

KOENJI NIGHTLIFE

15 restaurants & bars



な み じ ゃ な い 、 杉 並 !

中央線あるある PROJECT

中央線あるあるプロジェクト実行委員会

東京商工会議所杉並支部／杉並区商店会連合会／杉並産業協会／公益社団法人荻窪法人会／NPO法人TFF／一般社団法人日本映画協会／高円寺フェス実行委員会／東京新聞／公益社団法人東京青年会議所杉並区委員会／NPO法人杉並中小企業診断士会／杉並区

The information in this guidebook is up to date as of the 30th of November 2019.

このガイドブックの情報は2019年11月30日時点のものです。

KOENJI NIGHTLIFE

TOKYO
東京

15 restaurants & bars



Bars, cafes, soba, yakiniku, izakayas and more, you can enjoy food and drink in Koenji until the early hours of the morning, and we're going to tell you where.

バー、カフェ、そば、焼肉、居酒屋など
夜遅くまで楽しめる高円寺の飲食店を掲載しています。



What kind of place is the Koenji district?

It's a land of subcultures!

Located on the JR Chuo line and the Sobu Line, you can access Koenji with ease even from Shinjuku. The area is beloved by many famous musicians, and idolised by the nation's youth. One of the unique appeals of Koenji is how subculture symbols such as live venues and second hand clothes stores take their places on the streets alongside more traditional businesses.

Koenji is home to a number of distinctive bars & restaurants

In particular, the area below the railway tracks heading north from Koenji Station contains a ton of izakayas and bars with their own unique personalities. It's become a popular destination among tourists from abroad in recent years.

There are many restaurants that are open until late at night on the south side. Here you can enjoy a pub crawl at much more reasonable prices than in the city centre. You can even enjoy a lively chat with the ever personable staff and customers while you drink.

高円寺ってどんな街？

サブカルチャーの街・高円寺！

JR中央・総武線で新宿からもアクセスがよい高円寺。多くの有名ミュージシャンに愛され、若者たちの憧れの街となっています。ライブハウスや古着屋などのサブカルチャーと昔ながらの生活に密着した商店が一緒に並んでいるのも高円寺の特徴です。

高円寺には個性的なバーや飲食店がたくさん

特に高円寺駅から北側や高架沿いには、居酒屋・バーなどたくさんの個性的な個人店が集まっています。近年は外国人観光客も多く見かけるようになりました。

南側にも夜遅くまでやっているお店があり、都心よりもリーズナブルに飲み歩きが楽しめます。ときには気さくなスタッフやお客さんと話が弾むことも？



Japan's bar/izakaya culture

Cover charges and 'otooshi' in place of tips

It's not common practice to tip staff in Japan. Instead, dining establishments have systems like cover charges, as well as what's known as "otooshi"; mandatory appetizers that come served on a small plate when you make an order. The price of these appetizers is then included in your bill.

日本のバー／居酒屋文化

お通しやチャージ料はチップの代わりに

日本では店員さんにチップを支払うことは一般的ではありません。その代わり、飲食店では、テーブル料が設定されていたり、お通しとして最初に小皿の料理が自動的に出てきて料金に含まれることがあります。



Welcome to the nightlife of Koenji!

The face of Koenji changes completely between day and night. We've picked out 15 establishments from the wide variety that ply their trade in Koenji at night. Allows us to be your companion as you set out into the nightlife of Koenji.

夜の高円寺へようこそ！

昼は昼、夜は夜で全く異なる顔を持つ高円寺。そんな高円寺で夜に営業している多種多様なお店の中から、おすすめの15店舗をピックアップしました。高円寺ナイトライフのお供にどうぞ。



KOENJI NIGHTLIFE



Margherita ¥900
マルゲリータ

01 エル ポルテゴ EL PORTEGO Italian Bar



With an interior design inspired by Venice, here you can enjoy some authentic pizza and wine. In addition to the staple margherita and marinara pizzas (from ¥800), they also have some novel daily specials that are always a big hit. We recommend you try their reasonably priced 'cicchetti' side dishes (from ¥150). They have around 20 varieties of wine available for you to choose from. All items on their menu are available for take out.

ベネチアがモチーフの店内で、本格的なピザとワインを楽しもう。定番の「マルゲリータ」や「マリナラ」といったピザ（¥800〜）のほか、変わり種の日替わりピザも大人気。リーズナブルな小皿料理「チケッティ」（¥150〜）もおすすめ。グラスワインは約20種類の中から選べる。すべてのメニューでテイクアウトが可能。



ADDRESS 4-9-3, Koenji-minami, Suginami-ku, Tokyo
TEL 03-6304-9574
CLOSE Irregular holidays
HOURS 6 p.m. - 1 a.m.
URL <http://el-portego.tokyo/>

02 恵参伍 Ichisango Cafe



Whether you're after your morning coffee or just some relaxation time in the evening, this is the cafe to visit. They're very particular about their coffee here, and their cafe is notable for serving coffee cocktails, a still relatively obscure combination in Japan. They also have a food menu that's filled with dishes that complement their coffees perfectly, like pizza toast (¥450) and curry rice (¥880). The 2nd floor contains tatami rooms, which you can use to get some work done.

朝のコーヒータイムから夜のリラックスタイムまで利用できるカフェ。コーヒーにこだわり、日本ではまだ知る人が少ないコーヒーカクテルが飲めるのも特徴。料理もビザトースト（¥450）やカレーライス（¥880）など、コーヒーに合うものが多い。2Fは座敷席になっており、そこで仕事をする人も。思い思いのスタイルでくつろげる店。



Espresso martini ¥1,450
エスプレッソマティーニ



ADDRESS 3-44-13, Koenji-minami, Suginami-ku, Tokyo
TEL 03-4296-2167
CLOSE Irregular holidays
HOURS [Mon.]7:30 a.m. - 7 p.m.
[Tue.-Fri.]7:30 a.m. - 3 a.m.
[Sat.]10 a.m. - 3 a.m. [Sun.]10 a.m. - 7 p.m.

03 サブストア トーキョー SUB Store Tokyo Cafe bar



At this cafe bar you can enjoy a beer or some coffee while listening to music or reading a book from their personal collection. The owner hails from Jakarta, and we recommend you experience his culinary skills first hand by trying out his nasi campur, or one of the other dishes of Indonesian cuisine they serve. On the weekends they host DJ sets and other live shows. You can experience the lively nightlife of Koenji here alongside your fellow customers from all around the world.

* Credits cards accepted on orders over ¥3,000.

コーヒーやお酒を飲みながら、店内のレコードや本をゆっくり楽しめるカフェバー。ジャカルタ出身のオーナーが腕をふるう「ナシチャンプル」（¥1,000）などのインドネシア料理もおすすめ。週末にはDJやライブイベントを開催。様々な国からのお客様と一緒ににぎやかな高円寺の夜を楽しめる。

* クレジットカード使用は¥3,000以上から



Nasi Campur ¥1,000
ナシチャンプル



ADDRESS 3-1-12, Koenji-kita, Suginami-ku, Tokyo
CLOSE Tuesday, Irregular holidays
HOURS 3 p.m. - 12 a.m. ([Wed.]5 p.m. - 12 a.m.)
URL <https://substore.jimdo.com/>



05 バー ムゲン BAR MUGEN Bar



This secluded bar is managed by a massive anime fan. Here you'll find customers sat in front of the figurine-laden counter, chatting about the latest anime news. Of course, customers with no interest in anime are more than welcome as well. The laid back atmosphere inside the shop is perfect for just sitting back and relaxing.

* Credit cards accepted on orders over ¥2,000

アニメ好きのマスターが経営する隠れ家のようなバー。フィギュアがたくさん並んだカウンターの前に座り、最新アニメの情報交換をするお客さんの姿も。もちろんアニメ好きでない方も大歓迎。落ち着いた雰囲気の中でリラックスした時間を過ごせる。

* クレジットカード使用は¥2,000以上から



ADDRESS B1, 3-58-17, Koenji-minami, Suginami-ku, Tokyo
TEL 03-6383-1643
CLOSE Monday of public holidays
HOURS 9 p.m. -4 a.m. (Last order 2:30 a.m.)

04 和楽器 BAR 龍宮〜Ryu Guw〜 Japanese musical instrument BAR Ryu Guw Live bar



This live music bar combines the atmosphere of a shrine and a nightclub into one. On the weekends they host live shows for traditional Japanese music (admissions ¥2,500). They have a wide variety of Japanese gin and whisky available, as well as a number of distinctively Japanese beverages such as sake cocktails, matcha cocktails and cherry blossom liqueur. For deserts, their original 'dragon parfait' (¥1,300) is always a popular choice.

* There is a 10% service charge for credit card payments

神社とクラブの雰囲気とを併せ持つライブバー。週末は和楽器のライブイベントを開催（ライブチャージ料¥2,500）。日本製のジンやウイスキー各種を取り揃えるほか、日本酒カクテル、抹茶カクテル、桜のリキュールなどの和風のお酒も人気。デザートにはオリジナルの「ドラゴンパフェ」（¥1,300）が人気。

* クレジットカード使用には10%の手数料が必要



ADDRESS B1, 2-21-6, Koenji-minami, Suginami-ku, Tokyo

TEL 03-6795-6699

CLOSE Tuesday

HOURS 7:30 p.m. - 12 a.m.

URL <https://www.ryuguw.com/>

06 バー チコ BAR tico Bar



The first sight you're greeted with upon entering this establishment is the face of an enormous water buffalo. Here you can enjoy some home-made fruit liqueurs while letting the distinctively Western ambience sink in. Some of their more popular options include their 'Earl grey, honey & ginger liqueur' (¥500), and their 'Orange & cinnamon liqueur' (¥500). They provide complimentary all-you-can-eat nuts, and you're expected to just leave their shells on the floor when you're done.

入店するとまず巨大な水牛の頭がお出迎え。ウエスタンな雰囲気の中でフルーツなどを使った自家製リキュールを楽しめる。人気は「アールグレイとはちみつとしょうがのリキュール」（¥500）や、「オレンジとシナモンのリキュール」（¥500）。無料で食べ放題の「ナッツ」は、食べ終わった殻をそのまま床に捨てるスタイル。



ADDRESS 3-68-1, Koenji-minami, Suginami-ku, Tokyo

CLOSE Irregular holidays

HOURS 7 p.m. - 2 a.m.



07 JAPUB 円蔵 Food, liquor and music bar



At this bar you can enjoy come creative Japanese cuisine alongside some music. The walls of this establishment are decorated with Japanese style paintings of deep red pine trees, and they host live DJ sets every day. Alongside regular sake, their sake cocktails, Samurai (¥700) and Sake Sour (¥500), are popular choices here. They place great value on conversation here, so first time visitors are given warm welcomes.

創作和食と音楽が楽しめるバー。日本画風の真っ赤な松が壁に描かれた店内では、毎日DJによるパフォーマンスが行われる。日本酒や、日本酒を使ったカクテル「サムライ」(¥700)、「サケサワー」(¥500)が人気。人と人との交流を大切にしているお店で、初めての来店でも歓迎してくれる。



ADDRESS 2-22-6, Koenji-kita, Suginami-ku, Tokyo
TEL 03-5356-9199
CLOSE Monday
HOURS 7 p.m. - 12 p.m.

08 Craft beer bar CITRABA Beer bar



A beer bar right at the end of Junjo Shopping Street. They have 20 daily special craft beers available here, including those from the much-loved Coedo Brewery. Their 8 varieties of lemon sours made with Odawara lemons are also hugely popular. Raise a toast with a glass of your favourite craft beer alongside some crispy Daisen-dori fried chicken (¥980) or some beef offal stew (¥480).

純情商店街突き当りにあるビアバー。人気のコエドビールをはじめ、クラフトビールは20種を日替わりで。小田原レモンを使用したレモンサワー8種も大人気。大山鶏の雞の半身をカラッと揚げた「フライドチキン」(¥980)や「牛モツ煮込み」(¥480)と、お好みのクラフトビールで乾杯しよう。



ADDRESS 2-22-6, Koenji-kita, Suginami-ku, Tokyo
TEL 03-6383-0301
CLOSE Irregular holidays
HOURS [Mon.-Fri.] 5 p.m. - 11:30 p.m.
[Sat./Sun./Pub.] 12 p.m. - 11:30 p.m.

09 Sake, food, soba Akaihana Sake and Soba bar



At this sake bar you can treat yourself to some hand-made soba, made with stone mortar soba noodles from Yamagata Prefecture. There's a chic atmosphere within the establishment, with just 10 seats available, all of which are found at the counter. Why not try some of their warmed sake alongside some sashimi, tempura or one of the other sides dishes that are available? 'Mori soba' (¥750), 'Duck seiro soba' (¥1,200), sake starting from ¥460.

山形県産の石臼引きそば粉を使った手打ちそばが食べられる日本酒バー。シックな雰囲気の内はカウンターのみ10席。お刺身・そば前の肴・天ぷらをつまみに燗酒はいかが。[もりそば] (¥750) [鴨せいろそば] (¥1,200)、日本酒各種¥460から。



ADDRESS 301, 4-24-7, Koenji-minami, Suginami-ku, Tokyo
TEL 03-3314-3192
CLOSE Monday
HOURS 7 p.m. - 3 p.m. (Last Order 2 p.m.)



Rafute ¥800
ラフテー

10 沖縄居酒屋 抱瓶
Okinawa restaurant **Dachibin**
Okinawa Restaurant



One of Koenji's oldest establishments, specialising in Okinawan cuisine. The upbeat staff at this lively store take pride in their craft and the service they provide. We recommend the 'Rafute' pork stew (¥800), or the peanut tofu (¥500). You can enjoy a taste of Okinawa while you're in Koenji alongside a glass of Okinawan 'Orion Beer' or some Okinawan 'Awamori' shochu.

高円寺の老舗沖縄料理店。自慢の沖縄料理を元気なスタッフが提供してくれる、活気のあるお店。豚肉の角煮「ラフテー」(¥800)やピーナッツの豆腐「ジーマー豆腐」(¥500)がおすす。沖縄のビール「オリオンビール」や沖縄焼酎「泡盛」と一緒に、高円寺にいながら沖縄気分を味わえる。



Jimami Dofu ¥500
ジーマー豆腐

ADDRESS 3-2-13, Koenji-kita, Suginami-ku, Tokyo
TEL 03-3337-1352
CLOSE Open every day
HOURS 5 p.m. - 5 a.m.
URL <http://www.dachibin.com/dachibin/>

11 串焼き処ディズ
Kushiya-kidokoro DIZZ
Kushiya



This establishment is very meticulous when it comes to their authentic charcoal-fire skewers, with everything from the cooking method to the seasoning having been thoroughly perfected. They have a number of special courses available to help people unfamiliar with Japanese-style skewer cuisine to understand its greatness. You can learn the proper etiquette and methods to enjoy eating skewers. They also have a robust selection of sake and shochu available.

焼き方や味付けを徹底的に追求した、本格炭火串焼きにこだわるお店。日本の串焼きや焼き鳥が初めての方にもその良さを理解してもらうため、複数のコースメニューを用意。おいしい食べ方やマナーを学んで、串焼きを楽しもう。日本酒や焼酎も充実。



ADDRESS 3-5-17, Koenji-kita, Suginami-ku, Tokyo
TEL 03-3336-2545
CLOSE Irregular holidays
HOURS 4 p.m. - 12 a.m.

12 山形料理と地酒 まら
Yamagata cuisine and local sake
Mara
Izakaya



A friendly little izakaya that mainly serves food and drinks made with ingredients from Yamagata. Their most popular dishes include their imoni, ita soba, and their seasonal tempura varieties. Our top recommendation is their luxurious steak made from Yamagata beef, the 'Yamagata beef ichibo steak' (¥2,800). Fridays and Saturdays see them host their 'good music nights' (DJ event), where the bar remains open all the way through to morning.

山形の食材や地酒が中心のフレンドリーな居酒屋。芋煮・板そば・季節の天ぷらなどが人気。一番のおすすめは山形牛の贅沢なステーキ「山形牛いちぼステーキ」(¥2,800)。金・土の深夜からは「グッドミュージック」(DJイベント)で朝までバー営業。



ADDRESS 4-30-8, Koenji-minami, Suginami-ku, Tokyo
TEL 03-6304-9669
CLOSE Irregular holidays
HOURS 6 p.m. - 1 a.m. [Fri./Sat. Midnight] 1 a.m. - Around 5 a.m. [Sun.] 5 p.m. - 1 a.m.
URL http://drecome.co.jp/mara_kouenji/



13 割烹DISCO大蔵 Kappo DISCO Daizo izakaya



You can enjoy live DJ sets alongside traditional Japanese cuisine at this izakaya. They have a wide selection of original cocktails. They also have rare sake and shochu available. They serve dishes including chicken tempura 'Toriten' (¥580) and spicy yet delicious wasabi seaweed rolls 'Nakimaki' (¥500).

* English service only available when English speaking staff are on shift

和食を食べながらDJによるパフォーマンスが楽しめる居酒屋。オリジナルカクテルが充実。希少な焼酎や日本酒も。人気の料理は鶏肉の天ぷら「とり天」(¥580)や、辛さの中に美味しさを感じるわさびの海苔巻き「泣き巻き」(¥500)など。ビール「プレミアムモルツ」の「超人」認定のお店。

* 英会話対応は対応できる店員がいる時のみ



ADDRESS 2-38-14, Koenji-kita, Suginami-ku, Tokyo
TEL 03-6875-2947
CLOSE Monday
HOURS 6 p.m. - 12 a.m.

14 やきとりキッチン はなこん家 Yakitori Kitchen Hanakonchi Izakaya & Yakitori



A chicken skewer store named after the owner's daughter. Alongside chicken dishes mainly centred around chicken skewers, you can enjoy a variety of drinks including seasonal sake, shochu, plum sake, sours, beer and more. The local 'Kosugiyu' bath-house is located just nearby, making this the perfect spot to head to after a soak. The little illustrations found on their menu board and plates and such are incredibly adorable.

店主の娘さんから名前をとったという焼き鳥屋。焼き鳥を中心とした鳥料理に、季節の日本酒、焼酎、梅酒、サワー、ビールなどを合わせて一杯。銭湯「小杉湯」が近いので風呂上がりにもおすすめ。メニューボードやお皿、看板などに散りばめられたイラストもかわいらしい。



ADDRESS 105, 3-33-4, Koenji-kita, Suginami-ku, Tokyo
CLOSE Thursday, 1st and 3rd Sunday
HOURS 6 p.m. - 12 a.m. (Last order 11 p.m.)

15 炭火焼肉ホルモン三四郎高円寺店 Sumibi yakiniku horumon Sanshiro Koenji-ten Yakiniku and horumon



At this establishment you can enjoy some fresh 'horumon', as well as some Kagoshima wagyu beef, chosen as the finest in Japan at a competitive show held once every 5 years. We recommend their Kagoshima wagyu lean beef, their beef tongue, and their 'horumon sashimi', made from fresh offal. You can watch the meat being cut while you sit at the counter seats, which is sure to raise your spirits as you wait for your meal. Their pot-cooked rice is also very popular.

5年に一度の品評会で日本一に選ばれた「鹿児島和牛」を使用した焼肉と、新鮮なホルモンが食べられるお店。鹿児島和牛は赤身や牛タン、ホルモンは「鮮モツ刺し」という刺し身がおすすめ。カウンター席からは肉を切る様子が見られるので、気分が盛り上がることも間違いなし。お釜で炊くご飯も人気。



ADDRESS 3-45-11, Koenji-minami, Suginami-ku, Tokyo
TEL 03-5929-8629
CLOSE Open every day
HOURS 6 p.m. - 3 a.m.

About the EXPERIENCE SUGINAMI TOKYO

'EXPERIENCE SUGINAMI TOKYO' is a tourism business in Suginami Ward, Tokyo. With public and private partnerships, we are disseminating the charm of 4 central lines in Suginami Ward, the Koenji, Asagaya, Ogikubo and Nishi Ogikubo areas. In this area, there are events such as "Tokyo Koenji Awa Odori" that mobilizes 1 million people, and unique stores such as old clothes, coffee shops, pubs, which are also called "Chuo Line Culture", shops and shops there is. We are promoting the creation of websites and guidebooks, events, flag posting, etc. so that more people can know the attraction of these Suginami wards.



中央線あるあるPROJECTについて

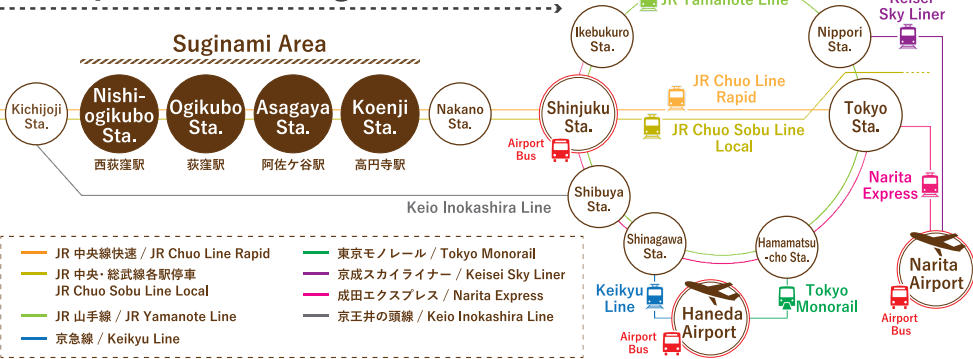
中央線あるあるPROJECTは東京都杉並区の観光事業です。官民連携で杉並区内の中央線4駅、高円寺・阿佐ヶ谷・荻窪・西荻窪エリアの魅力を発信しています。このエリアには、100万人を動員する「東京高円寺阿波おどり」を始めとした街中のイベントや、「中央線カルチャー」とも言われる古着や喫茶店、居酒屋などの個性的な店舗・商店街などがあります。私たちはこうした杉並区の魅力をもっと多くの人に知っていただけるよう Web サイトやガイドブックの制作、イベント、フラッグ掲揚などを進めています。

English site
英語サイト
<https://experience-suginami.tokyo/>

Japanese site
日本語サイト
<https://www.chuosen-rr.com/>



Transportation to Suginami Area



Narita Airport 成田空港	Airport Bus 空港リムジンバス	85 min	Shinjuku Station JR 新宿駅	6 min	Koenji Sta. 高円寺駅	Interval between stations is about 2 minutes.
	Narita Express 成田エクスプレス	80 min		8 min	Asagaya Sta. 阿佐ヶ谷駅	
	Keisei Sky Liner 京成スカイライナー 40 min	Nippori Sta. 日暮里駅		JR Yamanote Line JR 山手線 21 min	10 min	
Haneda Airport 羽田空港	Airport Bus 空港リムジンバス	35 min		12 min	Nishi-ogikubo Sta. 西荻窪駅	
	Keiyou Line 京急線 15 min	Shinagawa Sta. 品川駅	JR Yamanote Line JR 山手線 20 min	Attention: Transfer at Shinjuku Station. JR Chuo Line Express JR 中央線 快速 It does not stop at Koenji, Asagaya, or Nishiogikubo Station on weekends & holidays. 土日・休日の中央線（快速）は下り・上りとも高円寺・阿佐ヶ谷・西荻窪の3駅には停車しません。		
	Tokyo Monorail 東京モノレール 20 min	Hamamatsucho Sta. 浜松町駅	JR Yamanote Line JR 山手線 25 min	JR Chuo Sobu Line Local JR 中央・総武線 各駅停車 It stops at all stations unless terminating at Nakano Station.		

Koenji Night Map

