

BESPOKE STAY JAPAN

FOOD NEEDS SAMPLE

Dietary Restriction Check Sheet

A Japan-specific food and hotel meal checklist for vegetarian, vegan, halal, allergy, and other food concerns.

SAMPLE

Use this as a planning aid,
not as a guarantee.

Rules, availability, and staff answers can change. Confirm directly before booking when a detail matters.

Ask about hidden ingredients.

In Japan, a dish can look suitable but still include fish-based dashi, bonito flakes, dried sardines, meat extract, or shared preparation.



Fish-based dashi

Vegetable dishes, soup, sauce, rice, and noodles may still use fish broth or bonito flakes.



Allergy limits

A restaurant or hotel may not be able to prevent cross-contact. Ask clearly and avoid guarantees.



Breakfast plans

Hotel breakfast may be buffet-only, set menu, or difficult to modify. Confirm before relying on it.



Ryokan meals

Traditional dinners can be hard to change. Ask early, not at check-in.



Nearby alternatives

If the hotel cannot adapt meals, check nearby restaurants, convenience stores, or kitchen access.

COPY AND SEND

Food inquiry template

Use this for hotel meals or restaurants. For severe allergies, confirm in detail and use professional medical judgment.

ENGLISH

Hello. I have [dietary restriction / allergy]. Could you please confirm whether the meal can avoid [ingredient]? I also need to avoid fish-based dashi, bonito flakes, dried sardines, and meat extract if possible.

JAPANESE

食事制限 / アレルギーがあります。料理に _ _ _ _ を使わない対応は可能ですか？可能であれば、魚のだし、かつお節、煮干し、肉エキスも避けたいです。

SAFETY NOTE

This sample does not guarantee allergy-safe food. For severe allergies, contact the facility directly and make your own risk decision.