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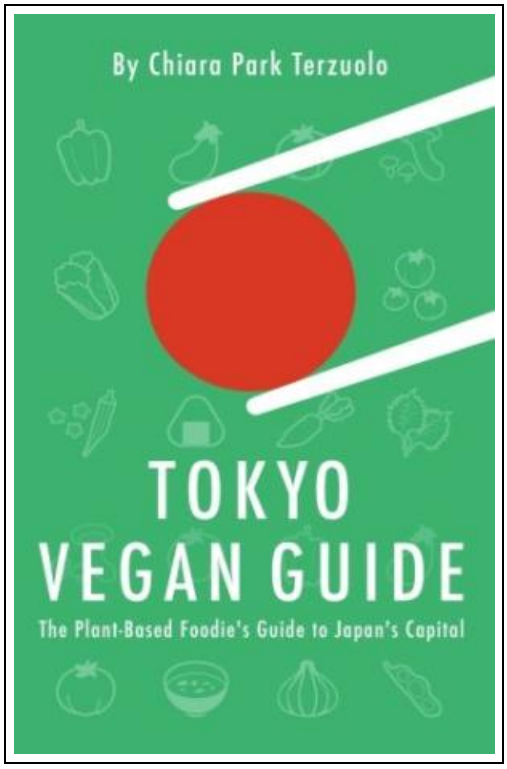

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Green Mountains Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Known as the land of sushi, Japan may seem a bit daunting to vegan and vegetarian visitors. But have no fear, not only can you survive in Tokyo while keeping to a plant-based diet, but thrive on delicious meals and snacks! The Tokyo Vegan Guide contains everything you need to know to enjoy delicious meals and make the most of your time in the city: *Reviews of over 50 vegan and vegan-friendly restaurants across Tokyo, including price ranges and easy walking directions *Compact travel guides and sightseeing recommendations near the restaurants *Tips about how to find vegan-friendly budget options in convenience stores, supermarkets and even major restaurant chains! *Bonus information for gluten-free and halal foodies *A useful glossary with helpful phrases, common words and a clear explanation of veganism in Japanese *As a special gift, a mini vegan guide to Kyoto is included! Written by the Tokyo-based, (self-professed) vegan gourmet and travel writer Chiara Terzuolo, this guide to Japan s capital will allow you to eat your way through the city without any worries, while getting a taste for real Japanese plant-based cuisine.

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