



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

1st Edition

SAMPLE

Covers 12 great RAMEN shops from 6 locations in Tokyo

All restaurants are actually visited by the RAMEN-guru author

Covers Halal-ready and vegan choices

Color photos included

No professionally taken photos – no Photo-Shopped photos - all photos shows reality

Access, Open time, street address, etc.

Google map links

Terminology reference included



Japan Travel “Reality” Guide

Finding Best RAMEN Restaurants in Tokyo

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Published in Tokyo, Japan by Astropp Corporation

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Introduction

This book is designed for people who want to travel or actually planning to travel to Japan in near future, especially for the ones who are enthusiastic to enjoy local Japanese food during their trip.

I named this book **“Reality Guide”** because it is not like an ordinary, well-edited guide book with Photo-Shopped beautiful images, which appear different from the real food you will be served in most of the cases. This book is different. All shops are actually visited, RAMENs are ordered and eaten by myself. Visiting them is **secret operations** and the shops do not know if I am doing research or just come to eat. Only in this way they cannot make special cosmetic on their food for media coverage. I am nothing closed to a professional camera man but all the photos are taken casually by my smart phone to show you the **real-life appearance**. (I find them still looking delicious though.) There is absolutely no interest with the shops; no monetary incentive for me to report them. (I pay them for food.)


These shops are chosen by my own knowledge and experience and be **reported in real life manner**. In addition, I am a regular Japanese and not a native English speaker, therefore I do not use any cosmetic and poetic expression when I report the foods. I just use straight English for all non-native English speakers to easily understand.

Japan has been very popular destination for foreign travelers. The number of foreign travelers to Japan has been rapidly increasing, from 4.7million in 2000 to 24 million in 2016. One of the best loved activity 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 lunch and dinner. There are so many RAMEN shops throughout the country. You have hard time to chose which ones to go.

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

All the Japanese terminologies 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.

How To Use This Document

- ✓ Index page (page 1) lists the name of the RAMEN shops. The names are clickable to take you to the corresponding pages. On all pages from page 8 have “Back To Index” button on the upper right corner so you can go back to the index with one click.
- ✓ All the Japanese terminologies are typed in upper cases (RAMEN, MISO, etc,,,) for you to easily distinguish them from other words. Use the reference table of terminology on page 7 when you forget what they are.
- ✓ There is no map image on the document. Instead, the street address and the  buttons are clickable to call Google maps on most of the digital devices such as smart phone and tablet. I'd recommend to download this document on your mobile device and be able to click on the shop address or cut & paste it on map software to easily find the restaurant location.
- ✓ Some restaurants have an website. I did my research and put shops' URL, which you can click, as many as possible. Although many of the websites only show Japanese contents, they are typically image-rich, so you can get more visual information without reading it.
- ✓ All information in this book is subject to change depending on shops' own decisions. Please check with the shop if you have questions around things like Open time.

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 in world's food culture. RAMEN comes with variety of tastes, soups, noodles, colors, and local types. It has originally come from China in early 19th century and been localized to fit Japanese taste over decades. There are four most popular soup flavors of RAMEN, SHOYU, SHIO, MISO and TONKOTSU.

It essentially is flour & egg noodle in a bowl of soup with many toppings.

TSUKEMEN sits just next to RAMEN category and basically is a set of bare cooked noodle and thick dipping soup with similar ingredients as RAMEN. It is a variation of RAMEN and became more popular in the last decade. This book also covers TSUKEMEN shops, while many of them provides both RAMEN and TSUKEMEN.

Types of Flavor

SHOYU (soy sauce) RAMEN

It is most traditional flavors among all others. It comes with clear brown broth, being made from soy sauce. Chicken, beef, pork, vegetable, and / or fish are used to make the soup. Examples of toppings are sea weed, MENMA, green onions, and CHAR-SHU.

SHIO (salt) RAMEN

SHIO RAMEN is similar to SHOYU RAMEN except for its soup. It comes in more pale, clear, yellowish than SHOYU RAMEN's. It does not use (or only lightly use) soy sauce therefore its 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 relatively stronger taste than SHOYU or SHIO. It is said that it come from Hokkaido (North-most region of Japan), Its soup is made from, MISO, chicken, pork, beef, fish and vegetable and typically dark and opaque. In addition to the typical topping used for SHOYU RAMEN, other popular topping for MISO are butter cube, corn, spicy paste, sesame seeds, and soy bean sprout. Typically, MISO RAMEN noodles are thicker, curlier, and chewier than other types. The noodles are typically thick, curly, and slightly chewy.

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 we very popular in 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, hard and straight.

TANTANMEN (spicy & sesame)

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

Types of Form Factor

RAMEN

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

TSUKEMEN

TSUKEMEN has been increasingly popular in these days. It comes with a bowl of dipping soup, which is denser than RAMEN soup, and a dish of noodle. You dip the noodle into the soup and eat it. Typical ingredients such as CHAR-SHU 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 with RAMEN but the difference is that its soup is prepared so dense and source-like, so it is not watery. All ingredients are put in one bowl like RAMEN. You will stir and mix all the ingredients in the bowl and then eat it. Oily version of Mazesoba is often called “Aburasoba” (meaning oil noodle).

WONTONMEN

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. You can try any one of the restaurants in this book and would love it. No reservation needed and 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 vending machine. You need to choose what you want upfront when you go into the shop and buy ticket of it. Then show it to the shop server and be guided to sit. Things has been automated in these days.
2. Many RAMEN restaurants also carry GYOZA (pot stickers) and fried rice. They sometimes offer combination of RAMEN and these peripherals.
3. Typically, there is pepper shaker, chili oil, and sometimes vinegar on each table. You may want to try the soup without using these unless you feel you needed. JPY
4. Price range: Price for an order of RAMEN ranges from approximately 600 JPY to 1500 JPY.

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	CHAR-SHU	Roast pork
	MENMA	Soft marinated bamboo shoot
Side dish	CHAR-HAN	Fried rice
	GYOZA	Pot sticker

Shinjuku Area

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 time	Open everyday: 11:00-22:30	
Shop URL	http://menya634.co.jp/	
Type	RAMEN, TSUKEMEN	SHOYU, SHIO

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

RAMEN is delicious, but I'd also suggest TSUKEMEN as well. They offer king size (1kg of noodle!), at the same price as regular size, therefore if you call yourself a "big eater", please try.

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Men-ya Musashi Honten



11 more great restaurants are covered in the full version.

[Click here to purchase full version of Japan Travel "Reality" Guide Finding Best RAMEN Restaurants in Tokyo.](#)