



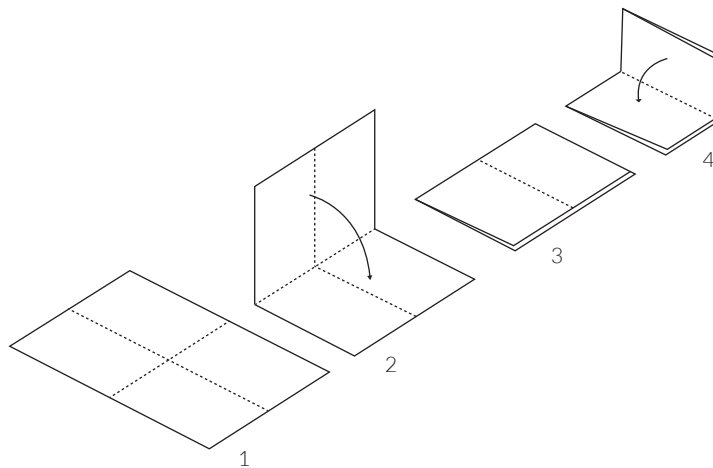
POCKET FOOD AND FLIGHT GUIDE

TOKYO

PRINT - FOLD - TRAVEL



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fold in half, then fold in half again. Pop it in your pocket.
Away you go.



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TOKYO

POCKET FOOD AND FLIGHT GUIDE

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FLIGHT FACTS

British Airways is one of the world's most prestigious and trusted airlines, offering excellent service, a wide range of products, and an innovative approach to travel.

Have a look below at some flight facts to prepare you for your trip to Tokyo!

Time well spent

1x daily flights from London Heathrow (LHR) to Haneda (HND),
1x daily flight from London Heathrow (LHR) to Narita (NRT)
Flight duration approx 11hrs 40min.

Bags of room

Check-in luggage up to 23kg in economy (Upgrade for extras!)
Carry two items of onboard hand baggage.

Luxury lounges

A choice of exclusive lounges including Galleries,
and the signature Concorde Room at LHR T5 plus
oneworld equivalents for premium passengers.

Food glorious food

Complimentary drink and snack service are offered
onboard alongside your inclusive inflight meal.

Take your seat

Choice of four cabins (depending on aircraft) including:
World Traveller, World Traveller Plus, Club World, and First.
Don't forget to select your seats online ahead of flying.

Prepare for take off

Take to the skies on the British Airways Boeing 777 jet (HND & NRT)
or the new 787 Dreamliner (NRT) depending on seasonality.

1 Go crazy for gyoza @ Harajuku Gyoza Lou

These pockets of dough are usually filled with ground mince or vegetables and fried or steamed to create a perfect light bite whilst strolling through the hustle and bustle of Tokyo.

2 Feast on some yakiniku @ Banya

This is a Japanese version of a grill-your-own-meat meal where you can grab yourself a booth, get a drink, and get straight to grillin'. These meaty pieces will melt in your mouth and at a very reasonable price, there's no harm in ordering seconds (or thirds)!

3 Try out the tempura @ Tsukiji Central Fish Market

Head to the fish market and indulge in some soft tofu, meaty prawns or seaweed, covered in a fluffy batter served with soup. You'll never enjoy 'any old' tempura again!

4 Enjoy a slice of okonomiyaki @ Naniwa restaurant

Translated as 'what you like', it's hard to go wrong with this Japanese pancake. Grilled before your eyes and filled with a mix of garnishes like wasabi, octopus, and cheese and scattered with fish flakes, this beautifully crafted dish is one to impress.

5 Try the best sushi in town @ Tsugu Sushimasa

If you thought it was the fish that gave sushi all its flavour, think again. It's actually the rice known as 'shari' that plays the most important role in determining flavour at this restaurant. Instead of using regular rice vinegar they use 'akazu', a red vinegar made from sake lees with a much stronger taste. Definitely worth a try.