

Shinbashi ~ Ginza ~ Nihonbashi

Local Specialty Shops

Spring edition 2018

Daruman's Linking of Yin and Yang

local regions metropolis



antennashop.org

Regional Innovation Project

This shopping guide leaflet is made to support regional revitalization through linking the local specialties and tourists visiting to Tokyo.

Daruman's Five Elements of Yin and Yang

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Santosha, Co., Ltd Regional Innovation Project Team

TEL: 03-3231-7739 <http://santho.net/>



1 Kagawa & Ehime Setouchi Shunsai-kan

1-2F Shinbashi Marine Bldg
2-19-10 Shinbashi
TEL: 03-3574-2028
from 10:00 to 20:00*

2 Tottori Okayama Shinbashi-kan

1-2F Shinbashi Center Place
1-11-7 Shinbashi
TEL: 03-6280-6474
from 10:00 to 21:00*

3 Fukuoka Kurume-kan

1-2F STN Bldg.
2-19-4 Shinbashi
03-6280-6557
from 10:00 to 20:00

4 Iwate Ginga Plaza

1F Nankai Tokyo Bldg
5-15-1 Ginza
TEL: 03-3524-8282
from 10:30 to 19:00
(to 17:00 on the last day of the month)

5 Gunma-chan-chi

5-13-19 Ginza
TEL: 03-3546-8511
Closed for relocation on 3/21, new stores will open in mid-May to Ginza 7-10-5

6 Ginza Nagano

1,2,4F NOCO Bldg
5-6-5 Ginza
TEL: 03-6274-6015
from 10:30 to 20:00

7 Ginza Kumamoto-kan

5-3-16 Ginza
TEL: 03-3572-1147
from 11:00 to 20:00*
Closed: Monday
(if the Mon. is a holiday, next Tue.)

8 Kagoshima Yuraku-kan

1-3F Chiyoda Bldg
1-6-4 Yurakucho
TEL: 03-3580-8821 (food sales)
from 10:00 to 20:00*
(to 19:00 on Sat. Sun. & holidays)

9 Hokkaido Dosanko Plaza

1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-5224-3800
from 10:00 to 20:00

10 Akita Furusato-kan

1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-3214-2670
from 10:00 to 19:00

11 Shizuoka Mt.Fuji Green-tea Plaza

(Shizuoka Tourist Information in Tokyo)
B1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-3213-4831
from 10:30 to 19:00

12 Iki-Iki Toyama-kan (Yurakucho Branch)

B1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-3213-1244
from 10:00 to 19:00
(to 18:00 on Sun. and holidays)

13 Wakayama Kishu-kan

B1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-6269-9434
from 10:00 to 19:00
(to 18:00 on Sun. and holidays)

14 Osaka Hyakkaten

1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-5220-1333
from 10:00 to 22:00
(to 20:00 on Sun. and holidays)

15 Mura kara Machi kara-kan

1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-5208-1521
from 10:30 to 19:15
(to 18:45 on Sun. and holidays)

16 Oka no Machi Biei

B1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-6269-9747
from 10:00 to 19:00

17 Konotori no Megumi Toyooka

1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-6269-9180
from 10:30 to 19:00

18 The Hakata

B1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-6273-4468
from 10:00 to 20:00

19 Tokushima Kagawa Tomoni Ichiba

1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-6269-9688
from 10:30 to 19:00

20 Hyogo Waku-Waku-kan

B1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-6273-4133
from 10:00 to 19:00



21 Oita Antenna Shop Onsen-za

B1F Tokyo Traffic Hall
2-10-1 Yurakucho
TEL: 03-5223-5050
from 10:00 to 20:00

22 Ishikawa Hyakumangoku Monogatari Edo Honten

TH Ginza Bldg
2-2-18 Ginza
TEL: 03-6228-7177
from 10:30 to 20:00

23 Zarai Oita

8F Hulic Nishiginza Bldg
2-2-2 Ginza
TEL: 03-3563-0322
from 08:30 to 19:00*
(only on workdays)

24 Ginza Washita Shop

1F, B1F Maruito Ginza Bldg
1-3-9 Ginza
TEL: 03-3535-6991
from 10:30 to 20:00

25 Marugoto Kochi

ORB Premiere
1-3-13 Ginza
TEL: 03-3538-4365
from 10:30 to 20:00*

26 Ibaraki Marché

1F Konya Bldg
1-2-1 Ginza
TEL: 03-5524-0818
from 10:30 to 20:00*

27 Syoku no Kuni Fukui-kan

1F Ginzanishi Bldg
1-3-3 Ginza
TEL: 03-5524-0291
from 10:30 to 20:00
(to 19:00 on Sun. and holidays)

28 Oishii Yamagata Plaza

1-2F Ginza First Five Bldg
1-5-10 Ginza
TEL: 03-5250-1750
from 10:00 to 20:00
(restaurant closed on Mon.)*

29 Hiroshima Brand Shop TAU

Ginza Kamiichi Bldg
1-6-10 Ginza
TEL: 03-5579-9952
from 10:30 to 20:00*

30 Kyushu Bunkamura

1F Mitsuya Bldg
1-12-12 Shintomi
TEL: 03-3555-2888
from 11:00 to 17:00
(to 18:00 on Thu. & Fri.)
Closed: Sat. Sun. & holidays

31 Aomori Tokusanhin Center

1F Toko Bldg
1-3-9 Shintomi
TEL: 03-5540-7311
from 10:00 to 18:30
(to 15:30 on Sat.)
Closed: Sun. & holidays

*Business hours are different for tourist offices and restaurants.

Description of the symbol

- Goods Sales Space
- Tourist information
- Restaurant
- Easy meals
- Coffee shop, appetizers, eat in space, etc.

32 Hokkaido Foodist Yaesu-ten

B1F Yaesu Shopping Mall
2-1 Yaesu
TEL: 03-3275-0770
from 10:00 to 20:00

33 Fuji no Kuni Yamanashi-kan

1F Nihonbashi Plaza Bldg
2-3-4 Nihonbashi
TEL: 03-3241-3776
from 11:00 to 19:30*
restaurant closed on Sun. & holidays

34 Oidemase Yamaguchi-kan

1F Nihonbashi Plaza Bldg
2-3-4 Nihonbashi
TEL: 03-3231-1863
from 10:30 to 19:00

35 Nihonbashi Nagasaki-kan

1F Urban Net Nihonbashi
2-Chome Bldg
2-1-3 Nihonbashi
TEL: 03-6262-5352
from 10:00 to 20:00

36 COCOSHIGA

2-7-1 Nihonbashi
TEL: 03-5413-3941
from 10:00 to 20:00*

37 Nihonbashi Toyama-kan

1F Nihonbashi Daiei Bldg
1-2-6 Nihonbashi Muromachi
TEL: 03-5516-3020 (shop)
03-6262-3011 (restaurant)
from 10:30 to 19:30*

38 Nara Mahoroba-kan

1-2F Nihonbashi Muromachi
162 Bldg
1-6-2 Nihonbashi Muromachi
TEL: 03-3516-3931
from 10:30 to 19:00

39 Bridge Niigata

1-2F Daishi Tokyo Bldg
(Cater-corner Mitsukoshi)
1-6-5 Nihonbashi Muromachi
TEL: 03-3243-2840
from 09:00 to 19:00
Sales only in events

40 Nihonbashi Shimane-kan

1F Fukushima Bldg
1-5-3 Nihonbashi Muromachi
TEL: 03-5201-3310
from 10:30 to 19:00*

41 Mie Terrace

1-2F YUITO ANNEX
Ukiyo Komachi Senbikiya Bldg
2-4-1 Nihonbashi Muromachi
TEL: 03-5542-1033
from 10:00 to 20:00*

42 Nihonbashi Fukushima-kan

1F Yanagiya Taiyo Bldg
4-3-16 Nihonbashi Muromachi
TEL: 03-6262-3977
from 10:30 to 20:00
(from 11:00 to 18:00 on Sat. Sun. & holidays)

Spring Village Festival!

A lot of tasty blessing!



1 Kagawa Ehime Setouchi Shunsai-kan

The 15th Anniversary Fair!

Kagawa
Ehime

As the first joint antenna shop of Kagawa and Ehime in Tokyo metropolitan area opened on March 25, 2003, we celebrate the 15th anniversary. With appreciation, We will hold a commemorative event that offers you the chance to win special product. For more information, please refer to the application vouchers in shop.

2F Restaurant Kaorihime

We serve Setouchi's local cuisine, and now we serve the collaborative menu of Kagawa and Ehime named "Matsuyama sushi and the Olive pig with miso shabu bukkake Udon" at lunchtime, only for three months from March to the end of May. At dinner, we serve the dishes only during this period using seasonal ingredients of the 2 prefectures.

Minatoku Shinbashi 2-19-10 1F Local specialty shop ☎03-3574-7792
Shinbashi Marin building 2F Restaurant Kaorihime ☎03-5537-2684



Matsuyama sushi and the Olive pig with miso shabu bukkake Udon 1000yen (tax included) Only for lunch time

6 Ginza NAGANO

Nagano

Share the life style, beauty and health of the "Longevity Prefecture" Shinshu

The food of Shinshu, nurtured by the rich nature, has excellent products of beauty and health.

We offer a variety of products such as ingredients that are representative of Shinshu, traditional food, Nagano wines and sake, gibier, fruits and vegetables, along with seasonal themes.

In addition to the popular "Oyaki", the trendy "Milk bread" is in stock daily from the prefecture. Besides, there is a bar counter where you can taste wine and sake in the store with snacks using chosen ingredient, and feel the charm of Shinshu and Nagano Prefecture.

Ginza 5-6-5 NOCO building ☎03-6274-6015



13 Wakayama Kishu-kan

Wakayama

The featured Items in early spring! Is here the only place that has so many Jabara product?!

The recommendation at this time, it must be "Jabara"! Jabara is the fruit with the meaning of "Jaki wo harau (ward off evil)", the media featured it, and it is the popular commodity for those who worry about hay fever. Here you can find a full lineup of Jabara products! Come and find the good product for you.



Tokyo Traffic Hall B1F, 2-10-1 Yurakucho
☎03-6269-9434 Kitayama-mura's strong Jabara candy 180g 891yen (tax included)
Jabara 100% juice (big) 360ml 1944yen (tax included)

16 Oka-no-machi Biei (biei SENKA)

Hokkaido

Newly Launched Delicious "Amazake"

190g 250yen (tax included)→

This amazake is made from the delicious and safe rice "Nanatsuboshi" and Azuki bean "Jumari" of Hokkaido Biei, with a gentle sweetness.

This masterpiece is gentle to the body using only rice, azuki beans and malted rice.

No sugar, no alcohol, so it is OK for children!

It is delicious whether it's cold or warm.

Tokyo Traffic Hall B1F, 2-10-1 Yurakucho ☎03-6269-9747



3 Fukuoka Kurume-kan

Fukuoka

Authentic taste of stalls and sweets

●Taiho Ramen-Taiho Old Taste Ramen

The Kurume Taiho ramen with original "Yobimodoshi soup". Ramen connoisseurs say "Don't talk about tonkotsu ramen without eating Taiho ramen."

Taiho ramen-Taiho old taste ramen (Brown lard flavor) 432yen (tax included)



The Internationally Recognized Tonkotsu Ramen

●Kurume Kurobou Chikushiji

This soft-taste sweet is made with the Okinawa brown sugar blended with the sugar honey with hereditary recipe, concerning the "original taste of brown sugar".

Kurume kurobou Chikushiji Kurobou Selka 540yen (tax included)



Minatoku Shinbashi 2-19-4 SNT building 1F and 2 F ☎03-6280-6557

9 Hokkaido Dosanko Plaza Yurakucho

Hokkaido

ROYCE' Chocolate

Perfect gift! Popular Souvenirs in Hokkaido

●Potato chips chocolate

Chocolate and chips, please enjoy the delicious taste of the combination of these two snacks.

Original, Fromage blanc, Mild bitter, Caramel 190g 778 yen (tax included)



●ROYCE' chocolate plates

The long-seller plate chocolate with high quality taste and satisfying volume.

Milk, Black, Rum Raisins: 432 yen (tax included)
Almond, Bitter Almonds: 486yen (tax included)



1F Tokyo Traffic Hall 2-10-1 ☎03-5224-3800

14 Osaka Hyakkaten

Osaka

"Delicious Udon soup pack of Kansai taste"

The taste of chosen ingredient helps various dishes easily!

This soup pack uses only chosen ingredients. Dried bonito from Makurazaki, saba mackerel and Urume sardine of Amakusa, the true kelp from Dounan is abundantly used! With this soup pack, anyone can easily make Dashi at home! With this, you can enjoy Udon without difficult seasoning and hassle. You can also use it for Zousui rice, boiled food, oden, and the pot dish, to make them taste even better!



Yurakucho 2-10-1 Tokyo Traffic Hall ☎03-5220-1333

16 Kounotori-no Megumi Toyooka (The Blessing of Stork Toyooka)

Hyogo

The rice that supports the special natural Monument "stork" turns into ice cream!

To preserve the nature of the beautiful Tajima, this rice Koshihikari is made with the farming that also nurtures the stork and focuses on the safe and reliable rice. It turns into ice cream in Kano Farm with slight and refined sweetness and smooth texture without the grain sense of rice.



Konotori's rice ice cream 380 yen (tax included)→

←Rice that nurtures Konotori(stork) (Koshihikari of Hyogo Prefecture Tajima) 300g 360yen (tax included)



Tokyo Traffic Hall 1F, 2-10-1 Yurakucho ☎03-6269-9180

29 Hiroshima Antenna shop TAU

TAU renewal open on April 27th
Get together at the antenna shop!

The holy place for CARP ladies on the 2F

The goods corner for Carp and Sanfrecce Speaking of Hiroshima, it must be Carp and Sanfrecce! Hiroshima's proud professional sports! We sell cheering goods and rare goods of Hiroshima Toyo Carp and Sanfrecce Hiroshima here! Let's cheer Carp and Sanfrecce!!

Enjoy the real Hiroshima in Ginza. We sell lots of "treasures" from Hiroshima at "Hiroshima Brand Shop TAU".

Ginza1-6-10 Ginza top one building ☎03-5579-9952



43 The Wellness food brand proposed by "Eitaro", a Japanese confection shop of 200 years

Cooperation

Delicious and healthy sweets from "Karadanieitaro"

Eitaro, which has conveyed Japanese ancient food culture, such as "Yokan with reduced carbohydrate", will serve the Japanese sweets that we want to convey to the next generation through a new element of "health of food nutrients".

Tea Room "Setsugekka"

A place where you can take a rest while taking a walk in Nihonbashi. You can enjoy the sweetness such as seasonal cake, anmitsu and honey beans.



1-2-5 Nihonbashi
☎03-3271-7785
Mon. to Sat., 9:30 to 18:00
(Closed: Sun. and holidays)

"We will cheer Japan (region) up with the functionality of food."
Yazawa Kazunaga Adviser
Research Organization for Nano & Life Innovation, Waseda University
Professor, Department of Health Food Science, Integrated Institute for Regulatory Science

44 The delicious herbal meals to improve your health

Cooperation

Kitchen Studio Kankissa, 3 minutes walk from Kanda station

Doctor Miyamoto, the 4th of a pharmacy with PhD, runs the café that provides full-fledged medicinal cuisine with the concept of "cure sickness by eating", and she'll hold a medicinal dish cooking class. You can enjoy abundant Chinese medicine with "One Hundred Kinds Porridge" and the grilled eel and rice using domestic eel and 102 kinds of traditional Chinese medicine with reasonable prices of 1000 yen.

A healthy and delicious way to enjoy local ingredients.

Healthy dishes using lotus roots and natto from Ibaraki, at a medicinal cooking class.



<http://kankissa.com/> ☎03-3525-4033

1-24-10-1F Kanda-sudacho, Chiyoda-ku
10:00 to 21:00 (Sun. & holidays closed)

Find a clue for your worries!!

What is Daruman's Five Elements of Yin and Yang?



Yin and Yang We frequently see this figure in shrines! Daytime
We traditionally compare two things. Night

The figure of Taiji symbolizes it.
<http://www.daruman.info/>

The entire nine-volume Daruman's Five Elements of Yin and Yang series is now available!



①Wood Volume②Earth Volume③Water Volume (Part 1)④Fire Volume⑤Metal Volume⑥ Eastern Medicine Volume
⑦ Doctor Nyankoro's Dental and Medical Clinic ⑧ (New) Daruman's Five Elements of Yin and Yang - Water Volume (Part 2)
○ Daruman's Five Elements of Yin and Yang - Encouragement of Learning

40 Nihonbashi Shimane-kan

Shimane

Experience the charm of Shimane "Nihonbashi Shimane-kan" re-opened

With the concept of "Moving the whole Shimane to Tokyo", Nihonbashi Shimane-kan has been reopened on 2/16 after the quake-proof construction! In addition to product selling, various events and tourist information corner are also enriched. You can enjoy the entire Shimane here.



1F Fukushima Bldg., 1-5-3 Nihonbashi Muromachi

☎03-5201-3310 (Tourist Info) /
☎03-3548-9511 (Product Sales) / ☎0120-60-2357 (Settlement Consultation)

"Beauty" "Healing" "Warmth" Radio program to establish Setouchi brand NAGOMI Setouchi

NAGOMI Setouchi

"NAGOMI Setouchi" started in January 2017. This program is the base station for seven prefectures surrounding Setouchi (Hyogo, Okayama, Hiroshima, Yamaguchi, Tokushima, Kagawa, and Ehime) and private enterprises to work together to promote the culture and to activate the area! Every month, the writer, painter, musician, director and other types of artist becomes a traveler, and travels the sea, islands, land, mountains and towns in Setouchi.



Broadcast time of each station Broadcast every Saturday—

TOKYO FM ... 18:30 to 18:55 Kiss FM KOBE 7:30 to 7:55
FM Okayama 18:30 to 18:55 Hiroshima FM 18:00 to 18:25
FM Yamaguchi 18:30 to 18:55 FM Kagawa 19:30 to 19:55
FM Ehime ... 9:00 to 9:25 FM Tokushima 9:30 to 9:55

For details, please visit <http://www.tfm.co.jp/setouchi>

Ideas of employees and residents who create the future of the company and the community by pulling out the wisdom of the group

The Textbook of T-type brain writing

This book shows the practical examples of idea creation, such as the event of town revitalization, the use of ICT for the revitalization of the region, the acquisition of foreign tourists using the Internet.

No matter how much AI technology evolves, the value of human wisdom remains the same. This is the powerful idea creation method that brings out everyone's wisdom to create the local community and business.

Keiji Tachikawa, Former president of NTT Docomo; Former president of JAXA (Japan Aerospace Exploration Agency)

The method of thinking which has brought NTT's many business and more than two hundred patents is in print!



<http://santho.net/publication/topic/index.html>



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●Author: Yukio Tokunaga (Honorary Professor of Shibaura Institute of Technology)