

Enjoy all-you-can-eat meal in and around Nara!

Sep. 23, 2010 JD

restaurant name, address, tel, URL	fee	time restriction	smorgasbord hours	feature
*seasonal food "Hinano Tomigaoka branch" *6-31 Nakatomigaoka, Nara *0742-45-1831 * http://www.hinano-net.jp/shop/	(lunch)adult: ¥1,575, equal & more than 65: ¥1,275, kid: equal & less than ¥840 (dinner)adult: ¥2,100, equal & more than 65: ¥1,800, kid: equal and less than ¥1,050	no time restriction	lunch: 11:00-16:00 dinner: 17:30-22:00	additive-free macrobiotic food 
*everyday prepared food "Kyohyakusai Nara-family branch" *6F, Nara-family, 2-4-1 Saidaiji-higasi, Nara *0742-34-4401 * http://r.gnavi.co.jp/k170046/	When ordering one item of food, all-you-can-eat prepared food is given	90 minutes	11:00-15:00	A side dish to accompany rice, rich in seasonal foods 
*dish full of vegetables in season "REMPHIR" *1F, Green Hotel ASHIBI, 15 HigasimukiKita, Nara *0742-23-0334 * http://www.ashibi-nara.com/restaurant/index.html	¥1,000	no time restriction	11:00-14:00	Enjoy all-you-can-eat lunch in the hotel restaurant 
*okonomiyaki "KOMUGI" *4-879-1 Mimatu, Nara *0742-51-0620 okonomiyaki: thin and flat pancake cooked on a hot plate with bits of meat, seafood and chopped cabbage	(lunch)¥880~ (lunch with drinks)¥980~ (dinner)¥650~	no time restriction	11:00-23:00	a wide variety of healthy dish, full of vegetables one dish out of okonomiyaki, fried noodle, fried green onion & chijimi + smorgasbord: ¥880 
*dining facility full of natural blessings "MOBY-DICK" *5F Itoyokado Nara-branch, 1-3-1Nijoiminami, Nara *0742-36-7620 * http://r.gnavi.co.jp/k950302/	(weekday) male:¥1,380, female:¥1,280 (Sat.Sun.& holidays)male:¥1,480, female: ¥1,380, 10-12 years old: ¥1,050, 4-9years old: ¥630, equal & younger than 3: free	no time restriction	11:00-22:00	lots of all-you-can-eat dishes in the room with good vies 
*Boulaugerie "Alcyon la maison" *6-3-5 Nakatomigaoka, Nara *0742-51-1839 * http://www.anjou.co.jp/shop/alcyonlaison/	(lunch)adult: ¥1,680, elementaryschool kid: ¥1,050, equal & older than 4: ¥630, equal & younger than 3: free (Sat.Sun.holidays dinner)adult:¥2,520, elementaryschool kid: 1,050, equal & older than 4: ¥630, equal & younger than 3: free	(lunch)90 minutes (Sat.Sun.holidays dinner) 120 minutes	(lunch)11:00-15:00 (Sat.Sun.holidays dinner) 17:00-21:00	baked bread in the stone oven with firewood, & lots of vegetables 
*all-you-can-eat cake "Aster Heijo branch" *521-2 Oshikuma-cho, Nara *0742-45-6323 * http://touminkuma.web.fc2.com/kanmi/asuta.html	¥1,800 (once a month on an irregular base)	60 minutes	10:00-17:00	you can enjoy: 16-18 kinds of cake with juice/coffee/tea 
*HARVEST Aeon-Nara-Tomigaoka branch *2F Aeon-Nara-Tomigaoka, 3027 Sikahata, Ikoma *0743-70-1360 * http://www.create-restaurants.co.jp/shop/00231	(lunch)adult:weekday¥1,258/ Sat,Sun¥1,363, elementaryschool kid:¥733 (dinner)adult:¥1,678, elementaryschool kid:¥943, younger than it:¥523, equal and younger than 2:free	(lunch) 70 minutes (dinner)90 minutes	(lunch) 11:00-17:00 (dinner)17:00-23:00	more than 60 kinds of dishes full of vegetables 
*SHABUSAI Aeon-Nara-Tomigaoka branch *2F Aeon-Nara-Tomigaoka, 3027 Sikahata, Ikoma *0743-70-1362 * http://www.create-restaurants.co.jp/shop/00141	(lunch)adult:weekday¥1,468/ Sat,Sun¥1,678, elementaryschool kid:¥943 (dinner)adult:weekday ¥1,993/Sat,Sun¥2,203, elementaryschool kid:¥943, younger than it:¥628, equal and younger than 2:free	(lunch) 70 minutes (dinner)90 minutes	(lunch) 11:00-17:00 (dinner)17:00-23:00	shabushabu with vegetables Enjoy shabushabu: paper-thin sliced beef which is to be dipped and lightly waved around a couple of times in boiling stock 
*pasta/pizza "Louisiana Mama, Nara-Gakuenmae branch" *2348-1 Uemachi, Ikoma *0743-78-8669 * http://louimama.web.fc2.com/gakuenmae/	(lunch) adult:¥1,290~ (dolce) ¥1,380~ (dinner)adult: ¥1,990~	no time restriction	(lunch) 11:00-15:00 (dolce) 14:30-17:00 (dinner)17:30-22:30	Enjoy its Southern Europe atmosphere 
"Kusiyamonogatari Aemon-mall Yamatokoriyama branch" *1f Aeon-mall Yamatokoriyama, 741 Simomitsuhasi Yamatokoriyama *0743-58-1222 * http://www.kushi-ya.com/about/	(lunch)adult:weekday¥1,575/Sat,Sun,holidays¥1,680 elementaryschoolkid:¥872 equal & older than 4:¥500 (dinner)adult:¥2,625, elementaryschool kid:¥1,187 equal and older than 4: ¥504	(lunch) 60 minutes (dinner)90 minutes	(lunch) 11:00-16:00 (dinner)16:00-23:00	Enjoy deep-frying by yourself. Japanese-style deep-fried kebab & vegetables. These are skewered on bamboo kushi; dipped in egg, flour, and panko; and deep-fried in vegetable oil. 