

GO TOKYO La guía oficial de viajes de Tokio



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Disfrute de la diversa cultura culinaria de Tokio

-Cocina vegetariana, vegana, musulmana, etc.-

Los ingredientes japoneses, con sus estaciones bien definidas y una abundante cosecha del mar y la montaña, son muy variados. El principal atractivo de la gastronomía de Tokio reside en la disponibilidad de ingredientes frescos y sabrosos de todo Japón. En Tokio, una ciudad con una larga historia y una rica cultura, se puede experimentar desde la cocina tradicional japonesa hasta las tendencias culinarias más modernas en un solo lugar.

Para que los huéspedes con restricciones dietéticas disfruten de sus comidas en Tokio con tranquilidad, aquí les presentamos algunos ejemplos de los tipos de menús y servicios que ofrecen los restaurantes de Tokio. Además, con un conocimiento básico de la etiqueta en los restaurantes japoneses, así como de la cultura y las costumbres japonesas, disfruten de la comida, que suele ser lo mejor de viajar.

Cosas a tener en cuenta al cenar en Japón

La cocina tradicional japonesa ha sido declarada Patrimonio Cultural Inmaterial de la UNESCO y se basa en una condimentación saludable que aprovecha al máximo el sabor umami del caldo dashi. En

los últimos años, los condimentos tradicionales utilizados para realzar el sabor umami se han vuelto cada vez más compatibles con las restricciones dietéticas, lo que permite que más personas disfruten de la gastronomía japonesa.

Para disfrutar de una comida con tranquilidad, asegúrese de consultar qué tipo de comida debería elegir si tiene restricciones dietéticas.



Para vegetarianos o veganos

La cocina tradicional japonesa y otros platos japoneses utilizan "dashi", un caldo con un sabor umami similar al del caldo. Tenga en cuenta que algunos platos aparentemente sin carne ni pescado pueden contener caldo dashi o gelatina elaborada con ingredientes animales, como bonito y otros caldos de pescado o extractos de carne. También pueden usarse ingredientes animales en el condimento o emulsionante.

Para los musulmanes

Los condimentos tradicionales japoneses, como el mirin (sake para cocinar), la salsa de soja y el miso (pasta de soja), pueden contener alcohol. Además, el sake japonés también se utiliza mucho en la cocina. Aunque no se especifique en los ingredientes, tenga en cuenta que pueden utilizarse emulsionantes con gelatina o ingredientes derivados del cerdo, o condimentos a base de alcohol. Tenga en cuenta que algunos vinagres utilizados en el arroz para sushi se elaboran a partir de alcohol.

Etiqueta en la mesa japonesa que debes conocer

Otoshi

El otoshi es un plato pequeño, similar a un aperitivo. Se sirve automáticamente antes del pedido, generalmente por el precio de la entrada, en un lugar como un izakaya (bar informal).

Agua, Té

Se sirve agua o té al sentarse a la mesa. Suele ser gratuito y se puede consumir en el local.

No se permite traer alimentos ni bebidas.

Please consume only what is ordered and served in house.

Oshibori

It is a small wet towel for wiping your hands provided as a courtesy. It is for use in house only and not to be taken out.

Taking off shoes

Take off your shoes before entering the tatami-matted sitting room. Place the shoes taken off in an orderly manner.

A number of orders

At an eatery, it is commonly expected to order at least one dish per person.

Tipping

There is no custom of tipping in Japanese restaurants. Please ask if the check is to be settled at the table or paid at the register.

* The examples above are generally practiced at restaurants in Japan.

Approaches to dietary restrictions by restaurants in Tokyo Metropolis

“Tradition” and “Innovation” coexist in Tokyo. With the passage of time, new cuisines are born one after another, and there are rows and rows of restaurants of all sorts. In addition, having attracted top chefs from around the world, Tokyo ranks high in terms of the number of Michelin-starred restaurants in the world. How does each restaurant deal with dietary restrictions? Here are some example cases.

Experience Culinary Trend of Tokyo at Café Restaurants



- Recommended for these people

“There is a great variety of Japanese food. I would like to taste many different types of dishes.”

“My children are allergic. Is there a place where we can have vegan sweets?”

[A case of a vegan restaurant]

Vegan-Muslim restaurants are on the rise, even among café restaurants where you can enjoy the current culinary trend of Tokyo in a casual setting. Vegan-Muslim versions of the dishes inspired by Japanese popular culture such as gyoza and karaage using soybean meat are offered in the menu.

Even though Japanese versions of foreign-origin dishes such as curry rice and ramen noodles, which have become an integral part of the unique culinary culture, usually contain meat and/or fish, vegan restaurants do not use animal ingredients and instead use vegetables and seaweed to add depth to the flavor.

For sweets, soymilk and coconut oil and the like are used instead of eggs and butter. In the gluten-free menu items, rice flour, a typical Japanese ingredient, is mainly used. The soymilk ice cream has a soothing taste and will help you have a relaxing teatime after a long journey.

There are plenty of flavors that are only available in Japan! Be sure to taste them appreciating the tasty flavors of the vegetables.

* Alcohol may be used in some of the ingredients in the menu served for Muslim. Please inquire directly with the restaurant for details on the ingredients and seasonings used.

Japanese Kaiseki Restaurants Featuring the Japanese Joy of the Seasons



- Recommended for these people

“I would like to taste the traditional Japanese cuisine.”

“As each member of the group can only eat different things, please accommodate each person’s request.”

[A case of a Kaiseki restaurant]

Kaiseki-ryori is a Japanese cuisine created for the enjoyment of the tea ceremony, a Japanese tradition. “Wabi-sabi”, the basis of the tea ceremony, is expressed in the course menu. While expressing the seasonality through the seasonal ingredients as well as the cherry blossoms and maple leaves that decorate the dishes, the delicate and profound Japanese culinary culture is evident in the attention to details in the presentation of the dishes. You can feel the spirit of the Japanese people, who cherish the richness of nature and a sense of the seasons, in every single dish.

The restaurant has created a multilingual booklet on the basics and etiquettes of Kaiseki cuisine to make sure our guests can safely enjoy the dining experiences with the clarifications of the ingredients.

For Muslim guests, gelatin-free and alcohol-free soy sauce is used. Halal Wagyu beef served in Teppanyaki and Shabushabu is exceptional.

For vegetarians and vegans, we have a colorful dish of vegetables in mushroom and kelp broth. You can enjoy vegetables delivered directly from contract farmers and seasonal delicacies such as edible wild plants in the spring and wild mushrooms in the fall.

We can also prepare gluten-free versions of Tempura, in which flour is usually used for batter, or soy sauce, the basic seasoning of Japanese cuisine. Guests can safely enjoy the dishes without compromising the taste.

Kaiseki cuisine contains much of the essence of good old traditional Japan. It would surely be a highlight of your trip in Japan.

Enjoy Japanese Soul Food Casually at Soba Restaurants



- Recommended for these people

"I would like to experience a casual Japanese cuisine familiar to the Japanese."

"I would like to have Japanese food at a reasonable price."

[An example of a Soba restaurant]

One of the dishes that foreign visitors to Japan always mention as the "Must try Japanese food" would be Soba or Tempura.

At a Soba restaurant, you can casually enjoy everyday local food of Japanese people such as Tempura and various rice bowls as well as Soba.

Dashi broth used for noodle sauce is often made with bonito, but it is made with kombu (kelp) to make it more palatable for vegetarian and vegan guests. The noodle sauce is an important factor in determining the taste of Soba. A number of trials were made over a long time to make sure it tasted right.

It can also be made available for oriental vegetarian guests by taking out the leek seasoning. The texture of the crispy batter is the hallmark of Tempura. The texture of the batter is maintained even without eggs. Why not take this opportunity to experience a kind of soul food that is familiar to the Japanese people?

* Soba (buckwheat) is an allergy item.

First-class Cuisine in Tokyo, the Center of the Finest Ingredients of Japan



Recomendado para estas personas

: "Me gustaría probar la cocina de los mejores chefs japoneses para conmemorar mi visita a Japón".

"Me gustaría probar un menú con ingredientes de temporada de todo Japón".

"Por favor, indique las diferentes restricciones dietéticas de los invitados".

[Un ejemplo de restaurante]

Tokio recibe a un gran número de huéspedes extranjeros. Nos esforzamos por garantizar que nuestros comensales disfruten de experiencias gastronómicas cómodas y de calidad, preguntando con antelación y atendiendo a las necesidades de vegetarianos, celíacos y diversas alergias, cada vez más comunes en los últimos años.

Se ha habilitado una cocina central para adaptarse a las restricciones dietéticas, y al preparar menús musulmanes, el área de cocina y los utensilios están especialmente preparados para ellos. Un menú con carne Halal Wagyu es especialmente popular.

Podrás sentir la riqueza natural de Japón a través de vegetales orgánicos, sin fertilizantes ni pesticidas, provenientes de todo Japón, así como de deliciosos ingredientes cuidadosamente seleccionados, prestando atención a sus productores y orígenes. Nuestros chefs realzan el delicioso sabor de los ingredientes cultivados en Japón, uno tras otro.

¡Los encantos gastronómicos de Tokio abundan! Aquí encontrará información sobre restaurantes musulmanes, vegetarianos y similares.