

# A Vegetarian's Guide to Eating in Japan

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As a vegetarian, finding food in Japan can be tricky. And, as a dorm resident, cooking isn't really an option. Convenience stores like **7-Eleven** and **Lawson's** always have my back (hello, inari and smoothies!), but I've been pushing myself to explore more - and it's paid off.

## Staying Traditional

I came to Japan to experience the culture, and that includes food. Sushi, miso, ramen (let's not start with semantics) - it's all on my list. And thankfully, they're doable!



**Sushiro** is my go-to. Their conveyor belt sushi includes plenty of vegetarian-friendly options, and the iPad ordering system makes it super easy. Plus, it's cheap enough that I have to stop myself from going weekly.

**Vegetable Base Tokyo** near Hosei University is another favourite. With colourful salads and açaí bowls, it's healthy, tasty, and close by. My friends and I even have loyalty punch cards.

When I'm craving something a little more western, **Mos Burger's** **vegan soy patties** always hit the spot, especially with an extra side of chips.

And for a comforting bowl, **vegan ramen spots** are a must - completely meat-free, even the broth.

## When in Doubt, Go International

Sometimes Japanese menus are a minefield of hidden fish flakes. While staff are often kind and helpful, explaining vegetarianism can be tough. So, on days when I can't bother, I pivot.

**Indian, Sri Lankan, and Italian spots** are my go-to international options. They always have something meat-free, thanks to their own vegetarian-based cultures, and are always nearby.

Remember, with a little effort, eating vegetarian in Japan isn't just possible - it's delicious!

