JAPANESE RESTAURANT

NEW YORK CITY

GUIDE BOOK 2026



JFHANY
JAPANESE FOOD & HOSPITALITY ASSOCIATION OF NEW YORK

JAPANESE RESTAURANT MAP



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- B6 Wasan Brooklyn

QUEENS

- Q1 BentOn
- Q2 Hibino LIC

WESTCHESTER

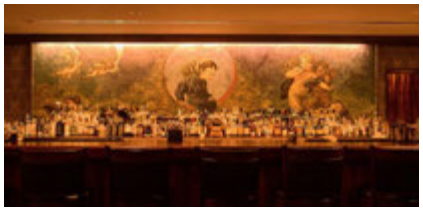
- W1 Sazan Restaurant



MANHATTAN



M1 BAR
Angel's Share



45 Grove St.,
NewYork NY 10014
N/A
angelssharenyc.com
angelssharenyc

M2 IZAKAYA
Donburiya

DONBURIYA
JAPANESE RESTAURANT

253 W 55th St.,
New York, NY 10019
212-980-7909
donburiyany.com
donburi.ya

M3 SUSHI TEISHOKU
East Japanese Restaurant



314 W 53rd St,
New York, NY 10019
929-536-3056
eastjprestaurant.com
east.japanese.restaurant

M4 SUSHI
Hatsuhana Sushi Restaurant



17 E 48th St.,
New York, NY 10017
212-355-3345
hatsuhana.com
hatsuhanasushi

M5 SUSHI
Marumi Restaurant



546 Laguardia Place,
New York, NY 10012
212-979-7055
marumi.nyc

M6 SUSHI
Nobu Downtown



195 Broadway,
New York, NY 10007
212-219-0500
noburestaurants.com/downtown/
noburestaurants

JAPANESE DINING WORDS TO KNOW

—日本の食を楽しむ6つのことば—



Six words to enrich
your Japanese dining experience

Omakase | おまかせ



A dining style in which guests leave the selection of dishes to the chef.

Izakaya | 居酒屋



A casual Japanese gathering place serving drinks and a variety of small dishes.

Teishoku | 定食



A complete set meal, usually served with rice, soup, and side dishes.

Kaiseki | 懐石



A refined multi-course meal celebrating seasonal ingredients, presentation, and balance.

Donburi | 丼



A bowl of rice topped with meat, seafood, vegetables, or other ingredients.

Kappo | 割烹



A style of Japanese dining in which chefs prepare and serve a variety of dishes, often across a counter.

食を楽しむ





M7 SUSHI

Nobu Fifty Seven



40 W 57th St.,
New York, NY 10019
212-757-3000
noburestaurants.com/fifty-seven
noburestaurants

M8 TEISHOKU

Ootoya Chelsea



8 W 18th St.,
New York NY 10011
212-255-0018
ootoya.us
ootoyanyc

M9 TEISHOKU

Ootoya Times Square



141 W 41st St.,
New York, NY 10036
212-704-0833
ootoya.us
ootoyanyc

M10 TEISHOKU

Ootoya Union Square



41 E 11th St.,
New York, NY 10003
212-473-4300
ootoya.us
ootoyanyc

M11 SUSHI

Osakana NYC



42 1/2 St. Marks Pl.,
New York 10003 NY
646-669-7691
osakana.nyc
osakananyc

M12 RAMEN

Ramen Misoya West Village



535 Hudson St.,
New York, NY 10014
646-368-1101
misoyanyc.com

M13 AUTHENTIC JAPANESE

Restaurant Nippon



155 E 52nd St.,
New York, NY 10022
212-688-5941
restaurantnippon.com
restaurant_nippon

M14 SOBA

Soba Ulala



73 Thompson St.,
New York NY 10012
212-925-1613
sobaulala.nyc
sobaulalanyc

M15 SUSHI

Sushi Ann



38 E 51st St.,
New York, NY 10022
212-755-1780
sushiann.net
sushi_ann

M16 SUSHI

Sushi Ikumi



135 Sullivan St.,
New York NY 10012
917-409-1588
ikumi.nyc
sushiikumi

M17 SUSHI

Sushi Nakazawa



23 Commerce St.,
New York, NY 10014
212-924-2212
sushinakazawa.com
sushinakazawa

M18 SUSHI

Sushi of Gari 46



347 W 46th St.,
New York, NY 10036
212-957-0046
sushiofgari.com
sushi.of.gari

M19 SUSHI

Sushi of Gari Columbus



370 Columbus Ave.,
New York, NY 10024
212-362-4816
sushiofgari.com
sushi.of.gari

M20 SUSHI

Sushi of Gari/ Upper East



402 E 78th St.,
New York, NY 10075
212-517-5340
sushiofgari.com
sushi.of.gari

M21 SUSHI

Sushi Yasuda



204 E 43rd St.,
New York, NY 10017
212-972-1001
sushiyasuda.com
sushiyasudanyc

M22 TEMPURA

Tempura Matsui



222 E 39th St.,
New York, NY 10016
212-986-8885
tempuramatsui.com
tempuramatsui

M23 IZAKAYA

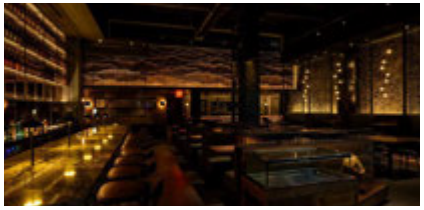
Wokuni



327 Lexington Ave.,
New York, NY 10016
212-447-1212
wokuninyc.com
wokuni_nyc

M24 IZAKAYA

Wokuni Broadway



1359 Broadway ste 109,
New York, NY 10018
646-707-0543
wokuninyc.com
wokuni_broadway



Fermentation is a practice found throughout the world. Through the forces of nature, invisible microorganisms, and the passage of time, it enriches the flavors and aromas of food while helping to preserve it. It is also a cultural tradition rooted in the Japanese wisdom and sensibility of nurturing food in harmony with nature.

Japanese cuisine includes a wide variety of fermented foods, such as miso, soy sauce, sake, vinegar, natto, pickles, and amazake. Microorganisms, including koji, gradually transform ingredients over time, drawing out the flavors that are naturally present and making them even richer and more complex.

In this process, there is an understanding that we do not need to control everything ourselves. Instead, we trust the power of nature, allow time to do its work, and respect the small, invisible forms of life that make fermentation possible.



The Culture and Spirit of Fermentation

[Noriko Umino]
Representative Mori no Ie NYC, Forest House of Manhattan
501(c)(3) Nonprofit Organization

Food also has the power to connect people. Cooking together, sharing a meal around a table, and preparing food for someone else all carry unspoken wishes: “I hope you are well” and “I hope you are happy.” Perhaps this is also connected to the spirit of Japanese food culture and omotenashi — the heartfelt care and hospitality we extend to others.

Through Japanese food, we can express gratitude for the gifts of nature, for the lives that become our food, for the people who grow and nurture those ingredients, for those who prepare our meals, and for the people who share the table with us.

The words that express this feeling are: “Itadakimasu.”

This simple phrase carries a deep sense of gratitude for the many lives and gifts of nature that sustain us.

The philosophy of fermentation is also closely connected to the idea of “co-nurturing life,” which is at the heart of Mori no Ie NYC. In the forest, trees grow, microorganisms work within the soil, and plants bear fruit. We receive and share in the gifts that nature provides. Fermentation, too, is part of this greater cycle of life, sustained by the work of countless small forms of life that we cannot see.

Through the culture of fermentation, we hope to help people feel the connections between nature and humanity, between one person and another, and among all forms of life. We hope to pass this awareness on to future generations.

And through the joy of Japanese food, we hope to share this spirit of gratitude with all those who gather around the table.



B1 CASUAL DINING

a-un Brooklyn



156 Knickerbocker Ave.,
Brooklyn, NY 11237
718-678-6628
aunbrooklyn.com
aunbrooklyn

B2 CAFE

Brooklyn Ball Factory



95 Montrose Ave.,
Brooklyn, NY 11206
718-387-5296
brooklynballfactory.com
brooklyn_ball_factory

B3 SUSHI RAMEN

Karazishi Botan



255 Smith St.,
Brooklyn, NY 11231
347-763-1155
karazishibotan.com
karazishi_botan

B4 IZAKAYA

Samurai Mama



205 Grand St.,
Brooklyn, NY 11211
718-599-6161
samuraimama.com
samuraimama_bk

B5 IZAKAYA

Samurai Papa



594 Lafayette Ave.,
Brooklyn, NY 11216
718-398-8181
samuraipapabk.com
samuraipapa_bedstuy

B6 TEISHOKU

Wasan Brooklyn



440 Bergen St.,
Brooklyn, NY 11217
718-864-3549
wasan-ny.com
wasanbrooklyn

JAPANESE AT THE TABLE

—食卓で使える日本語—

食を楽しむ

Six Simple phrases
to enjoy at Japanese table





いただきます
Itadakimasu
With gratitude,
let's eat.



ごちそうさまでした
Gochisōsama deshita
Thank you for
the meal.



おいしい!
Oishii!
Delicious!



乾杯!
Kanpai!
Cheers!



おすすめは何ですか?
Osusume wa nan desu ka?
What do you
recommend?



もう一つ
お願いします
Mō hitotsu onegaishimasu.
One more, please.



Q1 BENTO

BentOn



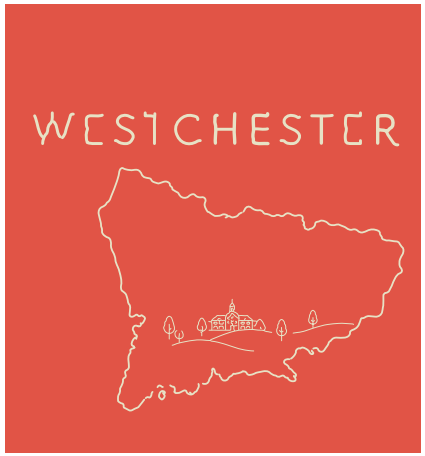
37-39 Crescent St.,
L.I.C., NY 11101
718-392-3686
benton.nyc
benton_nyc

Q2 SUSHI

Hibino LIC



1070 Jackson Ave.,
L.I.C., NY 11101
718-392-5190
hibino-lic.com
hibinolic



W1 SUSHI

Sazan Restaurant



729 Saw Mill River Rd.,
Ardsley, NY 10502
914-674-6015
sazanrestaurant.com

The Taste and Harmony of Umami



Umami is one of the five basic tastes, along with sweetness, sourness, saltiness, and bitterness. Sometimes translated as “savory,” it gives food depth, balance, and a satisfying flavor that gently lingers after each bite.

In Japanese cuisine, one of the clearest expressions of umami is dashi. Made from ingredients such as kombu, katsuobushi, dried shiitake mushrooms, or small dried fish, dashi is the quiet foundation of Japanese cooking. It adds depth to miso soup, simmered dishes, noodle broths, sauces, and many other foods.

Different ingredients contain different character of each ingredient rather than cover it with strong seasoning. Carefully prepared dashi brings out the qualities of vegetables, fish, tofu, and noodles while creating harmony within the dish.

This approach is closely connected to the Japanese appreciation of seasonality. Ingredients are enjoyed when they are at their best and prepared in ways that highlight their natural qualities. Umami adds depth without taking attention away from the ingredients themselves.

Umami is also present in fermented foods such as miso, soy sauce, and pickles. Through the work of microorganisms and time, these foods develop rich and complex flavors. Even a simple bowl of miso soup can bring comfort, warmth, and memories of home.



Umami is more than simply a delicious taste. It connects one ingredient to another, nature to the people who prepare food, and the meal before us to the memories it carries.

By bringing out the character of each ingredient and creating harmony within a dish, umami reflects the spirit of Japanese food culture—respect for nature, seasonality, balance, and the ingredients themselves.

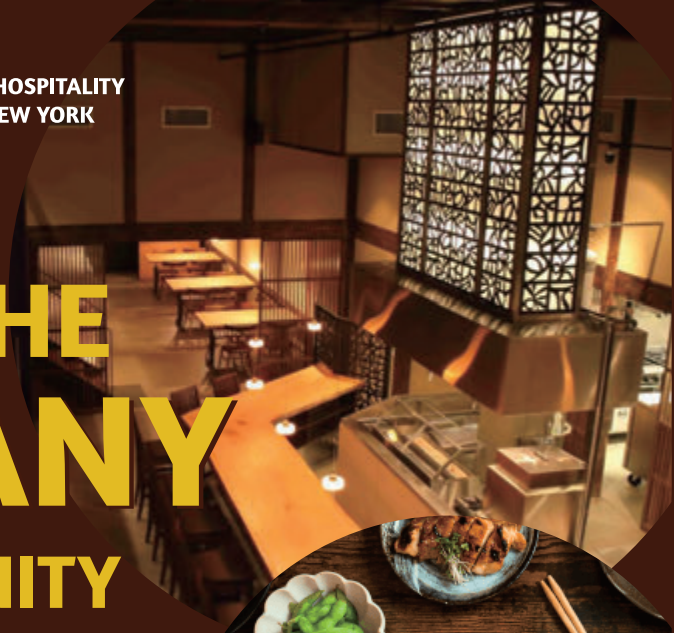
Through Japanese food, we invite you to experience umami not only as the fifth taste, but as the quiet harmony that brings a meal together.

sources of umami. Kombu contains glutamate, katsuobushi contains inosinate, and dried shiitake mushrooms contain guanylate. When combined, they create a richer taste than any one ingredient can produce alone. This is known as the “synergy of umami.”

This principle is not limited to Japanese food. Familiar combinations such as tomatoes and cheese or beef and mushrooms also benefit from this effect. Although the word umami is Japanese, the taste itself is universal.

Japanese cuisine seeks to reveal the natural

JFHANY
JAPANESE FOOD & HOSPITALITY ASSOCIATION OF NEW YORK



JOIN THE JFHANY COMMUNITY

Based in New York, JFHANY serves as a hub for the Japanese food and hospitality community, connecting restaurants, industry professionals and partners.





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- Restaurant Industry Updates
- Electricity Savings Program/Employee 401(k) Program
- Includes NYC Hospitality Alliance Members

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Join our mailing list for seminars, restaurant programs, and important NYC industry updates.

Japanese Food & Hospitality Association of New York
jfhany.org info@jfhany.org wa.shoku
49 W 45th Street, Floor 5, New York, NY 10036

Design by Yuna Yoshimoto

WITH GRATITUDE TO OUR SPONSORS

ご協賛いただいた皆様に、心より感謝申し上げます。

We extend our heartfelt gratitude to all of our sponsors. Your generous support enables us to share the richness of Japanese food culture with a wider community. In partnership with Japanese restaurants, we will continue our efforts to carry Japanese culinary traditions and the spirit of hospitality into the future.

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JFOODO