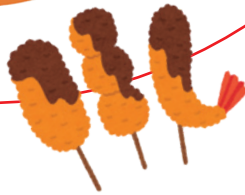
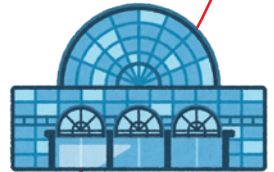
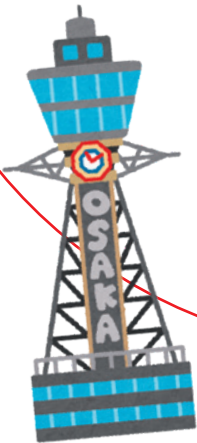


Maido OSAKA MAP

**A Guide Map with Reviews
by Moms of Children with Food Allergies.**



LFA

Living with Food Allergy

Our Thoughts

Maido OSAKA MAP
Web Edition



The number of people with food allergies has been increasing year by year. It is estimated that about 5–10% of infants and approximately 6% of children from school age (6–12 years old) onward have food allergies.

For travelers with food allergies, thorough preparation is essential before a trip, including:

- ① Arranging allergy-friendly meals at hotels
- ② Finding information on nearby supermarkets and convenience stores
- ③ Preparing ready-made meals to bring along
- ④ Researching restaurants that can accommodate food allergies

All of this requires extensive research.

Among these, **whether or not a restaurant provides an allergen chart is extremely important information**. However, searching for such charts on websites, checking social media, directly contacting restaurants, and waiting for responses can take a considerable amount of time.

To help ease this process, we, together with members of the LFA Association for Living with Food Allergies, **have gathered information focused mainly on restaurants** that provide allergen charts and created this OSAKA Maido Map.

The information in this guide is current as of **March 2025**.

Please note **that it does not guarantee** the conditions of food preparation in restaurant kitchens or the daily management of ingredients. Menu items and ingredients are often subject to change. **We strongly recommend checking official websites and confirming details with restaurants in advance**, especially regarding operating hours and closures.

LFA Association for Living with Food Allergies
March 2025

The website and allergen information are not available in English, so please use a translation app.

Advice from Experienced Moms of Children with Food Allergies

Generally, in regular restaurants, food is prepared in the same kitchen as other menu items. **Therefore, there is always a possibility that trace amounts of allergens may be mixed in during processing or cooking.**

Note: Most establishments share kitchen equipment such as cooking utensils, frying oil, and dishwashers.

What “Low-Allergen” Means

This refers to menu items specifically designed for people with food allergies, prepared without using any of the eight major allergens (eggs, milk, wheat, shrimp, crab, buckwheat, peanuts, and walnuts) as ingredients. Additionally, every effort is made to prevent cross-contact within the kitchen during preparation.

However, please remember that these menus do not guarantee the complete absence of allergic reactions. Ultimately, it is up to you to make the final decision about whether to eat these dishes.

It’s important to check with restaurants in advance about matters such as shared frying oil or whether you’re allowed to bring allergy-safe meals for small children.

From the Consumer Affairs Agency
“Points to Remember When
Eating Out or Using Meal
Services”



Food allergies vary greatly **from person to person**, including the specific allergens involved. Please be aware that most restaurants are not specialized allergy-friendly establishments. Consider your child’s or your own physical condition carefully and make the best use of available information. **When visiting a new area or trying a restaurant for the first time, always remember to carry emergency medication or other necessary supplies.**

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Bio-Ral: Natural supermarket

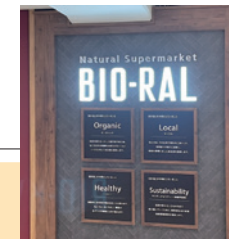


website



Instagram

- ☎ 06-6342-0171
- 🕒 9:00 AM - 10:00 PM
- 📍 1st Floor, Eki Marche Osaka, 3-1-1 Umeda, Kita-ku, Osaka-shi, Osaka Prefecture
- 📍 Immediately outside the JR Osaka Station Ekimarche Osaka ticket gate. Approximately a 3-minute walk from Osaka Metro Yotsubashi Line "Nishi-Umeda Station" and Hanshin Line "Osaka-Umeda Station."

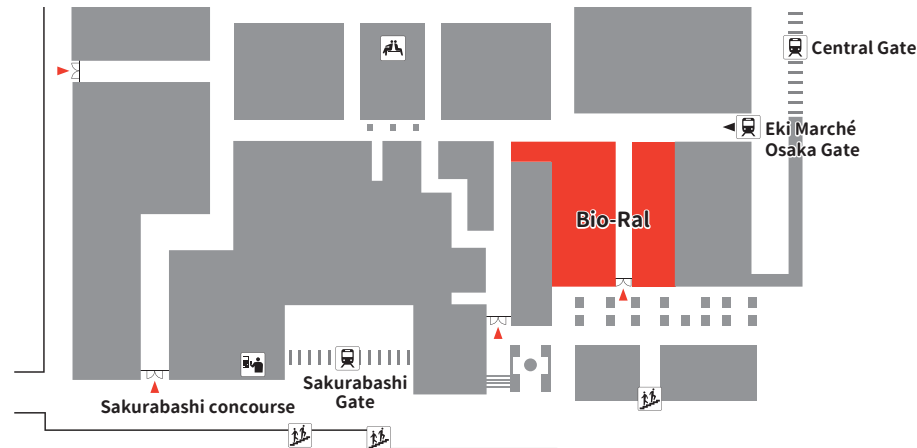


Bio-ral is a supermarket which has a variety of organic foods made with the blessings of nature and healthy foods with natural ingredients. There are many options such as allergen-free bread (28 major allergens not used), gluten free, or any other allergen friendly foods. Because it is close to the station, you can also stop by before going to the hotel where you are going to stay at.

There are breads that can be stored at room temperature. There are also frozen foods such as frozen sweets and frozen dumplings so that you can eat at the hotel if you are able to use microwave.

In the snack section, there are cookies and rice crackers made free from egg, milk and wheat. If you know this supermarket in your mind, maybe it will be helpful to find what you need to find during the trip.





① Exit the JR Osaka Station through the Sakurabashi Gate and turn left. Follow the road and turn left at the first corner. You will see the entrance to Eki Marche. Go straight ahead, and when you reach the end, turn right.

② Before exiting through the Central Gate of JR Osaka Station, you will find the entrance to Eki Marche on the opposite side of the elevator for platforms 5 and 6.”



Allergy-Friendly Chain Restaurants around JR Osaka Station and Hankyu Umeda Station

📍: Location 📞: Phone Number 🕒: Business Hours 🗓️: Closed 📍: Access

Sushiro

📍 6F E-Square Chayamachi, 2-16 Chayamachi, Kita-ku, Osaka-shi, Osaka
 📞 06-6485-0371
 🕒 Monday - Friday: 11:00 AM - 11:00 PM
 Saturday, Sunday, Public Holidays: 10:30 AM - 11:00 PM



You can find Sushiro at various locations across Osaka City. There are many deserts free from egg, milk, and wheat such as Melon sorbet and Japanese style glazed sweet potatoes. Melon Sorbet is nostalgic sweets for some Japanese people. If you have never tried before, we highly recommend to give a try. I am allergic to eggs, but I could eat Hokkaido Vania ice cream because it was free from egg and wheat. If you are far away from where you are, but if you find the restaurant which you normally go then you will feel safe there. Sushiro is one of them for sure!



KuraSushi

📍 OS Building B1F, 3-3 Komatsubaracho, Kita-ku, Osaka-shi, Osaka
 📞 06-6314-6102
 🕒 Monday - Friday: 11:00 AM - 12:00 AM (midnight)
 Saturday, Sunday: 10:30 AM - 12:00 AM (midnight)



This is very fascinating to have soymilk ice cream without eggs, milk and wheat in KuraSushi. They also have 28-allergen-free desserts such as grape sorbets and fruits. Kids are thrilled to do the mini games called Bikurapon which means surprising fun. Every time you put 5 empty dishes on the return slot after you eat then you can play one game. That is so much fun!

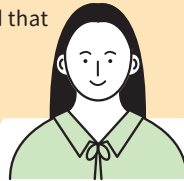


Bikkuri Donkey

2F Sankyo Umeda Building, 1-5 Doyama-cho, Kita-ku, Osaka-shi, Osaka Prefecture
 06-6361-8809
 8:00 AM - 11:00 PM (Last Order 10:30 PM)
 Morning: 8:00 AM - 11:00 AM
 Lunch: 10:00 AM - 5:00 PM



There is allergen information at the bottom of the top page of web site. There are two special allergen friendly menus. One is hamburger steak sets including salads without milk, eggs and wheat. The other one is Soy hamburger curry without eggs and milk. For salads, there is an option to choose allergen friendly dressing and egg free mayonnaise. We are glad that we can offer these choices.
 Thanks, Bikuri-Donki!



Soup Stock Tokyo

B1F LUCUA Osaka, 3-1-3 Umeda, Kita-ku, Osaka-shi, Osaka Prefecture
 06-6151-1211
 8:00 AM - 10:00 PM (Last Order 9:30 PM)
 LUCUA Osaka closure days



There are other branches than Rukua Osaka such as Hankyu Sambangai Branch located very close to Hankyu Umeda station. From their web site, there are menus of each branch and GF symbol for gluten free and V mark for vegetarians on the menu. For the information for 28 allergens, please go to the bottom of Today's soup website page, and you will find "to know more about menu" and click that page you will find the allergen information and ingredients description. Also, if you go to "baby food and kids' meal" website page, there will be allergen information of each kid's meals and baby food. If you are traveling with a baby or kid, that would be helpful.



Yoshinoya

9-17 Kakudacho, Kita-ku, Osaka-shi, Osaka Prefecture
 06-6360-6065
 6:00 AM - 11:30 PM



You can find Yoshinoya at various locations around Osaka City. It is a little tricky to find a allergen information at Yoshinoya to be honest but don't give up because you can find allergen information sheets at the bottom of the web page when you choose one dish from the menu.

From the GYUDON allergen information sheets, it said the wheat is only from soy sauce. In case you are allergic to wheat, but you are ok with soy sauce, you will be able to eat. But be aware it is only for Gyudon not other dishes. I often go to Yoshinoya so I feel safe to eat in any region.



MossBurger

Umekita Green Place 2F, Unit 213, 5-1 Ofukacho, Kita-ku, Osaka-shi, Osaka Prefecture
 06-6486-9180
 10:00 AM - 10:00 PM



From the bottom of the menu page, you will find the site of allergen information of each menu and allergen information lists of all dishes.

There is an allergy friendly menu with 7 allergen free ingredients. If you order gluten free rice pork sandwiches or gluten free rice pork rolls, it will come with a bag. They will warm them up covered with bags so that they will be safer for contamination. There are other branches such as Whitty Umeda branch nearby.



551 HORAI



- Multiple locations available. Please refer to the website for details.
- Please refer to the website for contact numbers.
- Most locations are open from 10:00 AM to 8:00 PM. Please confirm (check) specific store hours.

There are some shops inside and outside of Osaka station and Shin Osaka station. If you are looking for Souvenirs, line up the chilled shops so that you do not need to line up so long. In case you would like to eat it there, maybe you need to wait for a while. There is an allergen list on the menu. Also, from the website you can find each meal's allergen. Not only pork bun but also dumplings and Shumai are free from egg and milk. If you are looking for Osaka souvenirs, this is the place!



Komeya no Onigiriya



- Daimaru Umeda Store B1F, 3-1-1 Umeda, Kita-ku, Osaka-shi, Osaka
- 06-6342-0898
- 10:00 AM - 8:00 PM
- January 1st and January 2nd
(Subject to the department store's holidays)

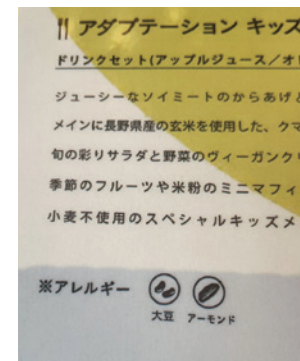
There is also a JR Shin Osaka branch (Shin Osaka bullet train station, south exit). From the website, there are menus of each branch. In the Menu, you can see the allergen information. If you would like to try Japanese rice balls, we highly recommend this place.



Cosme kitchen Adaptation



- Hanshin Department Store 3F, 1-13-13 Umeda, Kita-ku, Osaka-shi
- 2-minute walk from Hanshin "Osaka-Umeda Station" or Osaka Metro Midotsuji Line "Umeda Station"
- 3-minute walk from JR "Osaka Station"
- 6-minute walk from Hankyu "Osaka-Umeda Station"
- 06-6345-2569
- 10:00 - 20:00 (Last Order 19:00)



From the top of the website page, go scroll down the page and you will see the information of each branch and menu's pdf file but there are no allergen lists. Gratefully, they have GF symbols for gluten free, V mark for vegans and allergens on the menu.



ANOSAKI KONOSAKI



Instagram

- 📍 1st Floor, Esupashion Nakazaki, 2-5, Nakazakinishi 1-chome, Kita-ku, Osaka-shi, Osaka Prefecture
- 🕒 Please refer to Instagram.
- 📅 Please refer to Instagram.

This place looks super stylish inside. There are optional meals without egg, milk and wheat!
 'Anosaki' 'Konosaki' means 'up ahead' 'further down' in Japanese.



Oyasai garden TIERRA



website



Instagram

- 📍 Hankyu Umeda Main Store 13F, 8-7 Kakudacho, Kita-ku, Osaka-shi, Osaka Prefecture
- 🕒 Lunch: 11:00 AM - 5:00 PM
Dinner: 5:00 PM - 10:00 PM (Last order 9:00 PM)
Reservations are not available during lunch hours.

There are many dishes with lots of healthy vegetables but no egg and milk.
 From the website there are no allergen lists but it said allergy-friendly and vegan options are available. If you go to the shop and ask the restaurant staff for allergen lists, they will show you the lists there.



Natural Kitchen Medaka2



website



allergen information

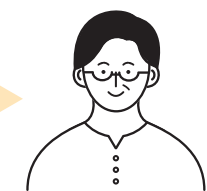


Instagram

- 📍 Hienoki Building 1F, 3-20 Kamiyama-cho, Kita-ku, Osaka-shi
- 📍 Approximately a 15-minute walk from each line's "Osaka/Umeda Station"
- Approximately a 12-minute walk from Subway Tanimachi Line "Higashi-Umeda Station"
- Approximately a 13-minute walk from Subway Tanimachi Line "Nakazakicho Station"
- Approximately a 12-minute walk from Subway Sakaisuji Line "Ogimachi Station"



There is an English page! On the website, there is no allergen lists, but there is a page called "About our allergy-friendly options". There are Vegan and Gluten free options but there will not be any details because they will change the menu every day. But they said, "we will do our best to accommodate your requests." You can ask restaurant staff for more detailed information. I really appreciate their willingness to listen. Good people's restaurant, I believe.



Ramen MAKOTOYA FUKUSHIMA

- 📍 6-14-9 Fukushima, Fukushima-ku, Osaka-shi, Osaka
- ☎ 06-6455-6887
- 🕒 11:00 AM - 2:00 AM (Open all year round)



I am allergic to eggs and milk. They said that they can take out the any of ○ (open circle) from allergen lists if you wish, so I had ordered without boiling egg and topping furikake (dry seasoning) topping. It was Yummy.



Ramen YOKOZUNA

- 📍 Umeda Hankyu Sanbangai B2F, 1-1-3 Shibata, Kita-ku, Osaka-shi
- ☎ 06-4256-7766
- 🕒 11:00 AM - 10:30 PM (Last Order 10:00 PM)
(Closed days are subject to the facility's closing days)
Please note that business hours may change depending on the situation.



There are Ramen options without egg and milk but made on shared manufacturing lines. It is helpful that there are allergen lists on the websites.

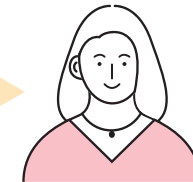


Ramen KIOU

- ☎ 06-6305-6600
- 📍 Arde Shin-Osaka 2F, 5-16-1 Nishinakajima, Yodogawa-ku, Osaka-shi, Osaka Prefecture
- 📍 JR Shin-Osaka Station: 2-minute walk
- 🕒 Subway Shin-Osaka Station: 3-minute walk
- 🕒 10:00 AM - 11:00 PM (Last Order 10:30 PM)



There is a multilingual menu for customers from overseas. Not only for vegans but also for vegetarians, you can choose without 5 pungent herbs (spring onion, garlic, chive, shallot, Welsh onion). They do not use animal-based ingredients such as meat, fish, egg, dairy, honey and gelatin so that allergy family like us can go happily there!



Tintaiphon

- ☎ 06-6151-1477
- 📍 LUCUA Osaka 10F, 3-1-3 Umeda, Kita-ku, Osaka-shi
- 🕒 11:00 AM - 11:00 PM (Last Order 10:00 PM)



I am allergic to dairy and eggs. Luckily, Shoronpo (Taiwanese Dumplings) are without egg and milk. For order there is a paper you need to fill out and there is a space to write about your allergy information. When the staff came to get an order, they confirmed my allergy information.



Chinese Cuisine, Yum Cha / Dim Sum
YUNYUN LUCUA Osaka Store

- ☎ 06-6225-7180
- 🕒 11:00 AM - 11:00 PM (Last Order 10:00 PM)
- 📅 Subject to LUCUA Osaka's closing days
- 🚫 Not possible / Not accepted
- 📍 Inside LUCUA 1100 B2F Kitchen & Market, 3-1-3 Umeda, Kita-ku, Osaka-shi, Osaka Prefecture



Inside the OSKA Rukua, there is a shop called YUNYUN which is managed by Kenmin Foods Co., Ltd. They make baked Xiaolongbao and Stir-fried rice noodles. Our family members have egg and milk allergies. Even though this shop is not an allergy specialty store, we could eat because all the noodles are made with rice flour, and they took the boiled egg out when we had ordered without egg. In front of the store, they are selling rice flour noodles, so that we can buy gluten free noodles there. It is hard to find them at the supermarket, so we highly recommend getting them here. Very delicious chewy noodles!!



5-minute walk from Nankai Electric Railway Ishizugawa Station

Gluten-free Salt Ramen Specialty Shop
RYU-Gu 龍旗信

- 📍 2-7-6 Hamaderaishiizuchonishi, Nishi-ku, Sakai-shi, Osaka Prefecture
- 📍 5-minute walk from Nankai Electric Railway Ishizugawa Station
- 🕒 11:00 AM - 2:30 PM
- 📅 5:30 PM - 8:45 PM Tuesday



This is the only branch for gluten free specialty store. It opened in February 2025, so there are not so many websites or Instagram to talk about this shop yet, but they will open a booth at the Kansai Osaka Expo. All the menus are made by gluten free noodles and completely wheat free. They even don't use wheat for seasoning at all. There are only 12 sheets on the counter. There is allergen lists paper on the window. My gluten allergy kids go there a lot, because they really love this yummy Ramen! Highly recommend!



Hirano Ward, Osaka City Osaka Metro Tanimachi Line, Hirano Station

Rice flour takoyaki
GO-HACHI



Instagram

- 📅 6-7-30 Hiranonishi, Hirano-ku, Osaka-shi
- 📞 No phone. For inquiries, please use Instagram.
- 🕒 11:00 AM - 5:00 PM
(Changes to business hours or holidays will be posted on Instagram.)

The shop owner had experience working at the school lunch facility, so she knows how important it is for both kids with food allergies and kids without food allergies to eat the same Takoyaki together. She had tried many times to make the best TAKOYAKI without egg, milk, and wheat. When I asked about ingredients, she showed me the ingredients lists in front of me. I felt really safe here to eat. There are fried bread without egg, milk and wheat. They were so delicious. I repeatedly go there. It is my favorite shop.



Konohana Ward, Osaka City Chidoribashi Station on the Hanshin Electric Railway Hanshin Namba Line (12-minute walk)

Komeko Kushikatu Kushimai



website



Instagram

- 📅 2-6-4 Kasugade-kita, Konohana-ku, Osaka-shi
- 📞 090-3354-9494
- 🕒 11:30 AM - 3:00 PM
As there are irregular holidays, it is necessary to check business days on Instagram.



On the website, there are no allergen lists, but it is largely written 'No Additives' Wheat, egg, milk free'. It is also written that '100% Rice oil' and "we change oil every day". I am normally curious about oil contamination, so this information was helpful, and I do not need to worry about that. The quick-freezing freshly deep-fried Kushikatsu are also sold online.



List of Contacts for Consultation



LFA Living with Food Allergy

LFA is an association based in the Kansai region for people with food allergies and their families supporting each other. We provide consultation services, share allergy-related information, give lectures, hold children's meetings and online meetings.

〈URL〉 lfa2014.com

LFA 公式SNS



Instagram



Facebook



X



YouTube
オオモリアル

公式HP



HP



LFA Japan

Consultation Center during natural disasters.
Add the account to your friend list before a natural disaster actually occurs!

LFA JAPAN is connected with many patients associations Japan-wide.
Please contact us when you become in need of help during a natural disaster. We will cooperate with a patient association near you and inform you of the location of the reception base for relief supplies. ***Consultation available only during natural disasters.**

〈Email address〉 lfa.saigai@gmail.com

〈URL〉 lfajp.com

You can download Food Allergy ID Card for children,
and read stories about natural disaster survivors experiences.

LINE
Official Account

@ray8171u



Publisher: LFA Living with Food Allergy / LFA Japan
Publication date: March 31, 2025 Second printing: February 10, 2026
Design: LFA Living with Food Allergy "Disaster Prevention Handbook" Project Members
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