

JAPAN TRAVEL “REALITY” GUIDE FINDING BEST RAMEN RESTAURANTS IN TOKYO

1st Edition

SAMPLE

Covers 12 great RAMEN
shops from 6 locations
in Tokyo

Color photos included
No professionally taken
photos – no Photo-Shop
edits - all photos shows
reality

Access, Open time,
street address, etc.

Google map links

Terminology reference
included

All restaurants are
actually visited by the
RAMEN-guru author

Covers Halal-ready and
vegan choices

Japan Travel “Reality” Guide

Finding Best RAMEN Restaurants in Tokyo

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Introduction

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Thank you very much for downloading the 1st edition of Japan Travel “Reality” Guide - Finding Best RAMEN Restaurants in Tokyo

This ebook is designed for people who want to travel or are actually planning to travel to Japan in the near future. This ebook is especially useful for people who are enthusiastic about enjoying local Japanese food during their trip. This ebook will provide you with comprehensive information about great RAMEN restaurants in the greater Tokyo area.

I named this ebook “Reality Guide” because it’s not your typical guide to RAMEN. Typical food guidebooks use top-notch editing and beautiful photo-shopped images, which appear different from the real foods you are served in many cases. This ebook isn’t ordinary. All of the shops shown here have actually been visited by me, the author of this guidebook. The RAMEN dishes are ordered and eaten by myself as well. Visiting these restaurants is a secret operation; the shops don’t know if I am doing research or if I have just come to eat. By doing this I keep the restaurants

from making any cosmetic changes to their food for better media coverage. I am nothing close to a professional photographer, but all the photos are taken casually by me on my smart phone to show you the real-life appearance of some amazing food (I still find them to look delicious). The shops have absolutely no self-interest in this publication; I receive no monetary incentive from them to report on them. I pay them for food just like any customer.

The shops covered in this ebook are chosen from my own knowledge and experience and are reported in a real-life manner. In addition, I am just a regular Japanese person, with no particular background in the English language, therefore I do not use any cosmetic or poetic expressions when I report about the foods I eat. I just use straight English so even non-native English speakers can easily understand.

Japan has become a very popular destination for foreign travelers. The number of foreign travelers to Japan has been rapidly increasing,

from 4.7 million in 2000 to 24 million in 2016. One of the best loved activities for foreign travelers in Japan is obviously enjoying Japanese cuisines, for example, SUSHI, TEMPURA, SUKIYAKI, YAKITORI, etc. Among those, RAMEN is very popular not only for foreign travelers, but also local Japanese people. RAMEN is a great, inexpensive, and casual choice for either lunch or dinner. There are an incredible number of RAMEN shops throughout the country. You'll have a hard time choosing which ones to go.

In order to save your time when looking for a good RAMEN shop, and lower the chance of choosing not-so-good ones, this ebook gives you some suggestions of actual RAMEN shops in the Tokyo area. The places introduced in this ebook are quality, popular shops being which are loved by local Japanese people. Instead of choosing many restaurants from a small number of locations in Tokyo, this ebook chose a small number of them from many locations, so that you can get good chance to find a good one relatively near your point of stay.

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All the Japanese terms here are typed in upper cases for you to easily distinguish them from other words. Use the reference table of terminology in the following section when you forget what they are.

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- ✓ This ebook is best viewed on smartphones.
- ✓ The Index (page 1) lists the name of the RAMEN shops. The names are clickable to take you to the corresponding pages. All pages, from page 8 onwards, have a “Back to Index” button on the upper right corner so you can go back to the index with just one click.
- ✓ All the Japanese terms are typed in upper case (RAMEN, MISO, etc.) so you can easily distinguish them from other words. Use the reference table of terminology on “Reference table of RAMEN terminologies” section when you forget what they are.
- ✓ There is no map image in the document. Instead, the street address and the **MAP** buttons are clickable to call Google maps on most digital devices, such as smart phones and tablets. I’d recommend downloading this document onto your mobile device, then with just a click, navigate to the shop address or cut & paste them into map software to easily find the restaurant locations.

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- ✓ Some restaurants have a website. I did my research and put shops' URLs, which you can click, as often as possible throughout the document. Although many of the websites only show Japanese content, they are typically image-rich, so you can get more visual information without reading.
- ✓ Photos show at least one picture of the food with the menu name and the shop exterior, to help you find the place easily and order what you want.
- ✓ All information in this ebook is subject to change depending on shops' own decisions. Please check with the shop if you have questions about things like opening, closing time, or holidays.

Reference table of RAMEN terminologies

RAMEN type	RAMEN	Noodle in soup
	TSUKEMEN	Noodle with dipping soup
	MAZESOBA	Noodle with dense soup
	ABURASOBA	Oily version of MAZESOBA
	TANTANMEN	Noodle in spicy sesame soup
	WONTONMEN	Noodle and wonton in soup
Soup base type	SHOYU	Soy source
	SHIO	Salt
	MISO	Soy bean paste
	TONKOTSU	Pork bone
Topping	CHASHU	Roast pork
	MENMA	Soft marinated bamboo shoot
Side dish	CHAR-HAN	Fried rice
	GYOZA	Pot Stickers
Others	YUZU	A Japanese citrus fruit

What is RAMEN?

RAMEN is one of the most loved Japanese dishes and has been very popular for foreign travelers as well. It is cheap, delicious, and quite unique as a globally eaten food. RAMEN comes with a variety of tastes, soups, noodles, colors, and local types. It originally came from China in the early 19th century and been localized to fit Japanese tastes over the decades. The four most popular soup flavors of RAMEN are: SHOYU, SHIO, MISO, and TONKOTSU.

Ramen is essentially made using a flour & egg noodle in a bowl of soup with many toppings.

TSUKEMEN is a type of RAMEN; it's basically a set of bare cooked noodles and thick dipping soup with similar ingredients as RAMEN, but the noodle isn't mixed into the soup. You dip the noodles. It is a variation of RAMEN and has become more popular in the last ten years. This ebook also covers TSUKEMEN shops. Many of them serve both RAMEN and TSUKEMEN.

Types of flavor

SHOYU (Soy Sauce) RAMEN

This is the most traditional flavor among all others. It typically comes with clear brown broth, which is mainly made from soy sauce. Chicken, beef, pork, vegetable, and/or fish are used to make the soup. Examples of common toppings are sea weed, MENMA, green onions, and CHASHU.

SHIO (Salt) RAMEN

SHIO RAMEN is similar to SHOYU RAMEN except for the soup. It is usually pale, clear, or yellowish, more so than SHOYU RAMEN. It does not use (or only lightly uses) soy sauce, therefore the color does not appear brown. In general, toppings may have more variety than SHOYU RAMEN, as it was historically customized from traditional SHOYU RAMEN.

MISO (Soy Bean Paste) RAMEN

MISO RAMEN has a relatively stronger taste than SHOYU or SHIO RAMEN. It is said that it come

from Hokkaido (the Northern-most region of Japan). The soup is made from, MISO, chicken, pork, beef, fish and vegetable and is typically dark and opaque.

TONKOTSU (Pork Bone) RAMEN

TONKOTSU RAMEN is a RAMEN which originally come from Kyushu, a south-west region of Japan. Fukuoka prefecture is the center of TONKOTSU RAMEN and it became very popular in the Tokyo area. TONKOTSU soup broth is based on pork bones and other ingredients, which is boiled for long hours. Its noodle is different from traditional SHOYU RAMEN and is thin, harder and straight.

TANTANMEN (Spicy & Sesame)

TANTANMEN originated in Sichuan, China. It is a spicy version of RAMEN with a sesame based soup. It has been configured to Japanese tastes so it looks different from the Chinese original. It has become very popular in Japan and is loved by spicy food lovers.

Types of form factor

RAMEN

RAMEN (soup noodle) is the most typical and popular form of noodle dish. It comes with a bowl (approximately 10-12 inches diameter) of hot soup with noodles, meat, and vegetable toppings. Noodle types vary from thin to thick, curly to straight and whitish to yellowish.

TSUKEMEN

TSUKEMEN has become increasingly popular recently. It comes with a bowl of dipping soup, which is denser than RAMEN soup, and a separate dish of noodles. You dip the noodle into the soup and eat it. Typical ingredients such as CHASHU and MENMA are either put in the soup or on the noodle dish depending on the shop.

MAZESOBA

Another form is called “MAZESOBA”. It is similar to RAMEN, but the difference is that its soup is very dense and sauce-like, so it is not a watery

soup. All ingredients are put in one bowl like RAMEN. You stir and mix all the ingredients in the bowl and then eat it. An oily version of MAZESOBA is often called “ABURASOBA” (meaning oil noodle).

WONTONMEN

A WONTON is a boiled pot sticker with pork meat inside. WONTONMEN is a RAMEN version with WONTON as the main topping. It normally come with SHOYU or SHIO type RAMEN.

Some Tips

RAMEN is a very casual food. It is very popular for lunch. I guarantee you can try any of the restaurants in this ebook and afterward will begin to love RAMEN. No reservations are needed or taken. Sometimes you need to wait in line to try most popular shops at lunch time. There are several points you want to remember before you go:

1. Some restaurants have ticket based vending machines. These can sometimes be difficult for foreigners to use. You need to choose what you want upfront when you go into the shop and buy a ticket for it. Then show it to the shop server and be guided to sit.
2. Many RAMEN restaurants also carry GYOZA (pot stickers) and fried rice. They sometimes offer combination sets of RAMEN and these peripherals for hungry customers.
3. Typically, there is pepper shaker, chili oil, and sometimes vinegar on each table. You may want to try the soup without using and

Some Tips

additions first, unless you feel you really need it, so that you can first taste the shops' recipe.

1. The price for an order of RAMEN usually ranges from approximately 600 JPY to 1500 JPY.

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Shinjuku Area

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1. Men-ya Musashi Honten



Menu name: Musashi Ramen

This is the head shop of the noodle shop Musashi group, a pioneer of RAMEN boom till today. The group started in 1998. RAMEN fans (young generation) used to rushed to Musashi several years ago, now it is easier. However, the number of RAMEN shops has overwhelmingly increased, their popularity and ability are still alive.

As an well-known store, their food foundation is solid. Soup, noodles, customer service, the atmosphere inside the shop, etc,,, there is no fault anywhere.

They put a sign explaining "two sword method" which they mean that the soup is made from meat and fish, and it has a distinctive deep taste. They use think flatten noodle.

In addition to the head shop in Shinjuku, there are many affiliated branches around Tokyo.

Because the concept of RAMEN is different by branch, you may want to try the variation.

For TSUKEMEN, they offer bigger size (upto 1kg of noodle!), at the same price as regular size, therefore if you call yourself a "big eater", please try.

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Entrance

Men-ya Musashi Honten

MAP

Area: Shinjuku, Tokyo

Train access:

Shinjuku station (JR lines, Marunouchi line Oedo line, Seibu Shinjuku line)

7 min walking from west exit of JR Shinjuku station / 3 min from Seibu Shinjuku station.

Address:

[7-2-6 Nishi-shinjuku, Shinjuku-ku, Tokyo](#)

Phone: +81 (0)3-3363-4634

Open hours:

Open everyday: 11:00-22:30 (Closes at 20:00 1st Monday of odd numbered months.)

URL: <http://menya634.co.jp/>

Form: RAMEN, TSUKEMEN

Flavor: SHOYU, SHIO

I try my best to ensure information accuracy. However, I intend not to hold responsible for any damage or loss from the fault or changed information in this ebook

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12 great restaurants are covered
in the full version.

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