

# Relax and take a break with green tea!

You can drink delicious green tea with a meal or whenever you want to relax.

In fact, there's more to green tea than its flavor.

Green tea has plenty of components that are good for your body, too.

Catechins are just one example.

Cold brew green tea is especially recommended to boost your immune system or relieve stress.

It's the perfect drink for when you want to take a break.

These effects vary depending on how you brew or drink the tea.

Find your own favorite way to enjoy tea according to your lifestyle and mood.

## **≒ITADAKIMASU**

## **About JAPANESE TEA**

Here you'll find stores in the (Osaka Area) where you can experience the charm of green tea by touching, smelling, brewing and tasting the tea. Open up this map and experience tea for yourself during your sightseeing journey.

### ·Tea is full of components that are good for your body

### **Catechins**

**Antioxidant** Suppresses the rise in blood sugar.

L-theanine **Promotes** relaxation

Fluoride **Prevents cavities** 

### Vitamin E Antioxidant

Prevents aging, etc.

### ·How to identify delicious tea



The leaves are deep green, thin, and curled up



They look glossy and feel firm



They feel heavy in your hand



They smell good

Taste the tea and check its flavor, aroma, and color. To prevent the tea you buy from deteriorating in quality, it's important to store it in an airtight container and prevent it from contacting air as much as possible!



This store sells carefully-selected teas procured from across Japan, with a focus





Osaka Suijo Bus

Aqua-Liner





# ITADAKIMASU JAPANESE TEA



Free Wi-Fi

Parking lot

Guided tea experi







Gakkentoshi





🚺 Cha Cafe & Dining Ouri 103 Calm Amagasaki

54 Misonocho, Amagasaki-shi, Hyogo

@ 06-4869-4108 Hours 10:30~24:00 **Station** Amagasaki Station Closed Sundays

Enjoy matcha or sencha as is, or choose from a diverse menu of tea-inspired arrangements that could only be offered at a restaurant, such as pancakes and matcha beer. They can also quide you through proper tea ceremony









🙆 Ohara Shunkouen 1-5-27 Ohiraki, Fukushima-ku, Osaka-shi, Osaka

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@ 06-6460-8088 Hours 10:00~21:00 **Station** Noda Station Closed Irregular closures

This store has a wide selection of Japanese teas, black teas, and Chinese teas. Try their original green tea and sweets.





Shinoya Chaho [Honten]

7-6 Yoshino, Fukushima-ku, Osaka-shi,

@ 06-6441-7827 Hours 9:30~18:30

Station Noda Station Closed Tuesdays

This wholesale matcha and Japanese tea specialty store has passed down the heart and skill of the matcha milling masters for over a century since it was founded in 1908.





Shinoya Chaho [Daimaru Umeda]

3-1-1 Umeda, Kita-ku, Osaka-shi, Osaka

@ 06-6343-1231 Hours 10:00~20:00 Station Osaka Station Closed None

This wholesale matcha and Japanese tea specialty store has passed down the heart and skill of the matcha milling masters for over a century since it was founded in 1908.





Chikiriya Chaho 3-10-25 Honjohigashi, Kita-ku,





@ 06-6372-2201 Hours 9:00~17:30 Station Tenjimbashisuji Rokuchome Subway

Closed Sat, Sun, public holidays

Since 1854. This store offers an assortment of teas from tea-growing districts and a tea tasting service.



Yodo

River





Tea utensils

Guided tea

## ITADAKIMASU JAPANESE TEA

Credit cards accepted

Free Wi-Fi

Parking lot

experi

Guided tea

Scan each QR Code to open a detailed map of the shop location.

blending





2 06-6531-3219 Hours 9:00~18:00 Station Nishinagahori Subway Station Closed Sundays

A Japanese tea cafe and Japanese tea specialty store located in the Horie district. They hope to be a store where people can form new connections through Japanese tea.





Ujien

1-4-20 Shinsaibashi-suji, Chuo-ku,



@ 06-6252-7800 Hours 10:30~19:00 Station Shinsaibashi Station Closed No closures





[Ósaka Shinsaibashi] 1-5-19 Shinsaibashi-suji, Chuo-ku, Osaka-shi, Osaka

@ 06-6271-0681 Hours 11:00~19:30 Station Shinsaibashi Station Closed None

Enjoy a relaxing moment in a Japanese tea house. Founded in Kyoto in 1865.





4 Miyashita Ujichaen

6-16-21 Tanimachi, Chuo-ku Osaka-shi, Osaka



□ 06-6761-1863 Hours 9:00~17:00 Station Tanimachi 6-chome Station. Matsuyamachi Station Closed Sun, public holidays

Since becoming a certified tea seller in 1989, over 6.700 people have participated in this store's tea tastings. About 30% are foreign visitors, and the owner provides instructions in English.





Kawaguchi Ken 4-1-16 Uehonmachi, Tennoji-ku, Osaka-shi, Osaka



@ 06-6762-0537 Hours 9:00~18:00 Station Osaka-Uehommachi Station Closed Sun, public holidays

This store carries matcha and sencha for tea ceremonies as well as matcha for use in foods and other beverages. They have a wide selection of tea-ceremony grade and all-purpose matcha



of teas from each production area.









Tea utensils

for sale

Guided tea



Facility

## ITADAKIMASU JAPANESE TEA

















Chasho Rvokukoen Osaka]

2-8-14 Kitakagaya, Suminoe-ku, Osaka-shi, Osaka





@ 06-6681-0222 Hours 10:00~17:30 Station Kitakagaya Station

Closed Wed, Sat, Sun

This store has an assortment of fine teas from famous tea regions in Japan. You can taste green teas that are chosen to match your preferences.





Kintetsu Department Store Main Store Abeno Harukas Wing Building 2nd basement, Meicha Haibara

1-1-43 Abenosuji, Abeno-ku, Osaka-shi, Osaka

@ 06-6628-8882 Hours 10:00~20:30

Station Osaka-Abenobashi Station Closed The business hours are same as the

Abeno Harukas is a famous sightseeing spot in Osaka and a popular commercial facility visited by its convenient location.





3 Kusukien

4-22-17 Ikunonishi, Ikuno-ku, Osaka-shi, Osaka







@ 06-6731-2647 Hours 10:00~19:00

Station Teradacho Station Closed Tuesdays Since 1893, this store has been providing delicious, widely-appealing teas with aromas that you will not grow tired of, mainly from production areas in the Kansai region such as Uji (Kyoto), Nara (Yamato), and Shiga (Asamiya, Tsuchiyama).





4 O-cha-no-Yoshidaen

1-5-14 Minamitanabe. Higashisumiyoshi-ku, Osaka-shi, Osaka





@ 06-6622-3147 Hours 9:30~18:00 Station Minami-Tanabe Station Closed Sundays

own hojicha, and you can experience the process of brewing tea, including matcha.









Osaka



This store has a selection of many different types of teas. You are sure to find a tea that meets your needs!





This store has an assortment of fine teas from famous tea regions in Japan. You can taste green teas that are chosen to match your preferences.







## **Tea Demand Creation Council**

Office: Japan Tea Commerce & Industry Cooperative Association

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