

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!

