

THE NURIDO GUIDE

# HALAL TOKYO MAP

A living guide to halal spots  
in Tokyo · honestly curated

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**NURIDO**

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THE WAY OF LIGHT

FREE · A GUIDE BY NURIDO · THE WAY OF LIGHT

# Welcome, traveler

Before you open the map

This map is Nurido's gift — a living guide to halal spots across Tokyo. Every restaurant is researched and cross-checked from trusted sources, and the list is always growing. **No sponsorships. No AI-generated lists.** Just a real guide for Muslim travelers planning their Japan trip.

## How to use this guide



**Open the live Google Maps list** on page 3 — every spot is saved and ready to navigate on your phone.

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**Check the Halal Rating** before you go — the 4-tier trust system is explained on page 4.

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**Save the list to your Google account** — access it offline, share with family, and plan your whole trip around it.

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**Plan prayers around meals** — prayer rooms across Tokyo are marked directly on the live map.

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# The map is on your phone

The whole guide travels with you – open the list below and save it to your phone.



One tap for directions



Save to your Google account



Opening hours & photos



Updated continuously



**OPEN LIVE MAP**

Find the link in our bio · [@nurido\\_en](#)



**Best on mobile:** Each restaurant is tagged with a colored emoji that shows its Halal Rating. This tag feature only appears in the Google Maps app on your phone. On desktop, you'll see the ratings inside each place's note.

# The Nurido rating

How to read every spot on the map

Halal is a trust category — and trust needs evidence. Nurido uses a transparent 4-tier rating system so you always know exactly what you're getting before you walk in. Every spot on the map carries one of these badges:



## CERTIFIED HALAL

Official halal certification from a recognized Japan authority (JHA, MHC, NAHA, JMA). The highest trust tier.



## MUSLIM OWNERS

Run by Muslim owners with a fully halal kitchen — no formal certification, but owner-confirmed through trusted sources.



## MUSLIM-FRIENDLY

Specific halal menu items available at a non-halal restaurant.



## SEAFOOD / VEGETARIAN

Not halal-certified, but the menu is entirely seafood, vegetarian, or vegan. Dashi and mirin always flagged for personal discretion.



## ALWAYS DOUBLE-CHECK

Listings are researched from trusted sources, but certifications expire and menus change. Verify the current status with the restaurant directly.

# Watch for these

Two Japanese ingredients that hide in almost every dish

Even "seafood" or "vegetarian" Japanese dishes often aren't halal because of two traditional ingredients. Knowing their names — and how to ask about them — protects you.

## MIRIN みりん

**AVOID**

A sweet Japanese rice wine used in cooking. Contains roughly 14% alcohol — the same as wine. Considered not halal by most scholars because it is an intoxicant.

**Where it hides:** teriyaki sauce, udon and soba broth, yakitori glaze, most ready-made Japanese sauces, even some konbini products.

## DASHI だし

**CHECK FIRST**

A Japanese broth made from dried bonito flakes (katsuobushi) and kelp (kombu). The pure version is halal, but many dashi bases include mirin as a preservative, and some tonkotsu ramen broths use pork bones.

**Always ask:** is the dashi plant-based? Does it contain mirin or alcohol? Meat-based dashi (nikudashi · 肉だし) is generally not halal.

### THREE PHRASES THAT PROTECT YOU

#### みりん入っていますか？

*Mirin haitte imasu ka? — Does it contain mirin?*

#### だしは野菜ですか？

*Dashi wa yasai desu ka? — Is the dashi plant-based?*

#### アルコールなしでお願いします

*Alcohol nashi de onegai shimasu — No alcohol, please.*

# THE MAP IS YOURS.

Now travel with Nurido.

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