried items on skewers), with batter that’s fluffy yet crisp. There are plenty of vegetable selections for vegetarians. The party space holds up to 150 people, so even large tour groups are welcome!

**Iruri**

06-6631-8814 (Reservations)

You’ll love the friendly, laid-back Osaka atmosphere.

The large-capacity space features traditional Japanese decor and has an impressive ambience.

Special vegetarian course includes six kushikatsu skewers, potage soup, and soboro rice with soy replacing the ground meat (¥1500).

**Paprika Shokudo Vegan**

1F, Akiko Shimmachi, 1-8-9 Shimmachi, Naniwa-ku, Osaka City

2-minute walk from Yotsubashi Station on the Yotsubashi subway line

11:30-15:00 (L.O. 14:00), 17:30-23:00 (L.O. 22:00)

Closed irregularly A 50 seats, non-smoking F Visa, MasterCard, JCB

https://www.facebook.com/papurika.vegan/

*Japanese language only Reservations accepted

**Nepali & Indian Restaurant Manakamana**

06-6231-5087

Authentic Nepali and North Indian home cooking. Happy to take requests!

Manakamana is proud to serve genuine Nepali and North Indian food, including dal bhat as well as favorites like curcy and naan, and happy to take customer requests to prepare certain dishes [contact the restaurant in advance, adjust spiciness levels, or include or exclude certain ingredients. Healthy, delicious vegetarian-friendly food in a cozy, relaxing environment.

**From selection of ingredients onward, our quality standards are uncompromising!**

Vegetarian? Vegan? Just “want to eat something special”? We meet your needs!

**Iruri**

2-4-7 Ebisu-higashi, Naniwa-ku, Osaka City

3-minute walk from Dobutsuen-mae Station on the Midosuji subway line

11:30-22:00 Open every day 241 seats, smoking permitted

From ¥1500 F Visa, MasterCard, JCB, AmEx, Diners Club, UC, UnionPay A Reservations accepted (reservation required for vegetarian menu)

*English menu does not contain all of Japanese menu selections.

**Manakamana**

B1F, Sanken Kitahama Bldg., 1-6-10 Hiranomachi, Chuo-ku, Osaka City

5-minute walk from Exit 5 of Kitahama Station on the Sakaisuji subway line

11:00-15:00 (L.O. 14:30), 17:00-23:00 (L.O. 22:30)

Open all year except dinner on Dec. 31 and all day Jan. 31 33 seats, non-smoking F Lunch from ¥750, dinner from ¥1280 F Visa, JCB, MasterCard, AmEx (dinner only) http://manakamana.jp/ *Japanese language only No strict rule, but try to reserve 3 days before or earlier
Savor authentic Japanese home-style cuisine that delights Japanese and non-Japanese alike.

A hot topic on social media, this restaurant has more than 95% non-Japanese customers. It offers vegan and Halal cuisine, and there is a praying room as well. Try mildly seasoned, homey Japanese favorites, including ramen and deli-style sides dishes.

Restaurant Information

Japanese Food Restaurant MATSURI
06-6940-6633

Enjoy the genuine taste of Japanese cuisine at reasonable prices.

In addition to tables, there is a room with traditional tatami (rush mat) flooring.

Japanese Food Restaurant MATSURI
3-27-17 Yobeni, Fukuromachi, Osaka City
1-minute walk from Exit 7 of Nishinomiya Station on the Hanshin Electric Railway line
Open every day
30 seats, smoking permitted
From ¥1000
Visa, MasterCard, JCB, AmEx, Diners Club, UnionPay
http://3tecafe.com
Reservations accepted

Beauty comes from within! Dine on a cornucopia of fresh vegetables.

This cafe accredited by the authoritative Japan Vegetable Sommelier Association offers an extensive selection of healthy food that cleanses and beautifies you from within. Try the salad made with plenty of fresh vegetables and risotto lovingly crafted from only plant-based ingredients!

Restaurant Information

3te’ Cafe’
06-6243-5766

Eat with balance for health and beauty inside and out.

Relaxing atmosphere and spacious layout with plenty of room between seats.

3te’ Cafe’
3-29, Poppi Bldg., 1-10-17 Nishi-ku, Osaka City
2-minute walk from Shinsaibashi Station on the Midosuji subway line
11:30-16:00 (L.O. 15:00), 18:00-22:00 (L.O. 21:00)
Mon.-Fri., 30 seats, non-smoking
From ¥1000
Visa, MasterCard, JCB, AmEx, Diners Club, Discover, UC, UnionPay
http://three-peace-matsuri.com
Japanese language only
Reservations accepted

Bar service also available. Experience the untamed umami of the ingredients!

The chef is dedicated to accentuating the ingredients’ genuine flavors, using seasonal foods including pesticide-free vegetables from his parents’ farm. Alcoholic beverages are served throughout the day, and it’s also popular as a bar. Ingredients used in the food available for purchase in the sales area.

Restaurant Information

Organic & Vegetarian Cafe Ati
06-6212-0066

Don’t miss the homemade bagels!

Veggie Meals: widely varied

Open since 1991, a pioneer on the Osaka vegetarian restaurant scene! They offer an accessible menu that’s popular with ordinary diners as well, based on the philosophy that eating even one vegetarian meal per day is highly beneficial. Pizza, containing dairy, is offered for lacto vegetarians.

Restaurant Information

Green Earth
06-6251-1245

We’re committed to preparing dishes by hand using plant-based ingredients.

Lunch of the day ¥850. Enjoy vegetarian versions of dishes from all over the world.

Open since 1991, a pioneer on the Osaka vegetarian restaurant scene! They offer an accessible menu that’s popular with ordinary diners as well, based on the philosophy that eating even one vegetarian meal per day is highly beneficial. Pizza, containing dairy, is offered for lacto vegetarians.

Restaurant Information

Green Earth
8-21, Urbanex Shinsaibashi Bldg., 2-1-24 Shinsaibashi, Chuo-ku, Osaka City
3-minute walk from Shinsaibashi Station on the Midosuji subway line
12:00-22:00 (L.O. 21:30)
Sun. (if a public holiday, the following day will be closed instead)
16 seats, non-smoking
¥2000-¥3000
Visa, MasterCard
Reservations accepted

This long-running vegetarian restaurant is an Osaka institution.

Open since 1991, a pioneer on the Osaka vegetarian restaurant scene! They offer an accessible menu that’s popular with ordinary diners as well, based on the philosophy that eating even one vegetarian meal per day is highly beneficial. Pizza, containing dairy, is offered for lacto vegetarians.

Restaurant Information

Organic & Vegetarian Cafe Ati
06-6212-0066

Don’t miss the homemade bagels!

Veggie Meals: widely varied

Open since 1991, a pioneer on the Osaka vegetarian restaurant scene! They offer an accessible menu that’s popular with ordinary diners as well, based on the philosophy that eating even one vegetarian meal per day is highly beneficial. Pizza, containing dairy, is offered for lacto vegetarians.

Restaurant Information

Green Earth
06-6251-1245

We’re committed to preparing dishes by hand using plant-based ingredients.

Lunch of the day ¥850. Enjoy vegetarian versions of dishes from all over the world.
**Vegetarian Indian Restaurant Shama**

Specializing in vegetarian and vegan food, very popular with non-Japanese customers.

Shama serves delicious, authentic Indian food that not only meets the needs of people with dietary restrictions (vegetarian/vegan, no onions or garlic, no alcohol served), but is also lovingly handmade, with curry spices, temper and so on made in-house. All vegetarian, mostly vegan menu with non-vegan dishes marked. Faithfully dedicated to serving health-conscious diners.

**Restaurant Information**
- 2-4-17 Fukushima, Fukushima-ku, Osaka City
- A 3-minute walk from Shin-Fukushima Station on the JR Tozai Line
- Sun. and Mon. A 17 seats, non-smoking
- From ¥1000
- Credit cards not accepted
- Japanese language only
- Reservations accepted (reservation required for vegetarian menu)

**El Pancho**

A long-established Mexican restaurant that continues to attract travelers from around the world.

This Mexican restaurant and cafe was founded in 1979. Of course you’ll find tacos, but also a wide range of other healthy choices. Dishes can be prepared vegetarian on request. Check out the messages in many languages written on the wall to see how diverse the customers are!

**Restaurant Information**
- 3-7-7 Klohrin, Nishi-ku, Osaka City
- A short walk from Exit 5 of Yotsubashi Station on the Midosuji Subway Line
- Sun. to Wed. A 42 seats, non-smoking
- From ¥1350
- Credit cards accepted
- Reservations accepted

**Apakabar**

Authentic Indonesian cuisine, healthy but supremely satisfying!

Indonesian chefs prepare only genuine Indonesian dishes, like mi goreng and nasi campur. Modestly seasoned and spiced, healthy with plenty of vegetables, but also tantalizing fried foods and such that leave you fully satisfied! Near the Umeda Sky Building, so you can enjoy sightseeing after eating.

**Restaurant Information**
- 1-10-1 Shinba-cho, Chuo-ku, Osaka City
- A 1-minute walk from Shinba-cho Station on the Midosuji Subway Line
- Sun. and Mon. A 20 seats, non-smoking
- From ¥1200
- Credit cards not accepted
- Reservations accepted

**Chowk**

Offering a variety of crowd-pleasing favorites from around Asia.

The proprietor loves to travel, and serves up dishes she discovers around the world. The mainstays are favorites from Asian countries like India, Thailand and Malaysia. The lunch sets and dinner courses (from ¥2750) are always popular. Vegan versions can be prepared with an advance reservation.

**Restaurant Information**
- Restaurant Shama Vegetarian Indian Cuisine
- 2-4-17 Fukushima, Fukushima-ku, Osaka City
- A 3-minute walk from Shin-Fukushima Station on the JR Tozai Line
- Sun. and Mon. A 17 seats, non-smoking
- From ¥1000
- Credit cards not accepted
- Japanese language only
- Reservations accepted (reservation required for vegetarian menu)

**Restaurant Information**
- Chowk
- Kita-ku, Osaka City
- A 3-minute walk from the JR-Tozai Line Shin-Fukushima Station
- Sun. and Mon. A 17 seats, non-smoking
- From ¥1000
- Credit cards not accepted
- Reservations accepted

**Restaurant Information**
- Apakabar
- Osaka Sta.
- A 3-minute walk from Osaka Station
- Sun. and Mon. A 20 seats, non-smoking
- From ¥1200
- Credit cards not accepted
- Reservations accepted

**Restaurant Information**
- El Pancho
- Umeda Sta.
- A 3-minute walk from Umeda Station on the Midosuji Subway Line
- Sun. and Mon. A 42 seats, non-smoking
- From ¥1350
- Credit cards accepted
- Reservations accepted

**Restaurant Information**
- Chowk
- Osaka Sta.
- A 3-minute walk from Osaka Station
- Sun. and Mon. A 17 seats, non-smoking
- From ¥1000
- Credit cards not accepted
- Reservations accepted