



If you're in the mood for something hearty, the Negi Miso Ramen with Gyozas and Rice Set is a great choice. ¥1,080

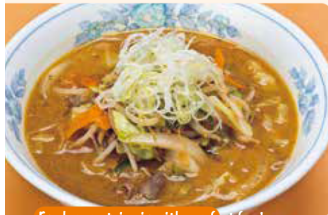
The nostalgic taste that never changes

13 Ramen Menta

A beloved local ramen spot with over 50 years of history, Ramen Menta serves classic drive-in style comfort food. Their light broth, made with dried sardine stock, pairs perfectly with springy noodles for a simple but deeply satisfying bowl. The restaurant has proudly kept its original seasoning unchanged since opening — so unchanged, in fact, that one menu item is even called "Old-Time Curry".



Address: Nozukuhide 65-4, Torioka
Tel: 0195-33-4123 Hours: 10:30-14:30
Closed: Thursdays Parking: 20 spaces
Seating: 36 seats (12 tatami seats)



Fresh mountain air with comfort food

15 Yabashiro Restaurant (Okunakayama Hot Spring)

Yabashiro offers a wide variety of meals for visitors of all ages. After enjoying skiing or soaking in the natural hot spring baths, guests can sit down to a warm and satisfying meal in a spacious dining area. From children to adults, everyone can relax and enjoy a leisurely dining experience.

Address: Nishitako 662-1, Okunakayama
Tel: 0195-35-3131 Closed: Open daily
April-November: 11:00-21:00 (Last Order 20:30)
December-March: 11:00-20:30 (Last Order 20:00)
Parking: 150 spaces (including parking for 5 large buses)
Seating: 68 seats (32 tatami seats)



A popular choice among families is the Mogumogu Lunch Set (¥900).

Specially made for childrens to smile

16 Harahetta-tei Mogumogu

Located inside Iwate Children's Forest, this family-friendly cafeteria offers curry, noodles, and easy-to-enjoy meals for visitors of all ages. Built around the concept of safe and peace of mind, the restaurant carefully manages food safety, allergy labeling, and hygiene measures so families can comfortably enjoy a meal together. It's the perfect stop after a fun day exploring the children's museum and outdoor play areas.



Address: Nishitako 1468-2, Okunakayama
Tel: 0195-35-3888 Hours: 11:00-15:30
Closed: Tuesdays
Parking: 199 spaces (including 13 accessible)
Seating: 80 seats

Ichinohe Town Overview Map



Okunakayama Area Map



Signature Dish Torikaki (Pork Steak) Set - ¥1,000
Rice size can be selected: small, medium, or large.

BIG, BIG portions!

14 Miyabi

At Miyabi, generous portions are the name of the game. The owner created the menu with young hardworking people in mind, serving satisfying meals packed with flavor. The restaurant's most popular dish is the Torikaki Set Meal: tender, juicy pork steak coated in a sweet and savory sauce that pairs perfectly with rice. If you're hungry, this is the place to be.

Address: Nishitako 506, Okunakayama
Tel: 0195-35-2311
Hours: 11:30-15:00/18:00-21:00
Closed: Sundays
Parking: 10 spaces
Seating: 32 seats (16 tatami seats)



Passion for local ingredients

20 Kaze~Tutii~

The owner Mr. Dendo carefully changes ingredients according to the season, making the most of local produce throughout the year. The soba is made using domestically sourced ingredients, while vegetables and wild vegetables are selected based on what is freshest and in season. Visitors can also take home locally made side dishes, rice balls, and traditional sweets like daifuku (soft, and chewy rice cake), making this a wonderful stop for both meals and souvenirs.

Recommended Menu
Large Zaru Soba & Seasonal Tempura Set - ¥1,200

Address: Otsuka 9-2, Nakayama
Tel: 090-5187-0757
Hours: July-September: 11:00-18:00 Parking: 10 spaces Seating: 16 seats
October-June: 11:00-17:00
Closed: Thursdays & Fridays

Connecting community with local flavors

19 Yui Café

At Yui Café, the spirit of "yui" (connection and mutual support) is at the heart of everything they do. The café serves farm-to-table lunches made with local ingredients, along with soft-serve ice cream made from locally produced Okunakayama Jersey milk. Popular take-home treats include homemade cookies and obanyaki (traditional filled pancakes), each prepared with genuine care that keeps visitors coming back.

Address: Otsuka 1122, Nakayama
Tel: 0195-35-2882 Hours: 10:00-18:00
Closed: Sundays, Mondays & Public Holidays
Parking: 15 spaces (including parking for 2 large buses) Seating: 30 seats (10 tatami seats)



The crunchy and juicy special fried chicken set meal is the recommendation ¥980



Note: Crowi (inside Yui Café) operates on a seasonal schedule: April-November: Closed Mondays December-March: Closed Sundays, Mondays & Public Holidays

Treasures of the local land

18 Café Satoyama

The owner Mr. Toda creates his signature TODA Curry using locally grown tomatoes, onions, and carrots, blended into a rich and comforting dish full of local flavor. For dessert, don't miss the French toast made with bread from Caman Farm. It's sweet, soft, and fluffy. It's the perfect way to finish your meal.

Address: Otsuka 363, Nakayama
Tel: 0195-26-8585
Hours: 11:00-18:00
Lunch: 11:00-15:00 (Last Order 14:30)

Closed: Mondays Parking: 13 spaces
(10 temporary parking spaces available, not available during winter)
Seating: 20 seats (10 tatami seats)

Ichinohe Dining Guide



ichinohe ACCESS GUIDE ①

*Reservations may be required for some experiences or tours, please inquire in advance.

■ Bullet Train / Tohoku Shinkansen

Morioka	40'	Aomori	1h	Hakodate
Sendai	1h 10'	Ninohe		
Tokyo	2h 40'	Ichinohe		

■ IGR Iwate Galaxy Railway / Aomori Railway

Morioka	1h	Ichinohe	50'	Hachinohe
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■ Highway

Sendai	332.4km	Ichinohe	179.7km	Aomori	51.2km	Hakodate	325.8km
Sendai	14.9km	Ichinohe	14.9km	Aomori	14.9km	Hakodate	14.9km

■ Airport - Highway

Mitsunaka Airport	2.2km	Sendai	2.1km	Ichinohe	120km	Aomori	120km
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- From Tokyo: Tohoku Shinkansen to Ninohe Station (2 Hr 40min)
- From Morioka City: Approximately 75 min by car (expressway)
- From Hachinohe City: Approximately 35 min by car (expressway)
- From Kuji City: Approximately 65 min by car (expressway)
- From Aomori City: Approximately 2 hrs by car (expressway)
- From Kazuno City: Approximately 1 hr by car (expressway)
- From Ninohe Station: Approximately 15 min by car
- From Ninohe Station: 16 min by bus to Ichinohe Station

Tourism Inquiries

Ichinohe Town Tourism Association

〒028-5311 24-9 Okawabachi, Takazeni, Ichinohe-cho, Ninohe-gun, Iwate

TEL 0195-33-2111 FAX 0195-33-3770

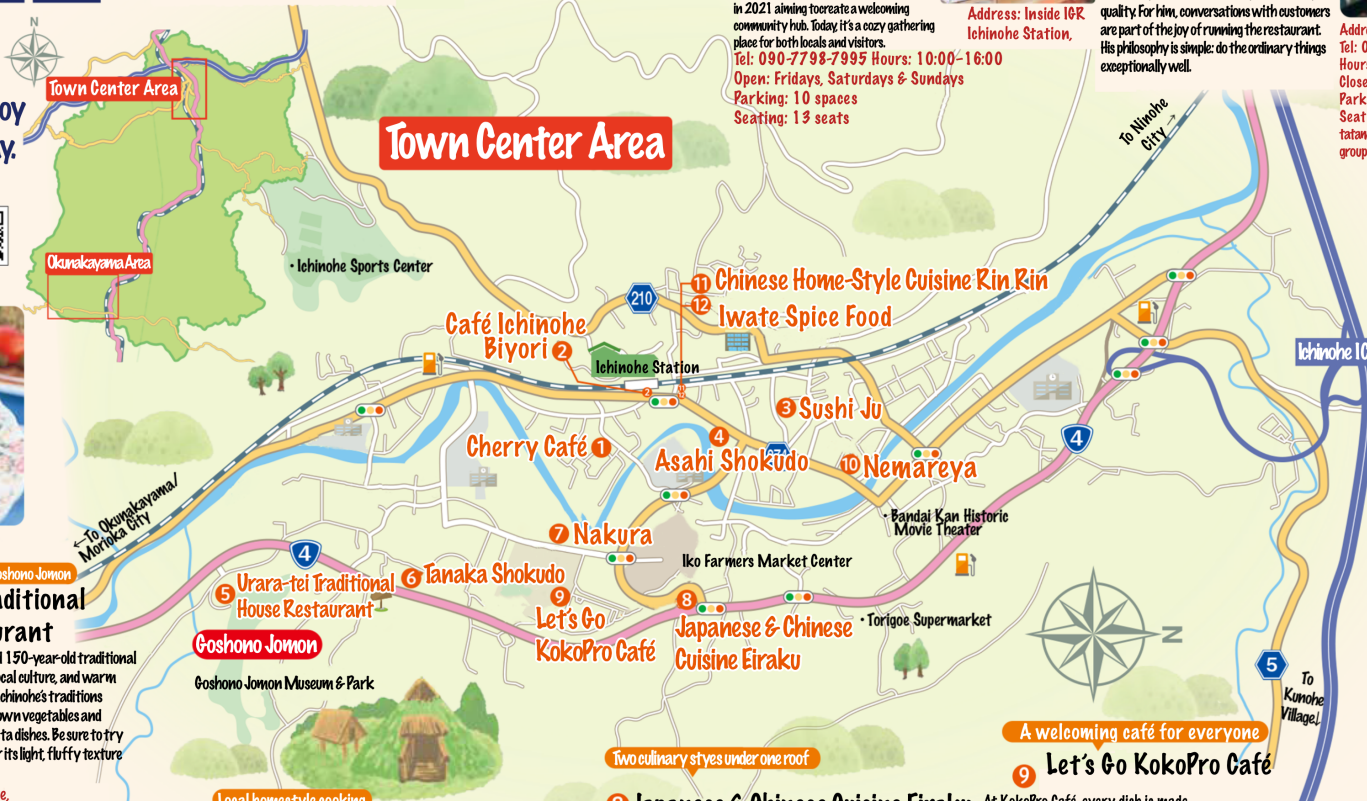
<https://www.town.ichinohe.iwate.jp>

Ichinohe Dining Guide

This dining guide introduces local restaurants across Ichinohe, helping visitors enjoy great meals during their stay.

*Information in this guide is current as of December 2025.

For more information about sightseeing, dining, and local souvenirs in Ichinohe: Ichinohe Town Tourism Association <https://www.ichinohekankou.jp/>



A nostalgic retro atmosphere and hearty comfort food

1 Cherry Café

Step into a charming Showa-era café that feels like traveling back in time. Cherry offers a wide variety of meals, drinks, and desserts in a cozy retro setting. Their popular fried chicken is served with a special homemade sauce that complements its juicy flavor. One bite and you'll understand why people keep coming back.



Signature Dish
Juicy Fried Chicken Set - ¥1,250

Address: Suwano 2-2, Saihoji.
Tel: 0195-323414 Hours: 11:00-14:00/17:00-21:00
(May close earlier around 20:00)
Closed: Sundays Parking: 4 spaces
Seating: 25 seats (8 tatami seats)



Sharing the charm of the region, one muffin at a time

2 Café Ichinohe Biyori

There are countless fascinating people and delicious local treasures waiting to be discovered in Ichinohe. Former regional revitalization Ms. Arauchi opened this café in 2021 aiming to create a welcoming community hub. Today it's a cozy gathering place for both locals and visitors.



Address: Inside I&R Ichinohe Station.

Seasonal Fruit Muffins - ¥250 each
For the latest updates, check their social media.
Tel: 090-7798-7995 Hours: 10:00-16:00
Open: Fridays, Saturdays & Sundays
Parking: 10 spaces
Seating: 13 seats



Over 40 years of dedication

3 Sushi Ju

The owner personally selects seafood based on freshness, seasonal conditions, fat content, and quality for him, conversations with customers are part of the joy of running the restaurant. His philosophy is simple: do the ordinary things exceptionally well.

Recommendation menu: Lunch Set - ¥1,320
(Includes sushi, udon, salad, and coffee)



Address: Noda 56-17, Kozenji
Tel: 0195-32-2615
Hours: 11:30-19:30 / 16:30-22:00
Closed: Mondays
Parking: 5 spaces
Seating: 9 counter seats + tatami seating (Can accommodate groups of up to 24)



Rich flavors simmered to perfection

4 Asahi Shokudo

A longtime local favorite, Asahi Shokudo is known for its famous offal hot pot, made with a secret sauce blending over 20 ingredients and seasonings. Accompanied with generous piles of napa cabbage and tofu that softly absorbs the rich broth. The irresistible aroma alone is enough to make you hungry.



"Horumon" Hot Pot Set Meal - ¥1,900
Pairs perfectly with both white rice and beer.

Address: Noda 15, Kozenji, Closed: Sundays (except market days)
Tel: 0195-32-9086 Parking: 3 spaces
Hours: 11:00-17:00 Seating: 24 seats (8 tatami seats)

Relax over a hearty meal with coffee in a traditional home

10 Nemareya

Located inside a renovated traditional townhouse community space, Nemareya is a cozy diner run by a husband-and-wife team. The menu focuses on satisfying meat dishes, perfect when you're craving a filling meal. They also sell takeout lunch boxes, side dishes, vegetables, and sweets — ideal for a quick stop or local souvenir shopping. And if you enjoy coffee, their hand-dripped brews are worth trying.



Their popular katsu curry features a thick yet surprisingly tender pork cutlet.

Address: Mukaiwaichi 151
Tel: 070-2311-0995 Hours: 10:00-18:00 Parking: 20 spaces
Restaurant: 11:00-14:00 Seating: 20 seats



Their steaming hot Mapo Kamen is a local favorite. ¥850

Authentic Chinese food, just a minute from Station

11 Chinese Home-Style Cuisine Rin Rin

Rin Rin serves authentic Chinese home cooking in a relaxed local setting. Alongside ramen and fried rice, guests can enjoy handmade dumplings, chili shrimp, mapo tofu, stir-fried pork with green peppers, and many other classic dishes. The warm personality of the owner-chef is part of what makes this restaurant so memorable.

Address: Inari 21-4, Saihoji.
Tel: 080-3087-3659
Hours: 11:00-14:00 / 17:00-22:00
Closed: Tuesday lunch service
Parking: None
Seating: 29 seats

A world of flavors in Ichinohe

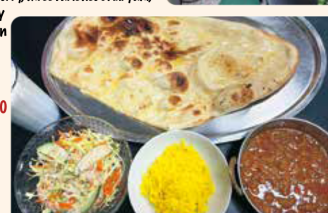
12 Iwate Spice Food

Using 100% organic spices imported from Nepal, Iwate Spice Food offers Indian, Nepalese, and Italian dishes in a surprisingly international setting. Recommended dishes include mutton curry, mutton biryani, and pasta. Guests can choose from seven kinds of curry, three varieties of biryani, and spice levels starting from completely mild level 0. Welcomed for everyone, even if you're not used to spicy food.



Address: Inari 21-5 Saihoji.
Tel: 0195-30-1666 Hours: 11:00-22:00
Closed: Open daily Parking: None
Seating: 33 seats

Mutton Curry Lunch Set - ¥1,050
At lunchtime, free refills of plain naan or rice



The closest restaurant to the Goshono Jomon

5 Urara-tei Traditional House Restaurant

Housed in a beautifully preserved 150-year-old traditional home, Urara-tei blends history, local culture, and warm hospitality. Owner Tomo shares Ichinohe's traditions through food, featuring homegrown vegetables and handmade bacon in seasonal pasta dishes. Be sure to try the fluffy chiffon cake, loved for its light, fluffy texture and subtle crunch.

Address: Komori 8-5 Iwade.
Tel: 0195-32-3551 Hours: 11:00-20:00
Closed: 1st & 3rd Wednesdays of the month
Parking: 10 spaces
Seating: 36 seats (20 tatami seats)

Comfort food and a warming hot pot

6 Tanaka Shokudo

With a menu full of rice bowls, noodles, curries, and set meals, Tanaka Shokudo is a reliable stop for hearty comfort food. Its spacious dining area and large parking lot give it the feel of a classic roadside restaurant, perfect for a relaxed meal during your journey. Open from 7:00 a.m., it's also a great breakfast stop. Their popular hot pot is known for being tender, flavorful, and pleasantly mild.

Address: Tanaka 17-1, Iwade.
Tel: 0195-33-3859 Hours: 7:00-20:00
Closed: Mondays Parking: 15 spaces
Seating: 36 seats (20 tatami seats)

Local homestyle cooking

7 Nakura

Signature Dish: Hittsumi Set Meal - ¥1,000
Address: Suwano 522.
Tel: 0195-322441 Hours: 10:00-14:00
Closed: Irregular holidays
Parking: 2 spaces Seating: 5 seats

Owner Mr. Higashiyama values preserving local food culture and proudly serves hit tsumi, a beloved regional comfort soup dish. The handmade dumplings have a chewy texture and pair perfectly with a savory mackerel-based broth. Prepared with homegrown vegetables and rice, the handmade side dishes bring warmth to both body and soul.



8 Japanese & Chinese Cuisine Eiraku

At Eiraku, guests can enjoy Japanese and Chinese cuisine in one restaurant. Tel: 0195-33-3850 Hours: 11:00-15:00 (Last Order 14:45) / 17:00-20:00
The second-generation owner, Kazuki, trained in Japanese cooking in Tokyo and brought a new dimension to the family's long-running Chinese restaurant. Whether you choose classic Japanese dishes or recipes passed down from the previous generation, chances are you'll leave wanting to come back for more.



Mini Chinese Rice Bowl & Ramen Set - ¥1,050
(Choose ramen or wonton soup — includes coffee)



A welcoming café for everyone

9 Let's Go KokoPro Café

At KokoPro Café, every dish is made without eggs, dairy, or wheat, making it a welcoming option for people with food allergies or dietary restrictions. Guests can choose between white rice or low-carb okara rice, and desserts with fewer than 10g of carbohydrates are also available. Whether you have dietary restrictions or not, the café is designed so everyone can comfortably enjoy a meal together.

Address: Inside Ichinohe Hospital, Suwano 60-1
Tel: 080-6080-2042 Hours: 11:00-18:00
Closed: Saturdays, Sundays & Holidays



Parking: Ichinohe Hospital
Seating: 35 seats

Their okara rice contains 30% fewer carbohydrates than regular rice, making indulgence feel guilt-free.

