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July - September 2021



## Sweet Home Okinawa

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デザート!みんな大好き、甘くておいしいデザート特集。今回もトータルオキナワにお任せください。美味しすぎて幸せになる、本島内のベストデザートをお届けします!

このマガジンはオンラインでも見るができます:

[www.totalokinawa.jp](http://www.totalokinawa.jp)



# 29 Cafe Pine Tree Bless

by Annabel

This modern and hip sandwich bento place has popped up in Hamby Town, right by Araha beach and invites customers with their welcoming atmosphere and spacious seating to take a break and have delicious lunch with friends and co-workers. 29cafe Pine Tree Bless was formerly located in Naha's DFS and just moved to Hamby Town. The workers are very welcoming and helpful. The staff speaks great English and even helped us with the online order that is displayed by the entrance. 29cafe has a great mobile order and pick-up service as an alternative.

We ordered a great variety of foods, spicy chicken sandwiches, katsu-bentos and BLT's and had a seat in a couch corner on the second floor. Center piece of the sandwich shop is a spacious dance floor. 29cafe is currently only open for lunch and dinner hours but will be a great place to create a bar and club like atmosphere in the future.

Our sandwiches ranged from about 600 to 800 yen. Coffees and sodas range from about 400-500 yen and the bento boxes cost about 900 yen. You can even order pizzas, salads or toasts. Everything is freshly made and served individually packaged. The spicy chicken sandwich I ordered was not too spicy and was topped with a delicious mustard mayonnaise sauce that complemented the softly grilled chicken. Payment was super handy, too. You can pay with Yen, via mobile or credit card. Free wifi is also available, as well as couches for relaxing or tables for studying and chatting. A great new place to check out with friends and co-workers and possibly soon for after dinner hang-outs, as the restaurant is planning on expanding its business. Payment: Yen, Credit Card, Mobile



Google Map & Directions:



<https://goo.gl/maps/uk5sCYximgCtbUzj8>

<http://pinetreebless.com/>

098-987-8986

Every day, 9am-9pm



# 29cafeパインツリーブレス



29cafeパインツリーブレスは、アラハビーチやハンビータウンの近くにオープンしたばかりのモダンなサンドイッチ／ランチボックス屋さん。入りやすい雰囲気と広々とした店内でお客さんを迎えてくれます。友人や同僚と美味しいランチを食べるのにはぴったり。この29cafeパインツリーブレス、以前は那覇市のDFS内にありましたが最近こちらへ移転してきました。スタッフの方は皆親切で、店舗入り口付近に案内が出ていたオンラインオーダーについても詳しく教えてくれました。そう、この29cafe、モバイルオーダー&ピックアップサービスも行っていてとても便利です。

今回注文したのは、スパイシーチキンサンドイッチ、ロースカツとBLTサンドで、2階のカウチでのんびりいただきました。この店舗の見どころは広々としたダンスフロア。現在29cafeはランチやディナー営業のみですが、バーやクラブのような雰囲気があるのでナイトスポットとしても期待したいです。

サンドイッチの価格帯はおよそ600～800円、ドリンク(コーヒーやジュース)は400～500円程度で、ランチボックスは900円程度でした。この他にもピザやサラダ、トーストなどもあります。全て注文を受けてから作ってくれて、ひとつひとつの商品が個包装された形で提供されるので安心。スパイシーチキンサンドイッチはそれほどスパイシーではなく食べやすい味。トッピングのマスタードマヨネーズソースが柔らかいグリルチキンにマッチして、とても美味しかったです。

お支払いも簡単。モバイルやクレジットカードも使えます。フリーWi-Fiも完備しているので、カウチでゆっくりしたり、テーブル席で勉強したりおしゃべりしたり。いろんな過ごし方ができます。オープンしたばかりの29cafe、是非友人や同僚とチェックしてみてください! また、ビジネス拡張予定ということなので、アフターディナーのナイトスポットとしてまた是非行きたいです。

29cafeパインツリーブレス ハンビー本店  
ウェブサイト: [pinetreebless.com](http://pinetreebless.com)  
所在地: 〒904-0116 沖縄県中頭郡北谷町  
北谷2丁目13-4  
電話番号: 098-987-8986  
Plus Code: 8Q26+W6 Chatan, Okinawa  
営業時間: 定休日なし、午前9時～午後9時  
支払方法: 現金、クレジットカード、各種モバイルペイ  
Google maps: <https://goo.gl/maps/f3rjbFsH42bGC9Ui7>





## DSH Resorts

If you've just arrived in Okinawa and still need temporary lodging or are about to make the move then the selection of apartments at DSH could be just what you need.

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There's one stand out feature that we can thoroughly recommend; an ocean view! What better way to start your stay in Okinawa! DSH are located along an area known as Hamby with views over the East China Sea. It's a beautiful beach with plenty of facilities to make the most of your stay including a full size pirate ship for the kids to play on! There's also BBQ rental facilities, water sports and the swimming area is guarded with netting to prevent jellyfish stings. Check out the review on the facing page for everything Araha!

All in all it's a great place to start your stay in Okinawa and make the most of the beaches and water sports that Okinawa is famous for! Whether it's TDY, PCS or you just need an apartment rather than hotel room these make a great choice. Send an enquiry through their website at <https://www.temporarylodging.okinawa/> and get an extra 10% off their already low rates!

# Araha Beach

by Chris Enriquez

Let's say you're at the beach. White sands, cool breeze, dog spectacularly catching a frisbee mid-air in front of you. Cheering teenagers who just dunked a basketball on your left, and small kids making sand castles on your right. With the sunset nearing the horizon, you smell freshly cooked BBQ and beer at the back.

Sound too good to be true? Head down to Araha beach and make it a reality!

Araha beach is one of the most versatile beaches anyone could ask for on island. First off, the beach is nice. Ample space with white sands and not a lot of sharp rocks which is wonders for your feet. It also shares its area with a public park so it has nice jogging routes, basketball courts, playgrounds (including a zip line), and stretching equipment. I usually use the back stretcher apparatus which is basically a bench with the back rest shaped like an upside down "U" with little protruding lumps to provide additional massage effect. It really does wonders for your back. My only peeve is that the old lady out for her daily power walk gives me the stink eye for hogging up the machine. Sorry grandma but you're not the only one with backaches and I just got here. Please wait for your turn. Sporty tip: if you get there early enough, you just might be able to join one of those free Yoga on the beach sessions I see people do. The beach serves as most of the ocean view of a lot of the restaurants in the area so it's also a perfect place to go grab a bite after a good sweat.

On a typical sunny day, the number of beach goers are about average so I would say it's never too crowded. If your objective is to get a good quiet social distanced work out, you might want to get there early. Parking is ample (and FREE!). Don't forget to check out their wooden ship and fountain display!



Google Map & Directions:



<https://goo.gl/maps/wtazLqfMEZd9EubL7>

Swimming hours are 9am-7pm

098-936-0077

[www.chatan.or.jp/en/area/arahabeach/](http://www.chatan.or.jp/en/area/arahabeach/)

# アラハビーチ



想像してみてください...あなたは今ビーチにいます。白い砂、青い海、爽やかな風、フリスビーを鮮やかに空中キャッチする犬。バスケットコートでダンクを決める少年。子供たちが砂のお城を作っている。夕暮れが近づくにつれ、どこからともなく漂ってくるバーベキューとビールの香り...

そんな天国みたいな場所、あるわけないと思いませんか?アラハビーチではこの想像を実現できます!

アラハビーチは、本島内でも最も多用途に使えるビーチのひとつです。まずは何とんでもビーチがきれい。白い砂で覆われた十分な広さのビーチには、鋭く尖った石などもありません。公共の公園も兼ねているので、ジョギングコースやバスケットコート、ジップラインなどの遊具やストレッチ器具などが備えられています。私がよく使うのは背中ストレッチ用器具。見た目はベンチのようですが、背もたれが逆にしたU字のように湾曲しており、ぼこぼこした突起がマッサージ効果を高めてくれます。背中が伸びてとても気持ちがいい～。ただ、私が器具を使っていると毎日の日課である散歩に出たらしき高齢の女性がじっと見てくるのは困ります...腰が痛いのはオバアだけじゃないんだよ～ちょっと待っててね～(笑)。

朝早くビーチへ行くと、無料のヨガレッスンなどに参加することができるかも。ビーチの周辺には多くのレストランがあり、オーシャンビューも楽しめます。ビーチの後に食事に行くのもお勧めです。

晴れた日には人が多くなりますが、混んでいるということはありません。もし、ソーシャルディスタンスをきちんと取ってエクササイズをしたいのであれば、早朝がお勧め。駐車スペースも十分にあります(無料)。船の形をした遊具と噴水は要チェック!



場所: アラハビーチ

Google Map Location Link:

<https://goo.gl/maps/ztazLqfMEZd9EubL7>

電話番号: 098-936-0077

ウェブサイト: <https://www.chatan.or.jp/area/arahabeach/>

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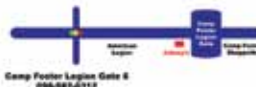
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# Sweet Okinawa

## The Last Allowed

As we enter the summer months, it seems that everywhere I look, all I see are restrictions. No entry without mask, no social public gatherings, no dining in public indoors, no customers allowed past 8pm, for heaven's sake, why don't we just restrict the sun too? I understand that these are all necessary injunctions that we all must follow but it's just a sad reality that this year will be a very gloomy hot summer. However, there is still that one guilty pleasure that remains strong; that is, **DESSESERTS!** Sweet, delicious, desserts. As always, Total Okinawa has got you covered. Here are some of the best desserts on island that will hit those tastebuds with sweet happiness.

### BLUE SEAL

Did you honestly believe that I would make a dessert list on island and Blue Seal wouldn't be first? (Get outta here!) Blue Seal is like that little surprise clump of chocolate you find sometimes on the bottom of sugar cones. What can I say? Blue Seal is so good, it just elevates ice cream to a whole new incomprehensible level. Opened at 1948, they have all the stock flavours such as vanilla, chocolate, etc., but what kicks it to that high tier level is their Okinawa original flavours such as the Shiiquasa (lemony citrus fruit), Satoukibi (sugar cane), and my absolute favourite, UBE! (deep purple yam). Blue Seal can be found almost everywhere (including supermarkets) but you should definitely check out their first store located in Urasoe city. They have a small museum corner that shows some of the store's history. For more information, check out their website at <https://en.blueseal.co.jp>.



### KOI THÉ

I was today years old when I found out its pronounced KOI 'Tee' and not KOI 'The'. What's even worse is that until about last month, I thought it was a store for pet food! It is actually a tapioca bubble milk tea shoppe that offers many flavours of goodness that does wonders for those with a precise sweet tooth.



Usually with bubble milk teas, I look forward to the sweetness of the tapioca but in the case of KOI Thé, the flavours are concentrated in the milk tea itself. With selectable levels of sweetness, hot or cold, and even choice of the amount of ice, KOI Thé is perfect to curb those specific cravings by making the dessert truly yours. One downside I noticed is that when you go, expect a wait.

I have yet to see this place without some form of a line but it doesn't matter because it will definitely be worth it!

# Home Wow

## Guilty Pleasure

by Chris Enriquez

### JIMMY'S

Ha-ppy birth-day to- you! Unless you've been living in a cave your whole life, I am sure you have seen one of Jimmy's cakes at a birthday party or two (it's that red box with a line of J's on it). Mostly famous for their cheesecake (glazed, light, and oh so spongy), Jimmy's has a wide range of cakes, cookies, muffins, and lately, pies! Of course, they offer cakes by the slice so you don't necessarily have to wait for an occasion just to enjoy. Personally, I love their chocolate chip muffins. Ever heard of the saying that the best part of a muffin is the top? Well, Jimmy's muffins are muffin-tops all throughout! How they do it, I do not know. There are so many Jimmy's on island but I recommend the one in Ginowan. They have a small supermarket & restaurant in the store which offers a selection of other pretty rare products that you will seldomly find elsewhere. More information at <http://jimmys.co.jp>.

### KARIN

Now, I know what you're thinking, veggie shakes as a dessert? Have I lost my mind?! Just hear me out first before you send me off to the insane asylum. True, Karin does primarily offer vegetable shakes such as Kale or barley grass but they do also offer fruit smoothies such as mango, orange, kiwi, blueberries, and even strawberry milk! My favourite is their pineapple kiwi mixed juice. I suppose it is a little unorthodox for a vegetable shake shoppe to be on this list of desserts but I for one absolutely love it. I mean what could pair more seamlessly after a nice juicy steak than a counter balanced citrus sweet cold smoothie? Yummy! Not to mention, all the wonders it does for your digestive system (wow... I'm getting old). To find their locations and menu, check out their website at <https://k-karin.jp>.

### KANA-CHAN

I think in the case of Kana-Chan, what you are paying for is the nostalgic memory and the dessert is basically just a bonus. I remember after coming back from a day on the beach, nothing beats Kana-Chan's big ol' bowl of Zenzai (Red bean & mochi ice shavings) with a generous layer of condensed milk.

It's like eating cold sweet bowl of happiness. The shoppe is nothing fancy; just a couple of seats on tatami with a chair or two, an electric fan, and wind chimes. Perfect scene for that sweet escape from the summer heat. Due to the tiny nature of the store, it will probably be hard to find. Check out this link for its location. <https://goo.gl/maps/5gZAV8TKX4QhB7X1A>





# BLUE WATER SHRIMP

## Blue Water Shrimp

by Chris Enriquez

There are many ways to prepare shrimp. As Bubba would say, "Dey's uh, shrimp-kabobs, shrimp creole, shrimp gumbo, pan fried, deep fried, stir-fried..." Meanwhile, at Blue Water Shrimp, they only need the one and they do it so masterfully. Hands down the best garlic shrimp anyone could ask for on the island. Pair it with the ocean breeze blowing on your face while watching the sunset, you may just cry of happiness (as I did). Blue Water Shrimp somehow seems to always hit just the right spot.

At first glance, Blue Water Shrimp seems to be just another typical Hawaiian food stall with their ordinary "vanilla" menu. Okay, we get it; You got the breaded pork chop belly, mochiko chicken, etc., yes, yes, all very nice (and rather boring). Suddenly, here comes their shrimp... 4, 6, or 9 perfectly seasoned seared pieces in a light pool of butter-soaked garlic, diced tomatoes, what I can only guess to be basil, parsley, and of course a lemon on the side. The nice little shrimp cracker that comes with it is a delightful bonus as well. Just imagining it almost brings tears to my eyes (again). It's absolutely gorgeous. Believe me as I don't say this often; It's really, REALLY, good. The restaurant is located on the 3rd floor food court of the Rycom mall which has outdoor seating enabling you to enjoy that big bite of deliciousness with a sunset view. For the price, it's a little bit on the pricier side but well worth it. I suggest that you skip the other stuff and double-triple down on the shrimp at about 800 to 1000 yen a plate.



Blue Water Shrimp is just that kind of restaurant that always gets the job done. I recommend it for a light snack with the family, easy lunch, or even for a low carb meal pig out session. Perfect if you are really in the mood for some Forest Gumpin'. I can't wait for my next plate. Run, Chris, run!...towards that shrimp!

Opening Hours - Please check with the restaurant



Google Map & Directions:



<https://g.page/bluewatershrimp?share>

[www.bluewater-shrimp.com](http://www.bluewater-shrimp.com)

098-923-0366

Cash, Credit Cards & IC Payments



# ブルーウォーターシュリンプ



エビの調理法にはいろいろあります。映画「フォレスト・ガンプ」の中でババが列挙したように、「カバブ、クレオール、ガンボ、ソテー、フライ、炒め…」いろいろな楽しみ方がありますが、1種類の調理法に絞ってそれを極めたのがここブルーウォーターシュリンプ。沖縄本島で一番のガーリックシュリンプだと思います。涼しい風を頬に感じながら夕焼けとともに味わう...幸せ過ぎて涙が出ます。ブルーウォーターシュリンプは個人的に、人に感動すら与えるおいしさがあると思うのです。

ぱっと見は、豚肉のパン粉揚げやモチコチキンなんかが置いてある、よくあるハワイアンフードのお店のように見えますが、そこに突如現れるガーリックシュリンプ! サイズもいろいろあり(4個、6個、9個)、しっかりと味付けしたエビが、ガーリック、ドライトマト、バジルやパセリなどがたっぷり入ったバターの海に浸かっている...そしてサイドにはもちろんレモン。一緒についてくるエビせんべいも美味しい。手放しで褒めることはほとんどしない私ですが、本当にマジで美味しいんです。店舗は、ライカムショッピングモールの3階フードコートにあり、外の席もあるので夕日を見ながら食べることができます。価格帯としては800~1,000円くらい。お腹を空かせてから行って、エビをたくさん頼んじゃいましょう。

ブルーウォーターシュリンプはいつも完璧な仕事をしてくれるレストラン。ご家族での食事やクイックランチ、糖質制限時のチートデイにもお勧めです。また次食へ行くのが待ちきれません!

店舗名:ブルーウォーターシュリンプ(レストラン)

Google Map Location Link: <https://g.page/bluewatershrmp?share>

電話番号:098-923-0366

ウェブサイト: <https://www.bluewater-shrimp.com/>

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# Hakata Tempura Takao

by Chris Enriquez

Tempura can be a pass or fail depending on who tries it and where it's located. For example, in mainland Japan, the idea of having tempura without the tentsuyu (tempura dipping sauce) is almost preposterous while here in Okinawa, people eat them fresh out of a brown paper bag! Aside from tentsuyu, you can also have it with Tendon-tare (tempura rice bowl sauce), or even with a pinch of wasabi salt. So, which is the best? That's where Hakata Tempura Takao comes in.

Hakata Tempura Takao can easily be spotted due to their minimalistic yet stylish decoration and setup. Seats are lined up in front of the service counter where your tempura needs can be delivered within seconds. Unfortunately, as cool and convenient as that may seem, the counter seats are very limited. Service in general is still rather quick so overall I don't think it's that big of a problem. Luckily, I was able to catch a counter seat which allowed me to even have a small chit chat with the chef. For the tempura, they got it all. Shrimp, squid, eggplant, pumpkin, mushrooms, chicken, bell peppers and a whole lot more. You can try each one with tsuyu, tare, soy sauce, wasabi salt, or as is. Anything goes. It's like the wild wild west (or rather, the wild wild east!) Honestly, it's all crispy-licious just the same. I can personally vouch for their classic shrimp tempura with a pinch of wasabi salt slightly dipped in tsuyu (queue the saliva). Pricewise, it's price-wise. At around 100 to 300 yen per tempura and 1000 yen plus for the set menus, it's very reasonably priced but then again, it's located at a food court so I guess that is to be expected.

Ultimately, a very filling menu with a decent price range is what Hakata Tempura Takao is all about. Recommend for family eats or chill session with friends. Location is at the end corner of the 3rd floor Rycom food court. Don't forget to drink all the free green tea

to counter all that deep fried goodies!



Google Map & Directions:



<https://goo.gl/maps/SXTidW6Yts9TrRb68>

Cash, Credit Cards & Electronic

098-930-3535

<http://tempura-takao.jp/>



# 博多天ぷらたかお(飲食店)



天ぷらは、食べる人によって、そしてどこで食べるかによってジャンルが分かれる難しい料理です。例えば本土では、天つゆなしで食べるなんてあり得ないと思われていますが、ここ沖縄では茶色い紙袋に入れてもらった天ぷらをそのまま食べたりします。天つゆ以外にも、天井のたれやわさび塩などで食べたりもしますね。結局、どれが一番おいしいの?では博多天ぷらたかおを見てみましょう。

博多天ぷらたかおは、シンプルながら洗練された内装。カウンター席では、できあがってすぐの天ぷらをいただくことができます。残念ながらカウンター席数は限られていますが、食事が提供されるまでそんなに時間はかかりません。私が来店した時はラッキーなことに料理人の方とお話できる席に座ることができました。メニューについては、天ぷらなら何でもあります。エビ、イカ、ナス、かぼちゃ、キノコ類、チキン、ピーマン、などなど。それぞれ天つゆ、たれ、醤油、わさび塩またはそのままいただくことができます。サクサクの衣が美味しいこちらの天ぷら、私のイチオシはエビ。わさび塩をちょっとつけて、さっと天つゆにくぐらせると最高です。価格帯は非常にリーズナブル。天ぷら単品は100~300円、定食なら1000円くらい。フードコート内にあるので、これくらいが相場かもしれません。

今回ご紹介した博多天ぷらたかおでは、お手頃価格で天ぷらをお腹いっぱい食べられます。家族や友人との食事にお勧め。場所はライカムショッピングモール3階のフードコート内にあります。無料の緑茶も是非。

Google Map Location Link: <https://goo.gl/maps/SXTidW6Yts9TrRb68>  
電話番号:098-930-3535



ウェブサイト:

<http://tempura-takao.jp/page-about/>

支払方法:

現金、クレジットカード、電子マネー

営業時間:

店舗にお問い合わせください



# Nabee Beach

by Elizabeth Kilby

**N**abee beach is a free public beach located within Onna Seaside Civil Park. Its beautiful white sand, shallow water teeming with fish and soft sandy seabed make it a favourite with both local families and holiday-makers. Nabee beach sits between the ANA Intercontinental Manza Beach Hotel and Cape Manzamo giving a great view of both, and is the closest point to view the wedded rocks of Onna, especially pretty at sunset.

The free parking is plentiful and there are facilities such as showers, toilets, sun-loungers for rent in the summer, vending machines and restaurant. The beach side BBQ is available for 5500 yen and includes all equipment, just reserve it in advance.

Although we have never done any of the marine activities here, there are many options available. Kayaking, snorkelling and banana boating are the most popular.

The recently-added beach swing which gives really great views over the sea is our new favourite part of Nabee Beach and makes a nice photo opportunity. The promise of a play on the playground on the far side of the parking area is the only way we can get the kids off the beach and here they can play happily until we head home.

419-4 Onna, Kunigami District, Okinawa 904-0411

Swimming season - April to October - Open 09:00 am - 6.00 pm (7.00 pm July to September)



Google Map & Directions:



<https://goo.gl/maps/HrdcfqpkPbzpXsKM6>

Free Parking Available

098-966-8839

<https://www.nabee.info/english/>

# ナビービーチ

ナビービーチは、恩納村海浜公園内にある公共のビーチです。美しい白い砂、魚が泳ぎ回る遠浅の海、海の底も砂地で柔らかく、地元の家族連れや観光客で賑わいます。ANAインターコンチネンタル万座ビーチリゾートと万座毛の間に位置しているのでどちらもよく眺めることができ、トベラ岩や夕日を眺めるスポットとしても人気。



無料の駐車場も広く、シャワー、トイレ、レンタルビーチチェア(夏季)、自動販売機やお食事処もあります。5,500円でビーチサイドBBQもでき、設備の貸し出しも含まれているので事前予約のみでOK。私はまだマリンアクティビティは体験したことはありませんが、人気のカヤック、シュノーケリング、バナナボートなどメニューも多数あります。

最近新しく設置され、海の景色をより楽しむことができる私たちのお気に入りポイントが、ブランコ。写真ス

ポットとしてもお勧めです。駐車場の反対側には大きな遊具が設置されており、ビーチで遊んだ後でも遊び足りない子供たちにはぴったりです。

<https://goo.gl/maps/HrdcfqpkPbzpXsKM6>

098-966-8839

〒904-0411

沖縄県国頭郡恩納村字恩納419-4

<https://www.nabee.info/>



遊泳期間:4~10月

営業時間:お問い合わせください

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## Chatan

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