

STARS AND STRIPES®

A Taste of Okinawa

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The 3 'R's to good eating –
Restaurants,
Reviews & Recipes

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Live! Maine Lobster ¥4,300

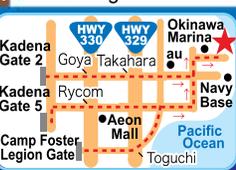
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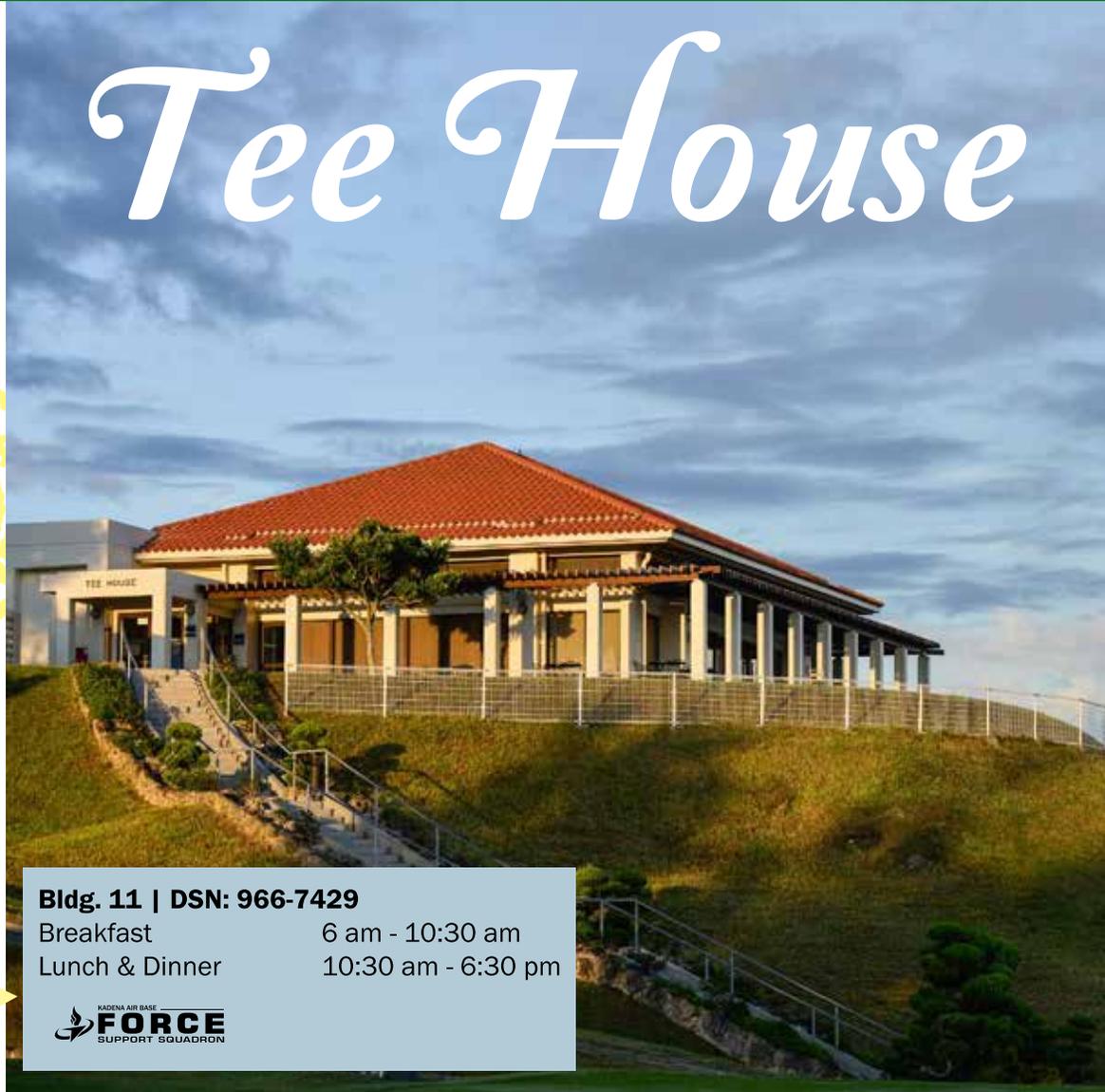
Satisfy your seafood and steak cravings at Sam's by the Sea, the popular restaurant with a nautical-themed interior and exotic Hawaiian and Polynesian décor that was elected "Best Date Night Restaurant" in Stripes Best of the Pacific 2019. Take in the view of the ocean as you and someone special enjoy a tasty full-course dinner by candlelight. Delight your taste buds with our fresh lobster, King Crab, prawns, red snapper, mahi mahi, swordfish and oysters. And our top-quality juicy steaks will leave your mouth watering and your stomach satisfied. Our friendly staff promises to make it a memorable dinner.

RESTAURANT INFO



Grab a **bite** and catch some great views at Tee House

Sitting high on a hill, the Tee House next to Banyan Tree Golf Course, offers perfect views of Okinawa's blue waters and jets taking off from the flightline. Enjoy a delicious breakfast, a nice lunch or an early dinner in our dining room's relaxed setting. Try some of Tee House's tasty daily specials from 10:30 a.m. to 2:30 p.m., or head over for their monthly, limited-time special if you're in the mood for something new. Come in for a round of golf but stay for the great views and even better food at Tee House by Banyan Tree Golf Course!



Bldg. 11 | DSN: 966-7429
 Breakfast 6 am - 10:30 am
 Lunch & Dinner 10:30 am - 6:30 pm



RESTAURANT INFO

A Taste of Okinawa



Kamisushi

*Come and Enjoy Your Dining
With Our Fresh, Delicious Seafood.*

**Sashimi, Sushi, Sushi Rolls,
Yakisoba, Fried Rice, Tempura,
Deep-Fried Food and more.**

Custom Rolls

Create your own sushi roll with items from the menu



Kamisushi opens up their new location

Kamisushi, Okinawa's favorite sushi restaurant, is now conveniently located near Carnival Park Mihama. Our friendly staff awaits your arrival! You don't have to go to the U.S. to get American sushi rolls. At Kamisushi, not only can you try traditional Japanese sushi, but you can also enjoy a variety of American sushi rolls – California, Dynamite and Caterpillar. Try our original Kami Rolls and Mihama Rolls by Chef Isamu Kamiya. You'll be blown away by his sushi magic! Not a sushi eater? We also have a variety of Okinawan and Japanese dishes available to satisfy your taste buds.

**Open Wednesday through Monday (Closed Tuesday) 17:00-23:00 (L.O. 22:30)
098-926-3290**

RESTAURANT INFO



Gen a real gem on Okinawa

Offering authentic Japanese and Okinawan cuisine at a reasonable price, Gen was recognized in Stripes' Best of the Pacific 2013 as the best restaurant to experience the local culture on Okinawa. Owner and Head Chef Naoki Tsukayama highly recommends the "Fish Garlic Butter Combo," a popular dish among American customers. Tsukayama and his staff make you feel at home, so stop by and enjoy a delicious meal. Gen is located across from Camp Foster's fire station. Just look for shi-shi dogs on a traditional Okinawan tile roof outside Foster's Fire Station Gate.

RESTAURANT INFO

RESTAURANT GEN & SUSHI BAR



We're located just outside Camp Foster Globe & Anchor Gate No.3



Open 10:30-22:00 (Last order 21:00)

Open Everyday Cash Only (\$/¥)



A Taste of Okinawa

Check our Instagram! @halenoacafe

Hale Noa French Toast with creme brulee and berries

Elvis French Toast

Eggs Benedict

Salmon Poke Bowl

Macadamia Nut Pancakes

Vegetarian Tofu Poke Bowl

Fruit Pancake

Open 7 days a week || 7 a.m. - 4 p.m. (last order: 3 p.m.) Phone: 098-911-7614



Get a taste of Hawaii at Hale Noa Cafe

The Hale Noa Cafe in Chatan may have had a grand re-opening in January, but it has been serving its customers since 2015. With its Hawaiian vibe, Hale Noa serves up the some of the best of the 50th state's favorite foods. Enjoy Macadamia Nut Pancakes, Hawaiian Bowl, Grilled Salmon and more! Hale Noa's fluffy French Toast with berries and crème brulee sauce is to die for! Afterwards, wash it all down with one of our healthy and homemade smoothies. At Hale Noa Café, we are always adding new items to our all menu, so stay tuned!

RESTAURANT INFO



WHAT TO EAT in OSAKA

THE KITCHEN OF JAPAN

BYFOOD

Known as the younger, hipper, younger brother to Tokyo, Osaka has a reputation for futuristic architecture, wild nightlife, and of course, amazing street food. It's a port city in the Kansai region of Japan, with an easy-going but fun and colorful vibe, and a distinct Osaka dialect. Osaka is said to be the birthplace of *kuidaore*, a word in Japanese that loosely translates to "ruin oneself by the extravagance of food," meaning either financially or physically (it's all-you-can-eat madness out there, guys).

It's a lot of fun in Osaka, and easy to get on board with Osaka's unique food culture, but be warned, a lot of it is cheap, fried, and absolutely delicious! With so many places to visit and things to eat along the way, you can easily stuff yourself with all kinds of weird and wonderful Japanese foods. Discover Kansai cuisine in this comprehensive Osaka food guide, and find out what to eat in Osaka right here.

Osaka is sometimes known as the food capital of Japan, supported by its endearing nickname, *Tenka no Daidokoro*, meaning "the nation's kitchen." With its place as a port city, this originally referenced Osaka's important place as a trade hub in the Edo period of Japan. True for travelers and Japanese people alike, the name now refers to Osaka's amazing food culture. A gourmet's paradise, Osaka is considered one of the best cities in Japan for passionate foodies to come and worship Japanese food.

1. Okonomiyaki

Osaka is the original home to the now-typical Japanese food, *okonomiyaki*, and remains the best place to eat it. This savory Japanese pancake was invented before World War II and grew to build a legacy, now continuing to have country-wide popularity. You'll find plenty of *yatai* street food stalls selling Osaka-style *okonomiyaki* around the city, the absolute best in Japan! Most restaurants in Osaka are *teppanyaki*

hot plate style, so you can try the full experience of grilling *okonomiyaki* for yourself. Eating *okonomiyaki* this way goes hand-in-hand with the casual eating and drinking culture in Osaka, as you can take your time drinking and chatting with friends as it grills away.

Okonomiyaki in Osaka is the counterpart to Hiroshima *okonomiyaki*, which has the ingredients layered. Osaka-style *okonomiyaki* is a kind of savory pancake made from a mixed batter of eggs and shredded cabbage, grilled and topped with a thick savory-sweet soy sauce, Japanese mayonnaise, and a sprinkle of seaweed, *aonori*. But, literally meaning "grilled as you like it," you can grill it as you wish and put on whatever toppings you'd like. Try some *okonomiyaki* in its birthplace, one of the best foods in Osaka.



Source: CityFoodSters

2. Takoyaki

Another amazing invention from the Kansai region, *takoyaki* should be right at the top of your list of what to eat in Osaka. These balls of batter-y goodness are quite similar to *okonomiyaki*, however, the bite-sized balls are made individually, each containing a piece of *tako* (octopus). Each ball is a bit crunchy on the outside but gooey on the inside, so it's definitely food for the adventurous. Those dancing flakes sprinkled on top of the *takoyaki* are dried *bonito* flakes, or *katsubushi* in Japanese, which are also used to garnish *okonomiyaki*. They are used to round out the dishes and give *takoyaki* its signature flavor. Osaka has more than 700 *takoyaki* stores in the city, a whopping amount of *tako-love* that shows



Takoyaki

Source: Adobe

ting down to an *omakase* chef's special sashimi menu in Osaka is a must-do, too.



Source: nakashi

byFood

byFood is a platform for food events in Tokyo, with over 80 experiences to choose from and a fantastic resource for learning about Japan's thriving food culture! What's more, *byFood* runs a charitable outreach program, the Food for Happiness Project, which donates 10 meals to children in Cambodia for each person who books a food event through our platform!

it's the best place to try this popular Kansai specialty. Enjoy the street food culture of *takoyaki*, with *yatai* street stalls throughout the city turning *tako* balls all day. Pick up some *takoyaki* en route to your next tourist stop; it's an essential part of what to eat when you visit Osaka.

3. Sushi & sashimi

When you're visiting Osaka, you've just got to try the local sushi and sashimi, simple but oh so delicious. As a port city, it's unsurprising that Osaka has one of the biggest fish markets in Japan, Osaka Central Fish Market. With canals running throughout the city, Osaka has a laid-back kind of seaside vibe with fresh, high-quality seafood to match. From the finest sushi restaurants to local markets like Kuramon Ichiba, you can find freshly sliced sushi throughout the city. Even bento boxes of sushi sold at the supermarket are extra fresh and easy to grab when you're on-the-go sight-seeing. Conveyor belt sushi trains are a fun, easy going way to have sushi in Osaka, but sitting down to an *omakase* chef's special sashimi menu in Osaka is a must-do, too.

Source: HunterNield



4. Kushikatsu

Kushikatsu are an irresistible snack in Osaka, one of the city's signature foods you should definitely try on your Osaka trip. The word broadly covers skewered meat or vegetables, kind of like a yakitori chicken stick, only it's not just chicken, and it's panko-crumbed and deep-fried. Now one of the city's biggest and most famous kushikatsu restaurant chains, Daruma is said to have started selling kushikatsu in 1929, skewered meat as a quick fix lunch for laborers. Cheap, easy and of course delicious, kushikatsu continued to gain momentum throughout the war era for working class people. Fast-forward through to today, who doesn't love bite-sized, deep-fried morsels on skewers? You can grab them either as local street food or order a la carte at specialty restaurants throughout Osaka. Head to the nostalgic Shinsekai if you want Osaka's best kushikatsu, where many of the restaurants are open round the clock, or the Tsutenkaku area can also sort you out. And remember everyone, it's a big no-no to double dip. Kushikatsu is an essential snack to accompany a sake or a beer, in Osaka's friendly drinking culture.

5. Yakiniku

Kind of like Korean barbeque, yakiniku means "grilled meat," which is an extremely popular thing to eat in Osaka. You can, of course, get a grill's worth of yakiniku anywhere in Japan, but Osaka gets away with stealing some glory from their neighboring city, Kobe. As in the name, Kobe is home to the world-famous Kobe beef, which is considered one of the highest quality wagyu (Japanese beef) produced in Japan. With such close access to such high-quality meat, not just limited to Kobe beef, Osaka serves some seriously delicious yakiniku. You can grill for yourself with friends at yakiniku restaurants all over Osaka (you can't go wrong at the Koreatown in Tsuruhashi) or again grab some grilled wagyu meat sticks to-go from a street vendor.



Butaman

File photo

6. Horumon

Following the philosophy of "waste not, want not" horumon or horumonyaki is like yakiniku, except you're grilling the other random meat bits like organs, offal, giblets, and innards. Also referred to as motsu, it was introduced to Osaka by a yoshoku (Western-style cuisine) chef who swiftly had the term "horumonyaki" trademarked in 1940. Horumon comes from the word hormone, also doubling up as it sounds similar to the word for "discarded goods" in the Kansai-Osaka dialect, which aligns with the Japanese mentality of mot-tainai, to avoid being wasteful. Practical and delicious, horumonyaki has a reputation for being a "stamina-building" food and goes perfectly with a beer. Beef sinew broiled in sweet miso and mirin sugar marinade (doteyaki) is a tasty entry-level horumon. A dish designed for adventurous eaters, grilled livers, kidneys, intestines, hearts, try the works and grill your own horumonyaki in Osaka.

7. Kitsune udon

Udon noodles are popular throughout all of Japan, but the kitsune variety was invented in Osaka. The local style is less intense than what's eaten in Tokyo; the Osaka style soup comes with noodles in a light dashi fish stock broth, topped with a piece of deep-fried tofu skin (abura-age) that's been stewed in sweet soy sauce. The name "kitsune" means fox, derived from the myth that abura-age is a fox's favorite food, also used on the outside of an inarizushi (rice ball wrapped in tofu skin). It's now eaten widely throughout Japan, although Osaka is the birthplace of this simple yet filling udon dish.



Source: OiMax

Kitsune Udon

8. Butaman

The humble steamed pork bun, of course, originated in China, but is now widely sold throughout Japan and named butaman in Japanese. The delicious pork bun specialists at 551 Horai have brought Osaka some fame in the butaman game, with their headquarters proudly in the heart of Namba. It's so popular that around a whopping 170,000 buns are sold each day! With juicy pork and spongy buns, the butaman are delicious every time, while their other dumplings, like gyoza, are also extremely tasty. Sold in sets of even numbers for good luck, it's a must-try snack in Osaka.

9. Negiyaki

Negiyaki is yet another dish that is grilled on a tepanyaki hot plate, and is loved by people from Osaka. Another pancake-style food, it is made of negi (green onions) between thin layers of grilled batter, without meat and more crunch. It's a popular form of konamono, a flour-based food, much like takoyaki and okonomiyaki. Konamono is well-loved and consumed regularly by people in Osaka, either in restaurants or at home.

10. Ehomaki

An ehomaki is a long tube of sushi, traditionally eaten during Setsubun (the bean-throwing festival) for good luck. Each year on February 3, you are meant to

eat these "fortune rolls" all in one go while pointing in a particular direction (which changes each year) to ward off evil. Setsubun is celebrated throughout Japan, however, ehomaki originated in Osaka, made by street vendors in the mid-1800s. Bigger than your standard sushi roll, an ehomaki averages 6cm thick and 20cm long. These are filled with egg, fish, vegetables, or even pork cutlet.

11. Fugu (Pufferfish)

The giant fugu pufferfish decorations flying overhead throughout Osaka are impossible to miss. They're calling for those who are feeling game (and rich) to try pufferfish in Osaka. Zuboraya is the biggest restaurant for fugu in Osaka, and among one of the many Michelin-starred restaurants throughout the city. You can have fugu in many different styles and dishes and don't worry, they're prepared carefully so you can dine death-free when tasting fugu in Osaka.



Source: tsuda

12. Kappo cuisine

Kappo is the answer to fine dining in Osaka, the specialty meal that rivals elegant kaiseki in Kyoto. A kaiseki meal in Kyoto is typically a multi-course meal, combining craft with food. Kappo in Osaka is similar in that it's high-end food, but with an emphasis on cutting, cooking, and preparing, without covering up what goes on behind the scenes. It's a little more rustic, but the result is always fresh and creative dishes that are presented beautifully every time. Kappo dining also is different as you are seated in bar-counter style, with an open kitchen and chefs working right in front of you. You watch the chefs cook and they watch you as you eat; it's an immersive, interactive experience, only to be had in Osaka. Kigawa is the big name in kappo dining in Osaka, alongside other high-class establishments. When visiting Osaka you have to have a kappo experience, the Osaka version of kaiseki.

13. Jiggly cheesecake

It was Rikuro Nishimura who founded the company in charge of making the fluffiest baked cheesecake in Japan: Rikuro-Ojiisan (or, Uncle Rikuro). As the story goes, Rikuro was once a humble pastry chef, and now widely known for developing the ever-popular Japanese cheesecake. Jiggly, wobbly, sweet and delicious, this cheesecake is incredibly popular for a reason and is a must-try dessert in Osaka. Their flagship store is located in Namba but also have 11 stores in the Kansai area. However, with the intention to keep it as an Osaka delicacy, Uncle Rikuro doesn't plan to expand, so you'll have to head to Osaka if you want to taste it! It's definitely one of the best cheesecakes in Japan (and somehow always makes it onto your Instagram feed).

Explore the different areas of Osaka, knowing exactly what to eat in Osaka with our helpful guide. Whether it's casual street food or a fancy kappo meal, you can have it all with Osaka's fun food culture quickly putting you cozily in a food-coma in no time. Discover your new favorite Osaka food and make sure you try okonomiyaki, takoyaki, sushi, and kushikatsu on your Osaka trip. As Osaka is sometimes regarded as the kitchen of Japan, you can always expect a guaranteed high standard of food quality in this food capital.



Credit card accepted



STEAK HOUSE

FOUR SEASONS

TEPPANYAKI SINCE 1972 www.the4seasons.jp

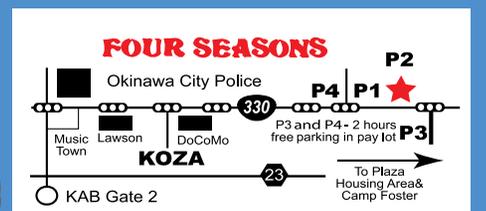
Welcome to Four Seasons Okinawa City

Lunch Hours: 11:00- Lunch Steak Set
¥ 1,300~

Dinner Hours: 17:00- Dinner Steak Set
¥ 1,512~

◆Current Prices

- Okinawa City branch has 4 parking places.
- Okinawa City branch is located near Gate 2 and on 330 streets.
- Seafood & other menus are widely available.
- All sets come with soup, salad, bread or rice, tea or coffee.



3-1-25 Sonda, Okinawa City TEL(098)933-5731 Open Hours: 11:00-

Serving up tasty food with a flair

Four Seasons teppanyaki steak house in Okinawa City has been dazzling customers and their taste buds since 1972. Watch as our talented chefs slice, dice and cook up your entrées right at your table. It's more than a meal, it's an event! Located near Kadena Air Base's Gate 2 on 330 Street, our restaurant is the perfect place relax, unwind and simply enjoy some fun with your food. If you haven't had the pleasure of enjoying Japanese teppanyaki, come in for a visit! Reservations recommended. Private rooms available for groups of 5 or more.

RESTAURANT INFO

A Taste of Okinawa

Credit card accepted



STEAK HOUSE

FOUR SEASONS

TEPPANYAKI SINCE 1972 www.the4seasons.jp

Welcome to Four Seasons Mihama

Lunch Hours: 11:00- Lunch Steak Set
¥ 1,300~

Dinner Hours: 17:00- Dinner Steak Set
¥ 1,512~

◆Current Prices

- Mihama branch has 40 parking spaces.
- Seafood & other menus are widely available.
- All set come with soup, salad, bread or rice, tea or coffee.



2-5-2 Chatan, Mihama Town TEL(098)926-1329 Open Hours: 11:00-

Four Seasons sizzling with scrumptious fun

Our teppanyaki steak house in Mihama is the perfect place to enjoy tasty food and have fun doing it with family and friends. Watch as our talented chefs slice, dice and cook up your entrées right at your table. It's more than a meal, it's an event! Located in the popular American Village, our Mihama branch offers a casual atmosphere where all ages are welcome. If you haven't had the pleasure of enjoying Japanese teppanyaki, you need to come to Four Seasons. Please make reservations as sometimes we are full. It depends on how busy we are. Thanks for understanding.

RESTAURANT INFO

BROWN SUGAR

Buy into the secret behind Okinawa's sweet-savory cuisine

Okinawan brown sugar, made from sugarcane grown in fields blessed with strong southern-island sunlight and minerals delivered by the ocean spray, is very rich in flavor. Brown sugar is not only used in making sweets but also for adding extra flavor to various dishes. Brown sugar syrup can even be substituted for regular syrup. Try some of these recipes.

Teriyaki chicken

Ingredients (2 servings)

- brown sugar (100g) • soy sauce (100ml)
- chicken thighs (400g) • Soy sauce (100ml)
- Cooking sake (1 tbsp) • water (25ml)

Preparation

Combine brown sugar and water in a pan and simmer on medium heat for about 5-8 minutes until thick syrup is formed. Poke holes in the chicken with a fork.



Directions

- 1 Combine brown sugar syrup and soy sauce and simmer on low heat until thickened, then add cooking sake.
- 2 Cook the chicken in a skillet on medium heat until both sides are golden brown, then cover it and steam for about 5 minutes.
- 3 Remove the cover, add 1 and cook for a further minute.

Sukiyaki

Ingredients (4 servings)

- A** • sukiyaki broth / cooking sake (200ml)
- mirin / sweet cooking wine (200ml)
- brown sugar (60g)
- B** • other ingredients / sliced beef loin (500g)
- leeks (2) • onion (1)
- tofu (1block) • konnyaku noodles (1package)
- bunches mitsuba (Japanese parsley)
- eggs (4)

Directions

- 1 Cut leeks into diagonal pieces, onion into wedges, tofu into cubes and mitsuba into chunks.
- 2 Lightly cook konnyaku noodles in boiling water and cut into bite-sized pieces.
- 3 Put ingredients **A** except for brown sugar into a large pot and bring to a boil. When it comes to a good boil, add brown sugar.
- 4 Cook ingredients **B** in sukiyaki broth. Dip cooked beef and vegetables in fresh beaten eggs and eat.



Rafute (Okinawan-style glazed pork)

Directions

- 1 Prepare the following ingredients: 400g pork belly, 100g brown sugar, 100g soy sauce, 100g sake, 600 ml bonito broth.
*Bonito broth can be replaced by fish broth.
- 2 Cut pork into four pieces and boil for about 30 minutes.
- 3 Drain the pork and wash it lightly under running water. Simmer pork in a mixture of soy sauce, broth, brown sugar and sake over medium heat.
- 4 Add a little water if the liquid evaporates.
- 5 Simmer for 40-60 minutes and serve.



Miso-marinated cod

Ingredients (4 servings)

- A** • miso marinade / miso (200g) • cooking sake (15ml)
- mirin / sweet cooking wine (10ml)
- brown sugar (20g)
- B** • other ingredients / cod fillets / Any white-meat fish can be substituted.(4)
- okra(2)



Directions

- 1 Combine ingredients **A** to make miso marinade.
- 2 Sprinkle salt on cod fillets and let rest for one hour. Wipe off excess moisture.
- 3 Spread half the marinade evenly on a large flat-bottomed container. Put a layer of paper towels on the marinade, cod fillets, another layer of paper towels, then cover completely with the remaining marinade. Cover with plastic wrap and let rest in the refrigerator overnight.
- 4 Put a sheet of wrinkled aluminum foil in a toaster oven and bake the fillets for 5-7 minutes. Garnish with boiled okra.

Yam with brown sugar sauce

Ingredients (4 servings)

- yam (500g)
- A** • soy sauce (50ml)
- water (50ml)
- brown sugar (40g)
- potato starch (1tsp)

Directions

- 1 Steam yam for 40-60 minutes.
- 2 Cut the steamed yam into sticks and deep fry..
- 3 Combine ingredients **A** in a pot over heat until thick and 2. creamy. Add yam; toss and coat.



*Rose Garden Cafe
American Kitchen*

**Great menu, great
desserts at nice café**

Visit Rose Garden Café American Kitchen for a delightful dining experience with a menu serving up American breakfast favorites like thick bacon, country ham, eggs benedict and pancakes. If you can't make it in for their morning menu, stop in for lunch or dinner. The café offers premium burgers, pasta dishes, like meatball spaghetti and chicken parmesan, and juicy steaks seared to perfection. And save room for dessert! You'll want to try the delicious cakes and pastries available daily. Any time of day, Rose Garden Café American Kitchen offers great food and great prices. We're waiting for you just down the street from Kadena Gate 5!

Eggs Benedict



Pasta, Premium Burgers, Hamburger Steak, Chicken, Fish and more.

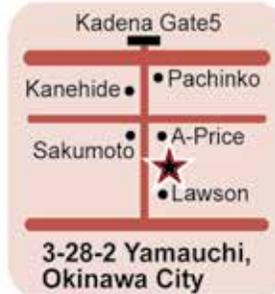
Pancake



Rose Garden Cafe American Kitchen

TEL 098-930-1313

- ☆ 8:00~23:00 (L.O.22:00)
- ☆ Open Everyday.
- ☆ Free Parking.
- ☆ Take Out OK. **¥/\$**
- ※ Except Certain Items.

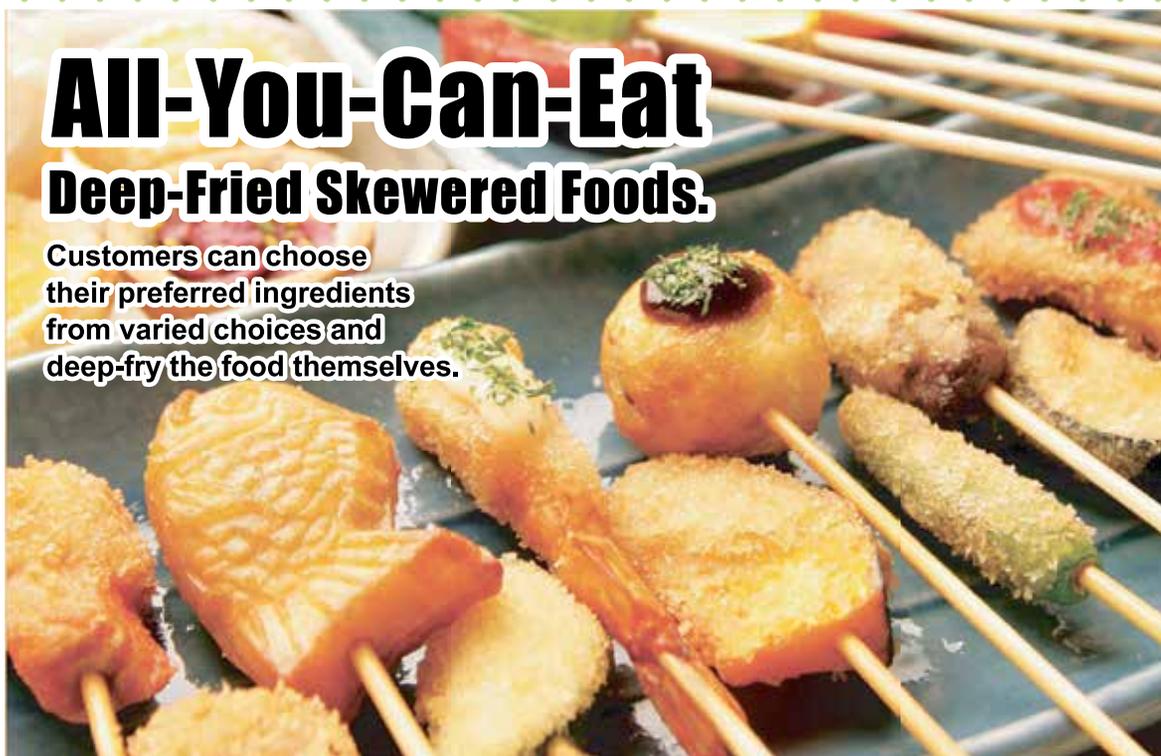


RESTAURANT INFO

A Taste of Okinawa

**All-You-Can-Eat
Deep-Fried Skewered Foods.**

Customers can choose their preferred ingredients from varied choices and deep-fry the food themselves.



		Adult	Child
Lunch 11:00~L.O.16:00	Weekday	90 min ¥1,620	¥896
	Weekend and Japanese Holiday	70 min ¥1,836	¥1,004
Dinner 16:00~23:00 (L.O.22:30)	Weekday	90 min ¥2,700	¥1,220
	Weekend and Japanese Holiday	90 min ¥2,808	¥1,328

※ Price may be possible to change from 1 Oct.

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**KUSHIYA
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**Fry your own kushiage
at Kushiya Monogatari**

Head to Kushiya Monogatari for kushiage, deep-fried skewers made popular in Osaka. In this buffet-style restaurant, pick your skewers and fry them at your table! Kushiya Monogatari uses healthy oil in all of its table fryers and offers over 30 ingredients for its skewers. Pick from shrimp, beef, pork, chicken and veggies in this all-you-can-eat setting. Have fun battering the skewers and cooking them up right in front of you. Dip your skewers in a variety of sauces and spices available. Also included are curry and rice, fresh salads, cakes, fruit and ochazuke. Your family will love this unique experience!

RESTAURANT INFO