

## POCKET FOOD AND FLIGHT GUIDE

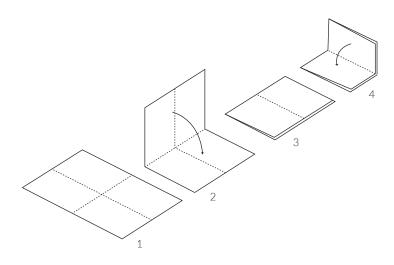
## TOKYO

PRINT - FOLD - TRAVEL

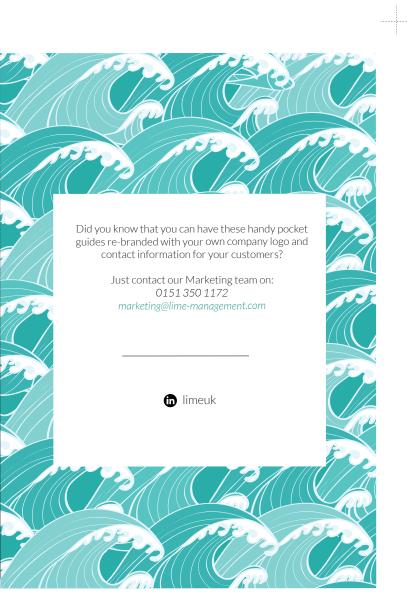


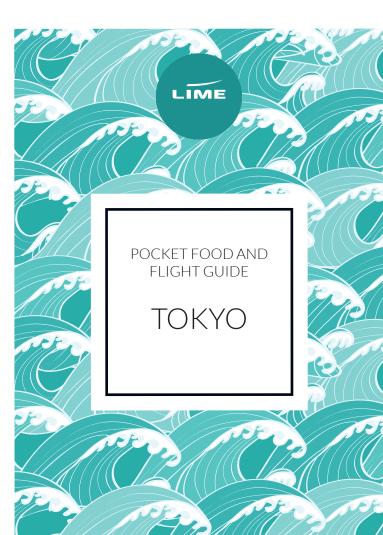
Print the guide, then starting with the blank side facing up, fold in half, then fold in half again. Pop it in your pocket.

Away you go.









## **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 Daily flights from London Heathrow (LHR) to Haneda (HMD) Flight duration approx 13hrs 40min.

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

Carry two items of onboard hand baggage.

Luxury lounges

LUXUI y TOUTIBES

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) includ

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



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 or using regular rice vinegar they use 'akazu', a red vinegar made from sake lees with a much stronger taste.

of garnishes like wasabi, octopus, and cheese and scattered with fish flakes, this beautifully crafted dish is one to impress.

Translated as 'what you like', it's hard to go wrong with this

Japanese pancake. Grilled before your eyes and filled with a mix

prawns or seaweed, covered in a fluffy batter served with soup.

Head to the fish market and indulge in some soft tofu, meaty

and at a very reasonable price, there's no harm in ordering

vegetables and fried or steamed to create a perfect light bite whilst strolling through the hustle and bustle of Tokyo.

These pockets of dough are usually filled with ground mince or

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

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@ Naniwa restaurant

Iry the best sushi in town

Enjoy a slice of okonomiyaki

@ Tsukiji Central Fish Market

Feast on some yakiniku

Go crazy for gyoza @ Harajuku Gyoza Lou

Iry out the tempura

seconds (or thirds)!

@ Banya

You'll never enjoy 'any old' tempura again!