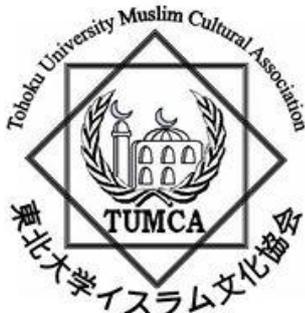


Halal Food Guide for International Students in Tohoku University

I. Tohoku University Muslim Cultural Association



Tohoku University Muslim Cultural Association (TUMCA) is a student organization formed by the Muslim students in the university. Found in April 2006, it aims to show the true face of Islamic culture through several activities that enable Japanese people to get first-hand interaction with Islamic culture. The senior students who have more experience living in Sendai will give you various tips and information about life in Japan and help you settle down in the beginning. They have a Facebook page where you can view updated information and contact them individually.

Facebook homepage <https://www.facebook.com/TUMCA/>

II. Halal Menus in Tohoku University



Tohoku University COOP has several cafeterias on campus that serve Halal menus for our fellow Muslim students and staff. Tohoku University Muslim Cultural Association (TUMCA) has confirmed the served Halal foods, and the following mark is attached on the Halal menus. If you are unsure which menus are halal, you can ask the staff, they will understand and try to help you as much as possible.

1. Kitchen Terrace Couleur

Served menus	Curry, rice-bowl dishes, and noodles.
Open hours	Weekdays 08:00~15:00
Location	Kawauchi kita (north) campus
Map	https://www.tohoku.ac.jp/map/en/?f=KW_Z17



2. Aobayama Dining (Central Cafeteria)

Served menus	Largest cafeteria in Aobayama campus, serves all kinds of menu.
Open hours	Weekdays 08:00~20:30 Saturday 11:00~13:30 Sunday 11:30~13:30
Location	Aobayama campus
Map	https://www.tohoku.ac.jp/map/en/?f=KW_Z07



3. Halal lunchbox

Served menus	Halal bentous (lunchbox) and Halal snacks from Indonesia.
Open hours	11:30~13:30
Location	New Aobayama campus
Map	https://www.tohoku.ac.jp/map/en/?f=KW_X16



III. Halal Shops in Sendai City

Many students prefer cooking their own food for dietary or monetary reasons. Seafood, vegetables, and fruits in Japanese markets are all Halal that students have no trouble getting them, but Halal meat, such as chicken, is usually more difficult to find. In Sendai, there are several supermarkets where you can purchase not only seasonings or instant food from your country, but also Halal meat.

1. Gyomu Super

Gyomu supermarket provides products at large quantity and cheap price. It marks Halal food with Halal label that Muslim students can easily distinguish which items they can purchase. It is foreigner-friendly, with an English website where you can also see its Halal selection.



English website	http://www.kobebussan.co.jp/english/item/index.php?i_c_id=56
Japanese website	https://www.gyomusuper.jp/index.php
Telephone	022-211-8066
Fax	022-217-8090
Open hours	10:00~22:00
Location	TIC building B1F, 4-9-18 Ichibancho, Aoba-ku, Sendai, Miyagi <small>みやぎけんせんだいしあおぼくいちばんちょう</small> 宮城県仙台市青葉区一番町4-9-18 TIC ビル B1F

2. Kaldi Coffee Farm

Kaldi provides various kinds of imported products, including Halal products. You will be able to find not only Halal foods, but also other foods from your country. It is located at a convenient spot and easily accessible. **Website** <https://www.kaldi.co.jp>



(1) S-PAL

Telephone	022-721-0310
Open hours	10:00~21:00
Location	B1F S-pal Sendai, 1-1-1 Chuou, Aoba-ku, Sendai, Miyagi <small>みやぎけんせんだいしあおぼくちゅうおう</small> 宮城県仙台市青葉区中央1-1-1 エスパル仙台 B1F

(2) Oomachi

Telephone	022-265-5775
Open hours	10:00~22:00
Location	1F, 3-1-24 Ichibancho, Aoba-ku, Sendai, Miyagi <small>みやぎけんせんだいしあおぼくちゅうおう やまいちしょうてんびる</small> 宮城県仙台市一番町3-1-24 山一商店ビル 1F

(3) Aeon Style Sendai Oroshimachi

Telephone	022-788-2367
Open hours	10:00~21:00
Location	1F, Aeon Style Sendai Oroshimachi, 1-1-1 Oroshimachi, Wakabayashi-ku, Sendai, Miyagi <small>みやぎけんせんだいしわかばやしきゅうおろしまち</small> <small>せんだいおろしまち</small> 宮城県仙台市若林区御町1-1-1 イオンスタイル仙台 御町1F

3. Jupiter

Jupiter is an import store that sells food products from various countries around the world, including the Halal ones. Many students use Jupiter when they miss foods from their home country!

Website	https://www.jupiter-coffee.com/
Telephone	022-714-5031
Open hours	09:00~21:00
Location	1F JR Sendai Station, 1-1-1 Chuou, Aoba-ku, Sendai, Miyagi みやぎけんせんだいしあおぼくちゅうおう せんだいえき 宮城県仙台市青葉区中央1-1-1 JR仙台駅1F



4. Mujumder Foods

Majumder is more specialized in Halal foods than other import stores that are listed above. The best part of Majumder is that it is not only available offline but also online! You can order products easily from online stores and deliver it to your home or dormitory. For those who are living around Sanjo, the offline shop is also close by.

Website	http://www.majumder-international.com/cgi-sys/suspendedpage.cgi
Telephone	022-7230-3018
Location	11-23 Shiheimachi, Aoba-ku, Sendai, Miyagi みやぎけんせんだいしあおぼくしへいまち 宮城県仙台市青葉区子平町11-23



ハラール料理の提供をお願い

- 以下の材料を含んでいない料理。
 - 肉類（魚介類を除く）
 - 上記の肉類や油脂に由来した添加物（乳化剤やマーガリン）
 - 酒類（料理酒やみりん）
- 上記の材料を含んだ料理と一緒に調理されていない。
- 洗剤で洗った調理器具および食器を使用する。

豚肉	牛肉	羊肉	鶏肉
ショートニング ラード	アルコール 飲料	ゼラチン	牛乳&卵

IV. Halal Card

TUMCA has made a Halal card to support Muslims living in Sendai who are not fluent in Japanese. The card shows the ingredients that Muslims are forbidden to eat. You can show this card to a staff whenever you go to a restaurant, or to your lab or classmates when you will go for a meal.

You can also check the ingredients used in Japanese products using the **list of important Kanji** indicating significant ingredients, such as alcohol and pork. Please check the ingredients using the list carefully before purchasing foods.



TUMCA Halal Card



List of important ingredients in Japanese

V. Other restaurants that serve vegetarian/Halal menus

The Muslim students who have lived in Sendai for several years have recommended the following list of restaurants. Although some of these restaurants are not Halal, they provide many vegetarian menus that can be eaten by Muslims. The list also has some dessert stores that do not use any animal fat. Please be careful to avoid the menu with meat. Showing Halal card to the staff is recommendable.

1. Saizeria (<https://www.saizeriya.co.jp>)
2. Me & Cheese (in Sendai Station) (<https://www.sanzen.co.jp/product/me-cheese/index.html>)
3. MiniOne (in Sendai Station)
4. Any sushi stores
→ Make sure to bring a soy sauce that does not contain alcohol.
5. Gyutan Yamajou (<https://tabelog.com/en/miyagi/A0401/A040101/4008617/>)
→ When a reservation is made, Halal Gyutan can be provided.
6. Nan Tandori Bangladesh Halal Restaurant (near International House Sanjo I)
7. Taj Indian Restaurant
8. Maharaj Indian Restaurant

VI. Prayer space on campus and in Sendai city

1. Islamic Cultural Center of Sendai (ICCS)
2. The international student room in Tohoku University Graduate School of Agriculture
3. R115 of International Exchange Building (A12 on the Kawauchi campus map) of Tohoku University (only for Friday prayer)

* Sendai International Airport also provides prayer space for Muslims. Please ask the officer for further information.

VII. Other useful websites

1. Halal in Japan



2. Halal Media Japan



3. Halal Gourmet



4. Halal Japan



5. Japan Halal TV



6. Islamic Cultural Center of Sendai (ICCS)



Some Islamic organizations in Japan have checked the Halal restaurants and shops in big cities like Tokyo, Osaka, Kyoto, Sapporo, and Sendai. They also provide important information about mosques and prayer spaces. Please refer to the websites for further information.