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October - December 2024



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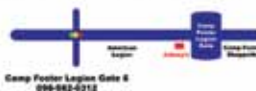
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Shop 'Til You Drop = Okinawa Christmas Presents



The best places & ideas for presents from Okinawa

You're in the perfect location to pick up some amazing Christmas presents for the folks back home! Say no to boring gifts with the Total Okinawa Christmas gift guide

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このマガジンはオンラインでも見ることができます：
www.totalokinawa.jp

Namaste India

by Total Okinawa

Located just behind Araha Beach on the road to Hamby Town, Namaste India Restaurant in Chatan is a small Indian restaurant with a wide range of dishes that cater to various tastes and preferences.

For dinner, they offer a choice of three set meals, starting from a reasonable price of 2,100 yen. The kids' set is a good addition, making it a family-friendly spot. If you fancier a healthier option the chicken tikka salad looks like a great choice.

The variety of sides is impressive, with the *Malao Tikka* catching my attention. This dish features chicken marinated in a rich cream of cashew nuts with cheese and cooked in the tandoor, a tempting combination for anyone craving something unique.

For those seeking flexibility, the a la carte menu offers curry options starting from 980 yen, which is great for those who want to mix and match their meal. The *naan rolls* also make for an awesome lunch choice, especially the Chicken Tikka wrap, with options like Garlic Chicken and Sheekh Kebab Roll adding variety to the offering.

As for the food, the Tikka Masala set I tried was flavorful, with a subtle level of spice that complemented the dish well. The chicken, cooked in the tandoor, had a slightly smoky flavor, though I found myself wishing for more of that signature tandoor char on both the chicken in the curry and the piece served on the side.

The samosa was a highlight of the meal—perfectly made with a satisfying crunch and generously filled with potato. However, the filling could have used a bit more spice to really make it stand out.

Overall, Namaste Indian Restaurant serves a good meal with generous portions, including a hearty helping of curry, a fresh side salad, and a small dessert to round off the experience. If you're in the area, it's definitely worth a visit, especially if you're looking for a laid-back Indian meal near the beach.



Google Map & Directions:



<https://maps.app.goo.gl/kzVqGE2hhwS1x21c8>

098-989-1331

IG: [namaste.india.curry](https://www.instagram.com/namaste.india.curry)

Open 11am - 3pm & 5pm - 10pm (Closed Tues)

Namaste India



ハンビー・タウンに向かうアラハ・ビーチのすぐ裏手にある北谷のナマステインディアは、さまざまな好みに応える幅広いメニューを揃えた小さなインド料理店だ。

ディナーは3種類の定食から選べ、2100円からとリーズナブル。キッズセットもあり、家族連れにも優しい。ヘルシー志向の方には、チキンティッカサラダがおすすめ。

サイドメニューの種類も豊富で、中でも「マラオ・ティッカ」が目を引く。カシューナッツとチーズの濃厚なクリームに漬け込んだチキンをタンドールで調理したもので、他にはないものを求める人には魅力的な組み合わせと言える。

アラカルトメニューでは980円からカレーを選べるので、自由に組み合わせたい人には

嬉しい。ナンロールもランチの追加メニューにはお勧めで、特にチキンティッカラップは、ガーリックチキンやシークケバブロールなどのオプションもあり、バラエティに富んでいる。

私は今回ティッカマサラセットを注文したが、風味豊かで、絶妙な配合のスパイスが料理を引き立てていた。タンドールで調理されたチキンは少しスモーキーな風味があるが、個人的には、カレーのチキンにもサイドに添えられたチキンにも、タンドールの特徴である焦げ目をもっと欲しかった。

サモサは、たっぷりのジャガイモを使って食べ応えのある歯ごたえ、ほぼ完璧だったが、具を引き立たせるには、もう少しスパイスが効いていてもよかったかもしれない。

全体的に、ナマステインディアは、ボリュームたっぷりのカレー、新鮮なサイド・サラダ、そして最後を締めくくる小さなデザートなど、ボリュームたっぷりのおいしい食事を提供してくれる。ビーチ近くでのんびりとしたインド料理を楽しみたいのなら、特におすすめだ。

098-989-1331

IG: namaste.india.curry

営業時間: 11時~15時、17時~22時(火曜定休)



by Total Okinawa

With a slightly strange name, but one we can get behind, cheese IS good right? Cheese Good Factory is a relatively new addition to the Rycom Mall dining scene. Located on the 4th floor, it has a premium feel for a restaurant in the mall, with it's own enclosed space & seating instead of a shared area.



We weren't off to a good start when we had to wait ten minutes for a table despite it being mostly empty, a bit perplexing, but when seated the food made up for it. Basically think cheese, everything (mostly) comes with cheese which make sense when the restaurant is based around the milk and cheese from Hokkaido, famous for it's dairy.

Saying that the menu is quite varied, so if you fancy something lighter there's a pan fried salmon with a cheese sauce, of course, as well as a delicious caesar salad with bacon, one of the options we tried, with freshly grated cheese at the table on top. We were after something different though and chose the amazing dish pictured below of sweet potato gnocchi in a cheese sauce. The gnocchi were light with a gentle sweet potato taste paired perfectly with a very cheesy sauce with hints of blue cheese and an edge of sweetness maybe from honey. It all paired together very well and showed a lot of thought has gone into the menu. It isn't just random cheese sauces paired with meat, fish etc. but flavors that compliment each other and really set off a dish.

If you're visiting at dinner, they had a set menu of 2 dishes with sides for 2100 yen which is a great price considering the rest of the menu if bought a-la-carte.



Google Map & Directions:



<https://maps.app.goo.gl/5BMem4AXJ78GPLAW8>

11:00am - 11:00pm (L.O 10:00pm)

098-975-6783

okinawarycom-aeonmall.com/shop/detail/403

Cheese Good Factory



ちょっと変わった名前のレストランがライカムにオープンした。その名も「Cheese Good Factory」。名前はともかく、チーズはおいしいに決まっている。この店はライカムの4階レストランエリアに比較的最近オープンしたが、ショッピングモール内のレストランとしては高級感があり、フードコートの共同シートではなく独立したレストランとなっている。

私たちが来店した際、席はほとんど空いていたにもかかわらず10分待たされたのは少し戸惑ったが、席に着いて料理を食べるとそんな気持ちは忘れてしまった。基本的

には、(ほぼ)全てがチーズ。とにかくチーズ。酪農で有名な北海道の牛乳とチーズを中心にしたレストランであることを考えると、それもそうかと合点がいくというものだ。

メニューはバラエティに富んでいて、軽いものならサーモンにチーズソースをかけたものや、私たちが実際に食べた、席でチーズを削ってくれるベーコン入りのシーザーサラダもある。私たちは何か変わったものを食べたいと思い、下の写真の琉球紅芋のニョッキ、ブルーチーズソースを選んだ。ニョッキは紅芋の優しい味で、ブルーチーズの香りとハチミツの甘みが効いたチーズソースと絶妙にマッチしていた。すべてがうまく調和していて、メニューにたくさんの工夫が凝らされていることがわかる。ただチーズソースを肉や魚などに適当に合わせるのではなく、互いに引き立て合い、料理の味を完成させているのだ。

ディナーに訪れるなら、メイン1品とピザかグラタンを選べる2品にサイドメニューがついたセットメニューがお勧め。こちらは2100円で、他のメニューをアラカルトで買うことを考えると、とてもお得な価格だ。

11:00～23:00 (L.O.22:00)

098-975-6783

Christmas Shop Til You Drop

Top spots for unique Christmas presents from Oki this year

Let's address the elephant in the room. We know Halloween and Thanksgiving are up first, but Christmas is just around the corner and with it the need to find a present for no doubt 100s of family members. With that in mind, Total Okinawa has put together some of our favorite spots for finding unique or fun gifts, as well as some of our star finds from across the island.

Hamby Town



Hamby Town just across from Foster and behind Araha beach often feels overlooked now we have big new malls like Rycom but it has a couple of hidden gems which make it worth checking out for some gifts. First up, it has a branch of Muji on the ground floor;

a pretty good sized one, that is chock full of useful Japanese homeware, clothes, toiletries and food. It's a great choice for people who love the simple aesthetic of Muji. The food and snacks are surprisingly good. Our star buy though was this cordless ultrasonic aroma diffuser for 3990 yen; with a mind boggling array of essential oils to purchase separately to make a useful, fragrant gift. <https://maps.app.goo.gl/FWCw7DmfD7cnn3XY6>

Don Quijote



By now you are probably familiar with Don Quijote and it's crazy bargain stacked stores. It's a great choice for finding quirky presents as well as Okinawa themed items or Japanese food and drink.

We found these quirky Japanese themed socks which are perfect as stocking fillers. They also have well priced designer items if you're looking for something more fancy as well as a huge variety of Okinawa themed food, drink and clothing. Orion beer t-shirts

anyone? <https://maps.app.goo.gl/G3CV69TeUCJ245M58>

Rycom

One of our favorite go to destinations for Christmas present shopping is Rycom shopping mall, as it truly has pretty much every type of present you could need all under one roof.



For children there is a large Toys R Us on the top floor above Jusco, with a wide selection of Japanese & American toys. Jusco itself on the floors below has a good home wares department as well as a really good alcohol selection. If you're looking for a bottle of awamori or sake this is the place to visit. The photo shows the amazing selection of local

Okinawan produced awamori by different breweries with some aged three, five and more years like a fine whisky, all beautifully packaged in traditional bottles.

If you have a relative who loves tea, then stop by the Lupicia shop just outside Jusco. They have an amazing arrange of Japanese teas including beautiful sets as well as some that are exclusive to Okinawa.



If you're after more food gifts, then



Kuze Fuku & Co. has you covered. This store on the ground floor has an astonishing array of cooking ingredients and snacks with good value gift boxes you can either preselect or make up yourself. It's the place for unique ingredients you won't find anywhere else like chestnut jam for example. A lot of the

labels are Japanese only, so take a translator app. A perfect gift for a foodie!

If you're after all things cute then a stop on the top floor of Rycom is in order with a variety of shops selling anything "Kawaii". If someone in your family is a fan of Hello Kitty there is a Sanrio shop selling all manner of kitty themed items.

Whether you have a gift in mind or need inspiration, Rycom is bound to have something suitable! <https://maps.app.goo.gl/pkWnhAwUEbEwmkEz8>

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The Undiscovered Side to Peace Memorial Park

by Total Okinawa

A short walk from Peace Memorial Park in Itoman, which is well worth a day of your time to explore the museum and memorials, is an area around the cliffs of Giza Banta that will take your breath away. It has amazing scenery yet will leave you pondering the dark history where some of the most haunting and desperate fighting at the end of the 2nd World War took place.

Firstly on the walk up from Peace Memorial Park you will walk uphill and pass through an area known as Mabuni Hill. This area contains many beautiful memorials with different monuments linked to different prefectures of Japan or different groups of people. There are many and each one is a poignant reminder of the thousands of sacrifices that those memorials represent.

After taking time to view and consider the sacrifices of the people and their spirits the monuments entomb and honor, walk to the top of the hill for one of the most amazing views in Okinawa and also one of the saddest. Giza Banta is where at the end of the war many thousands jumped to their deaths dreading the alternative of capture or being killed by allied forces. The beauty and calm that we can experience today is in stark contrast to the terrible end that many suffered in that same place.

After spending some time on the top of Giza Banta it's worth descending the stairs around the cliff where you can take a circular route past the entrance to one of the tunnel complexes where commanders retreated to in the final days of the war before taking time to view further memorials set into the path along the cliff.

In contrast to the museum, which can sometimes get busy, the open areas and more peaceful pathways of Mabuni Hill and Giza Banta can really bring home the scale of loss experienced in Okinawa in quiet contemplation.



Google Map & Directions:



<https://maps.app.goo.gl/MC7QtnCbABpNQ4E9>

Free

Open 365 Days

www.peace-museum.okinawa.jp/

平和記念公園の知られざる一面



糸満の平和記念公園から少し歩いたところにあるギーザバンタの崖の周辺は、息を呑むような素晴らしい景色が広がる一方、第2次

世界大戦末期に最も悲惨で絶望的な戦いが繰り広げられた暗い歴史に思いを馳せることができる。



まず平和記念公園から坂を上り、摩文仁の丘と呼ばれるエリアを越えていくと、日本の各都道府県、またはさまざまな人種に関連する記念碑が立ち並んでいる。多く

の慰霊碑があり、そのひとつひとつが、何千何万もの犠牲を痛切に思い起こさせる。

慰霊碑が象徴する人々の犠牲について思いを巡らせた後、丘の頂上まで歩くと、沖繩で最も素晴らしい景色のひとつであり、最も悲しい景色のひとつにたどり着く。このギーザバンタは、戦争末期に何千人もの人々が、連合軍に捕まるか殺されるかの選択肢を恐れて飛び降り自殺をした場所だ。今日私たちが体験できる美しさと静けさは、同じ場所で多くの人が苦しんだ悲惨な最期とは悲しいほど対照的だ。

ギーザバンタの頂上でしばらく過ごした後、崖の周りの階段を下りると、戦争末期に司令官たちが退却した坑道群の入り口を見ることができる。悲しい歴史が残る場所だが、訪れる価値はあるだろう。

時に混雑する資料館や記念館とは対照的に、摩文仁の丘やギーザバンタは、かつての沖繩が経験した喪失の大きさを静かに思い起こさせてくれる。



Map: <https://maps.app.goo.gl/MC7QjtncbABpNQ4E9>

Café Yabusachi

by Total Okinawa

Café Yabusachi is the kind of out of way place that unless you know it's there, you would never in a million years randomly find on your travels around Okinawa. Once you discover it though, it's a gem of a café you will come back to again and again.



So what makes this place so special? Two words - the view. Perched atop a hill in Nanjo it has spectacular views across the treeline down to the sea. Catch it on a beautiful sunny day and you won't want to leave! Come for the view and stay for the food!

It's no slouch when it comes to food either. At breakfast time, they have taco rice and sandwiches which come with fruit, salad and small smoothies. Then at lunchtime

the menu is more varied, with a limited amount of daily specials including fresh fish from the local fishing port, locally produced Wagyu steak, hamburgers from Kin Agu pork, Yanbaru chicken as well as favorites like curry, omelette rice and taco rice. We definitely recommend sampling the dishes that include local meal and fish, but arrive early as the amount of each dish is very limited.

They're open in the afternoon as well for "tea time" with a more limited menu of pizzas, taco rice etc. as well as a delicious looking dessert menu. If you're not feeling so hungry but want to enjoy the view with a slice of cake and coffee, the afternoon is a great time to visit when it will also be quieter after the lunchtime rush. Café Yabusachi is a great stop for lunch or afternoon tea if exploring the South of the island.



Google Map & Directions:



<https://maps.app.goo.gl/cnEFSLnKcxTtkmVt6>

09:00 - 18:00 (Closed Weds)

Yen, E-Money & C/C

<https://cafe-yabusachi.com/>

カフェやぶさちは、その存在を知らなければ、普通に沖縄を旅しているだけでは決して見つけることができないような場所にある。しかし、一度見つけてしまえば、何度でも通いたくなる珠玉のカフェなのだ。



カフェやぶさちの魅力をひとこと言え、景色。南城市の小高い丘の上であり、山から海までを一気に見渡せる絶景が楽しめる。晴れた日には帰りたくなるほど!景色を楽しんで、そして食事を楽しみましょう。

カフェやぶさちのフードメニューは、景色と同じくらい絶品!朝食時には、タコライスやサンドイッチにフルーツ、サラダ、小さなスムージーのセット。ランチタイムには、地元の漁港で獲れた新鮮な魚、地元産の和牛ステーキ、金武アグー豚のハンバーグ、やんばるチキンなどの日替わりの限定メニューや、カレー、オムライス、タコライスなどが並ぶ。地元の肉や魚などを使った料理はぜひ味わってほしい。

午後もティータイムとして営業しており、ピザやタコライスなどの限られたフードメニューのほか、おいしそうなデザートメニューもある。それほどお腹は空いていないけど、ケーキとコーヒーで景色を楽しみたい!という人には、ランチタイムのラッシュが終わったティータイムがおすすめ。島の南部を散策する際のランチやアフタヌーンティーに是非立ち寄ってみては。

MORNING: 9:00~10:30
LUNCH: 11:00~15:00
TEA TIME: 15:00~LAST

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