

Language:

English



Let's go to Tokyo for delicious noodles! The city has a lot of restaurants where you can feel free to drop in to try ramen, udon, and soba noodles [PR]

Tokyo, Food, Trivia 2017.12



Japan is a country that offers something for every palate. Above all, Tokyo is noted for its enormous variety of restaurants serving outstanding dishes. In particular, the capital city has many clusters of restaurants serving noodles including ramen, which is popular among all generations. Many such clusters are known for fierce competition among famous restaurants. Why not go to Tokyo to enjoy noodles, which are popular outside Japan as well?

Popular noodles that you should try in Tokyo



Popular noodles that you should try in Tokyo

Noodles from Japan, such as ramen and traditional udon and soba noodles, are highly popular dishes that are now served at Japanese restaurants all over the world. At many restaurants they are quite affordable. It is not unusual for visitors to Japan to include a meal of ramen or other types of noodles on their to-do list.



Many soba noodle restaurants also serve tempura, which goes well with soba

Ramen is served with broth with a rich variety of flavor options, such as pork bones, soy sauce, miso (bean paste), and salt. In addition, the noodles come in different thicknesses and hardnesses to suit your taste, which is another distinctive feature of ramen. Udon and soba noodles differ among regions in the ingredient used for the soup stock. Generally, the soup is light in West Japan while it has a strong flavor and dark color in East Japan.

You can enjoy the different tastes of noodles in various parts of Japan. Tokyo has branches of good noodle restaurants from all over Japan, allowing you to compare the taste of local specialties.

Attractiveness of soba drawing attention in recent years



Among the many types of noodles in Japan, such as ramen and udon, soba has been attracting increasing attention in recent years. Soba has a long history and is a familiar food for the Japanese.

Perhaps many of you know soba (buckwheat) flour because it is used for foods such as galette. Some of you may have tried Japanese soba noodles in your own country. In Japan, however, you can enjoy both soba noodles served chilled with a dipping sauce and noodles in hot broth. You can also enjoy those noodles with various toppings, such as tempura and sansai (cooked wild vegetables), which is another attractive feature of soba.



Many soba noodle restaurants in Japan are located in traditional Japanese buildings. When you visit Japan, you should definitely visit a soba restaurant



Another reason why Soba is so popular is that it can be prepared quickly and easily. In places like station platforms, you will see those tachigui restaurants, with travellers hastily consuming their soba while standing at a counter.

Beware of soba allergy!

While soba has a history and has been loved by people as a Japanese dish, you should learn about soba allergy so that you can enjoy this food in Japan with peace of mind. Soba allergy is an allergic reaction to a protein contained in buckwheat flour. Even if the amount consumed is small, the allergic reaction can cause symptoms such as anaphylactic shock, which is likely to become severe. Accordingly, you should be careful if you have never eaten a food derived from buckwheat flour.

アレルギーコミュニケーションシート
食物アレルギーをお持ちの方は、このシートをご利用ください。
 If you have any allergies, please use this check sheet.
 食物アレルギー者請使用本表等。 如果您有食物過敏，請使用此清單。
 음식물 알레르기가 있으신 분은 이 시트를 이용해 주십시오.

●食べられないものにしるしをつけてください。
 Please check the boxes with ingredients you are allergic to.
 請在不能食用的食品上划勾。 請勿勾选不能吃的食材。 먹을 수 없는 것이 체크해 주십시오.

【お客様に確認する際は、次の文章を指差しして使用しましょう。】

このメニューには、選択された食材を使用していません。
 This meal does not include any of the ingredients you have chosen.
 本餐中沒有使用您所選擇的食材。 此菜單不使用您選擇的食材。 이 메뉴는 선택하신 식재료를 사용하지 않습니다.

このメニューには、選択された食材を使用しています。
 This meal includes ingredients you have chosen.
 本餐中使用您所選擇的食材。 此菜單使用您選擇的食材。 이 메뉴는 선택하신 식재료를 사용하여 만들었습니다.

このメニューには、選択された食材が混入することがあります。
 This meal may include ingredients you have chosen, through cross contamination.
 本餐中混入有您所選擇的食材。 此菜單有可能混入您選擇的食材。 이 메뉴에는 선택하신 식재료가 혼합되어 있을 수 있습니다.

このメニューは、選択された食材を除去して提供することができます。
 We can prepare this meal by omitting ingredients you have chosen.
 本餐可以為您去除所選擇的食材。 此菜單可以不用您選擇的食材。 이 메뉴는 선택하신 식재료를 漏지 제공할 수 있습니다.

残念ながら本店では、選択された食材を除いた食事の提供はできません。
 We are unable to prepare this meal without including ingredients you have chosen.
 非常抱歉本店不能提供去除所選擇食材的餐食。 很抱歉，本店的料理無法不用您選擇的食材。 이 메뉴는 선택하신 식재료를 뺀 식사를 제공할 수 없습니다.

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For people who have allergies to food other than soba, the ingredients of foods they eat in Japan may be a concern. If you can't communicate well in Japanese, you should use the Allergy Communication Sheet issued by the Tokyo Metropolitan Government.

[Allergy Communication Sheet \(PDF\)](#)

Information contained in this sheet is written in Japanese, English, Chinese, and Korean. For people who don't understand any of these languages, the sheet shows pictures of in-

redients that cause food allergies. Use this sheet to check the ingredients of each food, and you can tell people from restaurants correctly that you are allergic to particular ingredient(s).

Among Japanese noodles, soba has a long history. It is an affordable food that can be enjoyed in a wide variety of ways. This is why it is recommended that you should enjoy soba in Tokyo, where this safety measure is taken.

Food hygiene initiatives taken by the Tokyo Metropolitan Government

Strict hygiene control is essential for ensuring that anyone can enjoy delicious dishes with a sense of security.



The Tokyo Metropolitan Government takes a full range of hygiene control initiatives. In addition to inspecting perishable food products and checking hygiene conditions of markets, food manufacturing facilities, and restaurants, the government takes comprehensive measures including examination and research, public relations activities, establishment of a crisis management system in response to emergencies, and initiatives for ensuring appropriate food labeling. In addition, staff members and researchers from related organizations, who have specialized knowledge, are committed to constant hygiene control. The activities

of these people, which are usually invisible to the public, support the food safety of the Tokyo metropolis.

[Tokyo Food Safety Information Center \(English pages\)](#)



The proof of safety displayed in restaurants will allow tourists to enjoy food with a sense of security. The Tokyo Metropolitan Government has introduced the Food Safety Certification System. Facilities certified under this system display the TOKYO FOOD HYGIENE MEISTER sticker, showing that the facility maintains hygienic conditions and that you can enjoy dining there with a sense of security.

[Food Safety Certification System](#)

[List of certified facilities \(Cooking\)](#)

[List of facilities utilizing Staged Promotion Program\(Cooking\)](#)

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