

Must-Try!

A Guide to VEGETARIAN RESTAURANTS in OSAKA



The information is as of January 2018

VEGETARIAN RESTAURANTS

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Types of Vegetarian

	Red meat/Chicken/Seafood	Eggs	Dairy Product	Honey
Vegan	×	×	×	×
Lacto Vegetarian	×	×	○	○
Ovo Vegetarian	×	○	×	○
Lacto-Ovo Vegetarian	×	○	○	○

Thanks to the Japan Vegetarian Society (a non-profit organization)



Icons and Detailed Restaurant Information

Address	Fixed holidays	Restaurant website
Telephone number	Number of seats and non-smoking information	Reservation guidance
Time to walk from the nearest station	Price range	English spoken
Business hours and last order time	Credit card acceptance	English menu available

Area	Station	Genre	Restaurant Information
Umeda	Umeda Sta.	Indian cuisine	<p>6F, Watanabe Bldg., 1-12-14 Shibata, Kita-ku, Osaka City</p> <p>3-minute walk from Hankyu Umeda Station ☎ 11:00-15:00 (L.O. 14:30), 17:00-23:00 (L.O. 22:30) 📅 Open every day except Dec. 31 and Jan. 1 🍽 50 seats (44 at tables, 6 at counter). Lunch all non-smoking, separate smoking / non-smoking at dinner 🍽 Lunch from ¥850, dinner from ¥2900 📄 All accepted (dinner only) 🌐 http://www.restaurant-bar-banjara.com 📞 Reservations accepted</p>

Indian Restaurant Bar Banjara

☎ 06-4802-0326



Authentic Indian cuisine, serving the needs of vegetarian, Halal and Jain customers.



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.



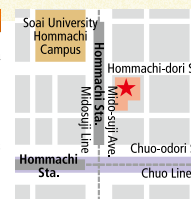
Spacious and elegant interior can accommodate large groups. Watch the chefs cook in the open kitchen in the rear.

Area	Station	Genre	Restaurant Information
Hommachi	Hommachi Sta.	Japanese cuisine	<p>B1F, Hommachi Garden City, 3-6-4 Hommachi, Chuo-ku, Osaka City</p> <p>1-minute walk from Hommachi Station on the Midotsuji subway line, etc. ☎ 11:00-14:00 (L.O.), 17:00-20:00 (L.O.) 📅 Mon., 4th Sun., Year-end and New Year holidays 🍽 44 seats, smoking permitted 📄 From ¥8000 📄 Various credit cards accepted (UnionPay not accepted) 🌐 https://ajikitcho.jp 📞 Reservations accepted (reservation required for vegetarian menu)</p>

Ajikitcho Bunbu-an

☎ 06-6245-1055

*Contact restaurant in advance if you would like an English menu



Traditional Japanese cuisine makes a delightful, seasonal feast for the eyes!



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.

With a star in the 2017 Michelin Guide, this restaurant has a long history and many famous people among its fan base. Traditional Japanese cuisine conveys the blessings of the four seasons, and the food is as visually appealing as it is delicious. Vegetarian lunch and dinner courses can be prepared (advance reservations are required.)



In this lovely traditional Japanese interior, you'll forget it's on a hotel's basement floor.



All ingredients are strictly selected, fresh and in season.

Area	Station	Genre	Restaurant Information
Shinsaibashi	Yotsubashi Sta.	Natural food restaurant	<p>1F, Alivio Shimomachi, 1-9-9 Shimomachi, Nishi-ku, Osaka City</p> <p>2-minute walk from Yotsubashi Station on the Yotsubashi subway line</p> <p>🕒 11:30-15:00 (L.O. 14:00), 17:30-23:00 (L.O. 22:00) 🚪 Closed irregularly 🍴 50 seats, non-smoking 💰 From ¥950 📄 Visa, MasterCard, JCB 🌐 https://www.facebook.com/papurika.vegan/</p> <p>*Japanese language only 📞 Reservations accepted</p>

Paprika Shokudo Vegan

☎ 06-6599-9788




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.

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



The natural feel of the interior design is delightful!

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



Smoothies made fresh after order is received, ¥700.

Area	Station	Genre	Restaurant Information
Kitahama	Kitahama Sta.	Nepali & Indian cuisine	<p>B1F, Sanken Kitahama Bldg., 1-6-10 Hiranomachi, Chuo-ku, Osaka City</p> <p>5-minute walk from Exit 5 of Kitahama Station on the Sakaisuji subway line</p> <p>🕒 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 💰 Lunch from ¥750, dinner from ¥1280 📄 Visa, JCB, MasterCard, AmEx (dinner only) 🌐 http://manakamana.jp/ *Japanese language only 📞 No strict rule, but try to reserve 3 days before or earlier</p>

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 curry and nan, 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.



Make yourself at home in a stylish, cozy and relaxing warm-toned wood interior. Full bar, no smoking.

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

Vege Dal Bhat (¥1280): dal, vegetable soup, and delightful array of vegetarian side dishes with rice and yogurt



Area	Station	Genre	Restaurant Information
Shinsekai	Dobutsuen-mae Sta.	Kushikatsu / Robata yaki	<p>2-4-7 Ebisu-higashi, Naniwa-ku, Osaka City</p> <p>3-minute walk from Dobutsuen-mae Station on the Midotsuji subway line</p> <p>🕒 11:30-22:00 🚪 Open every day 🍴 241 seats, smoking permitted 💰 From ¥1500 📄 Visa, MasterCard, JCB, AmEx, Diners Club, UC, UnionPay 📞 Reservations accepted (reservation required for vegetarian menu)</p>

Iruri

☎ 06-6631-8814 (Reservations)

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



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!



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

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

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



Area	Station	Genre	Restaurant Information
Fukushima	Nodahanshin Sta.	Restaurant	<p>3-27-17 Yoshino, Fukushima-ku, Osaka City 1-minute walk from Exit 7 of Nodahanshin Station on the Sennichimae subway line</p> <p>11:00-14:00, 17:00-23:00 Open every day 30 seats, smoking permitted From ¥1000 Visa, MasterCard, JCB, AmEx, Diners Club, UnionPay http://three-peace-matsuri.com</p> <p>Reservations accepted</p>

Japanese Food Restaurant MATSURI

06-6940-6633



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 prayer room as well. Try mildly seasoned, homey Japanese favorites, including ramen and deli-style side dishes.



Enjoy the genuine taste of Japanese cuisine at reasonable prices.

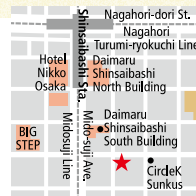
Samurai Ramen ¥750. Non-animal, non-alcohol. The flavor secret is in the sesame and miso.



Area	Station	Genre	Restaurant Information
Shinsaibashi	Shinsaibashi Sta.	Cafe	<p>2F, 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) Tue. (If a public holiday, the following day will be closed instead) 16 seats, non-smoking ¥2000-¥3000 Visa, MasterCard http://www.facebook.com/CafeAti *Japanese language only</p> <p>Reservations accepted</p>

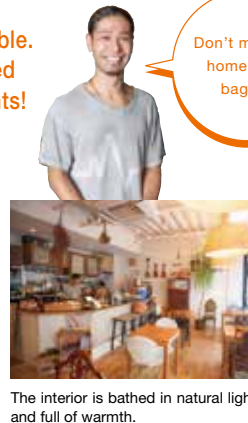
Organic & Vegetarian Cafe Ati

06-6212-0066



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.



Don't miss the homemade bagels!

Veggie Meals: widely varied course menu ¥1500 (¥2000 from 18:00 onward)



Area	Station	Genre	Restaurant Information
Shinsaibashi	Shinsaibashi Sta.	Cafe	<p>2F, Popolo Bldg., 1-10-17 Nishi-shinsaibashi, Chuo-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. 30 seats, non-smoking From ¥1000 Visa, MasterCard, JCB, AmEx, Diners Club, Discover, UC, UnionPay http://3tecafe.com *Japanese language only</p> <p>Reservations accepted</p>

3te' Cafe'

06-6243-5766



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!



Eat with balance for health and beauty inside and out!

17-ingredient salad ¥1100, chock full of beautiful fresh vegetables. Comes with bread and soup.



Area	Station	Genre	Restaurant Information
Hommachi	Hommachi Sta.	Vegan cuisine	<p>Kyuhō Bldg., 4-2-2 Kita-kyuhōjimachi, Chuo-ku, Osaka City 5-minute walk from Hommachi Station on the Midosuji subway line 11:30-17:00 (L.O. 16:30) *Fri.: lunch 11:30-15:00 (L.O. 14:30), dinner 18:00-22:00 (L.O. 21:00) Sun., public holidays, Bon period, Year-end and New Year holidays 43 seats, non-smoking ¥1000-¥2000 Credit cards not accepted http://osaka-vegetarian-ge.com/english.html</p> <p>Reservations accepted</p>

Green Earth

06-6251-1245



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.



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.



Area	Station	Genre	Restaurant Information
Fukushima	Shin-Fukushima Sta.	Asian cuisine	

CHOWK

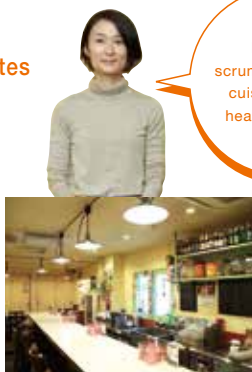
☎ 06-6453-0020

2-4-17 Fukushima, Fukushima-ku, Osaka City 3-minute walk from Shin-Fukushima Station on the JR-Tozai Line 11:30-14:00 (L.O. 13:30), 18:00-22:00 (L.O. 21:00) Sun. and Mon. 17 seats, non-smoking From ¥1000 Credit cards not accepted <http://chowk.pya.jp> *Japanese language only R Reservations accepted (reservation required for vegetarian menu)



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.



There are two four-person tables in the back of the restaurant.

Feast on scrumptious Asian cuisine to your heart's content.

Lunchtime meals ¥1000. Single-plate lunch with simmered dishes, pickles etc. that go splendidly with jasmine rice.



Area	Station	Genre	Restaurant Information
Kitahorie	Yotsubashi Sta.	Indian cuisine	

Vegetarian Indian Restaurant Shama

☎ 06-6536-6669



B1F, Kurasho Bldg., 1-3-7 Kitahorie, Nishi-ku, Osaka City A short walk from Exit 5 or 6 of Yotsubashi Station on the Yotsubashi subway line 11:00-15:00, 17:00-22:00 Mon. 24 seats, non-smoking Lunch from ¥700, dinner from ¥1200 Visa, MasterCard, AmEx, JCB, Diners Club, Discover, Apple Pay <https://indoshama.jimdo.com> By telephone, fax, or via website or Facebook



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, tempeh and so on made in-house. All vegetarian, mostly vegan menu with non-vegan dishes marked. Faithfully dedicated to serving health-conscious diners.



A simple, clean, no-frills interior below street level, seats 24. Quiet, no smoking, no alcohol served.

Our mission is to serve healthy, authentic vegetarian and vegan food.

Curry Noodle Set (Vegan) (¥1050): Noodles in curry soup with tempeh and vegetables, with soup, salad, Tibetan dumplings, drink, dessert



Area	Station	Genre	Restaurant Information
Umeda	Osaka Sta.	Indonesian cuisine	

Apakabar

☎ 06-6454-2609

1-6-16 Oyodo-minami, Kita-ku, Osaka City 8-minute walk from Osaka Station 11:30-15:00, 17:00-21:00 Tue. and Wed. 20 seats, non-smoking From ¥1200 Credit cards not accepted R Reservations accepted



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.



The cheerful, comfortable interior gets plenty of natural light.

We bring the real marvelous flavors of Indonesia to Japan.

Nasi campur ¥1200. Rice surrounded by various side dishes that change day by day.



Area	Station	Genre	Restaurant Information
Shinsaibashi	Shinsaibashi Sta.	Mexican cuisine	

EL PANCHO

☎ 06-6241-0588

8F, Shinsaibashi Tower Bldg., 1-10-1 Shinsaibashi-suji, Chuo-ku, Osaka City 1-minute walk from Shinsaibashi Station on the Midotsuji subway line 11:30-23:00 (L.O. 22:00) *Open until 23:30 on Fri., Sat., and days before public holidays. (L.O. 22:30) Open every day 42 seats, non-smoking From ¥1350 Visa, MasterCard, JCB, AmEx, Diners Club R Reservations accepted



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!



Like being inside a cheerful cave, decorated with charming and colorful Mexican bric-a-brac.

Healthy, but satisfyingly generous portions!

Vegetarian Healthy Set ¥1350. Single-plate meal with vegetables of many colors, comes with salad.

