



體驗臺東慢食

TAITUNG
Slow Food
GUIDEBOOK

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Taitung – A “Slow” County Blessed with Spectacular Landscape, Rich Natural Resources and Cultural Legacies

依山傍海的慢臺東，豐饒物產與璀璨人文

Taitung County is located at southeastern part of Taiwan Island and has two outlying islands, Green Island and Orchid Island (Lanyu). It is the third largest among all cities and counties in terms of size. 90% of the county's land is mountainous area and it has the smallest population, which has the highest percentage of indigenous people in Taiwan. Sparsely populated and surrounded by mountains and sea, Taitung County has unpolluted natural environment and expansive landscape. Agriculture and tourism have naturally become two major sources of income for local people.

臺東縣位於臺灣本島東南端，範圍包括蘭嶼及綠島兩座外島，是臺灣面積第三大的縣市，縣內九成以上為山坡地；人口數為全臺最少、原住民比例最高。地廣人稀，依山傍海、遼闊純淨的自然環境，讓農業與觀光業成為臺東兩項重要的經濟來源。



Mother Nature's gifts of various agricultural and fishing products

富饒臺東，農漁特產豐盛

The best way for a visitor of Taitung to feel the blessings of its fertile land is tasting a variety of local agricultural and fishing products. Rice is a staple of people in Taiwan and Taitung is a major rice producing region. The rice it produces is well-known for its premium quality. Sugar apples and roselle are the “emeralds” and “rubies” of Taitung, while “Summer-Snow” mangoes and gac fruit are “rising stars” of local agricultural industry. The Pacific Ocean, the largest ocean in the world, provides Taitung abundant fishing resources, including swordfish, dolphin fish and flying fish. In recent years, Red Oolong tea made in Taitung has won increasing popularity. Coffee made by local beans has a history of one hundred years. The millet dumplings rapped in Shell-flower leaves and apple of Peru and dishes seasoned with Alanthus prickly ash and Taiwan mountain pepper are common indigenous food of culinary delight.

從各式各樣的農漁特產，能感受到臺東的富饒。米是臺灣人的主食，而臺東是臺灣的重要穀倉，米的品質聲名遠播；釋迦與洛神被稱作臺東綠寶石與紅寶石，而夏雪芒果、木鱉果為亮眼的農產新星。緊鄰著世界最大洋——太平洋，帶來了豐富的漁獲：旗魚、鬼頭刀、飛魚。近年，臺東紅烏龍掀起一股風潮，臺東咖啡也有著百年的種植歷史。以月桃、假酸漿葉包小米粽，將刺蔥、馬告加入料理提味，更是這片土地上常可嚐到的原住民族飲食滋味。



Ethnic diversity and cultural inclusiveness of locals, indigenous people and immigrants

在地、原民、移居，多元族群共融

With ethnic diversity, Taitung has played a very important role in the history of migration of Austronesian peoples. Currently, there are seven officially recognized indigenous tribes, including Amis, Paiwan, Bunun, Rukai, Puyuma, Tao and Kavalan, who have lived here and called the mountains and sea their home for numerous generations. In many tribal villages, indigenous people have continued to grow indigenous crops and cooked traditional food with traditional culinary skills.

臺東在南島文化的遷徙歷程中，扮演重要的角色。族群文化多元，目前官方登記共有七個原住民族，分別是阿美、排灣、布農、魯凱、卑南、達悟與噶瑪蘭族，世代相依著山海而生。部落裡，許多族人仍堅持耕種原生品種的作物，傳承著傳統料理的手藝。

In the past when Taiwan was an agricultural society, many people in western Taiwan migrated to Taitung in their pursuit of a better life because there was plenty of land for them here. That's why we can hear stories of immigrating in early time now. Recent immigrants, however, have moved to Taitung because they fall in love with the slow lifestyle of local people. That's why there has been a wave of immigration, including a considerable number of foreigners, at the east coast. The new comers from a variety of places have brought their food culture with them and therefore increase diversity of local food culture.

由於土地廣闊，在臺灣早期的農業社會時代，便有許多西部移民選擇遷徙至臺東為生活打拚，從當今臺東的傳統飲食，我們能窺見當時移民的故事。近年，移居者因為愛上臺東的「慢」，在臺灣島內興起一波「東漂」風潮；東海岸一帶，更能見到不少的外國移民。來自各地的東漂新移民也為臺東的飲食，帶來嶄新且更加多元的風貌。

Dubbed as “Hoshan”, which literally means “back (ho) mountain (shan)” and has a connotation of “backward” in Chinese, Taitung is considered a relatively “underdeveloped” place by some people in Taiwan. In a modern society where economic development has real level of success, however, “Hoshan” has interestingly become a “heaven on earth” for some people where local people have cleared a unique path for Slow Food movement with generous gifts of Mother Nature and diversity of local food culture.

臺東被臺灣人稱作「後山」，「後」透露著距離的遠，也說明相對於臺灣島西半部的都市，臺東是較晚發展之地。當整體社會經濟成長到一定程度，臺東這座後山，反而令人悠然神往。在這裡，人們以農特產為經線、多元飲食文化為緯線，在山與海之間走出一條獨特的臺東慢食之路。



What Local People Engaged in Slow Food Development in Taitung Have to Say

臺東慢食人現身說法

The promotion of Slow Food culture in Taitung is a collective effort of a group of people who have worked together for the participation, creation, learning and sharing for implementation of this project and its achievements. Some of them are local people who grew up here, while others are immigrants who have settled down in Taitung. They come from different walks of life, including farmers, chefs, scholars, civil servants and just everyday people. Despite their difference in ethnic identities, they share one thing in common: their love for this land.

慢食理念能在臺東推行，是因為有一群人的共同參與、創造、學習並共享成果。這群人或許在臺東出生成長、或許在臺東落腳定居。這群人來自各界，有農夫、廚人、民衆、學者、公僕。這群人由臺灣島上的多元民族組成，來自四方而心繫臺東。





Slow Food brings the best out of Taitung's lifestyle

慢食體現臺東慢生活本質



Taitung's slow-paced life exudes a distinctive allure, and the Slow Food Movement brings together dedicated experts from various fields, creating a lifestyle quintessential to Taitung. This enchanting region showcases the harmonious interplay between its people, the bountiful products they create, and the rich tapestry of contemporary culture that flourishes here.

臺東慢生活形成一股獨特的地域魅力，而慢食更集結各領域專業者的投入，形成專屬臺東的生活風貌，體現這片豐饒土地所蘊養的人與物產，交織出臺東當代多元文化。

Magistrate of Taitung County
臺東縣長

April, Yao 饒慶鈴

Slow Food Shows Close Interconnection between Agriculture and Community Living

慢食呈現農業與生活的緊密關係



Slow Food is a great way to promote agricultural activities that have multiple dimensions of its value to the public because it helps people understand the interconnection between food and agriculture. It encourages consumers to buy local food ingredients, which has in turn supported local farmers to make a living with their work, help them persist in their endeavors for their aspiration of sustainable agriculture and create a constructive cycle of food production and consumption.

慢食是向大眾溝通農業多元價值的媒介，讓人理解飲食與農業的關係，進而促進消費者支持臺東在地農產。同時，支持在地農夫持續以農為業，邁向環境友善的永續農業理想，建立生產與消費間的正向循環。

Director of Taitung County Agriculture Department
臺東縣政府農業處處長

Jia-hao Hsu 許家豪

Slow Food creates a unique approach tourist attraction

慢食創造臺東獨有的觀光論述



Slow Food movement in Taitung features two core concepts: one is expression of ethnic diversity through incorporation of ethnic traditions into local food culture and the other is seeing the world from Austronesian perspective. The former explores different possibilities of the relation between agricultural production and food consumption, while the latter creates a link between Taitung and the rest of the world with a new way of looking at food ingredients and cooking.

臺東慢食行動有兩個核心思維，一是在多元族群的餐桌見證當代的差異與融合，二是立足南島文化以此展望世界。前者透過食物的傳承和變遷，探討農業生產和餐飲消費的關係；後者透過對食材的態度和烹煮，架構起臺東和世界間的關聯。

The first Taiwanese who has obtained a master's degree in University
of Gastronomic Science / Food culture worker
臺灣首位取得慢食大學碩士學位者 / 飲食文化工作者

Andy Chou 徐仲

Make our world a better place with what we eat

用吃改變世界



Slow Food movement in Taitung supports local farmers, fishermen and range owners by promoting food prepared by local chefs with local ingredients in order to encourage local communities to adopt more environment-friendly practices of food production. Taitung Slow Food Festival is a green initiative that brings local food producers and costumers together for reduction of garbage and preservation of food traditions of different ethnic groups.

從日常飲食出發，讓臺東在地食材透過料理人端上餐桌，結合消費者支持農漁牧生產者，邁向更友善環境的生產方式。臺東慢食節除了是培力店家的舞台，更是與消費者一起落實垃圾減量的環境行動，共學與傳承多元族群的飲食文化。

Housewife / Writer / Social movement worker
主婦 / 作家 / 社運工作者

Nan Chi Wang 王南琦

Wherever there is a will, there is a way for Slow Food promotion

慢食精神涓滴成山河



Although a small Slow Food community can only make a marginal change to conventional practices of the agricultural activities and food industry in Taiwan, every single choice made by participants and consumers in this movement are an action they take to cherish good food producers and food ingredients. This helps them achieve their aspiration of creating win-win situation between local communities and the natural environment for a sustainable future.

小小的慢食社群並未能撼動農業、餐飲業，但每一份選擇都是在表達自己對好生產者、好食材的珍視。用料理手作實踐慢食，與這片家鄉土地共好、永續生活。

Director of Taitung Slow Food Association
臺東慢食協會理事長

Yi-ling Tu 涂裕苓

Taitung Slow Food Festival is a delicious feast served by different ethnic groups

臺東慢食節是萬國美食博覽會



Through my participation in Taitung Slow Food Festival, I have seen a group of down-to-earth business owners who love and respect this land from the bottom of my heart. Through sharing and exploration, they have made unique cuisines that are not only delicious and healthy, but also environment-friendly in order to share beauty and diversity of local food culture.

看到一群很實在的店家，打從心底尊重這塊土地的食材，透過交流與研發，採用無法大量生產的技術做出一道道愛身體也愛臺東的美食，分享各種豐厚佳美的文化與意念。

A big fan of Taitung Slow Food Festival / Research fellow of
National Museum of Prehistory
臺東慢食節鐵粉 / 臺灣史前文化博物館館研究人員

Siong-un, Lim 林頌恩

Slow Food is a stage for presenting value of agricultural products of small farmers

透過慢食傳遞小農品牌價值



In Taitung Slow Food Festival, I serves rice balls made with rice I grow and Siraw (traditional cured meat of Amis tribe) I make and coffee brewed with the beans I grows and roast. Unlike vendors in ordinary farmer's market, we can reach visitors in different ages who appreciate the value of local food culture and local food ingredients for promotion of organic agriculture and environment sustainability.

以自種的稻米、自酵的 Siraw 做成飯糰與自產自烘的咖啡參與臺東慢食節，能接觸到臺東以外、年齡層更廣，並懂得欣賞飲食文化、重視食材來源的客群，與一般農夫市集的客群十分不同。更把有機農法、環境永續的理念，帶出臺東。

Owner of Hezuo Friendly Crops / Farmer / Coffee barista
日出禾作主理人 / 農夫 / 咖啡師

Tiyansu Pawtawan 黃瀚
Amis 阿美族

Create win-win situation for food producers and consumers

創造共好的食農產業系統



I did not come to realize how important it is to take care of my coffee trees with environment-friendly and bio-diverse practices until my coffee farm was seriously damaged by a typhoon. From cultivation of coffee trees, post-harvest processing, roasting to extraction, we have embraced the Slow Food spirit in every step of our coffee production for agricultural and environmental sustainability in order to create a win-win situation for both food producers and consumers.

歷經颱風災害，深刻的體悟到效仿大自然，以多層次的植栽方式來種植咖啡，才是務農的根本之道。從種植、後製、烘焙到萃取，慢食是透過廚人的手來傳遞農業價值及永續精神，以創造共好的農食產業系統。

Owner of Alanger Coffee Shop / Supplier of wild vegetables /
Advocate of eco-friendly agricultural practices
艾蘭哥爾咖啡經營者 / 野菜供應商 / 生態農法推廣者

Hung-Tien Chang 張弘典

Slow Food is a gateway to experiencing cultural diversity of Taitung

慢食打開體驗臺東多元文化的入口



My motherland Taitung is a place where immigrants from different parts of Taiwan have settled down and people with various cultural backgrounds have lived together in peace and harmony. Slow Food is a gateway that leads me to the wonderful experience of not only sharing my passion for cooking and cuisines, but also growing and learning along with local Slow Food community. Through my interaction with young participants of Slow Food movement, I have felt joy and vitality in my life.

臺東是座移民社會，從小在這裡長大，看見多元文化共融。慢食為自己打開一扇認識臺東的新視野，秉著對料理的熱忱及分享美食的熱情，與慢食社群共同學習成長，也在與年輕一輩交流的過程中感到生命充滿喜悅與活力。

Owner of Eshine Homestay / Chef / Retired head nurse
宜興國民宿老闆娘 / 廚人 / 退休護理長

Ling-Yi Chuang 莊玲宜

Slow Food builds a stage for revival of traditional food culture

慢食打造傳統飲食文化再現的舞台



My father once said that People of Bunun tribe have to grow millet because it is an indispensable offering in all religious rituals of our tribe. People in my tribal village had once lost the traditional of millet cultivation, which was revived when the elderly people here shed their tears as they ate it once again. We can't preserve cultural tradition of Bunun Tribe for cultivating, cooking and eating millet without people eating it.

父親說布農族一定要種小米，因為所有祭儀都與小米有關。我的部落曾失去小米，當部落長輩再次品嚐到小米飯的滋味、流下眼淚，部落的故事才得以延續。有人吃，才有人料理，才有人種植，布農族的文化才能繼續「口傳」一代又一代。

CEO of Kaiana / Chef
蓋亞那工作坊執行長 / 廚人

ibu istanda takiscibanan 胡郁如
Bunun 布農族

Slow Food is a way of life for us to cherish what we have now

慢食是一期一會、珍惜當下



I have seen decrease of fish catch with my own eyes and the huge challenge of sustainable fishing. Therefore, I chose to open a restaurant that serves food prepared with environment-friendly catch near a harbor where I grew up. I want to help protect the resource of the ocean through pleasant culinary experience. It has been a blessing to have a group of partners who have supported each other for collective effort in pursuit of our dream.

親眼見到漁獲越來越少，深刻體會漁業面臨的難題。選擇在從小生活的漁港旁，開一間採用友善漁法海鮮的餐廳。透過好的美食體驗，傳遞守護海洋的理念。珍惜臺東有一群慢食夥伴，在逐夢的路上相互扶持。

Owner of Meet Marlin / Fish picking expert
旗遇海味餐廳經營者 / 選魚達人

Yu-Pin Lin 林昱濱

Participation in Slow Food movement helps me look at local food from a broader perspective

參與慢食是站在巨人肩膀上而看得更廣



People of Amis tribe live Slow Food spirit in their everyday life with what they eat. Smoked food is the signature dish of M'LOMA, which is prepared by burning natural materials to bring out their natural flavor with the smoke. Slow Food in Taitung features local dishes prepared with local ingredients and it is the people you share food with that matters. When it comes to Slow Food promotion, we are fortunate to have a group of people who have worked together for the same cause.

阿美族在生活中實踐慢食的精神。M'LOMA 最有特色的料理手法是「燻」，以自然材料生火，轉化成煙，燻出食物的風味，如同慢食強調向土地取材，呈現在地特色。吃飯最重要的是「跟誰一起」，幸運地，在臺東有群人能夠共創慢食之路。

Business partner of M'LOMA / Chef / Food collector
M'LOMA 餐廳合夥人 / 廚人 / 採集者

Yue 張凱威 (阿嶽)
Amis 阿美族

Key Figures of Slow Food Movement in Taitung

臺東慢食 關鍵數字

Taitung has come a long way since we launched Slow Food movement here. These figures represent our achievements along the way.

臺東推動慢食理念，緩慢而穩健地持續累積，這些數字是我們的成就。

11

Years 年

Since the Farm to Table campaign was launched in 2012, Taitung County government has promoted Slow Food culture for eleven years.

自 2012 年「產地餐桌」計畫開始，臺東縣政府持續推展慢食運動已有 11 年。

4

Times 屆

In order to encourage local restaurants and stores that have embraced Slow Food culture, Taitung County government has carried out evaluation every two years since 2016 for selection of representative restaurants and stores, which are given their ratings based on their performance. The fourth Slow Food report is produced in 2022.

為了鼓勵認同慢食精神的臺東餐飲店家，2016 年起兩年舉辦一次「臺東慢食評鑑」，評選出最具代表性的店家並給予星等獎勵，2022 年為第 4 屆慢食評鑑。

7

Books 本

Since the summer of 2020, we have published a magazine *Tune into Taitung Slow Food* to promote slow food in Taitung. As of early 2023, we have published 7 books on special local cuisines, traditional dishes of different ethnical groups, stories of local chefs and farmers as well as ideas of a variety of people about Slow Food.

2020 夏天開始，隨著臺東慢食節辦理，推出《臺東慢食通》，累計至 2023 年上旬，共出版 7 本慢食通。書寫風土食材、傳統文化料理、在地廚人與農人的故事，以及各界慢食觀點的交流。

62

Restaurants and Stores 間

The evaluation carried out for Taitung Slow Food Select is based on three criteria: “good,” “clean” and “fair.” According to the preliminary review of application documents, on-site visit of the restaurants and stores and sampling their food, a total of 62 representative restaurants and stores have won the special honors of being selected and given different ratings, including 3 stars, 2 stars, 1 star and one rising star. You can access their information on the website of Slow Food Taitung.

臺東慢食評鑑以優質、乾淨、公平為指標，經過書審、初審走訪、複審品評試吃的環節，評比出三星、二星、一星、明日之星的店家。目前在慢食臺東網站上共累計 62 間店家獲得過慢食星等殊榮。

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Events 場

From 2017 to 2023, Taitung City government held 16 Slow Food festivals featuring local specialties, food culture and food and agriculture education. The 17th Slow Food festival will be held in autumn of 2023.

自 2017 年起至 2023 年，以風土食材、飲食文化、食農教育為主題，共舉辦過 16 場各有特色的飲食節慶活動。2023 年秋天即將舉辦第 17 場次「臺東慢食節—流域餐桌」

150

Restaurants and Stores 間

Over 150 restaurants and stores in Taitung have participated in the Taitung Slow Food Festival in recent years. Local restaurants and stores embracing Slow Food culture have created a social network that gives support and encouragement to each other.

近年來，共有 150 間以上的臺東店家參與過臺東慢食節。認同慢食理念的店家，也形成彼此支持、相互打氣的在地社群。

63,000

Visitors 人次

As Slow Food culture gets increasingly popular in Taitung, the number of visitors to Taitung Slow Food Festival has gradually increased. A total of about 63,000 people have visited 16 bazaars of the Taitung Slow Food Festival.

隨著慢食在臺東受到認同，臺東慢食節參與人次節節攀升，16 場臺東慢食節累計約有 63,000 人次參與其中。

2

Awards 項獎座

The 2021 Taitung Slow Food Festival was given Gold Award of Good Design Award in Japan, a special honor granted to the top 20 award winners among 5835 candidates. It also won the Jury Prize of the first Action Taitung Award, a representative local design award.

2021 年「臺東慢食節」從世界各地 5835 件作品中脫穎而出，獲得日本優良設計獎 Good Design Award 前 20 名的「Gold Award 金獎」；也榮獲臺東首屆指標性設計獎 Action Taitung Award「Jury Prize 年度評審團大獎」。



East Rift Valley

花東縱谷



Fayan Amis Delicious Food

芭洋 Amis 美饌

Home-made dishes made by an Amis family with warm hospitality

池上阿美家族的真誠款待

Fayan is the sixth generation of her family living here since the migration of the Amis tribe from Hengchun to Chishang in Taitung. After she left a city to return to her homeland, she started to learn about vegetables used in Amis food culture and the techniques of making brewer's yeast and fermented rice from her mother.

According to Amis tradition, Amis people have to serve glutinous rice and grilled food to their guests during their visit. The menuless restaurant embraces this tradition and always serves grilled salted fish in Amis style as the main course. The signature dishes include tender, juicy fish meat which is served after removing the fish skin covered with salt, and traditional clear vegetable soup prepared with several seasonal plants, including morelle and nodding burnweed and characterized by the unique combination of slight bitter taste and sweet aftertaste. Fayan also uses traditional fermented rice and different sliced fruits to make an after-meal dessert creatively. You can order a glass of “grandma’s scream,” a kind of sweet glutinous rice wine, which will be a perfect ending of your visit to this restaurant.

芭洋 Amis 美饌的女主人筱媛，是恆春阿美族遷徙至臺東池上的第六代。筱媛從都會返鄉後，開始跟著母親認識阿美族的野菜文化，認真學習酒麴、酒釀製作的方法。

傳統上阿美族人款待客人時，一定有烤物、糯米飯，因此這裡的無菜單料理中，部落鹽烤魚是最吸睛的主菜，掀開佈滿鹽巴的外皮，鮮嫩多汁的魚肉讓人垂涎欲滴。傳統野菜湯，則是加入龍葵、昭和草等數種季節野菜，阿美族偏愛的淡淡苦味、高湯的清甜，融合成美好的恬淡滋味。傳統酒釀在芭洋的巧手下，化身成餐後甜點酒釀水果丁，如果能再喝上一杯「阿嬤的尖叫」甜米露，那真是臻至完美。

0917-838-023

No. 51, Neighborhood 5, Vil. Dapu , Chishang Township, Taitung County
臺東縣池上鄉大埔村五鄰 51 號

Dinner only, reservation required. Minimum: 4 people. Maximum: 40 people.
Closed on Monday, Tuesday and Wednesday.

僅提供晚餐 | 預約制，4 人以上，40 人以下
每週一、二、三公休



Buda Banai Coffee

曬穀場話桑麻工坊

Reviving agricultural tradition of mulberry tree cultivation with culinary creativity

創意詮釋傳統採桑文化

The café serves caffeine-free tea of wild mulberry leaves after lengthy processing. It is at the first floor of a house for homestay accommodation managed by a young couple, Xiuxien and Tsaiwei, who run the small family business and revive the local agricultural tradition of planting mulberry trees, which gave rise to golden era of silkworm industry at Chishang in 1960s.

The café has only ten seats and the visitors have to make reservations. The afternoon tea set it serves has mulberry leaf tea and rice cake made with powder of mulberry leaves and Chishang rice, which is mixed with local eggs and milk produced in Chulu. It is a popular dessert to diabetes patients and customers who have to follow a low-glycemic diet. “The mulberry rice cake is more popular than mulberry leaf tea,” said Tsaiwei softly with a gentle smile.

After they promoted and served mulberry leaf tea for several years, the demand for it exceeded supply for the first time last year. As a result, the couple decided to purchase more equipment to increase the production capacity and ensure supply stability. Embracing their own business philosophy, they live their dream life in Chishang by managing a cafeteria serving hand-made mulberry leaf tea and homestay business in their own way.

採摘野生桑葉，以繁複的程序製作成無咖啡因的桑葉茶，是來自一份照顧家人的心意，同時也述說了五零年代池上興盛蠶絲產業的故事。

曬穀場話桑麻工坊位在民宿的一樓空間，由年輕夫妻采薇和修賢一同經營。僅有十個左右的座位，旅人們記得要提前預約。曬穀場的桑田午茶套餐，搭配桑葉茶的是純米蛋糕，使用池上的米穀粉、拌入自家桑葉茶粉，搭配臺東雞蛋與初鹿牛奶親手烘烤而成，廣受低 GI 飲食者及糖尿病友們的喜愛與肯定。「桑葉米蛋糕比桑葉茶還受歡迎呢。」采薇帶著清淡的微笑柔柔地說。

推廣桑葉茶多年後，去年首度供不應求，或許是疫情給的禮物。因此夫妻倆決定增添設備，讓桑葉茶製作更加穩定及擴大。兩人在池上經營著民宿與茶館，並親手製茶與烘焙，攜手打造池上的田野生活。

0988-358-005

No. 31, Puzhong 2nd St., Chishang Township, Taitung County
臺東縣池上鄉埔中二街 31 號

13:00-18:00 on Friday to Monday.
13:00-18:00 | 週五至週一開放營業

Reservation required on Tuesday to Thursday.
週二至週四為預約制



Qiao Ben Wei

Vegetarian Restaurant

巧本味蔬食人文料理

Gourmet vegetarian good seasoned with natural herbs and spices

香草與香料就是最佳調味料

Jiahui and Chiouben are a couple who left Taipei and began their new life in Chishang to fulfill their dream of country living. After they settled down here, they decided to run a vegetarian restaurant they love.

They started the preparation work for the restaurant's operation by looking for food ingredients. As a local restaurant, it naturally serves local rice, which Chishang is so famous for around Taiwan. Jiahui chooses sun-drying rice cultivated by a local small farmer, local free-range eggs and vegetables grown by eco-friendly farmers nearby to prepare the food. In particular, the stinky tofu is sourced from a famous store in Yuli after the extensive search for a good supplier.

As for the seasoning, Jiahui decided to use spices and herbs to enhance the flavor of their food. Every summer and autumn, the whole family would work together to make red Chinese toon sauce with the leaves provided by a small eco-friendly farmer in Chishang. Chinese toon leaves have a natural, rich fragrance and the sauce goes well with rice and noodles. Jiahui has also devised the recipes for the slightly hot curry and the soup for braised stinky tofu to nourish her customers with healthy, nutritious food.

嚮往著鄉居生活的佳慧、秋本一家人，從臺北移居到池上，下定決心要開一家自己真正喜歡的蔬食料理餐廳。

首先，就從尋找食材開始。住在池上，全國知名的池上米當然是首位入選，佳慧選用池上小農種植的高雄139號日曬米，能量滿滿；雞蛋是在地的放牧雞蛋，蔬菜則盡可能向週邊友善耕作的農家購買。尋尋覓覓許久的豆腐，也找到了玉里橋頭臭豆腐的穩定供應。

接下來，就是風味的調配。佳慧決定從香料和香草的調配入手。每年夏天和秋天池上小農朋友送來自然農法種植的紅香椿後，便開始全家總動員一葉一葉撕除葉脈，製作成香椿醬，無論拌飯拌麵都充滿自然的豐富香氣。除此之外佳慧也不斷學習香料調配，研發自家微辣的咖哩香料配方及紅燒臭豆腐的特製湯頭，讓蔬食的朋友吃得健康、均衡，讓食物的能量滋養生命。

089-865-871

No. 102, Jinxiu Rd., Chishang Township, Taitung County
臺東縣池上鄉靜修路102號

11:00-14:00 ; 17:00-19:30

The closing days change by the season.
Please give them a call before your visit.

公休日隨季節更動，請致電詢問



Chishang Rice Restaurant

池上好店

Welcome to the rice paradise of Chishang!

歡迎光臨池上好米旗艦店

Chishang is nationally famous for its rice. When you visit Chishang, this is a great choice for you to taste the delicate fragrance and texture of Chishang rice and take a rice culture tour.

Located in the renovated building of Jianxing Rice Mill, it is a well-lit, comfortable dining space with exhibitions of local rice culture and history. As a great granddaughter of the mill's founder and the owner of the bistro, Yurong has undertaken the mission of promoting the food culture of rice with its operation. It serves dishes made with local organic rice with taro fragrance and allows the guests to have a second bowl of rice for free to help them remember the delicious flavor of Chishang rice. It also serves delicious dishes prepared with miso, monascus and shio koji made from rice as well as local ingredients, including dolphinfish from Chenggong, tofu skin from Chishang and seasonal vegetables from local small farmers.

Rice cultivation is a complex art. The texture and fragrance vary with rice species and cultivation conditions. "I have found that my guests can actually tell the difference in rice quality. So we want to help more people in Taiwan appreciate the beauty of local rice with our food," said Yurong. With all her endeavors over the years, she has become more determined to revive local rice culture.

池上米聲名遠播，來到產地當然得到訪池上好店，親口嚐嚐池上米的香甜Q軟，親身體驗臺灣米的深厚文化。

池上好店由建興碾米廠改建而成，有明亮舒適的用餐空間，也有米文化的知識展示。瑜容身為建興米廠第四代，背負起發揚米食文化的使命。餐點供應帶有芋頭香氣的高雄147池上有機好米，並且提供續碗服務，讓好米的滋味烙印在客人記憶中。此外也將米製成味噌、紅麴、鹽麴等發酵品，結合臺東在地食材：成功鬼頭刀、池上豆皮、小農時蔬，料理出一道道豐盛佳餚。

米的學問淵博，米種與種植條件不同，口感與香氣就不同。「我發現客人們其實都品嚐出差異，所以我們更要創造機會，讓臺灣人認識臺灣米。」多年下來，瑜容更堅定地踏上臺灣米的復興之路。

089-864-283

No. 193, Zhongshan Rd., Chishang Township,
Taitung County
臺東縣池上鄉中山路193號

11:00-19:00. Closed on Wednesday and Thursday.
11:00-19:00 | 週三、四公休



Wanan Rice House

稻米原鄉館

Community cultural display on county highway 197

197 縣道上的社區文化櫥窗

The Wanan Community at Chishang has a mixed population of different peoples, including Hakka, Minnan and Amis tribes. With the largest size of organic farms, Wanan was where organic farming began in Chishang. Local residents reached the consensus of taking care of their environment a long time ago and therefore have preserved the rural landscape of the rice fields. Farming activities have not only helped local people make a living, but also allowed all visitors to have a glimpse of traditional wisdom and local agricultural culture.

Once an idle fertilizer warehouse, Wanan Rice House became a multi-function venue operated by local people after its transformation. The signature dish “big-bowl rice,” which was lunch of local farmers during the harvest time of rice, is prepared with chewy rice grown in Chishang, pork stew and seasonal vegetables. “Bubble rice tea,” a creative beverage made with organic brown rice, tapioca powder and brown sugar, is a must-try drink invented by local women and it is not sold anywhere else. The tapioca pearls have a unique flavor and chewy texture and you will fall in love with this special beverage once you try it!

池上萬安社區，是一個客家、閩南、阿美族混居的社區，也是池上最早開始推動有機耕作、有機田區面積最大的社區。居民很早就達成共識，要一同照顧環境、維護萬安的農村稻田景觀，讓土地照顧子子孫孫，讓每位來到的旅人，認識農村裏的智慧與文化。

於是過去閒置的肥料倉庫，變身成社區經營的稻米原鄉館，招牌「碗公飯」有香 Q 的池上米、阿嬤的滷肉和當季蔬菜，是過去稻米收割時節大家一起享用的田間工作餐。「米珍珠」更是不能錯過的社區媽媽獨家創作，有機糙米加上樹薯粉、黑糖，越嚼越香、越喝越快，離開稻米原鄉館就喝不到該怎麼辦！

089-863-689

No. 1-12, Neighborhood 1, Wan'an, Chishang Township,
Taitung County
臺東縣池上鄉萬安村1鄰1-12號

09:00-17:00. Closed on Tuesday.
09:00-17:00 | 週二公休



House 4 P.M. Paddy Memory

田味家手作工坊

Simple but tasty traditional snacks in Hakka style

客家點心的質樸醇香

Feel like having afternoon tea with Taiwanese style during your stay at Chishang? Order a bowl of natural almond tea with deep-fried Chinese donut at this small store on the street of the town and enjoy the simple, delicious refreshment!

The owner Liyou did different jobs before she found her passion for food-related business. Her House 4 P.M. Paddy Memory sells beverages, ices and traditional Hakka sweets. The almond tea is prepared with grounded almond, which is cooked over low heat to bring out the gentle fragrance. This little store serves a traditional Hakka dessert “Niu-wen-shui” (which literally means a cow playing in water), which has Hakka rice balls made with glutinous rice grown in Chishang, a dressing of brown sugar and ginger and topping of crispy peanuts. The snack looks just like a buffalo immersed in the water to stay cool in summer with only its back above the water. From Niu-wen-shui, sour plum soup, which is cooked with over a dozen Chinese herbs and roselle, and Hakka rice dumplings full of fragrance of dried radish, this simply decorated small store is a great place to experience Hakka food culture in Chishang.

在池上市區街邊小店，來一碗天然杏仁茶配油條，就是簡單而滿足的在地下午茶！

女主人力尤在經歷多種工作之後，發現自己最愛的，還是與吃相關的事業，於是在家鄉賣起飲料、冰品，傳承客家點心手藝。杏仁茶用杏仁原片磨漿，再以小火慢煮，香氣溫醇充滿療癒力；池上純糯米製成的粢粑（客家麻糬），淋上黑糖薑汁，灑些爽脆的花生顆粒，就是客家傳統點心牛汶水，看似夏日在水裡避暑的水牛只露出背部的樣子。還有十多種中藥材熬煮再加進洛神的酸梅湯，以及充滿蘿蔔乾香味的客家肉粽，質樸復古的小店體現了屬於池上的客家風味。

0963-394-474、089-865-566

No.242, Zhongshan Rd., Chishang Township,
Taitung County
臺東縣池上鄉中山路 242 號

14:00-22:00. Closes on Thursday.
14:00-22:00 | 週四公休



East Rift Valley

HeZuo Friendly Crops

日出禾作社



0934-254-225

No. 25-1, Zhongxing, Guanshan Township,
Taitung County
臺東縣關山鎮電光里中興 25-1 號

Reservation required. Minimum:
2 people. Maximum: 15 people.
預約制，2 人以上，15 人以下





Tasty home food of tribal flavors

打開家門，分享電光的美好滋味

The owner of the café Tiyanus Pawtawan left his motherland for study of quality agriculture only to return and stay here for good; he has grown organic rice at his village since his college graduation and run a home café to share traditional food of his tribe with his guests.

Located at Kaadaadaan tribal village at Guanshan Township in the Coastal Mountain Range, HeZuo Friendly Crops was named after the old name of a road at his village. Tiyanus Pawtawan and his wife Shiun Ping run the home café to receive their visitors. "I am a slashie and growing rice is my main job. We just manage this café to share our traditional food." The cafeteria serves home-roasting coffee and Amis-style snacks, including roasted rice ball with Siraw and roasted mochi. Siraw is a traditional cured meat of the Amis tribe, which has a sour, salty and sweet flavor after fermentation. Placed on top of rice grown at Kaadaadaan tribal village and roasted by fire, it releases a distinctive, pleasant flavor that impresses many of the café's visitors.

Last year, Tiyanus Pawtawan started to learn how to prepare Siraw from his grandmother. He takes pride in making the rice ball with Siraw, which tastes just like that made by his grandmother!

離開，是為了回家。黃瀚大學時到外地學習精緻農業，畢業後立即返鄉投入稻米的有機耕作，更在家中闢出一區吧台，分享部落與土地的滋味。

日出禾作社位在關山鎮海岸山脈側的電光部落內，「日出」是部落舊地段名。黃瀚與妻子薰平打開家門，以禾作吧台歡迎旅客的到訪。「我的正職是水稻農，開店是斜槓。為的是跟大家分享家鄉的味道。」雙手沖泡著自家手網烘焙的電光咖啡，而搭配咖啡的，是充滿「阿美式」風味的烤麻糬與炙燒 Siraw 飯糰。Siraw 是阿美族的傳統醃肉，發酵後帶有酸甜鹹香，放在電光米上直火炙燒，滋味讓人無法忘懷、回味再三。

黃瀚去年正式向奶奶學習 Siraw 製作，黃瀚充滿自信的說：「吃吃看，做出來跟奶奶的味道一樣！」吃下一口 Siraw 飯糰，會咬到那枚鑲在黃瀚心中的電光勳章。



Aiyu Passion : Jelly Specialty Store

痴愛玉



0936-257-478

No. 105, Zhongshan Rd., Guanshan Township,
Taitung County
臺東縣關山鎮中山路 105 號

13:00-16:00. Closed irregularly. Closing days
are announced on Facebook.

13:00-16:00 | 不定期休，依臉書公告為主





A dessert shop in Guanshan with precious family legacy

家族農園出產、關山沁涼滋味

The owner Fiona Wu decided to return to her homeland Guanshan to open this Aiyu Store because she was deeply moved by her father's dedication to tending his Aiyu farm for over 30 years. The Aiyu specialty store offers different cold desserts made with fragrant, chewy Aiyu jelly, which is made by scrubbing seeds of Aiyu trees, as well as local agricultural produce like pineapples, lemons, and honey black tea.

When you go through the entrance gate of the Japanese-style old house, you will be “welcomed” by an Aiyu figurine in the yard and see dried Aiyu fruit on a table inside. Many people in Guanshan like to have Aiyu for dessert in the afternoon. Local guests are always cheerfully greeted Fiona as they come in and give order. She also provides agriculture courses in campus of local elementary schools and demonstrates how to make Aiyu by scrubbing its seeds for visitors to Taitung. With the operation of this store, she forges the bond with her homeland with her passion for Aiyu.

Aiyu jelly is a special dessert in Taiwan and people usually have it in summer. If you visit Guanshan in winter, however, it's a good idea to try hot Aiyu here! Aiyu jelly served here is made from Aiyu seeds, which doesn't melt in hot soup and has a special texture and flavor of local species.

一整座山的愛玉樹，爸爸照顧三十多年了。看見爸爸的痴，珮甄決定返鄉將自家的愛玉搓揉出香氣、凝結出Q彈，搭配臺東的鳳梨、檸檬、蜜香紅茶，為關山的午後奉上一杯沁涼。

走進痴愛玉日式木造老屋的大門，便能看見愛玉公仔在庭院充滿元氣地打招呼。桌面上以曬乾的愛玉籽佈置，讓到訪的客人看見愛玉果實的模樣。在地人熱門熟路地呼喊著點餐，珮甄在吧檯內爽朗地回應「等我一下喔！」，關山人的日常，是在下午茶時段享受一杯愛玉。除此之外，珮甄也走進校園進行食農教育、帶領旅人們體驗搓愛玉，這份對愛玉的痴，讓她凝聚起與家鄉的深入連結。

臺灣獨有的愛玉，珮甄可不甘於只是冰品甜點，若冬天來到關山旅遊，來碗燒愛玉吧！真正用愛玉籽搓出的愛玉，熱湯中也不會融化，吃得到關山品種的在地滋味。



Hong Chang Hakka Restaurant

宏昌客家菜館

Old family restaurant of traditional Hakka cuisines

代代相傳的臺東客家美味

Situated at the roadside of Highway 9, the Hakka Restaurant has been around in the small town of Guanshang for over 40 years. In the early time of its history when the grandmother of the owner ran the restaurant, it was just a casual dining place for bus drivers. When her daughter-in-law Huichu took charge, it started to offer a set menu. With the assistance of Huichu's children, it has been turned into a classy restaurant serving traditional Hakka cuisines.

Huichu often prepares the dishes with seasonal fruits and vegetables, including the salad with fresh fruits and braised chicken, a mouthwatering signature dish with stuffing of pumpkin, cabbage, and tomato, which release natural sweet flavor and fruity fragrance. This creative dish would change your traditional impression about Hakka food. Peanut tofu in thick soy sauce is another must-eat dish, which has such a rich flavor that you definitely want to give it a try!

In winter, the whole family of Huichu are “mobilized” to make pickled radish after the second harvest of local rice. They use small-sized radishes to make dried radish with sun drying and pickling with salt. The radish chicken coup made with precious aged radish, fresh radish and dried radish is very nourishing food for lungs in the cold winter.

關山小鎮上的宏昌客家菜館，屹立在台九線上已經超過四十年。阿婆的年代，是提供給大客車司機用餐的公路餐廳，接著由媳婦慧珠接棒開始供應合菜，又在兒女的協助下轉型成為雅致、當代、傳統文化兼具的精緻客家餐館。

慧珠的餐桌上，經常運用當季蔬果入菜，無論是加入新鮮水果的涼拌蔬菜，或是招牌燜雞肚子裡的南瓜、高麗菜、番茄，都能感受蔬果的自然甜味與果香，讓人耳目一新、打開對客家菜的認識與想像。花生滋味濃郁的花生豆腐淋上醬油膏，更是不能錯過的一品。

每年冬天二期稻作採收後的蘿蔔季，「醃蘿蔔」是宏昌一家總動員的時刻，個頭小小的金茄仔蘿蔔經過曝曬、鹽醃，製作成美味菜脯。陳年的老菜脯更是珍貴的「黑金」，熬煮成新鮮蘿蔔、年輕菜脯、老菜脯同鍋的「三代同堂老菜脯雞湯」，是冬日縱谷進補的最佳顧肺良方。

089-811-321

No. 6, Shunxing, Guanshan Township, Taitung County
臺東縣關山鎮順興 6 號

12:00-14:00, 18:00-21:00. Closed on Wednesday and Thursday.
12:00-14:00 ; 18:00-21:00 | 週三、週四公休

Reservation required. 預約制



Mama Huang's Hakka Kitchen

黃媽媽手作客家小館

Hakka cuisines served by a seasoned chef in Guangshan

關山總鋪師為你辦桌

With 30 years of preparing “roadside banquet,” Huang is a well-known chef in Guangshan. When she was young, she was an assistant of a senior chef here. After his retirement, she opened this restaurant with other assistants, also her bosom friends, and started to serve delicious feast with her extensive culinary experience and sophisticated cooking skills.

Run by Huang and her daughter-in-law Chiuling, the restaurant offers classic Hakka cuisines in east Taiwan, which are prepared with a variety of home-made pickled and fermented foods. In summer, they make pineapple sauce for pineapple and bitter gourd chicken soup when the fruit is in season. They also make aged plum vinegar by themselves and put it in Chinese Ginger Chitlins to impart a delicate sour flavor. In winter, they make dried cabbage and salted and pickled mustard green when the vegetables are in season. These pickled and fermented ingredients release a delicious fragrance for the dishes served by the restaurant, including sauteed vegetables with shredded pork, soup, and stewed pork.

Traditional Hakka food culture values “thriftness,” or minimizing waste of food and preserving seasonal agricultural products with sun-drying, salting and fermentation. These practices have not only reflected the core value of Hakka food culture, but also become Huang’s secret behind her successful career as a chef.

在關山家喻戶曉的總鋪師黃媽媽，有著辦桌三十年的好手藝。年輕時跟著關山第一代總鋪師學習當水腳，師傅退休之後，就和水腳姊妹們一起扛起招牌，繼續在關山的宴席活動中燒出一桌桌美味料理。

黃媽媽和媳婦秋伶一同經營的手作客家小館，有著純正的東臺灣客家菜色 DNA。料理的香氣來自於黃媽媽自己發酵、曝曬，每年辛勤製作的瓶瓶罐罐：夏天鳳梨產季，就來製作鳳梨醬，煮鳳梨苦瓜雞湯；薑絲炒大腸酸味溫和而高雅，原來是運用了自家釀製的陳年梅醋；進入冬天，就來曬高麗菜乾與芥菜，製作酸菜、福菜、梅干菜，無論是炒肉絲、煮湯品、控肉，都為黃媽媽的餐桌帶來難以忘懷的迷人香氣。

在不同的食材產季，不浪費食物，運用陽光、鹽、麴菌封存食材美味，是客家料理心法、也正是總鋪師的美味秘方。

089-811-858

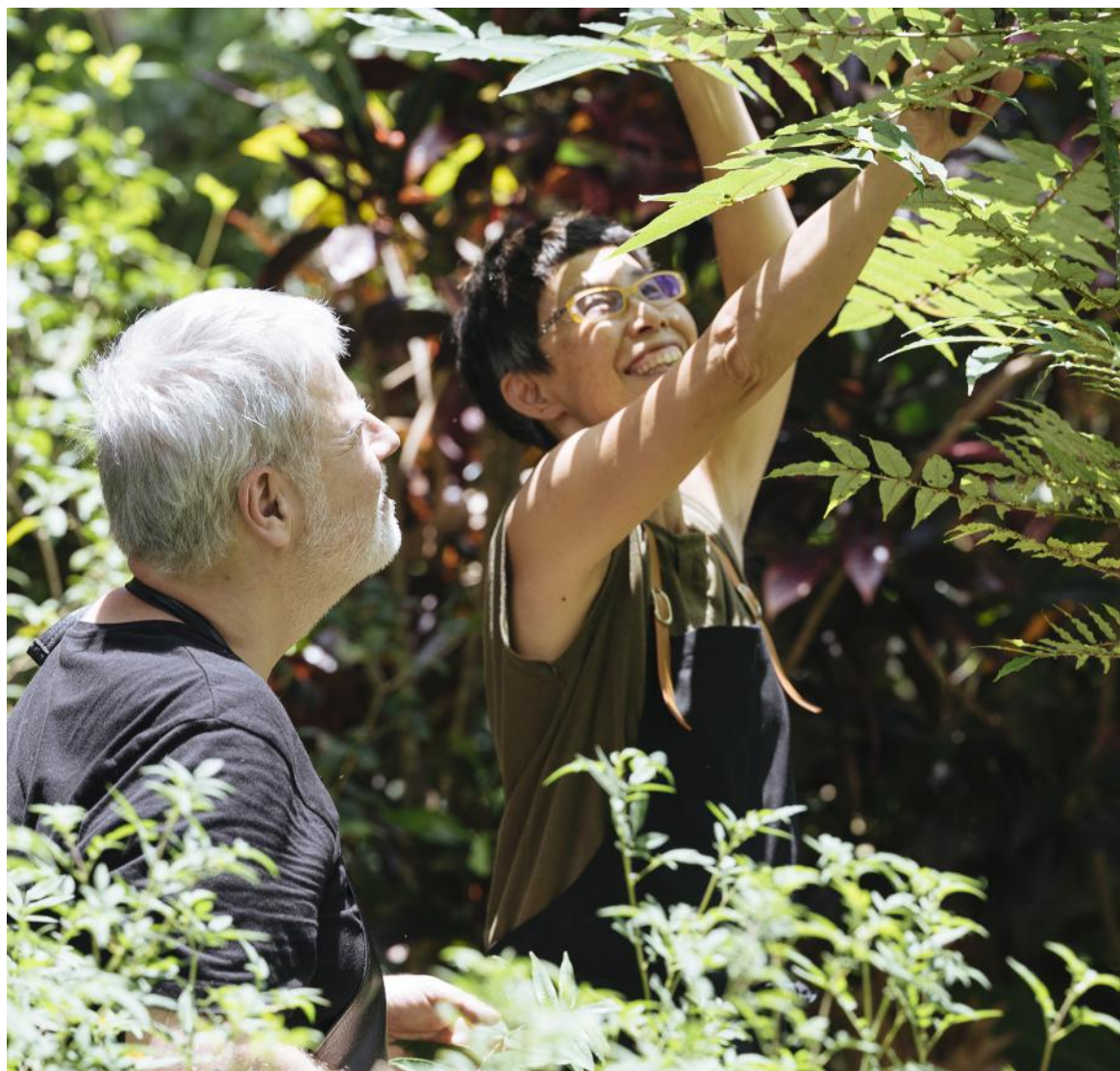
No. 7, Changlin, Guanshan Township, Taitung County
臺東縣關山鎮昌林 7 號

11:30-14:00, 17:30-21:00
Reservation required. 預約制



Chubby Rabbit

恰比兔子



0989-679-165

No. 7, Ln. 77, Yongan Rd., Luye Township, Taitung County
臺東縣鹿野鄉永安路 77 巷 7 號

Friday to Sunday: 18:00-20:00. Monday: 12:00-14:00. Closed
from Tuesday to Thursday.
週五至週日：18:00-20:00 週一：12:00-14:00 週二至週四公休

Reservation Required: please make a reservation through the
restaurant's Facebook fan page or via phone.
Those who desire to hold private parties or plan a group meal
here can contact the restaurant owners directly in advance.
預約制：主要以臉書粉絲頁預約系統預定，或電話預約
包場之私人聚會或旅遊團體不在此限，可事先聯繫安排





Creative exotic dishes served with home-style warmth in Luye

充滿新點子與歡笑聲的鹿野溫暖人家

Managed by Johannes and Sho, the cozy restaurant is always full of laughter. 7 years ago, the couple moved to Luye and opened Chubby Rabbit. Johannes comes from Germany and he loves to make Italian dishes, which are popular in western countries. Sho is a cordial Taiwanese woman who has befriended small farmers nearby and cooks gourmet food with seasonal ingredients, including loquats, pineapples, star fruits and tomatoes grown with natural farming practices.

The couple are creative in menu design, including pesto sauce, red sauce and cream sauce for the pasta, rich Ravioli with the filling of cheese and seasonal wild vegetables with refreshing fragrance, Siraw (traditional salted raw meat of Amis Tribe) on the Magaw pizza, as well as a variety of western dishes made by Johannes, including German Spätzle, potato Gnocchi and Pappardelle. He makes the pasta all by himself, from making the dough, pressing, and cutting it to cooking. Italian Ragu, which is made of melting pork shoulder butt stewed over a low heat for three hours, is a yummy new option on the menu.

The couple have an adventurous spirit when it comes to cooking and generously share their culinary creativity with their guests. They express their love for their lives with their cooking and gardening. The guests always leave the cozy restaurant with a big smile on their face and sweet memories in their heart.

走進友涵 (Johannes) 和秀 (Sho) 的家，永遠都充滿歡笑聲與溫暖。移居鹿野七年，來自德國的友涵喜歡動手做西方胃偏好的義大利料理，秀則是樂於認識週邊的小農朋友，隨著季節，將自然農法栽種的枇杷、鳳梨、楊桃、番茄融入菜餚。

從青醬、紅醬、白醬義大利麵開始，友涵和秀的菜單不斷創新、開展。義大利餃子裡包裹著乳酪和當季野菜，既濃郁又充滿自然清香；馬告披薩上的醃肉，是秀向阿美族人學習的傳統醃肉 Siraw。友涵的手藝也更為全面，德式麵疙瘩 Spätzle、馬鈴薯麵疙瘩 Gnocchi、寬麵 Pappardelle，全都自己從頭揉麵團、桿麵條；義大利肉醬 Ragu，更是細火慢燉三小時、讓整塊梅花肩胛肉全化為絲的最新力作。

熱衷嘗試、樂於分享，兔子夫婦對生活的熱情洋溢在料理、餐廳、花園中，讓每位來到恰比兔子的朋友都染上他們的溫暖，帶著無比滿足的笑容回家。



Uninang Multicultural Taluhan Workshop

烏尼囊多元文化工作坊



0988-815-808

No. 82-2, Taiping Rd., Yanping Township,
Taitung County
臺東縣延平鄉永康村泰平路 82-2 號

Reservation required. Minimum:
15 people, Maximum: 30 people
預約制，15 人成行，上限 30 人





Sharing beauty of simplicity in Bunun food culture

分享布農生活的單純與美好

How is a typical day like for a Bunun family? In the morning, Meihua cooks doughballs, a traditional Chinese dish in Bunun style, for her husband Hu and her son Xiaosien, before they start their agricultural work. The doughballs are mixed with flower buds of mountain litsea, which are a traditional ingredient in Bunun tribe, with a refreshing fragrance of lemon.

After the breakfast, the family starts to work on their farm of pumpkins, millet, red quinoa, Solanaceae and wild *Alanthus* prickly ash. Meihua and her husband place mash bags on heading millet and remove the grass in the pumpkin field. They would pick young leaves of red quinoa and blanch, chill and mix them with other food to make Bunun-style salad.

At dawn, the family may go home with a ripe pumpkin, steam it and place smoked dried flying fish given by their Amis friends on the pumpkin. The sweet flavor and salty fragrance of the flying fish are a perfect combination of complementary flavors. They may start a fire with some wood to boil a pot of chicken soup with pineapple, Solanaceae and drink it with home-made sausages made with *Alanthus* prickly ash and sweet fermented millet. “Uninang” means “thank you and bless you” in Bunun language and sharing simple, delicious home food is the best reward for hard work of a day.

布農家庭的一天，是什麼模樣？早晨起床，美華姊為先生胡大哥、兒子孝賢準備一大碗麵疙瘩，為一天的工作帶來滿滿活力。麵疙瘩來自於多元族群共同生活的記憶，拌入山上耕地採集的馬告花苞，帶來新鮮的檸檬香氣。

來到田裡照顧作物，放眼望去有南瓜、小米、紅藜、苦茄，還有小鳥種的刺蔥。美華姐和胡大哥為結穗的小米套上網袋，拔掉南瓜田裡的雜草，採摘一些紅藜的嫩葉，經過川燙、冰鎮、涼拌，就是一道布農沙拉。

天色晚了，帶一顆成熟的南瓜回家，蒸熟後放上一些阿美族朋友燻烤的飛魚乾，鹹香與甘甜搭配得正好。升起柴火、燒一鍋水，柴燒鳳梨苦茄雞湯配上自家製作的刺蔥香腸、小米酒釀香腸，帶著「烏尼囊」—布農族語「謝謝您、祝福您」的心情，一家人一起分享單純而美味的料理，就是一日辛勤工作後最美好的慰勞。





East Coastline

東海岸



Sinasera 24



089-832-558

No. 26-3, Nanzhuhu, Changbin Township, Taitung County
臺東縣長濱鄉南竹湖 26-3 號

午餐 12:00-15:30，晚餐 18:00-21:30 | 預約制
Lunch: 12:00-15:30, Dinner: 18:00-21:30 | Reservation required.

Dinner only from Monday to Friday. Lunch and dinner on Saturday and Sunday.
週一至週五提供晚餐；週六及週日提供午餐與晚餐





A restaurant where gastronomy meets art in Changbin

以餐盤為畫布，描繪長濱大地的光線與多彩

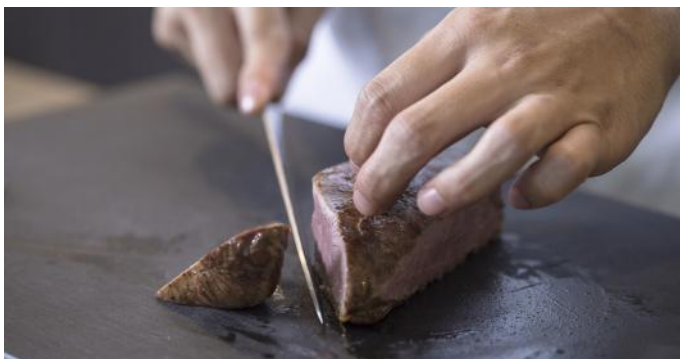
The dishes presented by chef of Sinasera 24 Nick Yang are just like a colorful painting, which gives you not only visual pleasure, but also a unique sensory banquet of fragrance and flavors of different fresh ingredients, including vegetables and herbs.

Since Nick opened Sinasera 24 five years ago after he returned to Changbin from Marseille of France, he has now become a distinguished chef as his restaurant has drawn a lot of attention and acclaim. In the eyes of local farmers who have worked with him over the last five years, however, he is still a sunny big boy full of curiosity and passion for exploration of various ingredients. The restaurant's suppliers include a lotus farmer in a valley at Nanxi tribal village who would collect wild watercress, a local plant with slightly spicy flavor, for him, a contract herb farmer at Yongfu tribal village, who grows seasonal fragrant herbs, including fennel, coleus amboinicus, and marjoram, an aquafarmer of whiteleg shrimps in Jiechiao and a snail farmer in Baisanan. All of Nick's business partners see him as a "buddy" and support the operation of his restaurant and his culinary experimentation and innovation with the products of their hard work.



Sinasera 24 主廚 Nick(楊柏偉) 的料理，就像一幅畫，畫裡面有春天的稻色、田埂邊盎然的綠，接著在味蕾的引導下，彷彿穿越來到了稻田裡，在一陣又一陣的青草與香草氣味中，經驗穿越餐桌直抵田邊的獨特體驗。

從法國馬賽回到長濱五年，Sinasera 24 從「節氣」、「在地食材」出發，獲得無數關注與肯定，然而對於長時間合作的農友而言，Nick 依然是那個對食材充滿好奇心與熱忱的陽光大男孩。南溪幽谷裡的蓮花田邊，農友採集帶有微微嗆辣感的水田芥給主廚入菜；永福部落裡契作的香草田，隨季節栽種馬鬱蘭、左手香、茴香等香草，傳遞土地的香氣。塢橋養白蝦的農友、白桑安養白玉蝸牛的小農，每一位合作夥伴只要提起主廚 Nick，都露出「他是我朋友」的笑容，而如此堅實的在地生產系統，正是支持 Sinasera 24 不停創作、創新的堅實基礎。



When the restaurant is not open, Nick and his team would visit local farmers for “educational purpose” and participate in the farming activities, including seedling of King Kong rice at Changbin and learning agricultural practices at a strawberry farm, in order to feel the distinctiveness of the environment where their food ingredients grow through the physical and sensory experience of agricultural labor. Keeping the sweat and tears of these farmers in mind, they then return to the kitchen to turn all the seasonal ingredients into great delicacies with outstanding gastronomical skills.

For Nick, Changbin is blessed with incredible endowments of beautiful Mother Nature, thanks to its remote and inconvenient location. “Every place has its unique food ingredients and special flavors. It will be great for every small town in Taiwan to have a local restaurant that serves food prepared with special local ingredients,” said Nick.

不出餐的日子，主廚和團隊就到產地學習，無論是參與長濱金剛米插秧，或拜訪草莓園了解農友照顧作物的方式，透過雙手的觸摸、雙腳的踩踏和鼻尖的嗅聞，真正親身感受各地風土、記住農夫的面容與汗水。接著回到廚房裡，將每個節氣稍縱即逝的滋味，以精湛手藝萃取、凝鍊、轉譯為餐盤上的獨特作品。

主廚 Nick 的心目中，長濱因為遙遠、交通不便，保留了美得不可思議的大自然，然而「每個地方一定都有自己獨特的食材和味道。最理想的應該是臺灣每個小鎮都有一間在地餐廳，去發掘自己身邊珍貴的食材和地方滋味。」



Taiwan Juhu Farmstay

竹湖山居

Taking care of Mother Nature with tenderness

以雙手溫柔照看一整片山林

If you truly love nature, watching fireflies and listening to the sound of cicadas and frogs makes you happy and the idea of hearing the calls of muntjacs and owls makes you excited, Taiwan Juhu Farmstay is the best destination for your exploratory journey in Changbin.

The cafeteria is in a large, well-maintained natural reserve in the Zhuhu mountain of Changbin. In the 30-hectare eco-park, the owners have grown fruit trees, including loquat, banana, and Mandarin lime, with other forest trees, in 12 hectares of the land and forest trees only on the remaining 18-hectares of it. The owner Chintien loves trees so much that he has planted dozens of thousands of native fagaceae tree saplings in the last 30 years to not only provide food to wild animals, but also preserve the habitat for the wild life.

Always with a smile on her face, his wife Meichu prepares breakfast and afternoon tea for their guests. “We eat what monkeys leave behind for us,” said Meichu jokingly. Almost all the ingredients for the food she serves, including rice ball with wild herbs, hand-made fermented bamboo shoot, and pound cake made with green banana powder and banana paste, are “sourced” from the 30-hectre eco-park. This is a dining place where you can totally unwind and enjoy the serenity of the natural environment.

如果深愛大自然，喜歡螢火蟲、蟬聲、蛙鳴，甚至期待聽聞山羌和貓頭鷹的鳴叫聲，那麼竹湖山居是來到長濱旅遊的最佳探索基地。

位於長濱竹湖山區內的山居，是個廣大、完整，占地三十公頃的生態園區。其中十二公頃作為果樹混生林，種植枇杷、芭蕉、廣東檸檬等作物，其餘十八公頃都用來種樹。男主人金田愛樹成痴，三十年來種下了數萬棵臺灣原生殼斗科樹苗，提供野生動物食物來源，也創造出一片完整的生物棲地。

女主人美菊則笑口常開、熱情滿滿，細心為民宿旅客準備的早餐及下午茶，美菊笑稱「都是猴子留給我們的！」野菜香料飯糰、自家發酵的麻竹筍、青蕉粉和芭蕉泥做的磅蛋糕，幾乎所有食材都來自這片三十公頃的生態森林。來到竹湖山居，經歷一個太陽與一個月亮，身心已融入這片萬物共居的自然山林。

089-832-383

No. 14, Zhuhu, Changbin Township, Taitung County
臺東縣長濱鄉竹湖村一鄰 41 號

Reservation required. 預約制



Meet Marlin

旗遇海味

A seafood restaurant that serves more than just seafood

從漁法到沿岸採集，原來海鮮不只是美味

Meet Marlin is a seaside seafood restaurant at Chenggong Fishing Harbor run by Yu Pin, an experienced fish trader and owner of the restaurant. It is a great destination restaurant that serves fresh, eco-friendly seafood of different seasons!

Yu Pin's grandfather was a fisherman and his father is a successful fish trader, who picks fish from local fishermen's catch for sale and catches fish with fixed shore net. Like his father, Yu Pin is also very good at fish picking. What's more, he has "inherited" his father's integrity in business and supported sustainable fishing, whole food cooking and food collection culture in coastal areas through the operation of his restaurant. The must-eat Sashimi has fish of different texture and fragrance, including black marlin caught by spearing, greater amberjack caught by pole-and-lines fishing and oceanic bonito caught by trolling. All these fishing practices are eco-friendly, which means your consumption in Meet Marlin can help protect our ocean resources. Tail fin with brown sugar is a lip-licking signature dish, which is made by Yu Pin's mother by wrapping melted brown sugar on the tail fin and dorsal fin of marlin, without wasting anything in these parts of the fish. Growing up in Chenggong, Yu Pin also serves food made with seaweed and silver-mouthed monodonts collected by local fishermen and elderly of the Amis tribe to help preserve the food collection culture in the coastal area.

A meal in Meet Marlin is not just about seafood dishes, it is both a concrete action to support ocean sustainability and a deep experience of unique fishing culture!

來成功漁港吃什麼？讓眼睛雪亮的漁商昱濱幫你挑選最新鮮、當季，而且對海洋環境友善的漁獲吧！

昱濱是成功漁家第三代，阿公捕魚、父親選魚、經營定置網，昱濱繼承了漁商父親的好眼力以及誠信精神，強調「友善海洋、全食物利用、海岸採集文化」。不能錯過的生魚片拼盤，有「手鏢」白旗魚、「一支釣」紅甘、「拖釣」三點鯉，吃得到不同口感與油脂香氣，更是支持以友善漁法捕撈的成功漁船。招牌「黑糖旗魚尾」是昱濱媽媽的招牌菜，燒熱融化的黑糖裹在帶骨旗魚尾和背鰭上，好吃到吮指，而且沒有任何一個部位被浪費。在成功長大的昱濱，更將漁民和阿美族長輩們採集的海菜、三角螺送上桌，分享海岸生活的採集文化。

走一趟旗遇海味，不只是品嚐海鮮，更是深入成功海港文化、支持海洋永續的美味行動。

089-852-889

No. 19-8, Gangbian Rd., Chenggong Township,
Taitung County
臺東縣成功鎮港邊路 19 之 8 號

11:00-20:00



Happiness Kitchen

幸福食堂



089-530-440

No. 74, Vil. Xingchang, Donghe Township, Taitung County
臺東縣東河鄉興昌村 74 號

11:30-14:00, 17:30-19:30. Closed on Wednesday and Thursday.
11:30-14:00 · 17:30-19:30 | 週三、週四公休

The closing days change by the season. Please give them a call before your visit.
公休日隨季節更動，請致電詢問





A haven of appetizing fermented food

生活與時間積存的美好滋味

When you walk into Happiness Kitchen at Xingchang village of Donghe Township, you can see the wall in orange, a bright, bold color commonly seen in tropical area, and a variety of pickled and fermented food made by the owners Chi and Tien and placed in bottles on the bar table.

Living in a small seaside town, Chi and Tien know a lot about changes of natural environment and ingredients in different seasons, including plum, pineapple, winter gourd, bamboo shoot, fragrant manjack, and roselle. The restaurant offers dishes made with seasonal fresh ingredients and the chefs use the ingredients not used for cooking to make delicious pickled and fermented food. They are enthusiastic about experimenting with pickling and fermentation methods. With hand-made rice bran and bean bran, the pickled and fermented food gradually give off more fragrance and develop multiple flavors as the small micro-organism works magic over time.

When the restaurant is open, the chef Tien would buy food ingredients at Chenggong Harbor. When it is closed, she would carefully take care of the vegetable garden next to the restaurant, observe growth of aspergillus and try the food at different stages of fermentation. For Chi and Tien, happiness means making a living doing what they love in their own pace in their everyday life and sharing gourmet food with visitors who love home food.

走進東河興昌的幸福食堂，橘色牆面映入眼簾，展現南國的大膽與熱情。吧檯旁陳列了許多讓人好奇的瓶瓶罐罐，都是店主小琪與小恬自家製作的發酵與醃漬食品。

居住在海岸邊的小鎮，對於節氣與萬物生長有著鮮明感受，從春分到立冬，梅子、鳳梨、冬瓜、麻竹筍、破布子、洛神輪番上場，產季以新鮮食材入菜，吃不完的，小恬和小琪熱衷於研究發酵與醃漬保存。從製作米麴、豆麴開始，請小小的微生物施展魔法，經過時間的封存，綻放出更多香氣與風味層次。

開店的日子，主廚小恬上成功漁港採買食材，不開店的日子，細心照顧店面旁的菜園、觀察麴菌的生長、開罐品嚐不同階段的發酵風味。「幸福」從生活的積累開始，做喜歡的事、踏著喜歡的節奏、煮美味的料理，分享給喜歡幸福家常滋味的朋友。



Taitung City

臺東市區





Taitung City

Yu-Cai Seasonal Japanese Cuisine

漁采時令料理



089-332-885

No. 40, Ln. 573, Gengsheng Rd., Taitung City,
Taitung County
臺東市更生路 573 巷 40 號

11:30-13:30 ; 17:30-20:30





Japanese delicacies made with seasonal endowments of Mother Nature

日式餐桌上的農漁采風、四季風景

Several years ago, Chef Lin decided to settle down in Taitung with his family, including his wife Cindy, for its beautiful natural environment and slow-paced lifestyle. With over 20 years of experience of preparing Japanese cuisines, he opened Yu-Cai Seasonal Japanese Cuisine in 2018 and has run the restaurant with his passion for fine food and outstanding culinary skills.

Following the spirit of Japanese food culture, Chef Lin and Cindy use fresh seasonal ingredients to cook their dishes. As the couple diligently search for seasonal ingredients to prepare seasonal cuisines, they have therefore become acquainted with food producers and fish traders in different parts of Taitung.



擁有二十多年純熟日本料理經驗的林師傅，深受臺東自然環境與緩慢步調吸引，決定與妻子 Cindy 及家人一同移居臺東，於 2018 年開設漁采時令料理，延續主廚的好手藝以及對料理的熱情。

秉持著日式料理傳達「旬味」的細膩心思，林師傅與 Cindy 投入許多心力尋找臺東四季食材，結識各地的生產者、漁商，運用在地食材來傳達臺東的時令流轉與當季滋味。

春季是枇杷、梅子的盛產季節，鯉魚、鬼頭刀也隨著黑潮抵達東海岸，主廚以稻草燒鯉魚增添煙燻香氣，鬼頭刀則是裹上麵包粉酥炸呈現鮮甜美味；夏天臺東的平地金針、高山金針陸續開放，成為揚物的最佳食材；秋冬美味的紅喉、白旗魚、紅甘陸續上場，漁采選擇一支釣、延繩釣、鏢旗魚等以海洋友善漁法捕獲的漁獲，既能確保漁獲鮮度，又能支持海洋永續。無論是刺身、煮物、鹽烤、蒸煮、揚物，有著純熟料理手藝以及對食材的充分理解，主廚就像身經百戰的打擊手，面對各種球路的食材，都能打出漂亮的美味安打。



In Spring, loquat and plum are in season and bonito and dolphinfish come to the east coast with Kuroshio Current. Yu-Cai serves bonitos smoked with rice straw to increase the fragrance and crispy fried dolphinfish coated with breadcrumbs to bring out fresh flavor. In summer, the resultant serves delicious fried orange daylilies when they bloom on both the plains and mountains in Taitung. In autumn, it offers fine cuisines made with seasonal catch, including rosy seabass, black marlin, and greater amberjack. The chef buys his fish from fishermen using eco-friendly fishing practices, including pole-and-lines fishing, longline fishing, and spearfishing, in order to ensure freshness of the fish and support ocean sustainability. All the dishes of Yu-Cai, including raw, stewed, grilled, steamed, and fried food, are prepared by a chef with excellent culinary skills and comprehensive knowledge about different ingredients. With extensive experience of cooking, he is highly capable of handling a variety of food ingredients for preparation of different delicacies.

According to Cindy, Japanese egg custard and sushi roll, two common side dishes in Japanese food, are surprisingly impressive to their guests. The Japanese egg custard is made with local free-range chicken eggs and broth, which gives the dish a smooth and delicate flavor. The sushi rolls are made with local rice and wild vegetables collected by tribal farmers in their villages, which have unexpected texture and fragrance to their guests.

Yu-Cai serves delightful Japanese food made with excellent seasonal ingredients provided by mountains, sea, and fields of Taitung. The chef creates a wonderful culinary experience with a feast of exquisite Japanese delicacies.

Cindy 分享，日本料理中被視為配角的茶碗蒸、捲壽司，經常是客人回饋超乎期待的一品。茶碗蒸以時間熬煮的高湯和臺東土雞蛋製作，有著溫和而單純的美味；捲壽司則是在關山米中捲入部落小農採集的野菜，特殊的野菜口感和氣味，每每讓來到臺東的旅人耳目一新。

如何以日式料理傳達臺東風土？漁采深入探索臺東的山、海、田、野，將當季最優質的食材帶回廚房，透過和食的細膩調理，將臺東的農漁采風、季節感受，化為餐桌上一期一會的美好風景。



Taitung City

M'LOMA



m-loma.com

No. 60, Ln. 109, Zhengqi N. Rd., Taitung City, Taitung County
臺東市正氣北路109巷60號

18:30-21:00. Closed on Monday and Tuesday.
18:30-21:00 | 週一、週二公休

Reservation required. 預約制





Traditional tribal cuisines with delicate flavors

說不盡也話不完，想家的味道

M'LOMA is an abbreviation of Ma'ilol To loma, which means "homesickness" in Amis language. The chef Yue came from Xinshe tribal village at Fengbin of Hualien county and cooking is the way for him to share traditional food of his tribe and his life experience.

When the restaurant starts to serve food at 18:30, Yue would come to the tables of his guests and explain what gives him the inspiration of menu design and his use of seasonal ingredients as well as the connection between his culinary techniques and traditional tribal food culture. In spring, he makes three types of dressing for his salad and serves 7 kinds of cooked vegetables and three kinds of raw vegetables, none of which are common ingredients for salad. His guests would admire vegetable collection and preparation tradition in Amis food culture and get to know a variety of delicious plants in the wild after a meal here, even though they may not remember their names.



M'LOMA 是 Ma'ilol To loma 的縮寫——阿美族語「想家」的意思。主廚阿嶽來自花蓮豐濱的新社部落，而料理是他想家、詮釋心心念念的遠方，以及分享成長生活經驗的方式。

每晚 18:30 開餐時，阿嶽會來到客人面前，仔細說明菜單設計的靈感來源、食材與季節的關係，以及料理手法與部落傳統飲食文化的關聯。春季沙拉使用了三種醬汁、七種熟菜、三種生菜，幾乎沒有一樣是常見的沙拉食材。品嚐後或許仍記不住野菜的名字，但是會由衷佩服阿美族人採集、食菜的功夫，原來野地裡有那麼多值得認識的美味。

According to Yue, creeks and rivers provide abundant food for Amis people and he honors the tribal tradition of fishing at estuaries with a dish of clams and whitebait in gray-colored, creamy sauce seasoned with sichuan pepper. In the past, Amis hunters used to cut and smoke their prey they caught in the mountain in order to easily carry and preserve them. As an Amis chef, Yue is good at preparing smoked food. One of the restaurant's signature dishes is smoked pork ribs prepared with lengthy, painstaking process, including oil-soaking, smoking of raw meat, sous vide cooking and re-smoking. It's an elaborate cuisine with which the Amis chef pays tribute to hunters of his tribe.

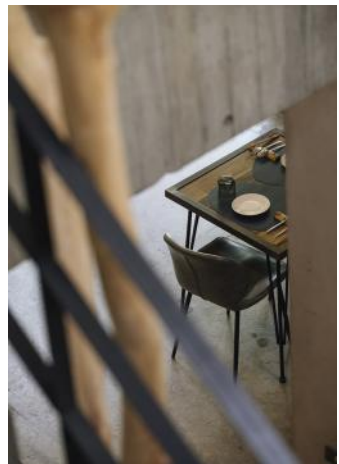
As a tribal restaurant, it's not a surprise that M'LOMA serves its food with vintage liquors of different indigenous tribes, including glutinous rice wine of Amis tribe, red quinoa and millet wine of Rukai tribe, and roselle wine of Paiwan tribe.

A meal at M'LOMA includes three glasses of wine, one glass of beverage, eight dishes and one dessert. Like the storyteller in *The Arabian Nights*, Yue tells the stories about the sea, rivers, and fields of east Taiwan with the delightful food he prepares. The delicious smell of smoked food on your body as you leave the restaurant is a pleasant reminder that you just attended a delicious tribal feast.

阿嶽說，部落因溪流而生，於是他在餐盤中以灰色調帶有花椒味的慕斯作為基底，綴以蛤蜊、蚬仔、魷仔魚，描繪部落族人在溪流出海口進行捕撈的傳統生活；「燻烤」則是阿嶽拿手的料理方式，獵人在山上捕獲獵物之後，會先進行分切、煙燻，方便攜帶和保存。M'LOMA 的肋排經過油泡、生燻、舒肥、二次煙燻，是一道費工、費時，向獵人致敬的阿美男子料理。

餐點之間佐餐的酒品，當然是選用部落酒釀：阿美族的糯米酒、魯凱族的紅藜小米酒、排灣部落以洛神釀的酒，都是阿嶽一一拜訪釀酒人，取得長輩信任後才得到的珍貴佳釀。

三杯酒、一杯飲料、八道菜、一道甜點，阿嶽就像一千零一夜裡說故事的人，以一道又一道的料理，一杯又一杯的酒，帶著大家神遊在花東的海濱、溪邊與田野之間。離開 M'LOMA 的時候，身上還帶著一點點的煙燻味，你知道，那是家的味道。





Taitung City

hiiii birdie wonderful

台東有知鳥



089-239-428

No. 191, Sec. 2, Zhongxing Rd., Taitung City, Taitung County
Wanfu Warehouse 2F, Taitung Sugar Factory Cultural and Creative Park.
臺東市中興路二段191號，東糖文創園區萬富倉庫2樓

9:00-17:30. Open on Thursday to Sunday.
9:00-17:30，週四至週日營業





A wonderful café embracing slow food culture with genuine love for Taitung

當我們住進臺東的風土裡

“We love cooking, we love food, we love life and we love creation,” said Kuang and Belle, a couple who moved to Taitung from Taoyuan and opened hiii birdie wonderful. They see the café as a space for creativity, which is manifested in different “aspects” of its operation, including food preparation, yeast making, sharing of good books, gardening, and pottery, as they work the miracle of creating a soothing atmosphere for all its visitors.

The chef Belle prepares her food only with premium local ingredients, including the rice produced by bio-dynamic farm and free-range chicken raised with feed containing Jade Black Tea. The sauteed chicken leg marinated with home-made pickled yellow lemon is a delicious choice on the menu. After the couple started to settle down in Taitung, they started to appreciate changes in the natural environment and seasonal agricultural products. The pink plums grown by a local friend in spring give a sparkling drink a refreshing flavor in summer after the fermentation process.

“Before we settled down in Taitung, local food culture was just a vague concept for us. Now it has become part of our everyday life here,” said Kuang. Hiii birdie wonderful is a café where Kuang and Belle follow their heart and make their dream come true with courage.

「我們喜歡料理：料理食物、料理生活、料理心靈。」從桃園移居都蘭的宏光與大鈴，將台東有知鳥視為一個創作空間，讓所有生活中的靈光：料理、養酵母、閱讀、種植、陶作、木藝，安頓在自然風從露臺吹入的空間，和每一位到來的朋友分享。

主廚大鈴對於食材選擇有所堅持：白米是 BD 生機互動農法生產的農作，雞肉也選擇人道飼養、飼料拌入紅玉紅茶的好食材。雞腿以自製醃黃檸檬醃漬後，單單香煎就美味的讓人心悅誠服。來到臺東身居鄉間，對於四時農作、地景變化的感受更為鮮明，春天時朋友種的胭脂梅經過發酵，在夏天開罐成為風味迷人的胭脂梅氣泡飲。

宏光說：「來到臺東之前，『風土』對我們而言是形容詞，搬來臺東之後，我們真正住進了風土裡。」跟隨著內心的渴望，台東有知鳥展現一種勇敢朝向理想生活的踏實樣貌。



Taitung City

Alanger Coffee Shop

艾蘭哥爾藝文咖啡館



089-335-123

No. 350, Zhejiang Rd., Taitung City, Taitung County
臺東市浙江路 350 號小文創教室 1 樓

9:00-17:30. Closed on Monday.
9:00-17:00 on Sunday.
9:00-17:30 | 週一公休，週日營業至 17:00





A “treasure house” of slow coffee in Taitung

從種植到出杯，歡迎來到臺東咖啡知識寶庫

Alanger Coffee Shop serves coffee made from beans of wild coffee trees growing by the Jinlun River of South Dawu Mountain at an altitude of 800 meters. The coffee shop is only 50 kilometers away from the coffee farm of the café's owner and the mountain where the wild coffee trees grow. Are you curious about what locally grown coffee tastes like? Visit Alanger and give it a try!

Alanger was the name given by Portuguese sailors to Taitung, which means a distant and beautiful place. Situated in Taitung Art Museum, the coffee shop has a “local coffee map” on its wall to educate the visitors on different characteristics and flavors of coffee grown in different areas of Taitung. The coffee shop serves coffee made with beans from Jinlun area by South-Link Highway, which have chocolate and mild fruity flavor. The owner of Alanger Hung Tien adopts multilayer farming practices for management of his coffee farm, which has created a mini ecosystem with a variety of fruit trees, wild greens and herbs. The herbs and passion fruit used for the juice and tea served by the coffee house are produced by the organic farm, which is heedfully managed by the owner Hung Tien.

“I am a coffee producer. I get my coffee beans and herbs through collection and organic farming,” said Hung Tien. He has been dedicated to promotion of environmentally-friendly agriculture and cultivation of local coffee culture in Taitung. Such endeavors have made ALANGER much more than just a coffee shop; it is also a venue for implementation of an environmentally protection project.

野放的咖啡樹，長在南大武山的金崙溪流域海拔 800 公尺處，咖啡從栽種到出杯，不到 50 公里的距離。臺東咖啡有什麼樣的風味？到艾蘭哥爾嚐一杯。

艾蘭哥爾「ALANGER」是葡萄牙人給臺東的美名，意指遙遠而美麗的地方。咖啡館座落在臺東美術館內，臺東咖啡地圖高高掛在牆上，介紹臺東各區的咖啡特色與風味。南迴金崙地區的咖啡，帶有巧克力與溫和的果酸風味。艾蘭哥爾的農場採多層次栽培，農園自成一體生態循環，咖啡之外，更有多樣的果物、野菜、藥草，菜單上的天然茶飲青草茶、百香果都來自於自家農場，也蘊含著經營者弘典照顧一座生態咖啡農園的用心。

「我是生產者啦！農場管理就兩種方式，野生或野放。」推廣生態農法與打造臺東咖啡文化是弘典的理想，就如艾蘭哥爾的菜單看似簡單，但內涵滿滿。



Tanya's Thai Food Table

Tanya's 泰食餐桌



0905-277-308

No. 48, Ln. 376, Sec. 1, Zhonghua Rd., Taitung City, Taitung County
臺東市中華路一段 376 巷 48 號

17:30-20:30. Closed on Sunday and Monday.
17:30-20:30 | 週日、週一公休

Please refer to the FB of the restaurant or make a call for
closing days as they may change from time to time.
公休日偶有異動，請查詢店家臉書或致電詢問





Classic Thai cuisines prepared with local herbs and spices

臺東香料帶你神遊泰國餐桌

Can a Taiwanese chef serve classic Thai cuisines with local ingredients in Taitung? Of Course! The Thai restaurant run by Chef Tanya has done so for three years in Taitung through stable business partnership with local food producers without imported spices from Thailand.

In 2018, Tanya returned to Taiwan after she graduated from Le Cordon Bleu Dusit Culinary School in Bangkok and later opened Tanya's Thai Food Table. After she realized the importance of stable supply of premium local ingredients for the operation of her restaurant, she started to go to local markets, visit local farms and even grow holy basil in her garden. Now she buys plants for preparation of Thai spices, including lemon grass, galangal, pandan leaf and turmeric, from small organic farmers in Taitung. She also works with small farmers in Pingtung and Tainan for regular supply of kaffir lime leaves, mousse shit chili, green chili and green lemon peel.

With a reliable source of food ingredients, she applies her culinary skills in her preparation of curry paste by roasting, grinding, and mixing different spices. For fans of Thai food in Taiwan, Tanya's Thai Food Table is a great choice for them to relish Thai cuisines without flying to the country, as it serves appetizing classic Thai dishes, such as Khao Soi, green curry, and hot spicy and sour soup with pork cartilage, which are traditional dishes in northern, central, and northeastern Thailand respectively.

如何以在地食材做出正宗泰國料理？主廚 Tanya 在臺東開店三年，與在地生產者建立穩定的合作關係，不必倚賴泰國友人進口香料，原來經營異國料理也可以很慢食。

2018 年從曼谷法國藍帶廚藝學院學成歸國後，Tanya 意識到穩定、優良品質的在地食材，是在臺東製作泰國料理的重要基礎，於是開始積極地上市場、拜訪農場，甚至在自家前院種植了打拋葉。如今店裡使用的檸檬香茅、南薑、香蘭葉、薑黃，都來自於臺東小農的有機農場；檸檬葉、泰國朝天椒、綠辣椒、青檸皮，也有屏東、臺南小農的常態合作。

有了穩定的原料，Tanya 放心大顯身手，從炒香、研磨、混和香料製作咖哩醬開始，將泰國北部的黃金咖哩 Khao Soi、中部的綠咖哩、到泰國東北的酸辣豬軟骨湯一一送上桌，讓我們在臺東也能飛越國境，品嚐原汁原味的正宗泰國料理。



Ameya Café

Ameya 飴屋（台東）

Sharing love for life with baking and cooking

以料理與烘焙分享生活熱情

The restaurant serves three Japanese-style home dishes each day. The chef Morning would chalk up the meals they are going to serve for the day on the blackboard at the gate after he goes to the market to shop for food ingredients.

Ameya is run by a couple of Taiwanese man Morning and Hong Kong woman Cindy. Morning goes to the market for fresh food ingredients every morning and Candy makes desserts and bakes bread. They used to live in Hong Kong, a busy international city. Now the couple enjoy chatting with their regular guests. “We closely interact with local people. Our neighbors are also our guests and good friends,” said Candy. Having a sense of belonging in a foreign land is an achievement for her.

During 6 years of restaurant operation, Morning has continued to sharpen his culinary skills with great passion for cooking through self-learning. He makes shio koji, pickled vegetables with rice bran, smoked food, and udon noodles by himself. Morning and Candy fulfill their dream to share their love for life with the gourmet food they prepare through operation of Ameya Café.

捏起粉筆在門口的黑板上寫下今日餐點，以當日採買為概念，每天推出三款日式家庭料理。今天吃什麼呢？稍等主廚 Morning 從市場採購回來，料理一日餐桌風景。

Ameya 飴屋由臺灣先生 Morning 與香港妻子 Candy 攜手經營，英文名字也透露出兩人的分工：Morning 每日早晨上市場找尋新鮮食材，Candy 則負責甜點製作與麵包烘焙。從香港的都市生活移居臺東，餐桌間與熟客話家常是飴屋的日常。「我們與在地社群的互動很緊密。客人是鄰居，也是好朋友。」他方變成故鄉，是一份歸屬感、也是成就感吧！

開店六年，Morning 將熱情投注在料理上並持續精進學習，自製鹽麴、自學糠床漬菜、在陽台架設煙燻爐、並且每個月都會推出手打烏龍麵。活出心中熱愛，與朋友大方分享，是 Morning 與 Candy 在臺東描繪並實踐的生活景象。

089-345-600

No. 16, Ln. 128, Hangzhou St., Taitung City,
Taitung County
臺東市杭州街128巷16號

11:00-18:00. Closed on Sunday and Monday.
11:00-18:00 | 週日、一公休



W.G. Café

野室珈琲

A modern-style café serving innovative tribal goodies

信手拈來，說不盡的臺東故事

In the bright lit space of this modern café with French windows, you can savor different tribal food, including pumpkin soup with flying fish, a signature dish giving off pleasant smoky fragrance. Welcome to W.G. Café, where the owners Rita and JD share the culinary delight of tribal food culture in Taitung.

The couple opened this café while running their jobs in-depth tourism industry and they are fastidious about their selection of food ingredients in regards to the “stories” of tribal culture they tell. For example, smoked flying fish is an important symbol of traditional wisdom of food preservation in the Amis tribe and Tao tribe on Orchid Island. Its appetizing aroma is a distinctive feature of local tribal food culture in Taitung. The café also serves bubbling tea of kombucha grown and fermented by a small farmer, which has a rich fragrance and refreshing flavor. By offering drinks made with local produce, JD is eager to share agricultural products of his friends in Luye who have lovingly tended their farm.

When you visit the W.G. Café, take your time to know the stories behind the food and drinks and enjoy the culinary pleasure they provide!

陽光透過落地窗灑落在野室珈琲摩登明亮的空間中，剛剛上桌的招牌飛魚南瓜湯，竟然喝的到一陣一陣的煙燻香，這裡既有臺東的「野」，又有舒適的「室」，是 Rita 與大益的打造的「臺東美好分享站」。

從深度旅遊體驗產業跨入咖啡館經營，Rita 和大益關注每一樣食材、料理背後所傳遞的故事，例如煙燻飛魚是東海岸阿美族、蘭嶼達悟族保存食物的傳統智慧，而煙燻的氣味也是 Rita 每一次拜訪部落一定會帶回家的嗅覺記憶。店裡供應的康普茶，是來自鹿野小農朋友自家種植、自家發酵的產品，除了香氣層次豐富、氣泡清爽舒心，大益更想與客人分享朋友在鹿野的生活，是如何細膩地照顧土地、珍惜作物與種子，才能釀出一杯杯美好佳釀。

來到野室，請不吝多留一些時間聽故事，然後化為行動，出發體驗臺東的無限美好。

089-340-581

No. 350, Zhejiang Rd., Taitung City, Taitung County
臺東縣臺東市浙江路 350 號

9:00-17:00. Closed on Monday and Tuesday.
9:00-17:00 | 週一、週二公休



Austronesian Café

南島咖啡部落廚房

A university café featuring “anthropology of food”

走進飲食文化人類學家的大學餐廳廚房

Austronesian Café is managed by Lily, who comes from Taromak village of Rukai tribe in Taitung. Serving food with macaranga leaves at the bottom of the plate, she tells different stories about Austronesian culture in Taiwan with the dishes she prepares.

Located in the campus of National Taitung University, the café is a venue where the students can access tribal food culture with food. The restaurant run by Lily has been relocated a couple of times, just like history of people in Taromak tribal village. The experience of “migration” has made Lily stronger and more determined to tell stories of aboriginal tribes with her food, including smoked meat, which is an important part of aboriginal hunting culture. In the past, aboriginal hunters would smoke the meat of their prey for dehydration in order to reduce the weight, which made it easier for them to carry the meat as they went down the mountain to share it with their people. Lily uses betel pepper leaves, which have a distinctive flavor of plants in the pepper family, to make dumplings, instead of wrapping betel nuts. She also makes desserts with dregs of millet wine, which is a creative practice of reducing food waste.

Although Lily is already a walking encyclopedia of tribal culture in Taiwan, she is still constantly learning new knowledge and is now studying for her PhD in food anthropology. As a fluent English speaker, she has actively participated in international events for tribal food and told stories about the history of Austronesian culture in Taiwan to the rest of the world.

以血桐為襯葉，來自達魯瑪克部落的 Lily 姊（溫秀琴）呈上深厚的魯凱飲食文化，每一道料理都是南島民族的文化故事。

南島咖啡部落廚房位在臺東大學校區內，是一處讓學子從日常飲食親近部落文化的中介站。Lily 姊經營的餐飲空間歷經多次搬遷，如同映出達魯瑪克部落數度遷村的歷史，生命經歷在心中刻出堅韌，化為不斷以料理訴說故事的熱情。煙燻肉呈現獵人文化，燻烤讓肉類脫水減重，方便獵人將獵物帶下山與族人分享；荖葉帶有胡椒科的獨特香氣，不包檳榔而是放入水餃，讓人眼睛一亮！將釀小米酒剩餘的酒糟加入甜點，是珍惜食材的再應用。

已是部落活百科的 Lily 姊仍好學不倦，正在攻讀飲食文化人類學博士，以流利英文與精湛廚藝，將達魯瑪克滋味端上國際舞台，展演南島語族從臺灣航向世界的歷史。

0921-271-883

No. 369, Sec. 2, University Road, Taitung City,
Taitung County
臺東市大學路二段 369 號

11:00-15:00. Closed on Saturday and Sunday.
11:00-15:00 | 週六、日公休



Riverwalk Bakery

河堤パン時光

A bakery selling bread and pastry with “local aroma”

揉進在地食材，烘烤出有臺東味的麵包香

Situated in a community by the Taiping River, the bakery provides many options to its customers, who can enjoy their food and the riverbank scenery at the same time in the space outside the door.

Working with small local farmers for experimentation of new ingredients, the owner has made bread of different styles and innovative ingredients. Just one bite of its products, you can feel the beauty of natural food ingredients in Taitung.

The bakery owner uses premium black rice sourced from an eco-friendly farmer in Taitung to cultivate bakery strain for the specialty country bread that is made with local millet wine and gives off pleasant fragrance of black rice and wheat. Moreover, the bakery also offers cake made with local roselle and pineapples, scone made with organic atemoya (custard apple) and bread with sailfish floss. With innovative spirit, the bakery has continued to launch different kinds of new products and provide bread made with local ingredients specifically for its “Slow Food Day” from time to time.

河堤パン時光座落於太平溪畔的社區，販售著豐富多元的麵包品項，門口開放式的木作吧台，闢出一處望著綠意的空間，讓人悠哉地享受河堤麵包時光。

與在地小農合作嘗試新食材，再運用不拘束的製作手法，讓不同元素彼此碰撞，吃上一口就能感受到大自然賜予臺東的純粹與美好。

河堤パン時光運用「山谷裡的一家人」友善耕作、品質優良的黑米培養成黑米菌種，融入臺東小米酒後，製作成黑米菌種小米酒鄉村麵包，入口麥香，尾韻米香。除此之外，還有以臺東洛神及土鳳梨製作成的鳳洛酥，有機鳳梨釋迦製作成司康，成功旗魚鬆化為具有臺東特色的海味麵包等等，河堤パン時光持續發揮研發創作的熱情，不定期推出河堤慢食麵包日，以麵包來分享臺東的故事。

089-324-967

No. 9, Aly. 50, Ln. 892, Sec. 1, Zhonghua Rd., Taitung City,
Taitung County
臺東市中華路一段 892 巷 50 弄 9 號

14:00-20:30. Closed on Friday, Saturday and Sunday
14:00-20:30 | 週五、六、日公休



ICifa Restaurant

ICifa 法式餐廳

Creative French delicacies prepared with indigenous ingredients

穿梭在市場、山林間的創意主廚

ICifa means “market” in Amis language. In Taitung, a traditional market provides all sorts of local ingredients, including salted raw pork, salted cow fat and salted roe made by senior women of the Amis tribe (Ina). All these ingredients are sources of inspiration for Chef Jitang Zheng of ICifa.

After education in a culinary school, training in a restaurant of a big hotel and work experience in a French restaurant at Changbin, Zheng started to have a clear idea about his career plan and opened ICifa Restaurant in 2020. He goes to a traditional market to source seasonal ingredients every day whenever his restaurant is open. During his days off, he goes up the mountain to collect vegetables and herbs in the wild. Chef Zheng knows all the suppliers of his ingredients and the ways they produce them. From the pickled appetizers to cold and hot starters of fresh seasonal seafood, he always serves exquisite delicacies made with local ingredients and gastronomy creativity.

ICifa 是阿美族語的「市場」，市場是臺東食材的集散地，阿美族 Ina 的醃豬肉、醃牛油、醃魚卵，都是 ICifa 法式餐廳主廚一筒（鄭吉棠）的食材靈感來源。

經過餐飲學校、大飯店餐廳的訓練和長濱法式餐廳的洗禮，一筒對於理想的廚師生涯有了更清晰的想像，於是 ICifa 法式餐廳在 2020 年正式開幕。工作日，一筒天天上市場找尋當季滋味，休假日則上山採集野菜野草；從運用醃漬物的開胃菜到融入當季魚鮮的冷熱前菜，主廚認識每一位食材的提供者及其生產方式，再透過精緻的料理手法，讓臺東風味有了超越想像的創意呈現。

0912-834-744

No. 30-1, Sec. 2, Xing'an Rd., Taitung City, Taitung County
臺東市興安路二段 30 之 1 號

Dinner only. Reservation required.
提供晚餐，採預約制







South-Link Line

南迴山海

South-Link Line

LI.KA CAFÉ

力卡珈琲



089-772-056

No. 210, Jinlun Rd., Taimali Township,
Taitung County
臺東縣太麻里鄉金崙村金崙路 210 號

10:00-20:00. Closed on Tuesday.
Open until 16:00 on Monday.
10:00-20:00 | 週一營業至 16:00，週二公休





A visitor-friendly and environmentally-friendly café

以食物和旅人做朋友

Guests of LI.KA CAFÉ are encouraged to hit the beach and enjoy their afternoon tea and desserts it serves, like red oolong tea and pound cake made with *Alianthus prickly ash*. LI.KA is a plastic-free café that doesn't use disposable dishware and the guests can return its dishware after they return, helping protect the environment by supporting its plastic-free policy.

Situated next to Jinlun Tunnel leading to the seaside, the café uses made-to-measure country-style wooden furniture built by Sunrise Driftwood Workshop in Duoliang. The chef uses environmentally friendly ingredients produced by local tribal villages, including peanuts, millet, *Alianthus prickly ash*, distiller's dried grain and crispy plums, to make desserts of "local flavors." One of the café owners Nathan started his career on his homeland as a farmer after his return and he wants to share food made with premium agricultural products of small farmers in his tribal village with the visitors.

Nathan and Woosun (another owner of the café and Dagedanhouse) opened LI.KA CAFÉ with the encouragement of guests of Dagedanhouse, who had given favorable feedback about the food it served. "Our dream is to open a Dagedanhouse and a LI.KA CAFÉ that presents distinctive local characteristics at every township in Taitung," said Nathan resolutely.

端著紅烏龍茶及刺蔥磅蛋糕散步到太平洋，享受一段慵懶的午茶時光。力卡咖啡鼓勵客人走到海灘上享用餐點，回程時再順手歸還餐具。選擇不使用一次性餐具，為守護環境付出一份心意。

力卡咖啡位在金崙隧道旁，穿過隧道便迎向大海。店內溫潤的原木桌椅，是特別邀請多良的向陽薪傳木工坊製作。店裡選用部落生產的友善食材：花生、小米、刺蔥、酒粕、脆梅等，依循著季節，烘烤出地方的特有風味。從務農開啓返鄉生活的政義，希望用食物與旅人做朋友，分享部落小農的用心。

力卡咖啡的催生，是住過打個蛋海旅的客人想念民宿餐食，讓政義與武撒恩經營起第二個空間。「我們的夢想是，臺東每一個鄉鎮都有一間充滿在地特色的打個蛋海旅及力卡咖啡。」政義沈穩地道出那一抹心中的理想風景。



Ni Camak's Kitchen

達興山號

A tribal café run by a seasoned Paiwan chef

當專業主廚回到部落家鄉

The chef Camak left his tribal village at the age of 12 and returned to the homeland with his wife Jiajia and children when he was 42. Now he serves traditional cuisines of Paiwan tribe made with ingredients from tribal forests and his culinary creativity.

With over 20 years of cooking experience, the chef opened the restaurant at Nanxing tribal village of Dawu Township at southern part of Taitung, in order to go back to his tribal roots with traditional food. Camak is a shy man and cooking is his way of “communication” with his guests. He garnishes the dishes with small pebble stones and leaves of subcostate crape myrtle tree, which can be easily found in his tribal village. His wife Jiajia is a cheerful woman who would enthusiastically introduce his culinary creation and share the stories behind all the dishes he prepares.

Camak and Jiajia returned to his homeland with a dream of helping their children develop their identity as part of Paiwan tribe from Qudjaqas village. According to Jiajia, the restaurant is much more than a workplace for them. “It is our home and a venue to make friends,” said Jiajia.

12 歲離開，42 歲返鄉，部落游子阿泰和妻子榕佳、孩子們一起返鄉，尋覓山林部落中的特色食材，以廚藝與創意創作一道道特色的餐桌風景。

達興山號位於臺東南端的大武鄉南興部落，主廚阿泰累積二十多年的廚房歷練，期待透過料理一步步尋回自身文化。木訥的阿泰以餐點表達想法，將部落常見的鵝卵石、九芎樹都融入餐桌風景；太太榕佳活潑大方，熱情介紹丈夫的創作，分享食材背後的故事：毛地瓜是回到部落生活後認識的傳統食物、野蜜是採集者在山裡辛苦取得的珍貴甜點。

阿泰與榕佳攜手返鄉，心中期待兩個孩子能認識文化的根，知道自己是來自魯加卡斯部落的排灣族。榕佳說：「達興山號不只是一間餐廳，更是我們返鄉生活的基地、接待朋友的溫暖客廳。」

0932-221-039

No. 3, Daxing, Dawu Township, Taitung County
臺東縣大武鄉南興村達興 3 號

11:00-14:00. 17:00-20:00. Closed on Sunday and Monday.
11:00-14:00、17:00-20:00 | 週日、一公休

Reservation required. 預約制





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112 年臺東慢食運動永續推廣融入雙語元素計畫

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指 導 單 位 行政院農委會水土保持局

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TAIWAN TAITUNG

*Good
Clean
Fair*