

# The Plant Based Foodie Guide To Tokyo: Explore the Rich Plant-Based Culinary Delights

Are you a plant-based foodie and planning a trip to Japan's capital? If so, you're in for a treat! Tokyo, known for its incredible culinary scene, offers a wide range of plant-based options that are sure to delight your taste buds. In this comprehensive guide, we will take you on a journey through the city's plant-based food scene, from traditional Japanese dishes to innovative vegan creations.

## 1. Traditional Japanese Cuisine, Reimagined

When it comes to traditional Japanese cuisine, you might think it's challenging to find plant-based options. However, Tokyo has embraced the plant-based movement, and many traditional dishes have been reimagined to cater to vegans and vegetarians.

One iconic dish you must try is *vegan ramen*. Several restaurants in Tokyo offer delicious plant-based ramen noodles, including broth made from seaweed or mushrooms, topped with a variety of fresh vegetables. The flavors of these vegan ramen bowls are just as satisfying and comforting as their non-vegan counterparts.

### **Tokyo Vegan Guide 2018: The Plant-Based Foodie's Guide to Japan's Capital**

by Verena Tay (Kindle Edition)

★★★★☆ 4.3 out of 5

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If you're a sushi lover, fear not! Many sushi bars in Tokyo now offer plant-based sushi options. These inventive creations replace fish with ingredients like avocado, tofu, or marinated vegetables. The beauty and artistry of sushi are not lost in these plant-based alternatives.

## 2. The Rise of Vegan Cafes

Tokyo is home to a thriving vegan cafe culture, where you can indulge in a variety of plant-based treats and beverages. From cozy corner coffee shops to trendy dessert bars, you'll find an abundance of options to satisfy your vegan cravings.

A must-visit spot for any plant-based foodie is the famous *Plant Meets Craft* cafe. Located in the heart of Tokyo, this cafe offers a unique dining experience where you can enjoy delicious vegan dishes while surrounded by lush greenery. The cafe's menu features everything from hearty brunch options to decadent desserts.

If you're looking for lighter fare, head to *Green Oasis*. This charming vegan cafe specializes in refreshing smoothie bowls, vibrant salads, and energizing

beverages. The perfect spot to fuel up before a day of exploring Tokyo's bustling streets.

### **3. Exploring Plant-Based Street Food**

No visit to Tokyo is complete without trying some street food. Fortunately, even street food vendors are embracing the plant-based movement, offering a variety of options for vegan foodies.

One popular street food you must try is *Okonomiyaki*. This savory pancake is traditionally made with meat or seafood, but many vendors now offer plant-based versions. Topped with various vegetables, sauces, and vegan mayonnaise, this dish is a must-try for all food enthusiasts.

For a sweet indulgence, look out for *Taiyaki* vendors. Usually filled with sweet red bean paste, these fish-shaped cakes can also be found with vegan fillings like chocolate or matcha. They make for a delightful snack while exploring Tokyo's vibrant neighborhoods.

### **4. Michelin-Starred Vegan Dining**

If you're craving a high-end dining experience, Tokyo has you covered with its Michelin-starred vegan restaurants. These establishments offer an exquisite culinary adventure that showcases the best of plant-based gastronomy.

*T's TanTan* is one such restaurant that has earned a Michelin Bib Gourmand award for its exceptional vegan ramen. With its rich and flavorful broth, this vegan ramen is a true delight for both vegans and non-vegans alike.

Another must-visit vegan restaurant is *NeiLi Cafe*, famous for its fusion of Japanese and French cuisines. With a focus on seasonal and local produce, their menu changes regularly, ensuring you a unique dining experience each visit.

## 5. Unleashing Your Inner Foodie: Plant-Based Food Tours

To truly immerse yourself in Tokyo's plant-based food scene, consider joining a guided food tour. These tours take you on a culinary adventure, introducing you to a wide array of plant-based dishes across different neighborhoods.

The *Tokyo Veggie Food Tours* is a popular choice among plant-based food enthusiasts. Led by knowledgeable guides, the tour takes you to hidden gems and local favorites, offering insights into Tokyo's vibrant vegan food culture.

From street food stalls to upscale restaurants, these food tours allow you to sample a diverse range of plant-based cuisine while also providing an opportunity to connect with fellow foodies and share your culinary experiences.

Tokyo, the capital of Japan, has firmly established itself as a global destination for plant-based foodies. With its exciting array of traditional Japanese dishes reimaged for vegans, thriving vegan cafe culture, plant-based street food options, Michelin-starred vegan dining, and guided plant-based food tours, Tokyo offers an unforgettable culinary experience for all plant-based enthusiasts.

So, pack your bags, activate your taste buds, and embark on a delectable journey through Tokyo's plant-based food scene. Get ready to be amazed by the innovative and delicious plant-based delights that await you in this vibrant metropolis!

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Known as the land of sushi, Japan may seem a bit daunting to vegan and vegetarian visitors. But no fear, not only can you survive in Tokyo while keeping to a plant-based diet, but thrive on delicious meals and snacks!

The Tokyo Vegan Guide's 2018 edition contains everything you need to know to enjoy great food and make the most of your time in the city:

Reviews of over 70 vegan and vegan-friendly restaurants across Tokyo, including price ranges and easy walking directions

Compact travel guides and sightseeing recommendations near the restaurants

Tips about how to find vegan-friendly budget options in convenience stores, supermarkets and even major restaurant chains!

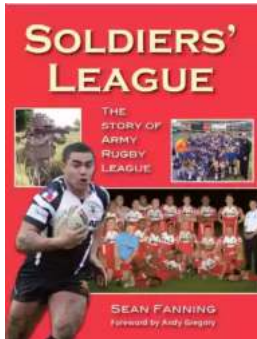
Bonus information for gluten free and halal foodies

A useful glossary with helpful phrases, common words and a clear explanation of veganism in Japanese

As a special bonus, a mini vegan guide to Kyoto is included!

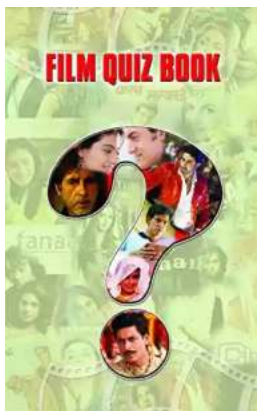
Written by the Tokyo-based, (self-professed) vegan gourmet and writer Chiara Terzuolo, this guide to Japan's capital will allow you to eat your way through the

city without any worries, while getting a taste for real Japanese plant-based cuisine.



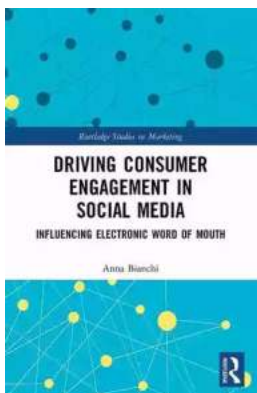
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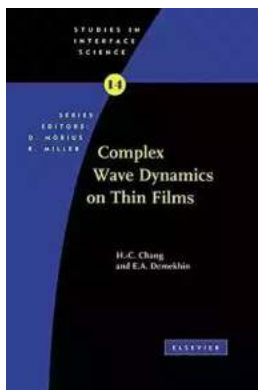
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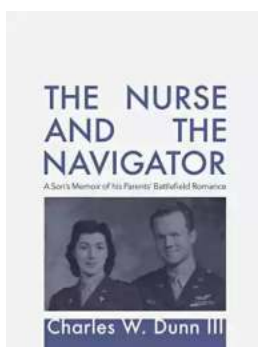
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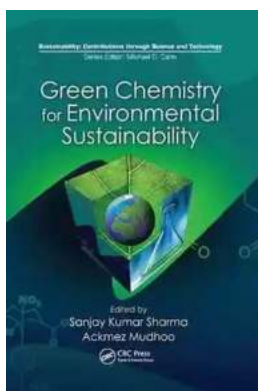
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