



# IZU Islands

The Izu Islands, which are part of Tokyo, are a group of volcanic islands that runs from Izu Oshima off the coast of Sagami Nada and continues for about 600 km to the south.

Many of the volcano-made islands are shaped like mountains floating on the ocean, and volcanic activities are still continuing in Oshima and Miyakejima.

Fishery and seafood processing industries are thriving in each island, and delicious fish cuisine and unique souvenirs are abundant. For example, camellia oil was a popular item among the commoners of the Edo period.

In this chapter, we will introduce attractions and restaurants of Oshima, Niijima, Shikinejima, Kozushima, Miyakejima, Mikurashima, and Hachijojima.



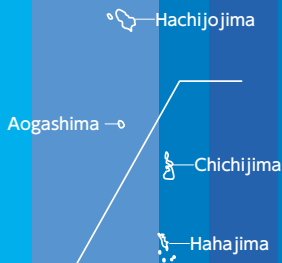


# Oshima

The largest island of the Izu Islands where people and nature coexist around the grand Mt. Mihara.

Oshima is the largest island of the Izu Islands located about 120 km from the central Tokyo. Mt. Mihara rises in the center of the island, and they have a very popular hiking course where the crater can be seen from the top of the mountain. The climate is warm and humid because of the Kuroshio Current, and the average annual temperature is around 16 °C (60.8 °F).

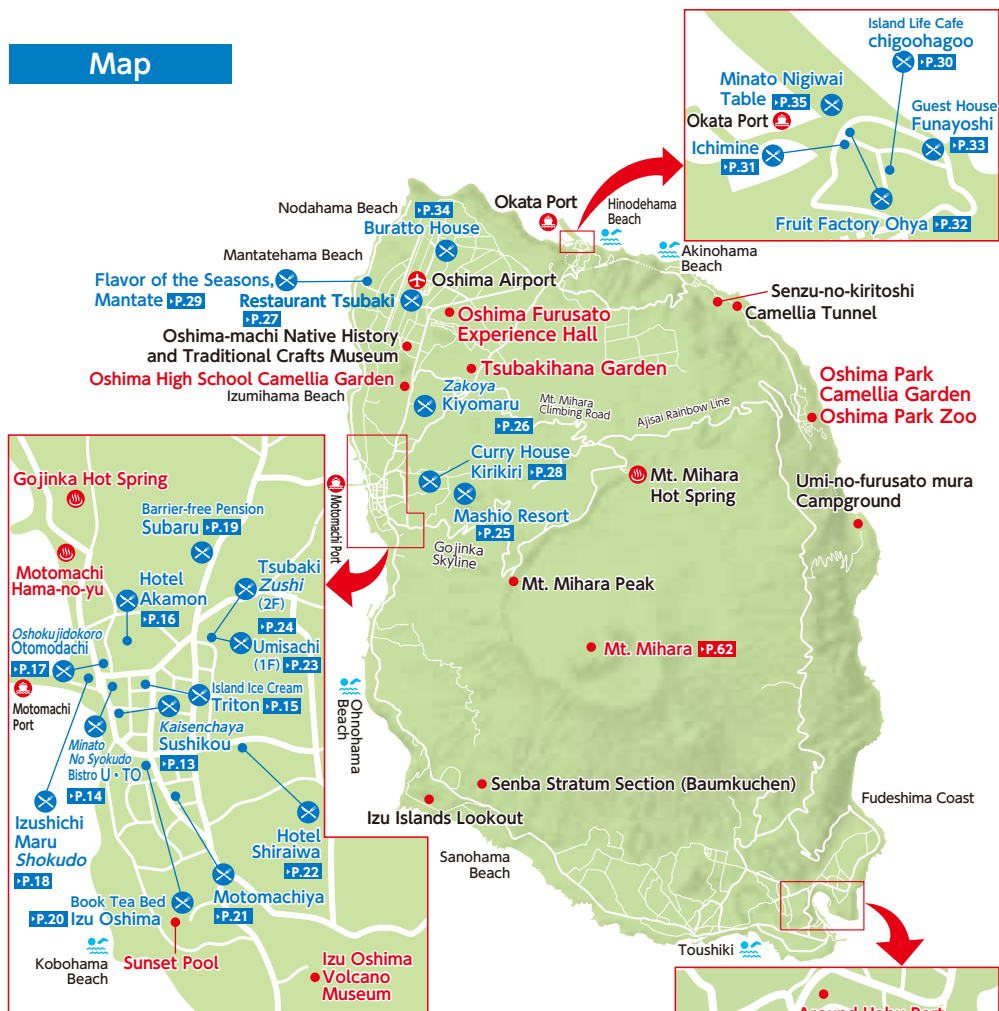
As the closest Izu island to the central Tokyo, Oshima is crowded with many tourists during the period of camellia bloom and summer.



## Access

<b>Takehiba Passenger Ship Terminal</b> (Tokai Kisen)	<b>High-speed jet ferry</b> [1hour45minutes]	<b>Oshima</b>
	High-speed jet ferries are also in service from Atami. (45 minutes)	
	<b>Large passenger ship</b> [8hours]	
<b>Chofu Airport</b> (New Central Airservice)	<b>Airplane</b> [25minutes]	
(Contact) Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191		

## Map



## Main events

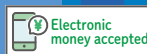
Late January to late March	Izu Oshima Tsubaki Matsuri (Camellia Festival)
February	Izu Oshima Camellia Marathon
	Camellia Queen Contest / Photo Session
June	Izu Oshima Triathlon
August	Summer Festival
	Miss Oshima / Miss Anko Presentation
October	Autumn Fair
October to November	Izu Oshima Geopark Rogaining
December	Izu Oshima Marathon

## Tourist information

## Oshima Tourism Association

URL <http://www.izu-oshima.or.jp> TEL 04992-2-2177





# Kaisenchaya Sushikou

ACCESS MAP



Address: 1-4-7 Motomachi, Oshima-machi  
Opening hours: 11:00-15:00 (LO 14:00) / 17:00-22:00 (LO 21:00)  
Closed: Most Tuesdays and Wednesdays, open on public holidays

☎04992-2-0888



Sushikou has a great view as it is located on the second floor of a building within a short walk from Motomachi Port. You can enjoy your food looking out at the sea. Their menu consists mainly of fresh fish caught at Oshima.  
※Prices are subject to change in the future based on fish availability.



## Godzilla sushi



Food used ▶Bermuda catfish

Available: Year-round

¥1,000

Godzilla *sushi* uses Bermuda catfish, which is a black purple fish like Godzilla of Izu Oshima that has a sharp tooth in a big mouth. However, belying its appearance, the meat is deliciously fatty and offers a pleasant aftertaste.Great choice for a souvenir, too.

## 12 pieces of Nigiri-sushi of the island

Food used ▶Tuna, *bekko*, seasonal fish

Available: Year-round

¥2,800

They serve hand-formed *sushi* using *bekko*, tuna, and other fresh local fish that every visitor should try.



## Shima-don

Food used ▶Splendid alfonsino, tuna, *bekko*, seasonal local fish

Available: Year-round

¥2,000

In addition to tuna and *bekko* (a local specialty of white-meat fish marinated in a soy and island chili pepper), three kinds of fresh local fish are served in a bowl.

The restaurant's original menu, *bekko-don* in the stone-roasted *bibimbap* style is popular for the taste of the scorched rice. Mix and taste with local laver and raw egg. You can also enjoy it as *ochazuke* (boiled rice in soup).



## Stone-roasted *bekko-don*

Food used ▶*Bekko*, island laver

Available: Year-round

¥1,500

Oshima

# Minato No Syokudo **Bistro U•TO**

ACCESS MAP


<https://bistro-u-to.business.site/>

Address: 2F 1-9-4 Motomachi, Oshima-machi

Opening hours: 18:00-22:00 (Make reservations by the day before) Closed: Tuesdays, Wednesdays

 **080-7934-2244**


This bistro is located on the second floor of a building that provides an unobstructed view of Motomachi Port. The only bistro on the island, the mood lets you momentarily forget that you are on Oshima. They offer a mix of original cuisine using carefully selected seasonal produce from the island as well as French cuisine found only here.

## Chef's course

Food used ▶ Island seafood, local vegetables

Available: Year-round

**From ¥4,950**

The menu is based on French cuisine with elements from Japanese, western, and ethnic cuisines added and prepared optimally using seasonal ingredients. Courses are generally comprised of a plate of hors d' oeuvres, local fish carpaccio, a main dish, dessert, and a drink after the meal.

### (Example menu 1)

Local fish carpaccio: *Takabe* (yellowstriped butterfish) lightly vinegared, *Kanpachi* (greater amberjack) *Bekko*, *Akazemuro* (amberstripe scad) prepared in the *Namero* style (a *Tataki* or minced style mixed with seasonings)



### (Example menu 2)

Acqua pazza of *Kinmedai* (Splendid Alfonsino), Oshima style



### (Example menu 3)

Blancmange of Oshima milk garnished with Oshima strawberries



Oshima

Island Ice Cream **Triton**

Address: 1-10-9 Motomachi, Oshima-machi

Opening hours: 10:00 - 18:00

Closed: Wednesdays

ACCESS MAP



04992-7-5425



Come and enjoy a variety of ice cream flavors made from Oshima milk and other ingredients produced on the island. Many different requests can be accommodated via the wide assortment of flavors.

**Kuromitsu and Green Kinako**

Food used ▶ Oshima milk

Available: Year-round

¥300

A generous amount of *kinako* soybean flour is kneaded into the ice cream, and then dark *kuromitsu* molasses is added as a topping. The sensation of eating the chilled *kinako* soybean flour makes this taste more like a traditional Japanese *wagashi* sweet than ice cream.

**Chocolate Banana**

Food used ▶ Oshima milk

Available: Year-round

¥300

Ice cream that was developed by the children of Oshima. By incorporating chocolate chips into the ice cream and using Oshima milk, the chocolate and banana flavors create an even better match.

**Passion Fruit**Food used ▶ Oshima milk,  
Oshima passion fruit

Available: Summer only

¥300

Ice cream using plenty of both Oshima milk and Oshima passion fruit.





# Hotel Akamon

ACCESS MAP



<http://www.ooshima-akamon.com/>

Address: 1-16-7 Motomachi, Oshima-machi

Opening hours: 7:30 - 20:00 (Reception)

☎04992-2-1213



At Hotel Akamon, located not far from Motomachi Port, Oshima's entryway to the sea, you can enjoy an open-air bath supplied by hot spring water, uncommon in Izu Oshima. Akamon also functions as a museum – everywhere in its vast premises, you can feel the impact upon history by “Chinzei Hachiro Minamoto no Tametomo,” a legendary samurai and archer. You can also see the vermilion gate (red gate) and Tametomo Shrine which were specially authorized for Tametomo by the Tokugawa shogunate.

## Shima-Gozen

Food used ▶ Seasonal fish, local vegetables

Available: Year-round

Included in the lodging charges

Made using the currently best available ingredients, taken from the nearby local waters. Vegetables taken from the hotel's vegetable garden make the dish crisp and fresh. We hope you enjoy this meal, crafted with care, as part of your stay.



## Sashimi selection

Food used ▶ Seasonal fish

Available: Year-round

Included in the lodging charges

Enjoy fish taken from the Oshima's local waters.



## Original camellia sushi

Food used ▶ Seasonal fish

Available: While camellia are in bloom

Included in the lodging charges

Mention Oshima, and camellia come to mind. At Hotel Akamon, we offer an original camellia sushi, which is a delight to look at.



Oshima

## Oshokujidokoro Otomodachi

ACCESS MAP


<http://www.otomodachi-osi.com/>

Address: 1-17-3 Motomachi, Oshima-machi

Opening hours: Morning set meal: 6:00-10:00 (5:00-10:00 in summer) (only when large passenger ships are in service)

Regular service: 10:00-15:00 (Last order: 14:00) Closed: Wednesdays

☎04992-2-0026



Located in the immediate vicinity of Motomachi Port, the ocean spreads out in front of the shop. Seasonal fish, recommended by fishermen, are available at any time. We also serve a delicious morning set meal for those arriving early by large passenger ship. We look forward to your visit.

## Kinmedai-ni set meal

Food used ▶ Splendid alfonsino

Available: Year-round **¥2,000**

A set meal using splendid alfonsino from the waters around Oshima.



## Bekko-don

Food used ▶ Seasonal fish

Available: Year-round **¥1,200**

A local island cuisine where *sashimi* from local fish is mixed with island chili peppers and soy sauce then put over a bowl of rice.



## Local fish sashimi set meal – 6 or 4 pieces

Food used ▶ Seasonal fish

Available: Year-round

6 pieces **¥1,800** or 4 pieces **¥1,200**

Set meal with fish caught around the island. Enjoy the bounty of Oshima's ocean.







# Izushichi Maru Syokudo

ACCESS MAP



Address: 1-18-3 Motomachi, Oshima-machi

Opening hours: 10:00 until last departure

Closed: No fixed days (please inquire)

☎04992-2-4380



This cafeteria, located on the 2nd floor of Motomachi Port Terminal, is a great place to while away the wait between ferry departures while gazing upon the ocean. Depending on the season, they sometimes serve *Shio*-butter (salt and butter flavored) ramen made with Oshima butter that is itself quite popular as a take-home gift.

※ Use Minato Nigiwai Table (page 35) when your ferry departs from Okata Port.



## Shima-shima bento (boxed lunch)

Food used ▶ Japanese butterfish

Available: Year-round

¥700

The shima-shima boxed lunch is based around the *Bekko sushi* for which Oshima is renowned. The *Medai* (Japanese butterfish) *sashimi* marinated in green chili pepper soy sauce is coated with olive oil resulting in a culinary experience like prosciutto. The *sushi* rice is accented with thinly sliced *Ume* plum and sesame, and the salted *Konjac* uses natural salt from Oshima. The eye-catching box is designed after a small ship.

Make sure to reserve if you have your heart set on getting one.

## Ashitaba soba

Food used ▶ Ashitaba

Available: Year-round

¥680

The *soba* offers a slight fragrance of *Ashitaba* leaves because powdered *Ashitaba* is kneaded into the noodles.



## Green chili pepper ramen

Food used ▶ Green chili peppers

Available: Year-round

¥900

The Green chili pepper *ramen* adds the very hot green chili peppers grown on Oshima to a salt based *ramen* soup, making it popular with those who love spicy hot foods.



# Barrier-free Pension **Subaru**



<http://userweb.www.fsnet.or.jp/subaru/>

Address: 1-23-6 Motomachi, Oshima-machi

Opening hours: 13:00 - 14:30 / 18:00- 21:00 Closed: No fixed days

**04992-2-1142**



The owners started this small hotel because they wanted people to feel truly enriched by interacting with others and nature. They serve food hoping that customers say, "I want to go to Oshima because I want to eat delicious island cuisine in the barrier-free Subaru!"

On a warm, sunny day, you can also enjoy your meal on the lawn terrace.

## **Shima kaiseki**

Food used ▶ Splendid *afurikado*, yellowstriped butterflyfish, chicken grunt, abalone, *ashitaba*, green chili, etc.

Available: Year-round

From **¥4,320**

They plan the menu every day based mainly on the fish caught on that day and serve dishes with a menu card.

(Example) *Ashitaba Namul*, *sashimi*, salt-grilled red seabream head, *Magochazuke* (raw fish and boiled rice in a soup) of bonito, etc.

## **Seafood wappa-meshi set meal**

Food used ▶ *Hambanori* (local laver), abalone, *ashitaba*

Available: Year-round

From **¥2,700**

Based on the local cuisine "*hambanori* (local laver) and rice," it's the fish, abalone, and vegetables from Oshima such as *ashitaba* all steamed in "*wappa* (circular wooden container)." Enjoy while it's hot.



## **Camellia petal jam**

Food used ▶ Camellia petals

Available: Year-round

**¥770**

Brilliant pink jam made by boiling "camellia petals" which can be used in various ways such as eating with bread and making a Russian tea by putting it in your tea and enjoy watching the petals floating in the tea.

Camellia Petal Jam is also produced and sold at a hotel in Tokyo as its private brand product.





# Book Tea Bed Izu Oshima

ACCESS MAP



<https://bookteabed.com/ja/izuoshima/>

Address: 2-3-4 Motomachi, Oshima-machi

Opening hours: 7:15-22:00 Open all year round

☎04992-7-5972



This inn is based on a concept combining books, tea, and bed. Visitors can read one of the almost 4,000 books available at the adjacent cafe bar while enjoying a light meal made with local produce.

## Kusaya hot sandwich

Food used ▶ Kusaya

Available: Year-round

¥650

This hot sandwich is an easy way to introduce yourself to Kusaya, a Japanese salt dried and fermented fish, because the Kusaya made on the island has a milder smell and taste than elsewhere. It goes perfectly with the melted cheese inside.



## Sweet and spicy chicken hot sandwich

Food used ▶ Island chili peppers

Available: Year-round

¥650

Paired with the chicken, this sweet and spicy combination of mayonnaise and an island chili pepper sauce make for an irresistibly delicious hot sandwich. Also popular as a breakfast item.



## Azuki (Red Beans) butter hot sandwich

Food used ▶ Oshima butter

Available: Year-round

¥650

This sandwich uses the highly valued and richly flavored Oshima butter. The filling sandwich is filled with ample portions of chunky anko bean paste and Oshima butter.



Oshima

# Motomachiya

Address: 2-11-4 Motomachi, Oshima-machi

Opening hours: 11:15 - 13:30 (evenings available by reservation)

Closed: Mondays

☎04992-2-1215/0665

ACCESS MAP



A 5 minutes' walk from Motomachi Port is this stylish shop with an ambience symbolizing the culture of the island. Various kinds of *shochu* liquor are available, and the noodles here use camellia oil (produced on Toshima), which contains more oleic acid than olive oil. As they are produced and created without the use of pesticides, Toshima camellia oil is precious and expensive. Please enjoy it along with the island's food.

## Pako ramen

Food used ▶ Seasonal local vegetables, island laver

Available: Year-round

¥980

In addition to the attention paid to the chicken stock and the quality of the pork, the fried pork rib, after being marinated in a secret tare sauce, is topped with seasonal island vegetables, island laver, and camellia oil from Toshima.

## Wonton noodles

Food used ▶ Seasonal local vegetables, island laver

Available: Year-round

¥950

The *wontons*, handmade at the shop, are combined with seasonal island vegetables, island laver, and camellia oil for an unparalleled flavor.



## Oyakodon

Food used ▶ Island laver

Available: Year-round

¥850

The *oyakodon* is confidently made using chicken, tenderized by an original method, and fluffy eggs. Island laver is then layered on top, accenting the flavor.





# Oshima Hotel Shiraiwa

<http://www.h-shiraiwa.com/>

Address: 3-3-3 Motomachi, Oshima-machi

Opening hours: 7:30 - 20:00 Open all year round

ACCESS MAP



☎04992-2-2571



This beautiful hotel is known for "Benitsubaki-no-yu," a hot spring generated by the eruption of Mt. Mihara in 1986. They put a lot of thought into the ways to make tourists enjoy food from the mountains such as *ashitaba* and various types of seafood by using camellia oil from Takata Seiyujo, the long-established refinery, and the *Umi-no-sei* salt made from seawater of Oshima.

## Live abalone sashimi

Food used ▶ Abalone

Available: January to October **¥4,400**

You can savor the texture of abalone and smell of ocean as the *sashimi* is prepared from live abalone caught in the sea around Izu Oshima just before serving. It's usually eaten with regular *wasabi* soy sauce, but the Island's special green chili soy sauce is also recommended.



## Simmered whole splendid alfonsino

Food used ▶ Splendid alfonsino

Available: Year-round **¥3,850**

They simmered whole splendid alfonsino caught in the vicinity of Izu Oshima with sweetened soy sauce. A large pot is used to cook, which makes it a gorgeous dish that you cannot taste in everyday life. You can taste all of splendid alfonsino, from the tip of the head to the base of the tail.



## Live spiny lobster sashimi

Food used ▶ Japanese spiny lobster

Available: Mid-October to early May **¥7,700**

You can savor the sweet plump white meat of Japanese spiny lobster as the *sashimi* is prepared from live lobster caught in the sea around Izu Oshima just before serving. Upon request, *miso* soup using the lobster's shell and tomalley for broth will be served for breakfast the next morning.





# Umisachi

Address: 4-10-3 Motomachi, Oshima-machi Opening hours: 18:00 - 22:30 (Last order: 21:30)  
 Closed: Sundays and 4th Mondays (Open on Sunday if Monday is a national holiday, and then closed the next Monday)

☎04992-2-2942



Located near Motomachi, this *izakaya* proudly shows off the bounty of the sea. Focused on rare fish unique to the islands, dishes are presented with fresh, seasonal vegetables.

※All tables may be reserved, so please call in advance, especially on holidays.

※Small children may not be allowed inside because the restaurant is an *izakaya*.



## Sabi segoshi

Food used ▶ Bermuda catfish, green chili peppers

Available: Year-round

¥600

The Bermuda catfish is known as *sabi* in Japanese, and the *segoshi* style, with its fine, delicate, and close cuts, similar to the style used for conger eels, is combined here with vibrant green chili peppers. Enjoy this delicious combination that includes the fish's whole bones and elegant fatty tissue.

## Salt-Grilled Yellowstriped Butterfish

Food used ▶ Yellowstriped butterfish

Available: Depends on catch availability

¥600

Yellowstriped butterfish is one of the island's prominent high-class fish, and is a white fish that is in season throughout summer. The plump yellowstriped butterfish are prepared simply, via salt-grilling, so that their tender meat and rich, sweet fat can be savored fully. Fresh, skin-on yellowstriped butterfish *sashimi* is also recommended.



## Ashitaba Stir-Fried in Tsubaki Oil

Food used ▶ Ashitaba, tsubaki oil

Available: Year-round

¥500

*Ashitaba*, together with laver, is stir-fried in *tsubaki* oil for an easy-to-eat preparation, and the soy-sauce based flavor goes well with rice.





# Tsubaki Zushi

ACCESS MAP



Address: 2F 4-10-3 Motomachi, Oshima-machi

Opening hours: Only Sat., Sun. and Holidays: 11:30-14:00 (Last order: 13:30)

Weekdays, Sat., Sun., Holidays: 17:00-22:00 Closed: Mondays

☎04992-7-5689



Since opening, this *sushi* restaurant has long entertained diners with cuisine made using ingredients only available on the island.

The menu features dishes ingeniously made with seasonal ingredients, and should not be missed.

## Bekko sushi

Food used ▶ Seasonal local fish

Available: Year-round **¥1,760**

This is *Bekko*-colored, or tortoise shell colored *Nigiri-sushi*. The local fish is marinated in a sauce made from soy sauce, sake, and green chili peppers.



## Nigiri-sushi of local fish

Food used ▶ Seasonal local fish

Available: Year-round **¥1,760**

This *nigiri-sushi* features freshly caught local fish and fresh seafood brought over from Toyosu. We recommend it to those who wish to satisfy their craving for other kinds of *sushi* in addition to the *Bekko sushi*.

Oshima

# Mashio Resort

ACCESS MAP



<http://www.mashio.com>

Address: 492-1 Ohora, Motomachi, Oshima-machi

Opening hours: 18:00 - 22:00 (reservation required) Open all year round

☎ 04992-2-7317



The hotel is located in the heart of nature's bounty on the hillside of a mountain. You can enjoy their original cuisine made from distinctive fresh local ingredients and the view of the Izu Peninsula and Mt. Fuji outspreading before you.

※We apologize in advance that the hotel does not accept pre-school children. However, this does not apply to the exclusive use of the entire hotel.



## Mashio's special dinner

Food used ▶ Seasonal local fish, seasonal vegetables, Oshima milk, Oshima salt, etc.

Available: Year-round

¥6,600

(Course example) Appetizer, seasonal soup, carpaccio of local fish, frita of local shellfish, main dish of local fish, etc.

This special course is lavished with island vegetables and fish from which you can savor tastes of all four seasons.

The brilliant colors of the ingredients grown in the sea and the soil of Izu Oshima are filled with energy. The owner focuses on serving colorful dishes hoping that visitors will be more energetic tomorrow than today.







# Zakoya Kiyomaru

ACCESS MAP



Address: 262-26 Manose, Motomachi, Oshima-machi

Opening hours: 11:30 - 13:30 and 17:30 - 20:00 Closed: No fixed days

☎04992-2-1414



The “zako” (small fish) in our store’s name is for various fish, and just like the name suggests, we serve various local cuisines unique to the island, using fish which are available in Tokyo only in small quantities.

The inside of the store has a breezy, southern atmosphere. We have also exhibited at the Izu Oshima C-Class Gourmet Championship, and came away with first prize the first and second time the event was held.

## Bekko sushi (evening only)

Food used ▶ Medai white fish, green chili peppers

Available: Year-round

¥1,000

Bekko sushi made with fresh white fish filets that have been marinated in aoto soy sauce (soy sauce infused with chili peppers). A great way for you to enjoy the spiciness and kick of the island’s flavors.



## Ashitaba fried rice

Food used ▶ Ashitaba

Available: Year-round

¥1,200

We take ashitaba fried rice that you can make at home and elegantly add the flavors of our shop to the dish. As an accent, we add sesame-seasoned ashitaba onto the same plate; truly a fried rice we are proud of.



## Zako set meal

Food used ▶ Ashitaba, seasonal local fish, green chili peppers

Available: Year-round

¥1,950

A set meal that uses fresh fish taken from the waters around Oshima to make sashimi, simmered fish, etc. A menu where you can enjoy the flavors of various fish.



# Restaurant Tsubaki



Address: 270 Kitanoyama, Motomachi, Oshima-machi  
Opening hours: 8:00 - 16:00 Closed: No fixed days

☎04992-2-0377



A restaurant located in Oshima Airport, the gateway to Oshima's skies. All of the menus are available in the morning, including the morning menu, and there is a rich selection of noodles, bread, and a variety of set meals, so feel free to come in and have a meal or just to take a break. The large parking lot also makes it easy for customers coming by car.

※Opening hours may be extended in summer according to airline schedules.



## Large Shrimp Tempura and Rice Box with Ashitaba Tempura

Food used ▶ Ashitaba

Available: Year-round

¥1,600

This luxurious dish is ample and generous, both to look at and to eat!

## Soy Sauce Ramen with Island Laver

Food used ▶ Island laver

Available: Year-round

¥900

A menu item popular with customers of all ages, the simple soy sauce soup, with its aromas of the rocky shore and island laver, is sure to be a hit!



## Banana Juice

Food used ▶ Oshima milk

Available: Year-round

¥550

A delicious and refreshing drink of bananas added to milk from cows raised here on Oshima.



Oshima

Curry House **Kirikiri**<https://kirikiri-oshima.shopinfo.jp/>

Address: 417-9 Deharai, Motomachi, Oshima-machi

Opening hours: 11:30-18:00 (Inquire for times after 18:00, reservations required by the day before) ☎080-3409-9356

Closed: No fixed days

ACCESS MAP



Curry House Kirikiri celebrated its 20th anniversary in February 2019.

The curry here is hand made with uncompromising attention given to the ingredients, including organic ingredients and local island produce. Everything on the original menu is made in-house.

※Check the website and contact the restaurant for reservations and menu choices no later than the day before.

※Access to the restaurant can be confusing so please check the website beforehand.

**Curry set**

Food used ▶ Local vegetables, salt

Available: Year-round **¥1,200-1,800**

All menu items come with salad and rice or nan. The salad is made with seasonal organic vegetables from local farmers, topped generously with a dressing made from local hand made salt, pepper, and lemon. The nan set is 150 Yen extra. (Photo shows the chicken curry set)

**Ashitaba pizza**

Food used ▶ Ashitaba, Tsubaki oil

Available: Year-round

**¥1,400**

This Genovese pizza is made with fresh Ashitaba, camellia oil, nuts, and domestic garlic. The crust is made with domestic wheat and home made yeast (derived from apples, carrots, yams, and honey) and the dough allowed time to rise naturally.

**Seasonal desserts**

Food used ▶ summer orange (Natsumikan), blueberries, eggs, pumpkin etc.

Available: Year-round

**¥400**

The desserts on offer make good use of seasonal ingredients, such as the sweetened bitter summer orange jelly made with organic home grown bitter summer oranges, cheese cake made with Oshima grown organic blueberries and Oshima eggs, and the pumpkin soy milk pudding made with organic Oshima pumpkins. (Photo shows the pumpkin soy milk pudding)





# Flavor of the Seasons, **Mantate**



<https://ja-jp.facebook.com/hidetsugu.masuyama>

Address: 631-1 Noji, Motomachi, Oshima-machi

Opening hours: Lunch 11:00-13:30, Dinner 17:30-20:00

Closed: Tuesdays, occasionally other days (please call or check on Facebook before visiting.)

**04992-2-0007**



This restaurant is located very close to Mantate Beach and is popular with diners of all ages, from children to seniors. They use *Ashitaba* leaves grown organically and harvested from their own garden. The rice is all-you-can-eat, and the portions of the menu options are filling.

※See the restaurant's Facebook page for irregular closures and daily recommended dishes. Diners can pay via credit card, prepaid transportation cards, PayPay, and Merpay. Free WiFi available.

※Prices are as of November 2020 (lunchtime only)

## Salad Chirashi Sushi

Food used ▶ Local fish (white fish), local vegetables

Available: Year-round

**¥1,800**

This salad features raw vegetables and seafood on *sushi* rice with local fish *Bekko* style. Enjoy it topped by the restaurant's original dressing. Soup and pickles are included on the side.



## Dangerous ginger-fried pork

Food used ▶ Island chili peppers, local vegetables

Available: Year-round

**¥1,600**

This amply portioned meal contains 230g of meat and 100g of chopped vegetables per person. It stands out for the sauce made with home made soy sauce. Diners who wish to avoid spicy hot flavors should say so when ordering. Rice, soup, and pickles are included.



## Utsubo (moray eel) cocktail

Food used ▶ Tuna, *bekko*, seasonal fish

Availability: when supplies available

**¥900**

The key to this visually impressive *Utsubo* cocktail is the delicious home made broth.



## Chicken Ashitaba Cheese sauce fry set

Food used ▶ *Ashitaba*

Availability: only when *Ashitaba* sauce is available

**¥1,650**

This dish makes generous use of home-grown *Ashitaba* leaves. Enjoy it with the mellow cheese sauce. Rice, soup, and pickles are included.





# Island Life Cafe **chigoohagoo**

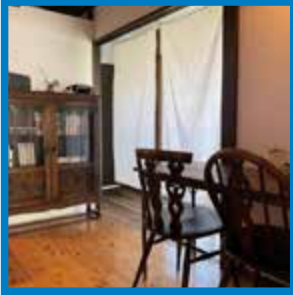
ACCESS MAP


<http://chigoohagoo.com>

Address: 3 Okata, Oshima-machi

Opening hours: 7:30 - 10:00 (LO 9:30), 16:00 - 20:00 (LO 19:30)

☎080-1209-8983



Chigoohagoo has created a quiet space for women leading busy, bustling lives and a cafe, amidst Oshima's nature, to put your heart and mind in order. While relaxing or reading, here you will find time to look inward.

※Individuals under the age of 12 and groups of 3 or more people will be turned away.

## Island Life Breakfast

Food used ▶ Island chili peppers, island salt, local fish

Available: Year-round

¥990

A gentle and delicate Japanese-style breakfast using dried island fish, made with a focus on wanting people to take care of themselves through food that is good for their bodies. Reservations are accepted until evening on the prior day.



## Oshima Milk Gelato Affogato

Food used ▶ Oshima milk

Available: Year-round

¥550

This delicious sweet lets you enjoy creamy Oshima milk together with fragrant espresso.



## Ashitaba Tea

Food used ▶ Ashitaba

Available: Year-round

¥440

This tea, made by roasting ashitaba, is often enjoyed together with chigoohagoo's handmade sweets.





# Ichimine

Address: 5 Okata, Oshima-machi Opening hours: 10:00 - 15:00  
 Closed: Thursdays, days with departures from Motomachi Port

☎ 04992-2-8524



A restaurant where you can enjoy local cuisine using sauces that have been passed down from generation to generation. In addition to *bekko*, there are also new local dishes using Oshima ingredients. Come and savor the island's home-cooked flavors.

## Island Spaghetti

Food used ▶ White meat fish, green chili peppers

Available: Year-round

¥750

With an aroma of the shore and the fragrance of its sauce, this appetizing and stimulating delicacy has stir-fried pasta, with a base made from white meat fish and a special green chili soy sauce using *bekko*, which is then finished by sprinkling on plentiful amounts of island laver.



## Bekko-don

Food used ▶ White meat fish, green chili peppers

Available: Year-round

¥1,200

A local island dish made by marinating white meat fish fillets, such as Japanese butterfish, in a special soy-sauce based marinade infused with green chili peppers.



## Special-made Oshima Pudding

Food used ▶ Oshima milk, local eggs

Available: Year-round

¥220

Handmade pudding plentiful amounts of using Oshima milk, one of Oshima's local specialties, and local eggs. With its modest sweetness, it is a popular dish as an after-dinner dessert.



# Oshima Fruit Factory Ohya



Address: 5 Okata, Oshima-machi

Opening hours: 10:00 - 16:00

Closed: Tuesday & Wednesdays, sailing days from Motomachi Port (excluding summer) ☎04992-2-8503



They make confiture, compote, smoothie, etc. from carefully- selected seasonal fresh fruit. Based on the concept of natural products, they pay attention to bringing out the natural taste of the fruit without using preservatives or artificial colors.

## Seasonal fruits compote/ confiture

Food used ▶ Seasonal fruits

Available: Depends on availability period of fruit

¥1,000 | ¥800  
for Large | for Medium

We prepare marmalade, compote and confiture jams that use seasonal fruits, such as Oshima produced figs, kiwi, strawberries, blueberries, passion fruits, kumquats, etc., as ingredients.



## Oshima grape smoothie

Food used ▶ Oshima grapes

Available: Year-round ¥500

A fragrant smoothie using Oshima produced grapes, a rarity on Oshima.

## Oshima milk and strawberry smoothie

Food used ▶ Oshima milk, strawberries

Available: Year-round ¥500

A popular menu item for children, this smoothie matches the sweetness of Oshima produced strawberries with freshly squeezed Oshima milk.

## Ashitaba green smoothie

Food used ▶ Ashitaba

Available: Year-round ¥500

They made the smoothie by mixing apple and lemon with *ashitaba* from Oshima. You can enjoy the refreshing flavor with a scent of *ashitaba*.

## Passion fruit smoothie

Food used ▶ Passion fruit

Available: Year-round ¥500

A smoothie using very fragrant passion fruit from Oshima. You will taste the rich tropical flavor in your mouth.



# Guest House Funayoshi



Oshima

Address: 7 Okata, Oshima-machi  
Reception hours: 8:00-20:00 Open all year round

☎04992-2-8447



This guest house opened as an inn for sailors 50 years ago in 1971, and later renewed by the second generation owner and his wife as a guest house with meals included. Just 3 to 5 minutes' walk from Okata Port near Hinode Beach, the leading public beach on the island, the owner describes his philosophy as "like a hidden gem behind an act of kindness, it's an island inn you'll be glad you visited." The handmade cuisine here is popular, made with local fish, island vegetables, and other seasonal local ingredients, and can be enjoyed accompanied by the fragrance of the ocean breeze on the seashore.

## Funayoshi dinner

Food used ▶ Seasonal fish, island vegetables

Available: Year-round

Included in the lodging charges

The dinners here feature island style home cooking with a focus on fresh seasonal island ingredients, such as local fish boiled, grilled with salt, or made into a broth, and *Tempura* and side dishes of local island vegetables such as *Ashitaba*.



## Funayoshi breakfast

Food used ▶ Seasonal fish, island vegetables

Available: Year-round

Included in the lodging charges

The healthy breakfasts here feature seasonal dried fish such as *Aji* (Japanese jack mackerel) and *Saba* (Mackerel) with salads, side dishes local island vegetables, sometimes boiled.



## Sashimi assortment special

Food used ▶ Seasonal local fish, shellfish

Available: Year-round

Available for an extra fee starting at 3,000 Yen for 3 or 4 people.

This recommended assortment features a generous array of seafood caught or harvested in the seas around Oshima for a reasonable price that belies the delicious taste. Please reserve before lunch on the day.



## Island style barbecue special

Food used ▶ meats and seasonal fish, shellfish

Available: Year-round

Available for 1,500 to 2,500 Yen extra per person

Enjoy a barbecue only possible on Oshima. Ask in advance to order local fish and shellfish. Enjoy an unrivaled moment surrounded by the smells of the sea and sounds of the waves.

※ Reservations required by one day before your stay. Barbecues may be cancelled when the weather is poor.





# Buratto House

ACCESS MAP



Address: 87-1 Shinkai, Okata, Oshima-machi

Opening hours: 9:00 - 16:00

Open all year round (excluding the Year-End / New Year holidays)

☎ 04992-2-9233



Buratto House is a farmers market that sells fresh fruits and vegetables harvested on Oshima, livestock products, and processed goods. As its name suggests, the Burratto House is a "place where you can casually drop in" (i.e. *burrato*), a community gathering spot for producers and locals residents. It is also famous as a sightseeing spot, and many products almost sell out as soon as it opens. On days with good weather you can take in the Izu Peninsula and Mt. Fuji from the terrace.

## Soft serve ice cream & gelato

Food used ▶ Oshima milk and seasonal ingredients (*ashitaba*, Oshima salt, camellia petal jam, pumpkin, passion fruit, etc.)

Available: Year-round

Soft serve ice cream ¥400

Gelato single ¥350; double ¥550

Oshima milk soft serve ice cream, which uses fresh, raw milk received directly from the Oshima Milk Factory, is a special treat! Our gelato lets you enjoy the flavor of each season. There are limited time flavors, so make sure to check availability. Services for cyclists such as cycle racks and bicycle tools, etc. are also provided. Additionally, we also have *omiyage* souvenir, so please, come and *burrato*.



\* Fresh vegetables sold in the market are also recommended.



Oshima

# Minato Nigiwai Table

ACCESS MAP



Address: 83-1 Yokocho, Okata, Oshima-machi

Opening hours: 10:00 to last departure

Closed: When ships depart from Motomachi Port instead or when all departures cancelled

☎ 04992-2-8132



This restaurant is located on the third floor of Okata Port Terminal, completed in February 2019. It is a great place to take a break while waiting for your ferry departure. Also don't forget to visit the Minato Nigiwai Market shop located on the second floor.

※Use *Izushichi Maru Shokudo* (page 18) when your ferry departs from Motomachi Port.

## Ashitaba rice balls (3)

Food used ▶ Ashitaba

Available: Year-round

¥450

Rice balls with *Ashitaba*, flavored with soy sauce. The meal also includes *Karaage* fried chicken and fried egg. It makes a great meal for taking with you on a hike.

※ We recommend reserving your purchase by phone as they may sell out.



## Shima nori ramen (soy sauce or salt flavored soup)

Food used ▶ island laver

Available: Year-round

¥900

This *ramen* boasts a generous topping of Oshima's special island laver. Choose your preference of either soy sauce or salt flavored soups.



## Green chili pepper ramen

Food used ▶ green chili peppers

Available: Year-round

¥900

The Green chili pepper *ramen* adds the very hot green chili peppers grown on Oshima to a salt based *ramen* soup, making it popular with those who love spicy hot foods.





# Tokyo Vone Ten

<http://tokyovonetten.com>

Address: 6 Habu-minato, Oshima-machi

Opening hours: 11:00 - 17:00 Closed: Mondays, Tuesdays

☎04992-4-1567



A café with a characteristic building reminiscent of the good old Showa era.

In addition to serving shaved ice and fish-shaped pancakes (*Taiyaki*) made with Oshima's specialties such as *ashitaba*, eggs, ocean salt, and Oshima milk, they also sell handmade souvenirs by local artists. Take-out reservations are also accepted.

## Ashitaba shaved ice topped with sweet beans/condensed milk made from Oshima milk

Food used ▶ *Ashitaba*, Oshima milk

Available: May to October

¥650

This is the original *ashitaba* shaved ice with sweet beans. Enjoy the taste of sweetened *Dainagon azuki* beans which pair wonderfully with *ashitaba* syrup.

Topping of homemade condensed milk made from Oshima milk is also recommended.



## Brown rice risotto in a fish-shaped Taiyaki pancake

Food used ▶ *Ashitaba*, Oshima milk, local eggs, ocean salt

Available: Year-round

¥350

Italian-inspired fish-shaped *Taiyaki* pancake with brown rice risotto inside which is cooked with *ashitaba*, carrots, potatoes, and hemp seed nuts in homemade tomato-*miso* sauce.



## Cold fish-shaped Taiyaki pancake with ashitaba in the batter

Food used ▶ *Ashitaba*, Oshima milk

Available: Year-round

¥250

Bright-colored, chewy cold *Taiyaki* pancake with tapioca powder and *ashitaba* powder in the batter.



# Oshibana

ACCESS MAP



<https://ja-jp.facebook.com/伊豆大島でガイドカフェ押し花-561550324052185/>

Address: Okinone Sashikiji, Oshima-machi

Opening hours: 11:00 - 16:00 Closed: Saturdays, Sundays, Holidays

☎ 090-9011-1950



The pressed flower artwork displays, created by the owner, foster a relaxed atmosphere where you can enjoy a ¥500 set meal, from main course to dessert. All of our ingredients are safe, as we raise them in our own garden without the use of pesticides.

## Set meal (changes daily)

Food used ▶ Local vegetables

Available: Year-round

¥500

We hope you enjoy your daily set meal, which uses fruits and vegetables raised in our own garden without the use of any pesticides.



## Eggplant and mushroom pizza

Food used ▶ Local vegetables

Available: Year-round

¥500

Plenty of cheese covers our pizza's vegetables, which we raise without the use of pesticides. The spicy taste of island chili peppers accents the vegetables.



## Cream anmitsu

Food used ▶ Tengusa algae agar

Available: Year-round

¥300

Tengusa algae taken from the ocean near Oshima is simmered to make agar and then turned into *tokoroten* jelly strips. We hope you enjoy their flavor when paired with seasonal fruit.

