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January - March 2024

## *Sweet Spots For Some Hot Pots*

Get cozy with some Shabu-Shabu in Okinawa!

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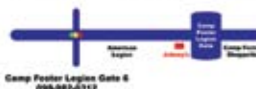
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[www.totalokinawa.jp](http://www.totalokinawa.jp)





# Sukiya

by Elizabeth Kilby

Sukiya is a popular chain restaurant, known across Japan for its low cost meals and side dishes. With around 2000 restaurants nationwide, it is the best choice of restaurant if you want a 3-course meal plus drinks for under 1000 yen. It's not fancy but it's good, honest food. The main offerings are gyudon (beef rice bowl), sukiyaki (beef hot pot) and curry rice which can all be ordered as part of a set that includes miso soup and a side salad. You can also get a range of toppings including kimchi, raw eggs and cheese. There are plenty of other items on the menu too, which range from 100 yen up to around 1000 yen. Our favourite is the sausage and egg breakfast set which is served until 11:00am and keeps us going nicely until lunchtime. There are kids' meals available and these include juice, apple slices and a toy. We usually eat inside, though pick-up and drive-through are other options. Seating is either at the counter or at individual tables and each comes with a tablet that can be used to browse the menu and make your order. The tablet is available in multiple languages and has a 'call staff' button in case you need to change your order.



Overall the interior is clean and fairly spacious and the staff are welcoming and efficient. Payment is made using self-service machines and is yen only.

2 Chome-11-1 Ishikawa, Uruma, Okinawa 904-1106 (But various locations)  
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Google Map & Directions:



<https://maps.app.goo.gl/Q3Jo8pw7PvVMjobJ6>

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Open 24 Hours

<https://www.sukiya.jp/menu/in/gyudon/>

# すき家



すき家は、お手頃価格の食事や総菜で全国的に知られる、言わずと知れた人気チェーン店。全国に約2000店舗を展開しており、ご飯、おかず、汁物の3品がついた料理と飲み物を1,000円以下で楽しみたいならこの店がベストだ。派手さはないが、素朴ながらおいしい料理が食べられる。主なメニューは牛丼、すき焼き、カレーライスで、いずれも味噌汁とサラダが付いたセットで注文できる。キムチ、生卵、チーズなどのトッピングや、その他のメニューも100円から1000円くらいまで豊富に取り揃えてある。私たちのお気に入り、11時まで提供されているソーセージエッグの朝食セット。これでランチタイムまで十分切り抜けら

れる。キッズメニューもあり、ジュース、リンゴのスライス、おもちゃがついてくる。私たちはたいてい店内で食べるが、テイクアウトやドライブスルーも可能。席はカウンター席とテーブル席があり、それぞれにタブレットが付いていて、メニューを見て注文することができる。タブレットは多言語に対応しており、注文を変更する場合に備えて「スタッフを呼ぶ」ボタンもある。

全体的に店内は清潔で広々としており、スタッフは親切で手際が良い。支払いはセルフサービスで、日本円のみ。

<https://maps.app.goo.gl/Q3Jo8pw7PvVMjobJ6>

904-1106 沖縄県うるま市石川2丁目11-1

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# Hotel Grand Consort

by Elizabeth Kilby

Located in the heart of Naha, the Hotel Grand Consort Naha is a brand new, modern business hotel. It has recently celebrated a successful first year since opening. Just a short walk from Kokusai Street and the Yui rail, the location is ideal.

This hotel has all the amenities the modern traveller could want - free wi-fi, USB charging ports and TV compatible with internet streaming services (including Netflix and Amazon Prime). Our rooms, which were connecting twin rooms, were spacious and clean with excellent city views. The bathrooms were modern with a western-style bath, separate shower and a range of toiletries. The beds were comfortable and a good size. The kids loved the drinks bar in the Consort Lounge which offered complimentary soft drinks, plus coffee and teas, every day from midday.

Breakfast was a mixed affair, a combination of Okinawan specialties (including taco rice!), traditional Japanese dishes and European-style pastries. Hotel breakfasts are always the highlight for me and this one didn't disappoint. Plus breakfast went on until 10.00am which meant we didn't need to rush down too early.

We used the on-site private parking which was convenient and cost around 1300 yen per night. Rooms were around 10,000 yen for a standard double/twin or more for an upgraded suite. I was staying at this hotel as part of a promotional trip and had a lot of dealings with the staff on the front desk. They were genuinely kind and attentive and couldn't do enough to make us happy during our stay. The Hotel Grand Consort Naha is the newest hotel on the block and I hope it sticks around for many years to come.



1 Chome-18-25 Matsuo, Naha, Okinawa 900-0014



Google Map & Directions:



<https://maps.app.goo.gl/QN1b1tsPF6x6rvr66>

[consorthotels.co.jp/g-naha/](https://consorthotels.co.jp/g-naha/)

098-860-5577

Check-in: 15:00/check-out: 11:00

# ホテルグランコンサルト那覇



那覇の中心部に位置するホテルグランコンサルト那覇は、きれいでモダンなビジネスホテル。国際通りやゆいレールから歩いてすぐの理想的なロケーションにあり、オープンから1年目を迎え好評を博している。

ホテルグランコンサルト那覇には、無料Wi-fi、USB充電ポート、インターネットストリーミングサービス（NetflixやAmazonプライムを含む）に対応したテレビなど、現代の旅行者が求める設備がすべて整っている。コネクティングツインの部屋は広々として清潔で、街並みを眺めることができる景色も素晴らしかった。バスルームも充実しており、浴槽に加え独立したシャワーや各種アメニ

ティが揃っていた。ベッドも十分に広く快適。コンサルトラウンジのドリンクバーでは毎日正午からソフトドリンク、コーヒー、紅茶が無料で提供されており、子供たちは大喜びだった。

朝食は、沖縄の名物料理（タコライスも!）、和食、ペストリーなどの洋食もありバラエティ豊か。私はホテルに宿泊する際朝食がとても楽しみなのだが、期待を裏切らなかった。しかも朝食は10時までやっていたので急ぐ必要もなく、ゆっくりと味わうことができた。

敷地内の専用駐車場を利用したが、1泊1300円程度で便利。部屋はスタンダード・ダブル／ツインで1万円前後で、さらに少しの負担でスイートへのアップグレードも可能。私は今回、プロモーション旅行の一環としてこのホテルに滞在したため、フロントのスタッフと多くのやり取りをしたが、彼らは本当に親切で気配りが行き届いており、滞在中、私たちのためにできることは全てやってくれた。ホテルグランコンサルト那覇はこの地域の中で最も新しいホテルだが、この先何年もこのホテルが続くことを願っている。

<https://maps.app.goo.gl/QN1b1tsPF6x6rvr66>

〒900-0014 沖縄県那覇市松尾1丁目18-25

098-860-5577

<https://consorthotels.co.jp/g-naha/>

チェックイン:15:00／チェックアウト:11:00



# *Sweet Spots For Some Hot Pots*

## *Get cozy with some Shabu-Shabu in Okinawa!*

Mmmm! Nothing beats a nice hot steamy bowl of meat and soup on a cold winter's day. There is just something about hot pots that can therapeutically warm both the body and the mind. Although Okinawa has only a very limited season of chilly months, what better way to make the best of it with some of Total Okinawa's selected pickings of this warm deliciousness available on island!

### *Shabu-You*

Talk about getting your bang for your buck! Shabu-you is probably the most pennywise frugalicious option on island for some good straight to the point shabu-shabu. Being one of the partners of the famous Skylark Gusto group, the food chain prides itself for being an affordable family restaurant option enjoyable for all. The restaurant menu includes multiple meat options ranging from pork slices to a bit more pricier wagyu beef slice. What makes it so pennywise is that aside from having lunch special menus, they also offer coupons which can be used together in combination such as a 5% off coupon AND an unlimited drink bar 100 yen off coupon! The broth offered for the hot pot ranges from plain conbu to Korean hot spice. Aside from the meats, Shabu-You menu is also amazing for its add-ons such as its nigiri sushi, curries, waffles, slushies (yup, just like the classic 7-11 ones), and even a cotton candy machine on some branches. For Okinawa, there are two branches both located in Naha. The easier one to access is located at Omoromachi (close to the Okinawa Prefectural Museum & Art Museum). For more information on their menu, check out their website at <https://www.skylark.co.jp/en/syabuyo/>

### *Shabu-Shabu Onyasai*

If the freshness of the vegetables is what is most important in your hot pot, Shabu-Shabu Onyasai is probably the best place for you. The meats are pretty awesome in itself but it is in their vegetable options where they really do shine in another level. First off, they have all the typical vegetables like cabbages and mushrooms, sweet carrots, mung bean sprouts etc., but what shocked me the most was that they even have cherry tomatoes! I have personally never tried hot pot shabu-shabu with tomatoes but I can only imagine that's got to be some kind of vegetarian hot pot dream come true. Got to make sure to try it next time. For more info, check out <https://www.onyasai.com/>.

### *Sukiya*

What's the point of a good hot pot when you got to get all dressed up and drive all the way over there? Might as well go run some errands while you're at it! If you want to just enjoy a good sukiyaki bowl fresh at the convenience of your home under some snuggles while in your jammies, Sukiya is the choice for you. Although it is classified as a gyudon chain, during the cold months they have a special limited time sukiyaki bowl



prepared in an aluminium foil plate which you can heat on the stove in your own home. Honestly it doesn't get any fresher than that. The sukiyaki bowl comes with beef, veggies, noodles, and vermicelli noodle knots with the option of a side of raw egg. For the uninitiated with the process of sukiyaki, the egg is provided to be beaten and used as a 'dip' for the hot meat and veggies cooking it slightly with the pure heat from the food creating a sort of creamy exterior texture. Even for those who find raw egg quite icky, I don't think you will be able to resist such deliciousness. An absolute must! Hurry and get yours while 'tis the season!

## *Sundoubu Doubi Doubu*



Let's go Korean this time for a change, shall we? A sundubu-jjigae is a soft tofu stew served in a stone pot which kind of looks like molten hot lava. In Okinawa, one of the best (if not the best) places for some hot sundubu-jjigae is in Sundoubu Doubi Doubu. Opened pretty recently, it grew in popularity so rapidly that there is always a line just to get a seat. I have never managed to successfully find a parking at the front of this restaurant as a testament to how popular it is. They have seafood sundubu as their main but they also have some

beef sundubu and even some fried chicken as well. No question about it, it's all delicious. The sundubu is just the perfect warm up stew every body needs to re-energize in preparation to tackling 2024!

## *Shabu-Shabu Miyama*

If you are anything like me, when it comes to shabu-shabu, my hot pot is MY HOT POT! Whether it's for a precaution from Covid or you just don't like to share with your companion, Miyama is the perfect choice for you. Shabu-Shabu Miyama prides itself in offering individual hot pots so that you can have shabu-shabu or sukiyaki your own way. Flavor it the way you want, put in mixed meat with whatever you like, or even put in a raw egg and make your own egg drop soup, it really doesn't matter - It's the wild west of hot pots! As for the food, they have a typical robust standard shabu-shabu menu with the pricy meat cuts and veggies as you would expect. Price is a bit on the heavy side but worth it if you consider the freedom you get in your hot pot making choices. There are many branches of Shabu-Shabu Miyama on island but lately they opened a new one at the Rycom shopping mall which would make it the cleanest and the most centrally accessible branch.

Bottom line, winter will not be complete until you've experienced that soothing warm feeling of a good hot pot bowl of food that competes against this cold weather. Whichever is right for you, it's time to give yourself a nice treat and reset this holiday season by getting warm the right way!

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A collage of photos featuring K-pop idols and a sign for Mom's Chicken. The photos include a group of idols, a close-up of a person, and a group of people. The sign for Mom's Chicken is visible in the background.

# Mom's Chicken

by Chris Enriquez

“There’s like a million restaurants on this island, so when people do decide to come here, I am very thankful, my team is very thankful that they came here, and that they selected us”

...And it absolutely shows. At Mom’s Chicken, every single patron I saw entering was greeted with a smile as if it was their first time visiting giving them a sense of both dignitary and familiarity. I am starting to see why they have a near perfect score on Google reviews. My goodness, all I’ve done so far is enter the door and already I am starting to like this place. Let’s talk more about the food.

First off, their chicken – their magnificent glorious amazing chicken. Mom’s Chicken is a Korean style Yangnyum chicken place with an interesting twist that can be found almost nowhere else. For example, they have all the standards as you would expect such as the Korean seasoned mild, super spicy, regular, and soy garlic, but what really kicks it up a notch (which I like to call ‘the hybrids’) are their unique flavours such as teriyaki, soy honey, soy tangerine, cheddar, and honey butter cheese. The latter in particular shocked me the most as I would never have guessed in a million years to combine honey, butter, and cheese but hey, it works! A sweet spiced taste bud tenderizer is the best way I would call it. Out of the nine flavours that I was able to taste, my personal favourite is the soy garlic chicken which in itself, I believe deserves its own restaurant. A future Dad’s Soy Garlic Chicken franchise expansion perhaps? One can only dream!

The twist I mentioned earlier is that out of their Korean themed restaurant and Korean chicken menu, they have one out-of-place item – the lumpia! Yep, those Filipino spring rolls you find magically in almost every potluck. While looking at their menu, I was thinking “how’d this get in here?” Turns out, the Manager (Mr. Vance) – being the awesome guy that he is – incorporated in his menu the staff’s specialty. Absolutely wonderful stuff. Speaking of which, Mom’s Chicken caters everywhere from party events, retirement ceremonies, birthdays, and the likes for both on-base and off-base. Additionally, their food is Halal which is such a relief as I know how hard it is to come by on the island. No need to check but best to confirm it when you order.

I saved the milkshake for last because I still haven’t recovered from the blissful stroke I received from its deliciousness. I will give you a second to salivate over the pictures (don’t worry, I’ll wait). I had the chocolate milkshake which I won’t explain too much as you probably already know what it is except that in this case, interestingly, it had chocolate chips in them! Chewing incorporated chocolate milkshake? This has to be illegal! Well, it’s not, I checked. Only criminally slur-pa-licious! They also have other milkshake varieties such as peanut butter bliss, strawberrylicious, and vanilla.

Ultimately, after eating at Mom’s Chicken, it’s just so good, I am in absolute awe. Believe me, I wasn’t expecting this at all. What more can I really say except just hurry and get your butt over there! Make sure to check out their Chatan store too. Keep an eye out for their future food truck coming soon as well. I personally can’t wait!

[maps.app.goo.gl/nZbBz8pg7PTEn2ZQA](https://maps.app.goo.gl/nZbBz8pg7PTEn2ZQA)

11am to 10pm Daily

[www.momschicken.okinawa](http://www.momschicken.okinawa)



「この島には数えきれないほどの飲食店があるのに、お客さんがうちに来ると決めてくれたこと、本当に有難いと思っています。私だけではなく従業員一同、お客さんがここにきてくれたこと、そしてうちを選んでもくれたことにとても感謝しています」



これは店主の言葉だが、それは態度にもしっかりと表れている。ママズ・チキンでは、入店するすべての客をまるで初めて来たかのように笑顔で迎えてくれ、来店の喜びと親しみを感じることができる。Googleレビューで満点に近い評価を得ている理由がわかってきた。ドアを開けて店内に入っただけでもうこの店が好きになり始めている。



それでは料理も見えていこう。まずは、もちろんチキン。ママズ・チキンは、韓国式ヤンニョムチキンの店だが、他では見られない面白いバリエーションがある。例えば、マイルド、激辛、レギュラー、醤油ガーリックなど、期待通りの定番はすべて揃っているが、照り焼き、はちみつ醤油、オレンジ醤油、CHEDDAR、ハニーバターチーズといったユニークなメニューはまさに、ヤンニョムチキンとそれぞれのフレーバーとのハイブリッド。特に、はちみつ、バター、チーズを組み合わせるなんてこれまで想像もしたことがなかったが、美味い! 甘くもありスパイスも感じられ、いろんな味が感じられる。今回試食した9種類の味の中で個人的に一番好きなのは、醤油ガーリックチキン。これだけで十分店が開ける。将来、ママズ(お母さんの)じゃなくてダッズ(親父の)ソイ・ガーリック・チキン」のフランチャイズ展開も夢じゃない?!

そして、韓国レストランと韓国チキンのメニューの中で、ひとつだけ場違いなものがある。そう、フィリピンの春巻き、ルンピアだ。持ち寄りパーティーなどではよく見ることがあるが、メニューを見ながら「どうしてこれがここにあるんだろう?」と考えていた。店長(バンス氏)に聞くと、スタッフの得意料理をメニューに取り入れたのだそう! なんて素晴らしい発想。ママズ・チキンはパーティー・イベント、退職パーティー、誕生日など、あらゆるシーンに対応している。さらに、この店の料理は、沖縄県内では珍しくハラール対応であるのも嬉しいところ(注文時に確認してください)。

最後はお待ちかねのミルクシェイク。これを最後に残しておいたのは、そのおいしさに至福の衝撃を受け、まだ立ち直れていないからだ。是非写真からその美味しさを感じてほしい。私が注文したのはチョコレートミルクシェイク。みなさんはチョコレートミルクシェイクと聞けばどういふものかお分かりだろうかあまり説明しないが、面白いことにチョコレートチップが入っていた! チョコレートミルクシェイクを噛んで食べる? 法的にあり得ない! いや、アリか。ただ、犯罪的に美味いだけか。。。他にもピーナッツバターブリス、ストロベリーリシャス、バニラの三種がある。是非お試しを。

食事を終えママズ・チキンを後にする頃には、あまりのおいしさに畏敬の念さえ抱いていた。こんなに感動するとは思ってなかったのだ。とにかく早く行ってみてほしい。北谷店もあるので要チェック。もうすぐフードトラックも登場するそう。待ちきれない!

グーグルマップ所在地リンク: <https://maps.app.goo.gl/nZBz8pg7PTEn2ZQA>

電話番号: 090-1945-1159

ウェブサイト: <https://www.momschicken.okinawa/>

営業時間 毎日11時から22時

# Sailfish Café

by Chris Enriquez

Being on a tropical vacation island means that naturally there will always be competition between hotel buffet restaurants. It is just the natural order of things that all establishments must endure. Luckily for us, Sailfish Cafe manages to keep their quality and maintain their status in popularity despite all the new rising upcomers. How you ask? Just see below for yourself.

Located on the ground floor of the Renaissance Okinawa Resort hotel at Onna-son, Sailfish Café is perfectly situated next to the beach side of the hotel wing allowing folks to enjoy delicious resort cuisine all the while viewing the beautiful beach and ocean that the island is notoriously famous for. As for the food, let us start with the best, shall we? They usually have a meat carving station in which they provide round pork belly slices or sometimes roast beef. I don't know what it is but there is just something about freshly roasted meat being carved in front of you that just screams sexy! I always ask for a good two or three slices to save myself multiple trips.

On top of that, they also have good stone oven baked pizzas, paella, curries, sushi, fried and roasted chickens, Japanese dishes, pastries, and desserts. What especially was unique for me was their Dorayaki (Pancake sandwich with red beans inside) making station. Aside from the regular ingredients, they allow you to put whip cream, maccha, nuts, and even... CHOCOLATE! Indeed, crazy stuff. Works out beautifully nonetheless. Pricewise, I would say it's a bit on the heavy at around 4,000 yen per head but not actually bad in comparison with the other hotel buffets now a days. You will definitely be able to eat your moneys worth with the menu they provide. Frugality tip: You can buy multiple meal tickets as a set and get 1 extra meal ticket as a freebie. Just make sure to buy it at the lobby first before dining.

Ultimately, Sailfish Café's buffet is suited for pretty much tourists, Sunday family brunches, and maybe an important date or client meeting. I don't think its for eating out with your homies but I suppose it could work. To get there, if you are anywhere south of Onna-son, head north along route 58. When you get to Onna-son area, the giant Renaissance Okinawa Resort hotel will be on your left. You can't miss it as it's a freaking hotel!



Google Map & Directions:



<https://maps.app.goo.gl/gx8i8k7mR7M5yxTj9>

Breakfast, Lunch & Dinner

098-965-0707

<http://renaissance-okinawa.com/>

# セイルフィッシュカフェ



南国のパカンスアイランドにあるホテルビュッフェ・レストランは、常に厳しい競争にさらされている。それは、すべてのレストランが直面する自然の摂理と言えるだろう。新進気鋭のレストランがひしめく中、セイルフィッシュ・カフェは幸運なことに、そのクオリティを保ち、人気を維持している。一体どうやって?その理由を今回は紐解いていこう。



恩納村にあるルネッサンス・リゾート・オキナワ。その1階にあるセイルフィッシュ・カフェは、ホテル棟のビーチ側に隣接しているため、沖縄の代名詞とも言える美しいビーチと海を眺めながらおいしいリゾート料理を楽しむことができる。料理の紹介はまず、メインから始めよう。通常、肉のカービングステーションがあり、豚バラ肉やローストビーフが提供される。なんだかよくわからないが、目の前で切り分けられる焼きたての肉はセクシーだ!といつも思う。何度も足を運ぶ手間を省くため、私はいつも2〜3切れ頼むことにしている。

そのほか、石窯で焼いたピザ、パエリア、カレー、寿司、フライドチキン、ローストチキン、日本料理、ペストリー、デザートもおいしい。特に興味深かったのはどら焼きが作れるステーション。通常の具材の他に、ホイップクリーム、抹茶、ナッツ、そしてチョコレートまで入れることができる!なんてクレイジーなんだ。見事に完成。お値段は一人4,000円前後とちょっと高めだが、最近の他のホテルのビュッフェと比べれば悪くない。メニューも豊富で元が取れること間違いなしだ。節約のヒント:複数の食事券をセットで買うとおまけで1枚食事券がもらえる。食事の前にロビーで購入することをお忘れなく。

セイルフィッシュ・カフェのビュッフェは、観光客や日曜のファミリーブランチ、そして大切なデートやクライアントとのミーティングにピッタリ。気の合う仲間との外食には向かないかもしれないが、まあ使えるだろう。行き方は、もし恩納村より南にいるなら58号線を北上。恩納村の辺りまで来ると、巨大なルネッサンス・リゾート・オキナワが左手に見えてくる。巨大なホテルなので、見逃すことはないだろう!

グーグルマップ位置リンク:<https://maps.app.goo.gl/gx8i8k7mR7M5yxTj9>

電話番号: 098-965-0707

ウェブサイト:<http://renaissance-okinawa.com/restaurant/sailfishcafe/>

営業時間 6:30am~10:00am、11:30am~14:30pm、17:30pm~21:30pm (それぞれ朝食、昼食、夕食)。



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