

Tanabe Gourmet Guide



Evening Edition

KUMANO KODO Gateway Authentic Dining

Dining Tips & Etiquette
Gastronomy Explorer Map
Restaurant Guide
Useful Words & Phrases



Tanabe City Culinary Culture

Tanabe City is a gateway to the ancient Kumano Kodo pilgrimage routes and is a hidden gastronomy gem. It is a coastal city in a temperate climate perfect for fruits production such as mandarin oranges and ume. The coastline is a major fishing zone with a plethora of fresh seafood famous throughout Japan. Exploring the unique, authentic eateries in Tanabe's Ajikoji entertainment area offers an appetizing glimpse into this rich, rural gourmet food culture of Japan.



Fresh Seafood



Terraced Ume Orchards

Stay & Relax

Visitors often enjoy spending an extra day in Tanabe before beginning the Kumano Kodo pilgrimage to prepare their mind and soul—and to fill their stomachs with delicious food!— sharing information, laughs, and stories with locals and fellow travelers.



Ogigahama Beach



Kumano Kodo



What to Do with an Extra Day in Tanabe

Dining Tips & Etiquette

Izakaya

Often translated as “Japanese pub” but a more appropriate translation is a “traditional eatery”, a casual place to eat sharing dishes —so not appropriate just to order drinks, better to visit a bar for that.



Izakaya Interior

Payment & Tipping

Payment is often cash only, so bring some yen. Tipping is not customary in Japan.

Tsukidashi

A small savory appetizer dish that automatically comes with a drink, something like a tapas.



Seating Types

There are different types of seating at restaurants. The traditional style of sitting on the floor is called “zashiki”. A version of this is called “horigotatsu” where there is a recess under the table to dangle your legs. Then there are “table” and “counter” seats. The “Sitting seats” pictogram indicates places with chair like sitting including horigotatsu, table and/or counter seats.



Zashiki



Table



Counter



Horigotatsu

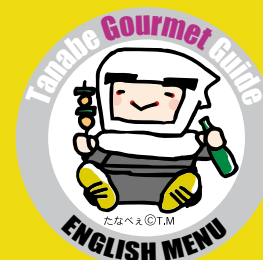
Legend

- Non-smoking
- Wi-Fi
- Reservations OK
- Families OK
- Credit Cards OK
- Sitting seats
- Vegetarian
- Vegan
- Gluten free
- Take-out

Dining Types

- Cafe / Bar
- Sushi / Japanese Cuisine
- Izakaya / Restaurant
- Yakitori / Yakiniku

- Yakitori** = grilled chicken skewers
- Yakiniku** = grilled meat



All businesses in this guide have an English menu. Watch for the logo above at entrances.



Kii-Tanabe Sta.

TANABE Information Center

Hotel Kii Tanabe

Guest House Shin Kumano

Guest House Kumano

Yakiniku Ebisu

Hamayaki Taro

Comfort Hotel Kii Tanabe

Matsushimaen 18

Ekimae-shin-dori St.

Benkei St.

Hanaiori Guest House Hotel Hanaya

Guest House Ichiume no Yado

- 1 Tanabe en+
- 3 DJANGO Hostel & Lounge
- 12 Marunaka Shokudo
- 2 Bar Oct.

11 Teruterubozu

Miyoshiya Ryokan

Sakana to Teppan Kushiyaki Fukufuku

16 Yakitori Gin

7 10 Shinbe

Ginchiro Honten

Guesthouse Nagisa

the CUE

Zin 9

5

Horai Sushi

Aritoshi-jinja

Entrance

Minato-hon-dori St.

Shrine

13 Izakaya Zen

Buddha Guest House

6 Akihei

Altier

The Hotel TERAMOTO

Cafe & Bar XYZ

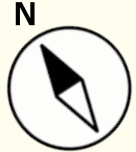
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Miyaji-dori St.

Gastronomy Explorer Map

Ajikoji is an entertainment district near Kii-Tanabe station, a maze of alleys packed with over 200 local restaurants and bars.

- Accommodation
- Parking
- Post Office
- Shrine



50m



Google Maps

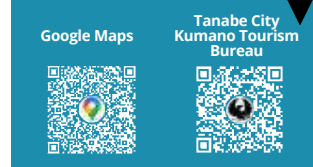
tanabe en+

A café popular for ice cream made with locally sourced ingredients like Valencia oranges, sweet potatoes, and soy sauce. The drink menu features coffee, Japanese black tea, and ume soda, as well as bottled beer from Tanabe's craft brewery, Voyager Brewing Co. A highlight is the terrace seating where you can kick back while waiting for your bus. The attached antenna shop sells T-shirts and towels featuring the three-legged "Yatagarasu" crow motif, making them perfect souvenirs for those visiting the Kumano Kodo pilgrimage routes.



Across the street from the station!

- Tel: 0739-33-9761
- Hours: 10:00-19:00 (L.O.18:00)
- Days: Open every day
- Address: Minato 41-1
- Phone Language: Japanese only
- Average Cost: ¥500



Bar. Oct

バー・オクト

Bar Oct's proprietor puts his fifteen years of bartending experience to good use, crafting delightful original cocktails from locally sourced fruits like strawberries in spring, watermelon in summer, pears in autumn, and mandarin oranges in winter. The bar accommodates requests, so you can enjoy drinks tailored to your taste. They also have a variety of light bites like natural cheeses and handmade Basque cheesecake to sample. With good cheer and deep local knowledge, Bar Oct has created a welcoming atmosphere where even solo visitors can be assured a relaxing good time.



I love making cocktails!

- Tel: 090-5055-2694
- Hours: 20:00 - 26:00 (L.O.25:30)
- Days: Closed every Monday
- Address: Minato 41-31 Hotel Nankairo 1F
- Phone Language: Some English, enough to make reservations
- Average Cost: Around ¥4,000



DJANGO Hostel & Lounge

This hostel is located just a one-minute walk from Kii-Tanabe Station and features a café and cozy bar lounge on the first floor with dim lighting and stylish, Westernized decor. Latin and jazz tunes feature heavily on the turntable and guests can enjoy two types of draft beer from Tanabe's craft brewery, Voyager Brewing Co., as well as over 30 varieties of cocktails, espresso, café lattes, and light meals. Friendly foreign staff are always on hand, making it a great spot to learn more about the local area.



Chill out at DJANGO!



- Tel: 0739-33-7815
- Hours: Variable to Midnight (L.O. 23.30)
- Days: Open most days
- Address: Minato 41-33
- Phone Language: Japanese only
- Average Cost: ¥2,000 - ¥2,500



Cafe & Bar XYZ

カフェ&バー XYZ

XYZ's retro vibes make it the perfect spot to enjoy the café until evening at 8 PM when it transitions into a bar. Popular menu items include tapioca drinks, a variety of cocktails, seafood curry, and loco moco bowls. The friendly, travel-loving owner enjoys sharing insights about the attractions of Wakayama, the Tanabe area, and the Kumano Kodo pilgrimage routes. Additionally, the establishment features an airsoft shooting range and offers survival game gear for purchase.



Relax from ABC to XYZ!

- Tel: 0739-68-9002
- Hours: 10:00 - 22:00 (L.O.21:30)
- Days: Open most days
- Address: Minato 22-4
- Phone Language: Japanese only
- Average Cost: ¥2,500



Horai Sushi

宝来寿司

This budget-friendly sushi restaurant features table seating for relaxed dining. Their most popular dish is the "Hitohame Set Meal," which features original sushi made with "hirome," a seaweed native to Tanabe Bay, along with sashimi, chawanmushi (savory egg custard), and a seasonal vegetable salad. The menu also includes tempura made with fresh fish and original seafood rice bowls. Established in 1933, the restaurant is now run by the third-generation owner who took over the family business after working at a Japanese restaurant in Kyoto. The owner's wife greets customers with cheerful, friendly service adding to Horai Sushi's charm.



Authentic and reasonable!

- Tel: 0739-22-0834
- Hours: 10:00 -15:00 (L.O.14:40)
/17:00 -21:00 (L.O.20:30)
- Days: Closed Mondays
- Address: Minato 18-12
- Phone Language: Japanese only
- Average Cost: ¥1,000 - ¥2,000



Google Maps

Tanabe City
Kumano Tourism
Bureau

Succulent Seafood

The rich Kuroshio ocean current sweeps across the southern tip of the Kii Peninsula bringing with it a plethora of fresh seafood.

Sashimi

Sashimi is a common dish of thinly sliced raw seafood often ordered at the beginning of a meal. Ordering a "Moriawase", or mixed plate of the chef's selection of the fresh catch of the day, is common. The size of the dish is ordered as per number of people, such as "Ichinin-mae" for one person, "Ninin-mae" for two, etc.



Akihei

割烹 秋平

Founded in 1870, this restaurant offers a serene, traditional Japanese-style interior where you can enjoy a variety of authentic Japanese dishes prepared by the fifth-generation owner, including sukiyaki, tempura, sushi, and sashimi. The set meals are also reasonably priced and popular. The restaurant caters to various dietary preferences, offering vegan, vegetarian, and pescatarian options, as well as a kids' menu, making it welcoming for solo diners, families, and everyone in between. The owner's wife, who handles customer service, is friendly and fluent in English and Chinese, ensuring a warm and accommodating experience for all guests.



- Tel: 0739-22-0234
- Hours: 11:00 ~ 20:00 (L.O.20:00)
- Days: Closed Tuesdays
- Address: Kita-Shinmachi 68
- Phone Language: English, Japanese
- Average Cost: ¥1,500 - ¥2,000



Casual, accommodating dining!

Google Maps

Tanabe City
Kumano Tourism
Bureau

Ginchiro Honten

銀ちろ本店

Founded in 1959, this Japanese restaurant stands out among the establishments along Mikoshi-dori for its historic, distinguished atmosphere. All dining rooms are private. The recommended dish is the "Sazanami Bento," a beautifully arranged meal featuring a bowl of fresh kama-age shirasu (boiled whitebait), three types of sashimi, and simmered dishes packed into a traditional lacquered box. The menu also includes a wide variety of options such as sansho-yaki (spiced grilled steak), sushi, and unagi (eel). In the evening, the restaurant is often fully booked or reserved for large groups, so it's best to call ahead to confirm availability.



Classic Japanese dining!



Google Maps

Tanabe City
Kumano Tourism
Bureau

- Tel: 0739-22-3960
- Hours: 11:00 - 14:00 (L.O.13:45) /
17:00 - 20:00 (L.O.19:45)
- Days: Open most days
- Address: Minato 12-39
- Phone Language: Japanese only
- Average Cost: ¥2,000 - ¥4,000

Hamayaki Taro

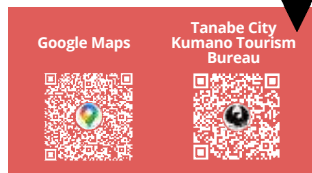
浜焼太郎 田辺駅前店

Each table at Hamayaki Taro is equipped with its own grill for diners to cook seafood fresh that morning from local suppliers in a traditional "hamayaki" (seaside barbecue) style. Don't worry if you're unfamiliar with the process—staff provide clear instructions on how to prepare your meal. The recommended option is the value-packed "Saburou Set," which includes scallops, clams, turban shells, oysters, and whole grilled squid. The sashimi, made from wild-caught fish sourced daily from nearby fish markets, is exceptionally fresh and delicious. The wide-ranging menu also features grilled and fried meat dishes.

- Tel: 0739-33-7622
- Hours: 17:00 - 23:45 (L.O.23:15)
- Days: Open most days
- Address: Minato 2-10
- Phone Language: Japanese only
- Average Cost: ¥5,000 - ¥6,000



Japanese BBQ experience!



Zin

隠れ家 仁

A welcoming spot with eight counter seats, this restaurant offers a wide variety of dishes with a focus on local seafood. Popular menu items include an in-house slow-cooked beef tendon stew, beef tendon curry, and a set of five perfectly fried fresh meat & vegetable skewers paired with cold beer. Kyoto's Tamano Hikari sake and Sapporo draft beer are on tap. The friendly, straight-talking proprietor is a local favorite with regulars who come back for lively conversation and great food.

- Tel: 090-9883-0674
- Hours: 17:00 - 22:00 (L.O.21:30)
(Fri - Sat: 25:00 (L.O.24:30))
- Days: Closed on Sundays
- Address: Minato 9-7
- Phone Language: Japanese only
- Average Cost: ¥3,000 - ¥3,500



Cozy local favorite!



Shinbe

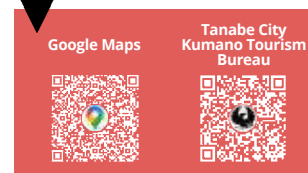
季節料理 しんべ

A seafood izakaya brimming with "fish love," Shinbe's proprietor is a fishing enthusiast who takes great pride in his craft. Fresh local seafood is delivered daily or caught by the chef and added to the menu at affordable prices. Their signature ball dish is the "Ebi Dango," a crispy fried tofu ball stuffed with plump, juicy shrimp. Another must-try is "Mochi Katsuo," a spring delicacy from Wakayama that's as fresh as it gets. With over 50 years in business, the owner runs the restaurant with a spirit of gratitude for each new day and every customer. Drop in for a warm smile and engaging conversation!

- Tel: 0739-24-8845
- Hours: 17:00 - 22:00 (L.O.21:30)
- Days: Closed on Sundays and every first Monday of the month
- Address: Minato 12-45
- Phone Language: Japanese only
- Average Cost: ¥2,000 - ¥3,000



From sea to chopsticks!



Kanpai!

There is a diversity of drinks to sample during a night out in Tanabe including umeshu and craft beer.

Umeshu

Umeshu is Japanese apricot liqueur often mistranslated as plum wine. On the rocks, or in a cocktail, this unique fruity drink local favorite.



Voyager Beer

If you are into exploring an international microbrewery scene then Voyager is the one to order, lovingly small batch-brewed in Tanabe.



Teruterubozu

炉端屋 てるてるぼうず

Savor the best of local flavors all in one place! Teruterubozu offers a variety of dishes, including vegetable and meat options, alongside its excellent seafood. A highlight is the katsuo (bonito) served in multiple styles such as sashimi, tataki, and koubai-age deep-fry with a tangy twist. The drink menu features well-known sake such as Kido (Wakayama), Hakkaisan (Niigata), and Jikon (Aichi), all reasonably priced. The owner and hostess are as friendly as they come, welcoming both foreign visitors and first-time guests like family. For a bit of fun, there are kimonos for ladies and happi coats for men to try on and take pictures.



Sunny times at Teruterubozu!



- Tel: 0739-33-9528
- Hours: 17:30 - 23:00 (L.O.22:30)
- Days: Closed on Wednesdays
- Address: Minato 32-3
- Phone Language: Japanese only
- Average Cost: ¥2,000 - ¥7,000



Izakaya Zen

旬彩居酒屋 膳

This popular izakaya tucked away in a back alley lives by the motto "Bring happiness to all you meet!" The owner's carefully selected fresh shellfish and the popular crispy fried chicken wings are both must-try items. Guests can choose from four set menu options: A) Vegan, B) Fish, C) Chicken, D) Pork, E) Beef. The drink selection includes homemade umeshu, local "VOYAGER" craft beer, and "Kou" regional sake. The friendly owner and staff make Zen a favorite spot for guests staying at nearby accommodations.

Happiness for everyone!



- Tel: 0739-26-8551
- Hours: 17:00 - 22:30 (L.O.22:00)
- Days: Closed on Thursdays
- Address: Minato 25-16
- Phone Language: Japanese only
- Average Cost: ¥2,500 - ¥3,000



Marunaka Shokudo

マルナカ食堂

Marunaka is a cozy izakaya on the first floor that serves classic dishes like sashimi platters alongside modern twists on local favorites, such as the regional soul food "Ebi Dango" (shrimp balls) and the chef's original "Tomato Mapo Tofu." The friendly owner speaks English, making it easy to ask for recommendations or ask for just the thing you're craving. Complimentary side dishes for overseas guests add to the welcoming atmosphere.

Smiles, laughs all around!



- Tel: 0739-68-9066
- Hours: 17:00 - 23:00 (L.O.22:00)
- Days: Closed on Sundays
- Address: Minato 41-32 Station Noren-gai #D
- Phone Language: Japanese only
- Average Cost: ¥4,000

Ichiyoshi

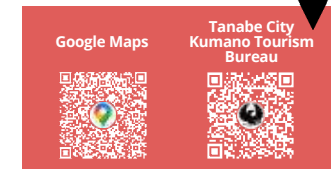
麵・寿司・食べ処 一吉 駅前店

With a wide variety of dishes spanning Japanese, Western, and Chinese cuisines, including sashimi, sushi, tempura, steak, udon, soba, Chinese rice bowls, and ramen, Ichiyoshi caters to everyone, from children to seniors, including those with allergies or religious dietary restrictions. The "Ikki Luxury Sushi Set," which includes sashimi, a mini steak, tempura, five pieces of nigiri sushi, and a salad, is a standout. English-speaking staff are available, making it easy for guests to enjoy both the food and the conversation.

Open late!



- Tel: 0739-22-8239
- Hours: 17:00 - 4:00 (L.O.4:00)
- Days: Open every day
- Address: Minato 2-11
- Phone Language: Japanese only
- Average Cost: ¥3,000



Sakana to Teppan Kushiyaki Fukufuku

魚と鉄板焼き 福福

With a wide variety of dishes, including fish, grilled skewers, sushi, dim sum, sweet-and-sour pork, and pizza, Fukufuku is a place where every generation can come together to eat great food. The generous "Fukufuku Specialty Assorted Sashimi" platter features seven varieties of seasonal local seafood and three types of horse sashimi. And what better way to finish off a meal than with a tasting of some of Fukufuku's 30 types of local umeshu and a conversation with one of their English-speaking staff.

- Tel: 0739-30-0166
- Hours: Sun-Thu 7:00 - 24:00 (L.O.23:30)
Fri, Sat 17:00 - 25:00 (L.O.24:30)
- Days: Closed at New Year's
- Address: Minato 6-18-101
- Telephone Language: Japanese only
- Average Cost: ¥3,000 - ¥5,000



Umeshu
Kanpai!



Yakitori paradise!



Yakitori / Yakiniku

Yakitori Gin

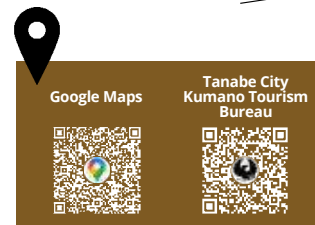
炭火串焼 銀

Gin features yakitori made from freshly sourced chicken and seasonal vegetables grilled to perfection over Kishū Binchotan charcoal. The house-made tsukune (chicken meatballs) and seseri (a rare cut of tender chicken neck) are not to be missed. Gin's selection of sake and beer, and even red wine, pairs wonderfully with the yakitori. Complete your exploration of chicken flavor with the chicken broth chazuke (rice in tea soup) and chicken soup. Gin's shy but skilled proprietor and his cheerful wife have made this a comfortable, at-home dining experience.

- Tel: 0739-25-9215
- Hours: 18:00 - 23:00 (L.O.22:00)
- Days: Closed every Sundays
- Address: Minato 6-12
- Phone Language: Japanese only
- Average Cost: ¥4,500



Famous Wagyu
anyone?!



Yakitori/Yakiniku

Yakiniku Ebisu

焼肉ホルモン エビス

This cook-it-yourself yakiniku restaurant has grills at every table where you can prepare high-grade, fresh black Wagyu beef at affordable prices. A highlight is the harami (skirt steak), a rare cut known for its tender texture and rich flavor. Other popular options include bone-in short ribs, various types of horumon (offal), and cold noodles. In winter, guests can also enjoy hearty motsu nabe (offal hot pot). The friendly staff make ordering easy and the conversation is always lively. With counter seating available, it's a great spot for solo diners, and families with children are warmly welcomed.

- Tel: 0739-25-3663
- Hours: 17:00 - 23:00 (L.O.22:00)
- Days: Open most days
- Address: Minato 2-13
- Phone Language: Japanese only
- Average Cost: ¥3,000 - ¥5,000

Yakitori / Yakiniku

Matsushimaen

松島園

This family-run high-end yakiniku restaurant lives by their founding credos of "honest management" and "unceasing effort." The menu offers around 80 dishes, with standout recommendations including bara (rib meat) and horumon (offal). Most cuts are A5-grade Wagyu, known for high-quality fat that is rich yet not heavy. An English menu featuring 20 popular dishes is also available for the convenience of overseas visitors. The clean and well-maintained interior is divided into private rooms for a calm and comfortable dining experience. Advance reservations are recommended.

- Tel: 0739-24-1618
- Hours: 11:30 - 14:00 (L.O.13:30)
17:00 - 21:30 (L.O.21:00)
- Days: Closed every Tuesdays
- Address: Minato 45-3
- Phone Language: Japanese, Korean
- Average Cost: ¥5,000 - ¥6,000



Meat lovers rejoice!



Useful Words & Phrases

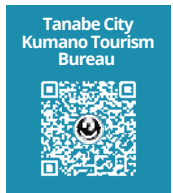
Do you have an English menu?	Eigo no menyū wa arimasu ka?	英語のメニューはありますか？
What do you recommend?	O-susume wa nan desu ka?	おすすめは何ですか？
I would like...	...wo kudasai.	...をください。
I am a vegetarian.	Watashi wa bejitarian desu.	私はベジタリアンです。
Can you recommend a vegetarian dish please?	O-susume no bejitarian-ryori wa arimasu ka?	おすすめのベジタリアン料理はありますか？
Can I have a (beer/water) please?	(biru/mizu) wo onegaishimasu.	(ビール / 水) をお願いします。
Cheers!	Kanpai!	乾杯！
What is in this dish?	Kono ryori ni wa nani ga haitte imasu ka?	この料理には何が入ってますか？
How do you eat this?	Kore wa do yatte tabemasu ka?	これはどうやって食べますか？
The bill/check please.	O-kanjo wo onegaishimasu.	お勘定をお願いします。
Can I pay by credit card?	Kurejitto-kado de haraemasu ka?	クレジットカードで払えますか？
Thank you, that was delicious.	Gochisosama deshita.	ごちそうさまでした。
Thank you very much.	Arigato Gozaimasu.	ありがとうございます。



You May Hear

- Irashimase / irashai! ▶ Welcome!
- O-hitori-sama desu ka? ▶ By yourself?
- (ni/san/yon) -mei-sama desu ka? ▶ (2/3/4) persons?
- Kochira e dozo. ▶ This way, please.
- (go chumon wa) okimari desu ka? ▶ May I take your order?
- ... wa ikaga desu ka? ▶ Would you like...?
- Dozo o-meshiagari kudasai! ▶ Enjoy your meal!
- O-matase shimashita. ▶ Here you are.
- Nani ka o-nomimono wa? ▶ Do you want anything to drink?

Where to Eat & Drink Online Guide



Tanabe City
Kumano Tourism Bureau
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