

TAITUNG Slow Food 2024 SELECT



臺東慢食指南

廚藝、食材、文化、創意、生活
——
五大面向交織臺東慢食店家的餐桌風貌，
兩年一次的醞釀與蓄成，邀您尋訪品嚐。

With five elements – culinary arts, pure ingredients, vibrant culture, innovative spirit, and rich lifestyle – we invite you to indulge in the feast offered by Taitung's Slow Food restaurants.

TAITUNG
Slow Food
SELECT

臺東慢食指南



Slow Food®
Taitung Taiwan

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走進臺東 品味「慢」的力量

在這片靜謐而豐饒的土地上，時間似乎流轉得格外緩慢，讓我們得以細細品味自然的饋贈。臺東選擇了「慢」這條道路，慢食運動的推廣不僅是一種飲食文化的選擇，更是一種對生活方式的重新詮釋。當世界不斷追求快速與效率時，臺東憑藉著獨特的地理環境與深厚的文化背景，堅持與自然和諧共生的理念，逐步形塑出屬於自己的「慢經濟」。

慢食運動的核心在於對地方食材的尊重與保護，以及對傳統飲食文化的珍視與延續。臺東的慢食，不僅僅是烹調手法上的講究，更是料理人對食材的嚴格把關，對文化的深刻理解，以及對生活的細心探索，將臺東的風土人情融入在每一口細細品味的美食之中。對我們而言，慢食是一種與土地的對話，讓我們透過餐桌上的美味佳餚，回歸自然找到平衡。

隨著時光的推移，臺東的慢食運動逐漸成熟，並在兩年一度的臺東慢食評鑑中，透過專業評審的認真品評，推動著在地餐飲的創新與發展。透過這次評鑑，我們希望挖掘出更多優秀的在地餐廳，並且從廚藝、食材、文化、生活和創意等不同面向深入地認識臺東的慢食廚人，讓來訪臺東的旅客在《2024 臺東慢食指南》的指引下，體驗那份由「慢」所帶來的深刻滿足。

《2024 臺東慢食指南》在此為我們展現臺東的獨特風味。在這裡，每一道料理都在講述著關於慢食的故事，每一位料理人都在實踐著對土地的熱愛與尊重。我們誠摯地邀請每一位來到臺東的朋友，走進慢食餐廳，感受這份深厚的「慢」，並在這片美麗的土地上，找到屬於自己的味蕾記憶與心靈共鳴。

Come to Taitung And Taste the Power of Slow Food.



In this quiet and abundant locale, time flows at an easy pace, allowing locals and visitors to savor the bounties of nature. Taitung has chosen to embody the “slow” philosophy. Promotion of the slow food movement is not just a choice of dietary culture, even more so, it is a new interpretation of lifestyle. As the world continues to pursue speed and efficiency, Taitung falls on its unique environment and special culture. Having maintained harmonious coexistence with nature, Taitung has created its own native “slow economy.”

Respect for and preservation of local ingredients and the continuation and celebration of traditional food cultures are at the center of the slow food movement. Slow food in Taitung is not limited to culinary technique; the chefs' serious grasp of ingredients, deep understanding of culture and meticulous investigation of life bring the environment and traditions of Taitung into every morsel of these local delicacies. For us, slow food is a dialogue with the land that allows us to find a balance with nature through the dining table.

Taitung's slow food movement has gradually matured. In the biennial Taitung Slow Food Report, serious critique by professional judges has driven innovation and development of local cuisine. This tasting and evaluation aims to unearth more outstanding local restaurants and develop in-depth understandings of Taitung's slow food creators from the perspectives of culinary technique, ingredients, culture, life and creativity. We hope that through the 2024 *Taitung Slow Food Select*, more visitors can experience the blissful contentment arising from the “slow.”

The “2024 *Taitung Slow Food Select*” is here to reveal to us the unique flavors of Taitung. Here, every dish tells a story of slow food, and each chef practices love and respect for the land. We sincerely invite every visitor to Taitung to try our slow food restaurants, feel the depth of slow cuisine and experience spiritual resonance with this beautiful land through your tastebuds.

臺東慢食評鑑 評審的話

Judges' Words About Taitung Slow Food Select

王琴理 Ginny Wang | 芒果女王 & 芒果咖啡共同創辦人
Co-founder of Mango Coffee



所有的農業從吃開始，『吃在地、食當季』吃就是終極的驗收。臺東慢食運動的推動，對居民對店家對旅客而言，是一場溫柔而強悍的飲食文化革命。連續兩屆評審工作，看見參與的店家們齊心努力地運用並深化各種在地食材，以獨特的料理方式演繹著臺東的風土民情，讓人滿是驚艷與感動。期待臺東慢食持續走向國際，讓世界認識不一樣的臺灣。

Eating is the reason why people engage in agriculture in the first place and “eating local and seasonal” is the ultimate test of agricultural success. For local people, food producers and tourists alike, the Taitung Slow Food movement is a peaceful but powerful revolution in food culture. As a judge for two consecutive Slow Food Select, I have been touched and impressed by the collective dedication of participants to making food with a variety of local ingredients and special cooking techniques. I hope to see increasing global visibility for Taitung Slow Food, which can offer the world a glimpse of a different side of Taiwan.

徐仲 Andy Chou | 飲食文化工作者 Food Culture Specialist



很高興能受邀參與評鑑，在許多新店家的身上，看見了對「在地」的詮釋和創新，在曾參與過的老店家身上，看見了對於「傳統」的守護和堅持。其實評鑑本身不在於分出高低好壞，而是一種願意參與思考「臺東滋味」的活動，只要願意投入，臺東的餐桌自然精彩，而這並非一種形而上的花俏浮誇字詞，因為「臺東慢食餐廳」是真的精采迷人。

It was such a pleasure to receive the invitation to evaluate the participating stores and restaurants. During the process, I encountered innovative interpretations of “local” from new establishments and witnessed the endeavors made by older businesses for the protection and preservation of traditions. The evaluation itself was not about differentiating good participants from bad ones; it was actually an opportunity for all to explore and define their own vision of “Taitung Flavors.” Those who invested real effort into their work naturally managed to create impressive culinary experiences. It is no exaggeration to say that a Taitung Slow Food restaurant is synonymous with a delightful dining experience.

郭庭璋 Wes Kuo | EMBERS 主廚 Owner and Chef, EMBERS



這是我第一次參與臺東慢食評鑑的評委，接獲邀請時便一口答應，一來是因為對慢食的認同，再者則是「臺東」。個人認為臺東是臺灣本島飲食與地景結合的象徵更是族群人文薈萃的至寶，我私心想，如果慢食有一座城市，那必然會是一個有著山間縱谷與無垠海際的所在。再談「慢食」，我們經常著眼於「食」，但身為一個廚師，我認為，食物與是展現地方風土的媒介，而唯有「慢」才能將生活的能量蘊含，慢食的發展正是生活與風土的述說。

This is my first time to be a judge for Taitung Slow Food Select. I accepted the invitation without any hesitation for two reasons: my appreciation of what Slow Food and Taitung represent. In my view, Taitung is a wonderland in terms of how local food culture integrates the natural landscape while also including and infusing the different ethnic groups, cultures and peoples. For me, the best place for Slow Food culture to develop has to be a place with mountains, valleys and open ocean. When discussing Slow Food, many people only think about the “Food” part, but as a chef, I believe that food is only a medium to present local culture and only the “Slow” can bring out the most essential, the best of what life has to offer. That’s why Slow Food is a great way to tell stories about the lifestyle and culture of local communities.

王南琦 Nan Chi Wang | 《戰鬥媽媽的餐桌與家書》作者

Author of “A Warrior Mom’s Dinner Table and Home Letters”



當全世界的旅遊風潮從走馬看花的「觀光打卡」轉向在地生活的「體驗探索」，這本《臺東慢食指南》絕對是想認識臺東迷人 life style 的最佳選擇！選一間臺東慢食餐廳，在主廚充滿當季生活感的餐桌上，用舌尖品味花東縱谷與太平洋的豐盛美好；打開五感，好好享受一場扣人心弦的臺東風土之旅吧！

As global travel trends shift from mere sightseeing to immersive local experiences, the Taitung Slow Food Select is the perfect choice for those who want to know more about Taitung’s captivating lifestyle. Choose a restaurant from this guide and savor the richness of the East Rift Valley and the Pacific Ocean through dishes crafted with seasonal ingredients by the chef. Engage all your senses and embark on a truly memorable gastronomic journey through Taitung’s local flavors.



王鵬傑 Peng-chieh Wang | 莎士比亞烘焙坊 Shakespeare Bakery

我覺得臺東是個在環境、飲食、文化，都是個想法很自由的城市，且保留了很多的原味。因為自由，所以可以嘗試的面向就很廣。

這次參與評鑑看到許多店家以自己擅長的料理方式，融入慢食概念或以在地食材入菜，作為消費者與農夫之間溝通的橋樑。轉而支持在地小農的商品，同時維繫彼此情感，強化在地傳統與文化歷史，並一起增進品味食物的能力與知識。在陳述自己與這片土地的情感時也讓我也因此更加心懷感激，甚至每一口食物也顯得更加美味。

I think Taitung is a place where original ideas and freedom of thought is encouraged with regards to the environment, food and culture. As a result, there are ample opportunities for experimentation in these regards. During the evaluation process, I saw many participants integrate Slow Food values or use local ingredients as they prepared their food with cooking techniques they have mastered. Their restaurants and stores have become bridges fostering bonds between consumers, owners and local farmers, supporting local produce, and strengthening ties to local traditions, culture, and history; all that while imparting knowledge and food tasting skills. As I listened to them talking about their love for the land, I felt even more grateful for the food they served and such appreciation made every mouthful of food even more delicious.



**葉杏珍 Hsin-chen Yeh | MOA 基金會三大事業推廣講師
Speaker for the MOA Foundation**

擔任「臺東慢食餐廳」評審已經第五屆，每次都要確認店家的餐廚管理，很多店家一剛開始是抱著被打分數的想法整理，但因著幾屆的環境友善食材課程與參訪三星店家的學習，慢慢體會出慢食評鑑對於食材來源、食物安全、用餐環境的在意，漸漸地大家真心實踐慢食精神，與這樣一群用心於運用在地友善食材與風土料理的店家們在一起，我與有榮焉！

This is my fifth time serving as a judge for the Taitung Slow Food Select and kitchen management has always been one of my rating criteria. Over time, I have observed that many restaurants initially kept their kitchen neat and tidy only to get a favorable rating. However, after participating in courses on environmentally-friendly ingredients and visiting three-star restaurants to observe and learn in recent years, they have gradually appreciate why ingredient sourcing, food safety and dining environment are so important. I am honored to witness and contribute to this positive change, collaborating with those dedicated to using locally-produced ingredients and preparing local cuisine with care and commitment.



**王嘉平 Jia-ping Wang | SOLO PASTA 主廚
Founder and Chef, SOLO PASTA**

幾次參與臺東慢食評鑑的經驗，從開始嚴格的初審，到一家一家安排店家的試吃，到最後評審們「激烈」的討論。都讓我深深的感動！

這個想把臺東最迷人的面貌，呈現給在地的、外來的朋友們的驕傲信念，是一年一年一直地堅定茁壯！希望大家看得到，吃得到，感受得到！

As a seasoned judge of the Taitung Slow Food Select, I have to say that the evaluation starting from the rigorous preliminary review, sample tasting of all participating stores and restaurants along the way, to the heated discussion among the judges has been such a touching experience for me. The desire of the participants to present the best of Taitung to local people and visitors alike has motivated them to push forward year after year. I hope everyone can see it, taste it, and feel it!



高靜玉 Esther Kao | 資深媒體人 Senior Media Professional

「初衷」是人們在任何事物上很重要的起點。今年是第四次參與評審工作，八年來一路看著主辦單位與慢食餐廳夥伴們，努力讓臺東的美好與豐盛凝聚成亮點，開出特具姿態、自信互助、共榮共好的花，也是大家辛苦的成果。

今年有許多新報名店家，代表慢食精神與原則已開始在臺東扎根，「食在地、飲在地」已成與消費者溝通的一部分，且向山上海邊伸展開來，期待不久的將來，在其他地區也能開出美麗的慢食花朵。

I believe people embark on different sorts of undertakings to fulfill their original mission and purpose. As a four-time judge of Taitung Slow Food Select, I can testify to the achievements of the participants through their collaboration with the Taitung Slow Food organizers over the last eight years. Their self-confidence, mutual support and collective endeavors have borne remarkable accomplishments, creating mutual benefits and prosperity, while showcasing the very best of Taitung's natural beauty.

The large number of new participants this year shows that Slow Food values and principles have taken root in Taitung. Our consumer awareness campaign dedicated to promoting consumption of local food and drinks have had a significant impact, extending to communities from the mountains to the coastline of Taitung. We look forward to seeing the Slow Food movement blossom in other regions in the near future.

臺東慢食 關鍵數字

Key Figures of Slow Food Movement in Taitung

12 年 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 12 年。

Since the Farm to Table campaign was launched in 2012, Taitung County government has promoted slow food culture for twelve years.

5 屆 TIMES

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，2024 年為第 5 屆慢食評鑑。

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 fifth slow food select is produced in 2024.

30 間 RESTAURANTS

「2024 臺東慢食評鑑」經過書審、初審走訪、複審品評試吃，共評選出三星、二星、一星、明日之星共 30 間最具指標性的慢食星等店家。

According to preliminary review of application documents, on-site visit of the restaurants and stores and sampling their food for selection of a total of 30 representative restaurants, which were selected and given different ratings, including 3 stars, 2 stars, 1 star and "rising star."

19 場 EVENTS

除了造訪慢食星等店家，每年春天、秋天還可以來臺東參加「臺東慢食節」。自 2017 年起至 2024 年春天，以風土食材、飲食文化、食農教育為主題，共舉辦過 19 場各有特色的飲食節慶活動。2024 年秋天即將舉辦第 20 場次「臺東慢食節—新·臺東辦桌」。

From 2017 to spring of 2024, Taitung City government held 19 slow food festivals featuring local specialties, food culture and food and agriculture education. The 20th slow food festival will be held in autumn of 2024.

175 間 RESTAURANTS AND STORES

近年來，共有 175 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。

Over 175 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.

98,000 人次 VISITORS

隨著慢食在臺東受到認同，臺東慢食節參與人次節節攀升，19 場臺東慢食節累計約有 98,000 人次參與其中。

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 98,000 people have visited 19 bazaars of the Taitung Slow Food Festival.

2 項獎座 AWARDS

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」。

Taitung Slow Food Festival was given the Gold Award of the 2021 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.

慢食指南使用說明

User Information for Taitung Slow Food Select

慢食面向能力表 What are the five elements?



● 廚藝 CULINARY ARTS

以精湛的廚藝將在地食材的最佳風味充分展現，讓人透過味蕾感受臺東山海之美。
The restaurant fully demonstrates the best flavors of Taitung through superb culinary skill.

● 食材 INGREDIENTS

嚴選在地食材，與在地農友和生產者建立穩定合作關係，確保食材的品質。
The restaurant carefully selects local Taitung ingredients and establishes stable partnership with local farmers and producers to ensure the quality of ingredients.

● 文化 CULTURE

將原住民族及臺東不同族群的飲食技法與現代料理結合，傳遞臺東深厚的文化內涵。
The restaurant combines culinary methods of indigenous tribes and other ethnic groups with modern cuisine to express the depth of Taitung culture.

● 創意 INNOVATION

勇於突破傳統，創造出視覺與味覺兼具的創意料理，展現臺東飲食文化的無限可能。
The restaurant dares to break through tradition and integrate the spirit of slow food into its cuisine.

● 生活 LIFESTYLE

將食材選用和用餐氛圍與自然和諧共處的理念相結合，傳遞慢生活的美好體驗。
The restaurant embodies Taitung's unique lifestyles through its cuisine.

星星所代表的意義 What does the number of stars mean?

★★★

三星店家 THREE STARS

店家與料理相當符合慢食精神，具代表性，且能透過料理充分傳達臺東風土。

The restaurant/store and its food faithfully follow the spirit of slow food. Their dishes are representative and express local food culture of Taitung.

★★

二星店家 TWO STARS

店家與料理符合慢食精神，且在優質、純淨、公平的評鑑指標上表現優異。

The restaurant/store and its food generally follow the spirit of slow food and have outstanding performance in terms of the indicators of "good," "clean," and "fair."

★

一星店家 ONE STAR

店家與料理具慢食概念，並部分達到評鑑指標。

The restaurant/store adopts slow food principles for food preparation and satisfies specific criteria of the evaluation.

明日之星 RISING STAR

店家認同慢食概念，且深具發展潛力。

The restaurant/store accepts slow food ideas and has great potential of development.

星星如何產生 How are the ratings generated?

Good 優質

- 料理美味 Gourmet food.
- 不使用化學添加物或過度加工之食品
Avoiding use of chemical additives and over-processed foods.
- 料理可呈現臺東的生活方式
Incorporating local characteristics into food preparation.
- 料理對保存臺東飲食文化有正面幫助
Promoting local food culture with the menu design.

Clean 純淨

- 食物里程數低 Low food miles.
- 食材以對環境友善的方式生產
Use of ingredients produced with environment friendly ways.
- 料理對保存臺東原生物種有正面幫助
Contributing to preservation of native species in Taitung.
- 食器或包裝選擇安全、永續、環境友善之產品
Use of safe, sustainable, and environmentally-friendly products for tableware or packaging.

Fair 公平

- 清楚食材來源 Clear sourcing of ingredients.
- 了解食材的生產方式
Sourcing ingredients that are supplied with information about their producer and ways of production.
- 與在地生產者建立長期穩定的合作關係
Establishing long-term, stable partnership with local food producers.
- 主動宣傳在地食材、小農與農產品等友善資訊
Active promotion of environmentally friendly local ingredients, small farmers, and agricultural products.



Culinary Arts

廚藝

精湛的技藝喚醒食材的靈魂
讓料理交織成味覺的盛宴

店家以精湛的廚藝將臺東在地食材的最佳風味充分展現，
每道料理皆是一場味覺盛宴，讓人透過味蕾感受臺東山海之美。

The restaurant fully demonstrates the best flavors of Taitung through superb culinary skill. Each dish boasts a feast of flavor, allowing guests to experience the mountains and seas of Taitung through their taste buds.



Sinasera 24

店家資訊 INFO

089-832-558

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

午餐 12:00-15:30，晚餐 18:00-21:30
週一至週五提供晚餐；週六及週日提供午餐與晚餐
Lunch : 12:00-15:30 ; Dinner : 18:00-21:30
Dinner only from Monday to Friday.
Lunch and dinner on Saturday and Sunday.

預約制 Reservation required.





從食材到菜餚的極致專業與用心

Phenomenal expertise and competence in the gastronomical arts

慢食三星廚房背後的團隊，是主廚楊柏偉（Nick）親手訓練和培養的強力後援。團隊的專業和成熟，讓位於長濱的 Sinasera 24 為客人帶來精彩的用餐體驗。

由內場廚師、甜點師、侍酒師以及外場服務人員組成的團隊，每一位都經過主廚嚴格而扎實的訓練，每一次出餐前，餐點會由至少兩名廚師互相檢查，以主廚的味道為標準，確保每一道菜品的一致性和水準，不僅在技藝上達到高水準，對於食材的選用和風味的掌握也有著深厚的理解。



The team running Sinasera 24, a 3-star Slow Food restaurant in Changbin, were trained and coached in person by head chef Nick to present an exquisite feast for their guests.

Nick puts together a team of professional kitchen cooks, a pastry chef, a sommelier and several waiters with each of them going through the chef's rigorous training. All the dishes are examined by at least two cooks before they are served and the chef will taste it to ensure consistency and quality, emphasizing high-level culinary skills and extensive knowledge about how to select ingredients and bring out their best flavors.



廚師除了不斷磨練廚藝，也從認識食材開始了解 Nick 每季菜單的設計理念。比如夏季菜單取自夏天最後一個節氣—大暑，主廚挑選了苦瓜、西瓜等清爽的瓜果類，以苦味和辣味為風味設計主軸，以達調降心火、增進食慾的效果；如用野菜和醃漬魚肝做成苦甘鮮美的涼麵。把東海岸的食材內化成廚師的創作靈感，是 Nick 對於長濱生活的探索而成就的底蘊。

侍酒師翔鈞會根據每一季的菜單精心挑選合適的餐酒，與主廚共同確認風味，確保每一杯酒都能完美襯托出菜餚的味道，嚴謹的菜單設計，只為讓每一位來到 Sinasera 24 的客人享受最佳的用餐體驗。從進入餐廳的那一刻起，客人便能感受到這支團隊的用心和專業，無論是視覺、味覺還是服務，每個細節皆展現出頂級餐廳的風範。

慢食三星廚房的成功，正是依靠這支訓練有素、合作無間的團隊，讓每位來訪的客人都能享受一場完美的美食盛宴。



The cooks have to constantly advance their technique and absorb the know-how about seasonal menu design from Nick. For example, the chef chose melons and refreshing fruit, like bitter melon and watermelon, and used them to make summer dishes that help people cool down in the scorching heat. These delicacies with bitter and hot flavors are served to chill them out and increase their appetite. For instance, the cold noodles with wild vegetables and pickled fish liver release a mixture of refreshingly bitter and pleasant flavors. The chef drew inspiration for this dish from his experience living in Changbin and creatively turned the East coastline ingredients into this exquisite cuisine.

The sommelier Hsiang-chun works with the chef for the best food and wine pairings as they create seasonal menus in order to ensure all the wines served in the restaurant go perfectly with the dishes. With careful deliberation on menu design, the chef provides the ultimate dining experience for all the customers of Sinasera 24. The moment you step into Sinasera 24 you can feel the expertise and dedication of the team shown in every detail of visual presentation, superb food and excellent service of a topnotch restaurant.

The success of this 3-star Slow Food Restaurant comes from the seamless collaboration of this well-trained team; they are the unsung heroes for each impeccable feast served.



行家推薦 EXPERT RECOMMENDATION - 郭庭璋 Wes Kuo

料理手藝精湛，無論是哪一座城市，都會需要一間具有國際視野並能透過料理與取材來充分連結地方的餐廳，Sinasera 24 非常具有代表性，餐食與飲品的配搭能帶給旅客完整的體驗與感受。

The delicacies are prepared with excellent culinary techniques. Every city needs a restaurant like Sinasera 24, a restaurant managed by a chef with international vision and the capability to bring out the best of local ingredients. Sinasera 24 is such an iconic restaurant. The pairings of its meals and wines create a superb dining experience for its visitors.



漁采時令料理

Yu-Cai Seasonal Japanese Cuisine



店家資訊 INFO

0907-089-366

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

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





職人精神結合在地食材的藝術

Japanese cuisine prepared by a professional chef with locally-sourced ingredients

主廚小林師傅近三十年的日料經驗帶到臺東，精湛的廚藝讓臺東土地的豐饒化成餐桌上的佳餚。開業第七年，漁采時令餐桌在林師傅和太太 Cindy 悉心經營下，也成為在地人品嚮道地新鮮日料的口袋名單。

日本料理的精髓在於食材和廚人的手藝，漁采選用臺東友善漁法的漁獲、部落當季的野菜，還有在地小農新鮮收成的綠竹筍，把臺東的「鮮」從山上和海邊端到餐桌上與旅人分享；而前菜、刺身、烤物、揚物、醋肴、炊飯等日式經典料理，藉著林師傅的手，憑著處理食材的細膩工法、扎實的廚藝和對食材風味的敏銳，將臺東優質的食材變成餐桌上道道令人驚豔的料理，不只讓客人品嚐到食物的鮮味，更能體會日本料理的職人精神。

Chef Lin opened Yu-Cai after he moved to Taitung with nearly 30 years of experience in Japanese cooking. Now he prepares delicious dishes using a variety of local ingredients and his phenomenal culinary skills. With the sustained effort of Lin and his wife Cindy over seven years of operation, Yu-Cai has become a well-known restaurant to the people of Taitung.

Quality of ingredients and culinary skills are the key to success with Japanese cuisine. Chef Lin shares the beauty of the mountains and sea with his guests by serving fish caught through eco-friendly fishing practices, seasonal wild vegetables picked by tribal villagers and fresh green bamboo shoots cultivated by small local farmers. All the tasty classic Japanese dishes from appetizers, sashimi, grilled food, fried food and vinegar-based dishes to steamed rice are made using premium ingredients with sophisticated techniques of food handling and deep knowledge about a variety of ingredients. Diners can feel the commitment of a culinary master seeping through into the lovely meals made by this professional chef.

漁采的無菜單，隨著季節的變化而調整料理內容，每一次的到訪可能都會有不同的驚喜。菜單背後是廚師對於食材的用心和料理方式的掌握，是來到臺東不能錯過的美味。

As the Yu-Cai chef-curated dishes rotate seasonally, you may get a different and pleasant surprise each time you step into the restaurant. It's a must-try restaurant during your visit to Taitung because Chef Lin is a real expert of ingredient handling with great culinary abilities.



行家推薦 EXPERT RECOMMENDATION - 徐仲 Andy Chou

到臺東玩為何要吃日料？因為漁獲代表臺東沿岸的鮮味？因為一碗白米飯吃出縱谷的甜味？大巧不工，漁采的精采處往往就在平凡的細節內。

Why do you have to try Japanese food during your visit to Taitung? Because you can savor the delicate flavor of fresh fish caught along Taitung's coastline and the sweet taste of rice grown in the Rift Valley. The chef's dedication to culinary craftsmanship is shown in all the details of the food he serves.



秋香坊

Qiu-Xiang Kitchen

田野之間的鮮味餐桌 — 吹縱谷風的魚料理

A home-style restaurant specializing in fish cuisine

「我愛吃魚啊，就想要做給大家吃。」爽朗的秋香在說菜時無意間的一句，道出對魚料理的喜愛。把海邊的魚帶到位於關山的秋香坊裡，用鮮味一夜干套餐和客人分享這份美味，是秋香樸實且真摯的心願。而店裡主打「吹縱谷風的一夜干」，更是經過無數次的失敗才練就而成的風乾手法。

經過風乾的魚因為水份減少，風味更明顯和濃厚，只需簡單的調味就帶出魚的鮮味。套餐旁邊的配菜也是一點都不馬虎，野菜是關山農婦每天從田邊現採送到店裡，綜合沙拉選用自家種的當季酪梨，還有柴魚和昆布熬製的高湯搭配關山小農的米。如果不習慣吃魚，秋香也有自己研發的手工米麵疙瘩，把關山米磨成米穀粉，加入天然色彩如薑黃、紅麴、紫地瓜等，讓麵疙瘩化成彩虹，色味俱佳，深受小孩喜歡。

細膩的料理手法來自廚人對於食物的喜愛，每道料理都能感受到料理人的用心，也歡迎來到關山一嚐秋香的好手藝。

"I love to eat fish, so I want to serve fish dishes in my restaurant," said Qiuxiang, the cheerful owner of the restaurant, when she talked about her passion for fish cuisine. She opened this restaurant in Guanshan with a sincere aspiration to share delicious set meals made of air-dried sea fish with her guests. The signature air-dried fish is prepared with a drying technique eventually acquired after countless failures.

The flavor of dried fish is stronger than fresh fish because it contains less water and only needs simple seasoning to bring out the pleasant taste. The side dishes are made with carefully selected ingredients, including wild vegetables picked and delivered by local farmers each day. The chef also makes combo salad with home-grown avocados and the broth with bonito flakes and kelp and serves rice cultivated by small farmers in Guanshan. If you don't have a taste for fish, you can try the gnocchi, handmade from local ground rice flour, which are served in the natural colors of the rainbow through turmeric, red yeast rice and purple sweet potato. This dish is very popular with kids because it's pleasing to the eye and the mouth.

The chef welcomes visitors to Guanshan to try the dishes she cooks with exquisite culinary artistry and a passion for food.



店家資訊 INFO

0928-211-245

臺東縣關山鎮大同路 30 號
No. 30, Datong Rd., Guanshan Township, Taitung County

11:00-15:00 ; 17:00-20:00 | 週四公休
11:00-15:00 ; 17:00-20:00 | Closed on Thursday



長光食作

店家資訊 INFO

臺東縣長濱鄉長濱村長光 154 號一樓
1F., No. 154, Changguang, Changbin Village,
Changbin Township, Taitung County

11:50-14:00 ; 17:50-20:00

預約制：透過 Facebook 粉絲專頁進行預約
Reservation required:
Please make a reservation through
the restaurant's Facebook.

Long Light Food

長濱山海的美味呈現

Exquisite mountain and sea delicacies made with local ingredients

擁有三十多年餐飲經驗的 Simon 和合作多年的主廚阿人，初次來到長濱就被這裡慢活的步調吸引，毅然收掉彰化的餐廳，移居到長光。透過發掘在地食材慢慢認識這片土地，也用多年的經驗把東部獨特的食材創作成臺日式無菜單料理。前菜以九宮格的方式呈現，不只賣相精緻迷人，更把長濱的山海一次呈現在客人眼前。一邊上菜也一邊說菜，希望透過不一樣的用餐體驗能讓旅客們更瞭解長濱的故事。

Simon is the restaurant owner with more than 30 years in the catering industry and A-ren is the chef he has worked with for many years. They fell in love with Changbin during their first stay here because of the slow lifestyle. The duo later closed their restaurant in Changhua without any hesitation and moved to Changbin. They have explored their new home through continuous experiments with local ingredients and offer a special menu-less dining experience with unique Taiwanese and Japanese style dishes cooked with the local ingredients of East Taiwan. The appetizer is presented in a nine-square grid served with exquisite plating and made with ingredients sourced from the mountains and sea. Through their introductions to the local ingredients, Simon and A-ren hope to provide food education to their customers about the "stories" behind the special delicacies.



撒花咖啡

店家資訊 INFO

089-780-030

臺東縣太麻里鄉香蘭村 10 鄰新香蘭 33 之 5 號
No. 33-5, Xinxianglan, Neighborhood 10,
Xianglan Village, Taimali Township, Taitung County

週一、週二、週五 14:00-18:00，週六至週日 13:00-18:00
Monday, Tuesday, Friday : 14:00-18:00
Saturday and Sunday : 13:00-18:00

Sakinu & Hanaku Café

為部落食材打開另一扇門

Creative adaptation of tribal food in a modern world

回到「陽光下的沃土」太麻里拉勞蘭部落創業，錦榮以推廣在地小農及原住民傳統作物紅藜、洛神、雞心辣椒等製成馬卡龍，亦配合現代人製成減糖版。在撒花，庭院區總是一位難求。黑金布朗尼上灑滿近年來復育成功的油芒，迷你爆米花在口中跳躍，配上一杯產自太麻里溪流域的沁涼咖啡，讓人忍不住用排灣族語大讚「sanguaq（好吃）」。

The café is run by Chin-jung, a local young man who opened it after returning to his homeland Laolan (which means "fertile soil in the sun" in the Paiwan language) tribal village in Tamali. He started the business to promote the agricultural produce of local small farmers with the food served in his café, including low-sugar macarons made of red quinoa (a traditional tribal crop), roselle and hot chili pepper. At this café, the courtyard area is always crowded and an empty table is often hard to find. You can order a shiny crusted brownie with popcorn-texture oil millet sprinkled on top and a cup of iced coffee brewed with locally-sourced beans. I am sure you would blurt out "sanguaq" (meaning delicious) if you knew how to speak the language of the Paiwan tribe.





Ingredients

食材

展現來自臺東山海的友善食材
與永續生產者共創餐桌的豐美

長濱鄉 CHANGBIN

- ★ 竹湖山居 Taiwan Jugu Farmstay
- ★ 沐森海岸 Moonsun Coast

成功鎮 CHENGGONG

- ★★ 旗遇海味 Meet Marlin

關山鎮 GUANSHAN

- 梓園碾米工廠 ZiYuan Rice Husking Factory Ltd.

臺東市 TAITUNG CITY

- ★★ 艾蘭哥爾藝文咖啡館 Alanger Coffee Shop
- ★ 野室珈琲 W.G. Café

大武鄉 DAWU

- 家家酒書房 Jiajiajiu Book Restaurant

店家嚴選臺東在地食材，注重食物里程，減少環境負擔，並支持永續漁農產業，與在地農友和生產者建立穩定合作關係，確保食材的品質。

The restaurant carefully selects local Taitung ingredients, tracks food miles, reduces environmental costs and supports the sustainable development of agriculture and fisheries. The restaurant establishes stable relationships with local farmers and producers to ensure the quality of ingredients.

旗遇海味

Meet Marlin

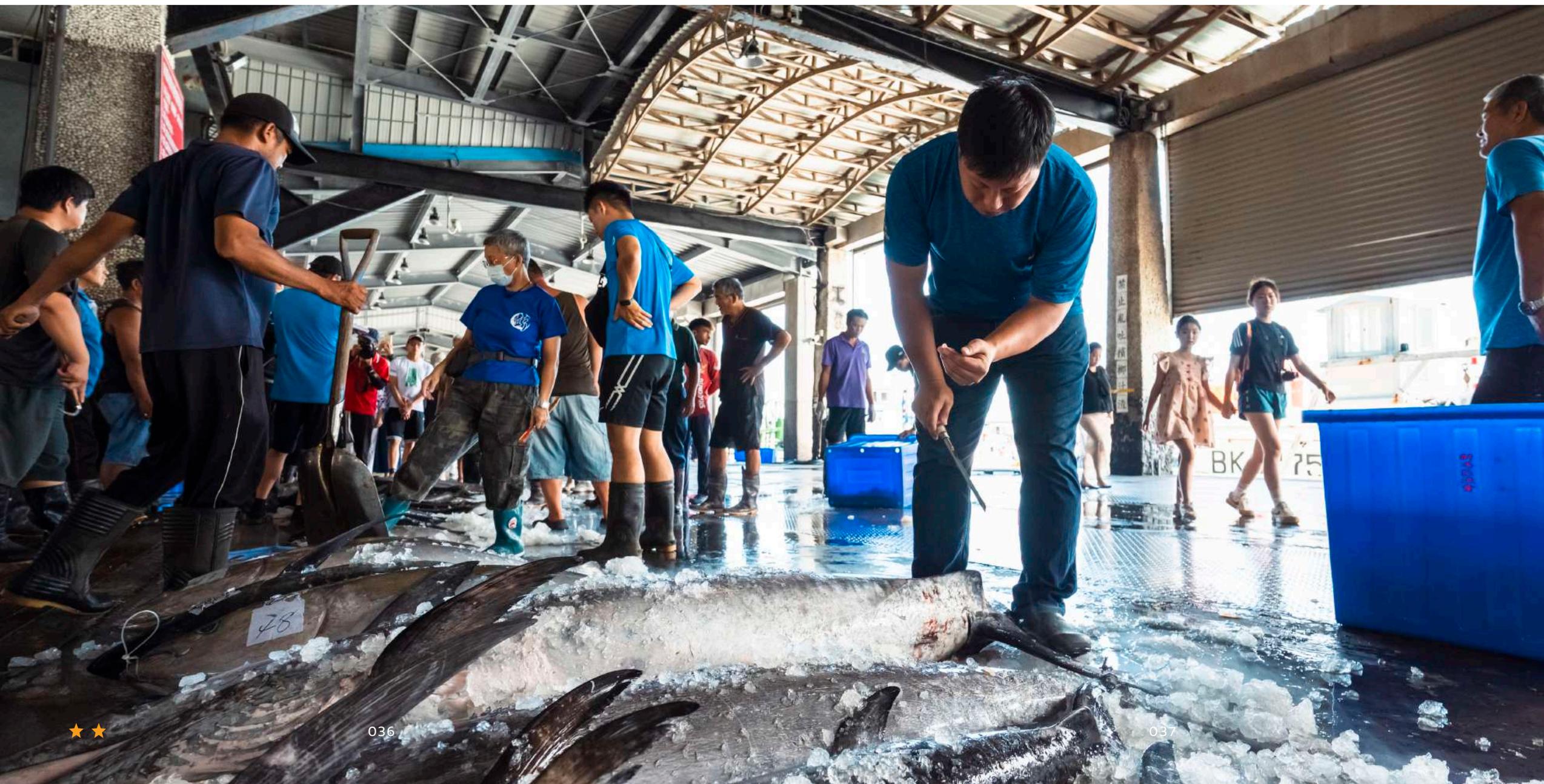


店家資訊 INFO

0988-852-889

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

11:00-15:00 ; 17:00-20:00





從黑潮到餐桌 — 永續海洋的味覺體驗

A seaside restaurant serving eco-friendly sea cuisine

在成功新港漁港的旗遇海味，負責人昱濱和太太筱倩堅持使用永續漁法的海產，把太平洋的美味延續到餐桌，同時喚起食客對於海洋及漁業永續的重視。

身為漁業第三代的昱濱，看著漁港的漁獲量從阿公捕魚的年代開始逐年遞減，有些魚種甚至瀕臨消失，「如果我們不好好珍惜海洋，小朋友以後可能就吃不到這些魚了。」育有三名兒女的昱濱和太太筱倩深切體會永續海洋的重要。親自到漁港選魚，不只從源頭開始把關食材，更是以實際的行動支持使用友善漁法的漁民，旗遇海味在 2023 年購入的手鏢白旗魚數量，佔了全臺十分之一。

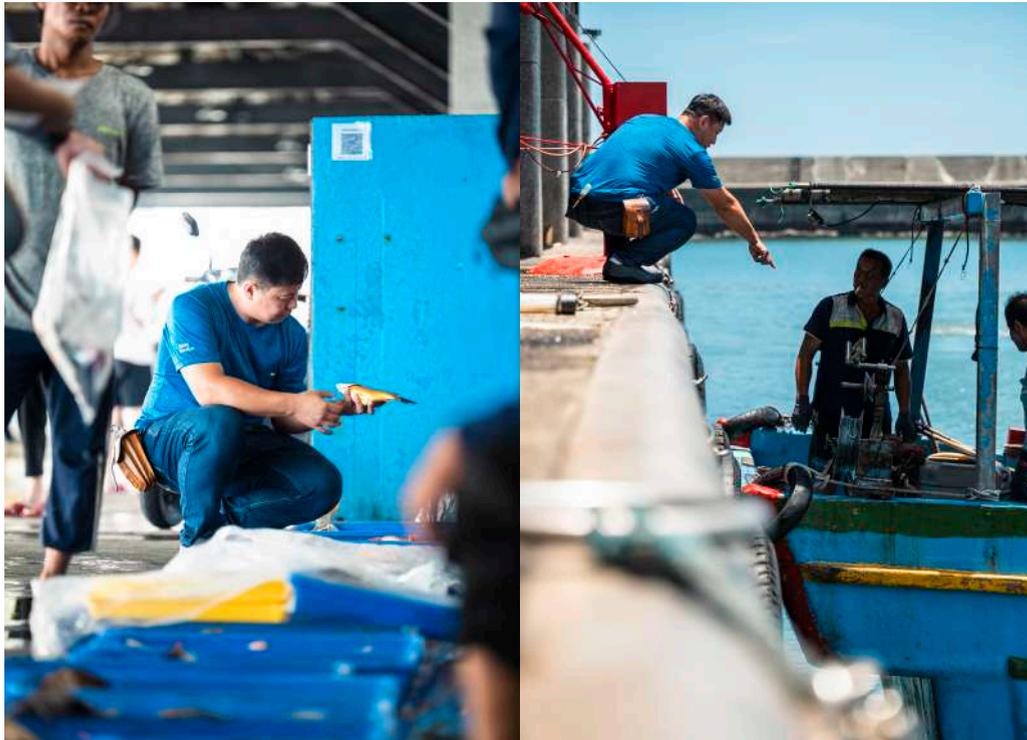


Meet Marlin is a seafood restaurant at Chenggong Fishing Harbor run by Yu-bin and his wife Hsiao-chien, who only use fish caught with eco-friendly practices to prepare their food. With the appetizing meals they make, they aim to raise awareness about marine conservation and sustainability.

Yu-bin's grandfather was a fisherman and he has witnessed gradual decline in local fish catch since his grandpa's era. Things are so bad now that some fish species are on the verge of extinction. "If we don't cherish the ocean, our children may not be able to eat some species of fish in the future." As parents of three children, Yu-bin and Hsiao-chien are acutely aware of the importance of marine sustainability. This is why they go to the fishing port to pick the fish in person, thereby ensuring the quality of their ingredients and supporting local fishermen using eco-friendly practices. In 2023, they bought 1/10th of the total catch of black marlin caught by hand-harpooning in Taiwan. The restaurant offers not only a wonderful dining experience, but also a chance to contribute to ocean conservation.

除了菜單上的單點料理，旗遇海味今年更推出「海耀·永續」的套餐（需預約），集合了各種友善漁法的漁獲，讓客人用舌頭感受一場海洋的盛宴。從前菜潮間帶採集的石鱉、海菜，一支釣野生紅甘生魚片，到延繩釣鬼頭刀和鰹魚做成海鮮飯湯，還有手鏢白旗魚腹搭配當季的蔬菜，跳脫一貫的海鮮料理手法，用簡單的調味帶出海產的鮮味，每一口都是昱濱和筱倩對於海洋永續的堅持。

In addition to the à la carte menu, Meet Marlin is launching the "Ocean Brilliance · Sustainability" set menu (reservation required). It features a collection of seafood caught using marine-friendly fishing methods, inviting guests to savor a true ocean feast. The set starts with an appetizer of chitons and seaweed harvested from the intertidal zone, followed by wild amberjack sashimi caught by deep-line fishing. It also includes seafood rice broth made with longline-caught swordfish and bonito, and the belly of hand-harpooned black marlin paired with seasonal vegetables. Breaking away from traditional seafood preparation methods, the dishes use simple seasoning to bring out the freshness of the seafood. Each bite embodies Yu-bin and Hsiao-chien's commitment to marine sustainability.



行家推薦 EXPERT RECOMMENDATION - 高靜玉 Esther Kao

成功突破過去產地海鮮餐廳求新鮮快速但忽略美感的窠臼，菜單分類清楚扼要，菜色融入西式擺盤與醬汁萃取方式，讓人耳目一新。

Many harbor seafood restaurants in Taiwan serve fresh dishes that are quick to prepare but presented without food aesthetics. Meet Marlin is a delightful exception. It offers dishes served with neat presentation and western-style sauces, which comes as a pleasant surprise to its patrons.



艾蘭哥爾藝文咖啡館

Alanger Coffee Shop



店家資訊 INFO

089-335-123

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

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



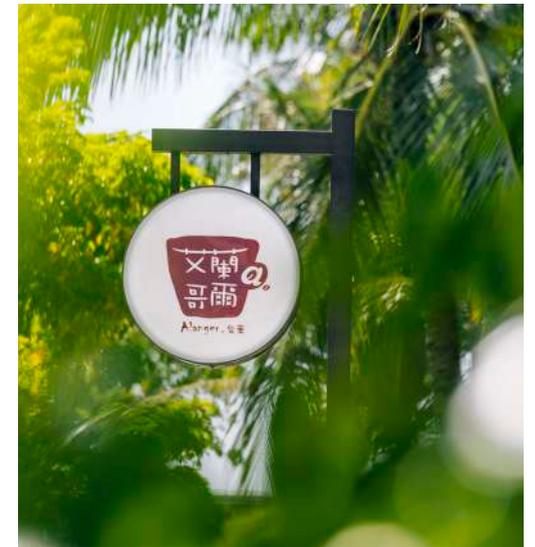


將對臺東咖啡愛，分享給每位到訪的旅客

A café embodying the owner's love for locally produced coffee

葡萄牙人給臺東的美麗稱號「艾蘭哥爾（Alanger）」，在臺東美術館的敞亮空間裡保留下來。咖啡館主人弘典有一座咖啡園，也如同店名，坐落在「遙遠而美麗的地方」，於南大武山金崙流域的 800 公尺處野放生長。

多年來致力於推廣臺東精品咖啡，弘典總是熱心地對每一位到訪的客人講述產地的故事。館內臺東咖啡地圖高掛，標記著臺東三線五區的特色與風味。



“Alanger,” meaning a distant and beautiful place, was the name given by the Portuguese to Taitung. This coffee shop in a well-lit part of Taitung Art Museum was named Alanger by the owner Hung Tien, who has an organic coffee farm of the same name by the Jinlun River on South Dawu Mountain, at an altitude of 800 meters.

Hung Tien has been dedicated to promotion of locally-produced specialty coffee for many years. He is always eager to share stories about different local coffee origins. A Taitung coffee map showcasing different coffee production areas in Taitung is hung on the wall of the café to introduce the different characteristics and flavors of Taitung coffee.

縱谷線傾向高原的焦糖味；海岸山脈背風坡的泰源盆地，淺烘時有著明亮果酸與獨特菸草香。位於南迴的弘宇自然農場，得利於雲間帶下緣的生態林環境與海風及雲霧影響，有著島嶼型咖啡獨有的巧克力香與溫和果酸味。

店內的臺東精品黑咖啡隨機出杯，每一口啜飲，都是產地猜謎。艾蘭哥爾菜單看似簡單，實則意義滿滿。

Alanger makes their coffee using locally-sourced beans from various origins in Taitung; beans harvested in the Rift Valley have a caramel flavor; light roast beans picked from coffee trees growing on the leeward slopes of the Coastal Range have a distinctive fruity flavor and tobacco fragrance; beans growing at the Hong Yu organic farm by the South-Link Highway have a chocolatey fragrance and mild fruity, sour flavor, a distinctive feature of island-grown coffee, thanks to the farm's altitude, surrounding natural forest and misty, windy weather.

Alanger serves premium black coffee brewed with the local beans of different origins. Though the menu may seem simple, Alanger puts Slow Food values into practice every step of the way.



行家推薦 EXPERT RECOMMENDATION - 高靜玉 Esther Kao

不斷致力與消費者溝通臺東不同產地豆，因著風土在入口表現上的差異，且努力精進專業技術，令人期待。
The owner is committed to promoting locally-produced coffee beans with distinctive flavors and has worked hard to perfect his craft, making this café well worth a visit.



竹湖山居

Taiwan Jugu Farmstay



店家資訊 INFO

089-832-383

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

預約制 Reservation required.

最短的食物里程，最新鮮的餐桌美味

Nourishing food that boasts short food mileage and super fresh ingredients

藏身於山林之間的竹湖山居，是金田和美菊悉心照料的生態園區，讓人一邊大口呼吸著長濱山上清新的空氣，一邊享受腳下的土地所生產出的食物。

車子開過顛簸的產業道路，穿過一片樹林，來到竹湖山居第一件事情必然是吸一口山林間乾淨的空氣。男主人金田在園區種下數萬棵臺灣原生樹種與殼斗樹苗，而女主人美菊則努力把猴群口下不吃的作物加工成茶包或調味粉，整片園區每個季節都能產出不同的食材。為了讓旅人更深度體驗臺東的山林，竹湖山居近年更規劃了「樹冠層滑索體驗」和「山海鞦韆體驗」，在穿梭山林後一品美菊姐準備的美食。取自園區裡的野菜，揉進長濱米成為飯糰，還有土地現採當季的蔬果，加上一杯濃郁的南瓜湯，補足滿滿元氣。

除了住宿的客人可以享用到豐富的早餐，來到竹湖山居進行山海體驗的客人也可以一嚐美菊姐的手藝。

Nestled in the lush mountain forest, Taiwan Jugu Farmstay encompasses a large eco-park that the owners Chin-tien and Mei-chu have carefully tended. Visitors can suck in the fresh mountain air in Changbin as they enjoy meals made with seasonal ingredients collected from the park.

After a ride on a bumpy mountain road, the first thing you have to do upon arrival is to take a deep breath of pure mountain air. Over the years, Chin-tien has planted tens of thousands of native fagaceae tree saplings in the park, while his wife Mei-chu has served food prepared with different seasonal ingredients sourced from their own land, including tea bags and food supplements made with “leftovers” from the monkeys. To entertain their guests, the park has canopy zip wire and tree swings for them to fully enjoy their stay here. You can try energy-boosting dishes cooked by Mei-chu, including rice balls made with wild greens growing in the park rolled into locally produced rice, accompanied by fresh seasonal vegetables and fruits harvested from their own land and a cup of rich pumpkin soup.

Overnight guests at the farmstay are treated to a hearty breakfast, while customers just passing through can also try the nourishing food made by Mei-chu.



沐森海岸

Moonsun Coast

以農為主的料理人，從種下一顆種子開始料理

A restaurant serving food made with fresh, home-grown ingredients

Kyan 和 Latte 在自家的後園種下一片菜園和果園，養了幾隻雞，也養了幾箱蜜蜂。一開始只是想來到臺東過簡單的務農生活，但他們的雙手不只採收土地的作物，更讓食材幻化成餐桌上的美味。

位於長濱墾橋臺 11 線上的沐森海岸，是 Kyan 和 Latte 改造朋友老厝而成的小餐館，供應季節性的無菜單料理。這一季的菜單以「風土」為題，除了後園的蔬果和雞蛋，也使用墾橋的白蝦、成功的漁獲、玉里的連貞豬，還有玉長公路上的山當歸。農忙本就是體力活，問到兩人為何務農以外還要做餐，Kyan 笑說：「農夫本來就很喜歡分享自己種的蔬果，如果能做成餐點，從產地到餐桌，讓無毒的蔬菜給更多人食用，我們來說就是最好的慢食實踐」。

悉心照料土地所長出來的食材，是沐森海岸一開始想和大家分享感動，在菜餚之間可以感受到 Kyan 和 Latte 對食材的珍惜，每一口都是廚人從種下種子開始料理的美味。

Moonsun Coast is run by Kyan and Latte, who originally just wanted to enjoy a simple farming life after they moved to Taitung. Today they prepare gourmet food for their guests with home-grown ingredients produced by their own vegetable garden, orchard, small chicken farm and several bee houses.

Located along the Jieqiao section of Highway 11 in Changbin, Moonsun Coast was once an old house belonging to a local friend, which was turned into a small restaurant after renovation. It serves chef-curated meals prepared with locally-sourced seasonal ingredients. They use home-produced food, including eggs laid by the backyard chickens and fruit and vegetables harvested in their garden and the orchard. They also make dishes with ingredients sourced from local food producers, including white shrimps from Jieqiao, fish from Chenggong harbor, pork produced in Yuli and lovage growing by the roadside of the Yuchang Highway.

Why would they want to take on the demanding work of running a restaurant when the farming alone is grueling work? "As farmers, we genuinely want to share our fruit and vegetables with people. Running a restaurant that offers a farm-to-table experience prepared with toxin-free produce is the best Slow Food practice for us," said Kyan.

With the operation of this restaurant, Kyan and Latte aspire to share meals cooked with ingredients provided by the land that they nurture with great care and love. Guests can taste the appreciation and effort in every bite, knowing each dish starts with a seed planted and lovingly tended by Kyan and Latte.

店家資訊 INFO

臺東縣長濱鄉寧埔村墾橋 1 號
No. 1, Jieqiao, Ningpu Village, Changbin Township, Taitung County

週一、週五 18:00-21:00
週日 12:00-14:00 ; 18:00-21:00
Monday, Friday : 18:00-21:00
Sunday : 12:00-14:00 ; 18:00-21:00
實際營業時間以店家公告為準

Business hours are subject to the restaurant's updates.

預約制：透過 Facebook 粉絲專頁進行預約

Reservation required:

Please make a reservation through the restaurant's Facebook.



野室珈琲

W.G. Café

分享在地食材的美好故事

A café telling inspiring stories about special foods in Taitung

從臺北移居臺東，從深度旅遊業跨足咖啡館經營，Rita 與大益不只希望打造結合選物、講座與私廚的無框架空間，更致力於媒合小農，讓每一位到訪的旅人，都能吃到最新鮮的食材。

在陽光透過二層樓高落地窗灑落的明亮空間裡，剛上桌的招牌飛魚南瓜濃湯冒著濃郁香氣，輕啜一口，南瓜的鮮甜中竟帶有一絲煙燻焦香。

「我們的海鹽來自長濱蔡班長，雞蛋用使用多多牧場的放牧蛋，煙燻飛魚是東達悟族保存食物的傳統智慧。」每端出一道料理，大益都能對食材來源信手捻來。

在野室，有 70% 的餐食飲品均來自在地。農人是供應者，也是朋友，大益和 Rita 用行動力幫農品創造通路，精心製成風土佳餚，讓臺東的「野」在市中心也能被細細品嚐。

Dayi and his wife Rita are the café's owners who opened it after leaving their jobs in the immersive tourism industry. Now it is not only a space where the couple serves foods made with fresh ingredients sourced from small farmers, but also a venue where they promote premium local specialties, hold lectures and provide private dining services.

In the brightly lit space of this two-floor building with French windows, you can sip hot pumpkin soup cooked with flying fish, a signature dish with a pleasant smoky fragrance from the fish and a sweet flavor from the pumpkin.

Dayi, an expert on the ingredients at his fingertips, says that they use handmade sea salt made by Mr. Tsai, a specialist producer of salt in Changbin, free-range eggs from Duoduo organic chicken farm and smoked flying fish made with traditional food preservation techniques of the Tao tribe on Orchid Island.

70% of food ingredients used by the café comes from local producers. Dayi and Rita are both buyers and friends of their produce suppliers of and their patronage not only opens up a distribution channel for their farming friends, but also benefits their restaurant business in downtown Taitung City.



店家資訊 INFO

089-340-581

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

11:00-17:00 | 週一、二公休
11:00-17:00 | Closed on Monday and Tuesday.



家家酒書房

店家資訊 INFO

089-791-931

臺東縣大武鄉大武村大武街 84 號
No. 84, Dawu Village, Dawu St.,
Dawu Township, Taitung County

週一、週四、週五 12:00-21:00
週六至週日 10:00-21:00
Monday, Thursday, Friday : 12:00-21:00
Saturday and Sunday : 10:00-21:00

Jiajiajiu Book Restaurant

與地方老農小農共創美好

A special dining place benefiting the owners and local farmers

廣播主持人美緣返鄉創業採訪時，活泉爺爺拿出刺蔥鹽探詢：「可以幫我賣賣看嗎？」於是，她用刺蔥鹽搭配獵人山豬臘肉，做成山豬茶香炒飯，成功攬獲旅客和在地人的胃。刺蔥鹽銷量增加了，小農老農紛紛找上門，寄售品如裝置藝術般，陳列於餐廳一隅。對美緣而言，平價健康的在地美食，是書房的驕傲，也是媒體人跨足地方創生的堅持。

The owner Mei-guan was a hostess of a radio show before she returned to her homeland to start her own business. As she was doing an interview, she met an old farmer who approached her with a salt mixed with prickly ash and asked her if she could help him sell it. She later started to serve fried rice seasoned with the salt and mixed with the smoky bacon of wild boar caught by local hunters. With its tea fragrance, the dish has won the heart of visitors and locals alike. As the sales volume of the salt increased, other local farmers, including some old ones, started to visit her for consignment of their agricultural produce, which is displayed in one corner of the dining area like an installation artwork. While Mei-guan takes pride in serving healthy budget meals and running the book store; it is also a venue for her personal placemaking project as a former media worker.



梓園碾米工廠

店家資訊 INFO

089-931-888

臺東縣關山鎮德高里永豐路 69 號
No. 69, Yongfeng Road, Degao Village,
Guanshan Township, Taitung County.

08:00-17:30

*ZiYuan Rice Husking
Factory Ltd.*

從稻田到甜點 — 當碾米廠不只賣米

A rice mill that sells tasty desserts

有著全臺最大的有機促進區，梓園後山咖啡室致力於減少農業廢棄物產生。利用米穀粉結合小農當令食材，製成米蛋糕、米餅乾、米巴斯克等，打破大小朋友對傳統點心的想像。植哲最推薦的是艾草米米磅蛋糕，結合傳統客家艾草米粿的意象與融入在地客莊的特色，艾草糖霜甜而不澀，尾韻艾草特有的甘苦味與糖沙的顆粒感，使咀嚼間除了艾草香氣外，更有甜脆感作為點睛，打破艾草苦澀與傳統米食的既定印象與，延續了米食文化中的艾草風味。

ZiYuan Rice Husking Factory Ltd., Taiwan's largest organic farming zone, is more than a rice mill. The second generation, Chih-hsi, founded Houshan Café to reduce agricultural waste. The café serves desserts made with rice flour and local seasonal ingredients, including rice cakes, cookies, Basque-style desserts, and brownies. Chih-hsi's top recommendation is the Asiatic Wormwood rice pound cake, inspired by traditional Hakka flavors. The mugwort frosting balances sweetness with a subtle bitterness, offering a unique texture and aroma that redefines the perception of mugwort and traditional rice dishes while preserving cultural flavors.





店家致力於保存並傳承臺東多元族群的傳統飲食文化，將原住民族及臺東不同族群的飲食技法與現代料理結合，傳遞臺東深厚的文化內涵。

The restaurant is committed to preserving and passing on the traditional food cultures of Taitung's diverse peoples. The restaurant combines culinary methods of indigenous tribes and other ethnic groups with modern cuisine to express the depth of Taitung culture.

Culture

文化

將傳統飲食融入當代生活
每一口都承載著歲月與土地的故事



M'loma



店家資訊 INFO

0975-002-597

臺東縣臺東市正氣北路 109 巷 60 號
No. 350, Zhejiang Rd., Taitung City, Taitung County

週五 18:00-21:00；週六至週一 11:30-14:00；18:00-21:00
Friday : 18:00-21:00 ; Saturday to Monday : 11:30-14:00 ; 18:00-21:00

預約制 Reservation required.





品味故事 — 餐桌上的部落走讀之旅

An impressive gastronomic tour of tribal food culture

提到原民料理，刺蔥、馬告、野菜或小米等都是耳熟能詳的食材，但在 M'loma 主廚阿嶽的眼中，原住民的飲食文化不局限於食材和料理手法，而是源自每個部落獨特的故事。

M'loma 的故事來自阿嶽對於「家」的想念，在尋回阿美族傳統飲食文化的同時，也發現即便是同一族群，也會因為地域、歷史等因素而形成各部落的差異。為了更深入了解不同族群的故事，阿嶽展開了廚師的部落走讀之旅。來回拜訪耆老，把部落的故事透過料理重新詮釋在餐桌上。



When it comes to indigenous food in Taiwan, people usually think of common tribal ingredients like prickly ash, maqaw mountain pepper, wild vegetables and millet. According to M'loma's head chef A-Yue, however, the food culture of indigenous people is not just about the use of indigenous ingredients and cooking techniques, it is about telling the unique stories of different tribal villages.

The story of M'loma started with the chef feeling homesick, before he embarked on the journey of reviving the traditional food culture of the Amis people. He discovered that people in of the same tribe but in different villages had developed different gastronomic traditions due to divergent environmental conditions and historical backgrounds. He began to visit elderly people in local tribal villages in his quest for knowledge about their tribal food culture. Subsequently, he designed the menu based on the gastronomic wisdom he acquired during his journey of culinary exploration.

來到關山的巴拉雅拜部落和德高部落，阿嶽用當地的阿美族和客家文化交織創作了這一季的菜單。比如在客家傳統刈包裡加入阿美族的燻肉，發想自中興崗哨下的孩子用石頭和老農人交換刈包的故事。阿嶽也把南瓜化成美人山上的月亮，盛裝香草和野菜沙拉，讓人在品嚐食物時也身歷其境。

每一個地方都有它獨特的故事和風景，而 M'loma 用料理帶你走訪不同的部落。在品嚐食物的滋味之餘，也細品主廚在每個部落收集的感動。

Take Balayabai and Degao, two Amis tribal villages in Guanshan, for example. A-Yue drew his inspiration for his seasonal menu design from the interweaving Amis and Hakka culture of the local communities. Inspired by the story of kids exchanging *guabao* with old farmers with stones near the Zhongxin look-out post, Chef A-Yue combines *guabao* pork bun, a traditional Hakka snack, with smoked meat of Amis Tribe. He also replicates the beautiful moonlight from Meiran Mountain with pumpkin, generously garnished with a brightly-colored salad of wild vegetables and herbs, presenting the varied beauty of Taitung's landscape.

Every place has its own unique stories and landscape. A meal at M'loma is a great indigenous food culture experience; as you taste the food here, you are also undertaking a gastronomic tour of different tribal villages arranged by the chef.



行家推薦 EXPERT RECOMMENDATION - 郭庭璋 Wes Kuo

如果你想聽聽部落的故事，請一定留下時間慢慢的品嚐主廚在部落間的走讀與發掘，在 M'loma 每一口食物都是文化的咀嚼，烹飪手法不失傳統也展現現代，細膩融合各族部落飲食特色。

If you want to know stories about indigenous people, make sure you stay here long enough to carefully taste a meal made with tribal food components, which were discovered and studied by the chef. Each bite of food served by M'loma is a product of indigenous food culture prepared with traditional and modern cooking techniques and ingredients used by people in different tribal villages.

Tanya's 泰食餐桌

Tanya's Thai Food Table

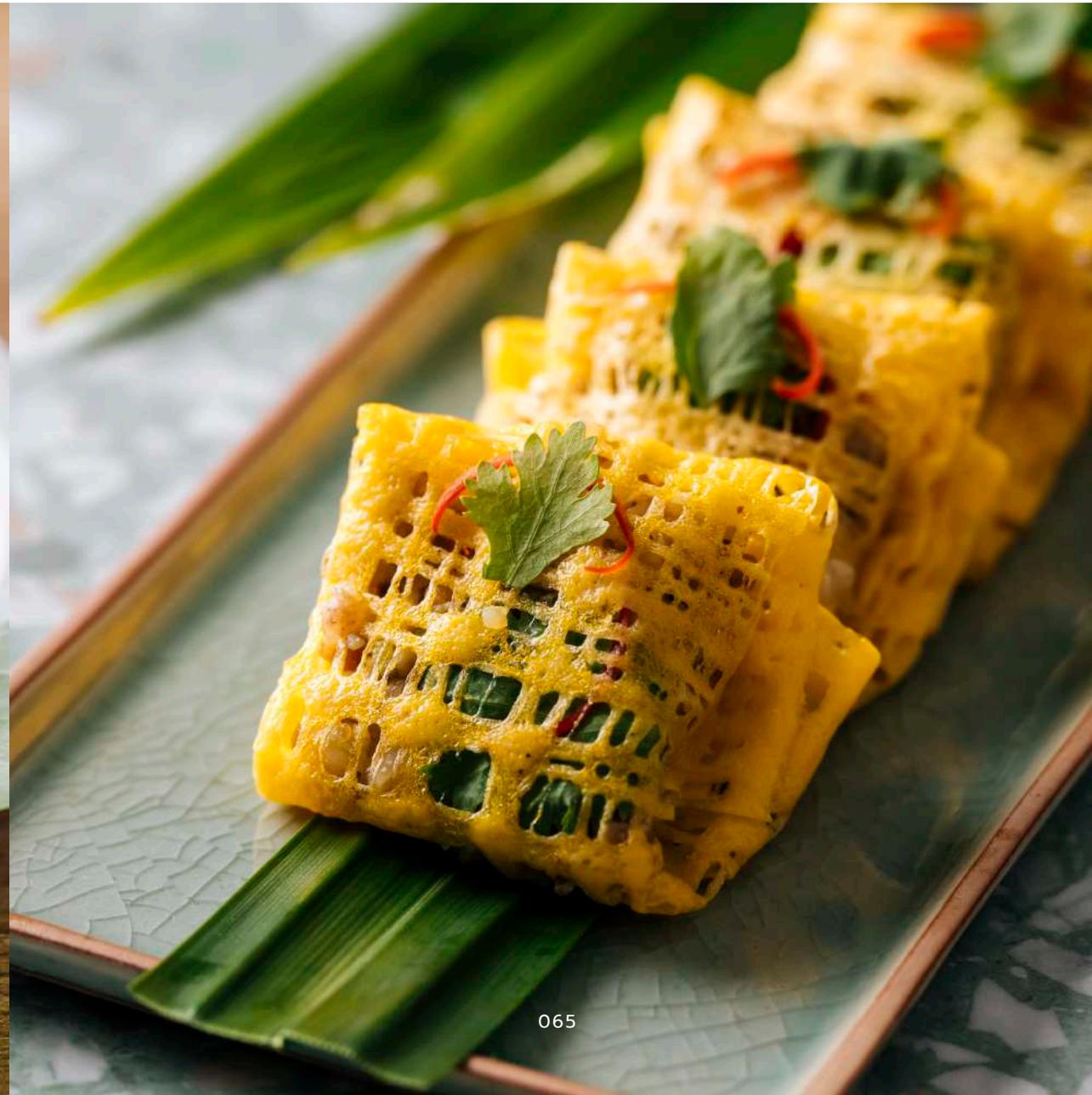


店家資訊 INFO

0905-277-308

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

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





巧手重現泰國皇家茶點

Relish Thai royal desserts made by a Thai culinary artist

位於臺東市區的 Tanya's 泰食餐桌開業五年，用道地的泰式料理擄獲了不少饕客的胃。而除了大家熟悉的打拋豬、檸檬魚和青木瓜沙拉之外，主廚 Tanya 還有很多關於泰國飲食文化的故事想和大家分享。

經過五年的醞釀，Tanya 把曼谷藍帶廚藝學院難度最高的手藝—泰國皇室點心，重現在位於臺東市區 Tanya's 泰食餐桌。用廚師的巧手和美感，做出一道又一道精緻的甜、鹹點，把臺東的食材融入到二百多年前泰式的傳統料理中，呈現泰國各地獨特的飲食文化。有用臺東的米炸成酥脆的米餅搭配層次豐富的瑪莎曼咖哩，也有用洛神和米穀粉等臺東在地食材復刻的玫瑰花餃，從鹹到甜，讓人每一口都吃得到泰國的特色。



Located in downtown Taitung City, Tanya's Thai Food Table has been in business for five years and captured many foodies' hearts with authentic classic Thai dishes. In addition to popular Thai dishes like basil chili pork, lemon fish and green papaya salad, Chef Tanya also desires to share much more Thai cuisine with her patrons.

After five years of operation, the restaurant now serves Thai royal desserts, which are elegant delicacies that put the culinary skills of students of Le Cordon Bleu Dusit Culinary School in Thailand (where she graduated from) to the ultimate test. With remarkable gastronomical skills and food esthetics, Tanya presents the distinctive characteristics of food culture in different areas of Thailand, using local Taitung ingredients in the preparation of traditional sweet and salty Thai dishes with a history of over 200 years. For example, she serves Massaman curry, a dish full of rich, layering flavors, which is presented with crispy fried cookies made of local rice. She also makes rose-shaped dumplings prepared with local ingredients like roselle and rice powder, so you can savor authentic Thai food in Taitung style without ever having to fly to Thailand.

泰國皇室點心的製作都十分費工，也考驗廚人的手藝，比如用自然食器香蕉葉包裹的椰香米甜粽，是主廚用泰國傳統手法一顆一顆親手包裹；玫瑰花餃用特殊鑷子，一瓣瓣捏製出來，每一口都是料理人的用心及堅持。皇室午茶會以餐會的形式，不定期在 Tanya's 泰食餐桌舉行，食客不僅可以一嚐傳統泰式皇室點心，更可以品味料理背後的故事。

The preparation and presentation of royal Thai desserts is time-consuming work and a challenging trial of the culinary technique of every Thai chef. For example, the chef has to make each coconut rice sweet dumpling by hand, wrapping it in a banana leaf, a natural container, in the traditional manner. The rose-shaped dumplings are another example that demonstrate the dedication of the chef to her cooking as she has to pinch out all the petals of one rose-shaped dumpling with a special forcep. Tanya presents the Thai royal desserts at irregular afternoon tea parties in the restaurant. As the patrons enjoy the Thai royal desserts, they also have a chance to hear the stories behind the exotic delicacies.



行家推薦 EXPERT RECOMMENDATION - 王南琦 Nan Chi Wang

泰國藍帶廚藝學校第一名畢業，Tanya 放棄臺北大飯店的邀約，選擇回故鄉臺東，用在地食材演繹正統泰國料理，重點是平價又健康！

Chef Tanya graduated from Le Cordon Bleu Dusit Culinary School in Thailand at the top of her class. She turned down an offer to work in a big hotel in Taipei and returned to her homeland Taitung for this restaurant, which serves healthy classic Thai dishes at affordable prices.



穀白那哪 手工麵包工作室

Kutjunana



店家資訊 INFO

0980-194-261

臺東縣太麻里鄉金崙路 4 鄰 119 之 2 號
No. 119-2, Neighborhood 4, Jinlun Rd.,
Taimali Township, Taitung County

10:00-18:00 | 週日、一公休
10:00-18:00 | Closed on Sunday and Monday.

對家人的愛與部落四季時序，悉心揉進麵團裡

Homestyle bakery bread made with family love and seasonal tribal ingredients

自養酵母結合部落食材，穀白那哪的麵包風味很多元。陸軍士官長退役的志進，夢想是開間大人小孩都愛吃的麵包店。創業前花了 3 年鑽研自養酵母，以冷藏發酵維持麵團的柔韌，佐進媽媽每天上山摘採的野菜，每逢麵包出爐，獨具風味的香氣從小店鋪向外漫溢，吸住每位走入金崙的旅客。

「麵包裡加的飛機菜、大圓葉胡椒、刺蔥、咸豐草、假酸漿葉，都是媽媽每天到山上散步採下來。」在志進的記憶中，媽媽上山採集野菜製作料理，是溫馨的兒時記憶。他將回憶揉進麵團裡，加入無花果、桂圓等增甜。大口咬下蓬鬆麵包，先吃到的自養酵母的微酸，再來是野菜的清香，最後是提味的甜。嚼進胃裡的不只是金崙四季時序，更是志進對家人的愛與健康的追求。

Baked with home-made yeast, the bread made by Chih-chin, the owner of Kutjunana, comes in a lot of flavors. The baker is an army veteran and the bakery is his dream come true because his aspiration is to make bread that both kids and adults like to eat. Chih-chin spent three years on yeast cultivation before he opened Kutjunana in order to develop yeast that can keep the dough soft and resilient during refrigeration. The ingredients include wild vegetables picked by his mother during her daily walk in the mountains. Whenever the fresh bread is taken out of the oven, the bakery gives off alluring scents that entice visitors to Jinlun to stop by.

"All of the plants used for making the bread, including fireweed, piper umbellatum, prickly ash, smallflower beggarticks and apple of Peru, are picked by my mother during her stroll down the mountain every day," said Chih-chin. The ingredients added into his dough are part of his sweet childhood memory because they used to be part of a warm meal cooked by his mother. To permeate a sweet flavor through his bread, he mixes figs and dried longan in with the dough. When you first bite the fluffy bread you taste a slightly sour flavor given off by the home-made yeast, then you smell the refreshing fragrance of the wild vegetables, before finally being massaged by the palatable sweet flavor. What you taste is not just bread made with some seasonal ingredients of Jinlun, it's the baker's commitment to making healthy food for the love of his family.



Luma Café

長濱大街上的越法滋味

Homestyle bakery bread made with family love and seasonal tribal ingredients

在長濱大街上的 Luma Café，是由 Sinasera 24 團隊打造的第二品牌，以越法料理呈現臺東及臺灣各地的友善食材，目前由從臺北移居到臺東的夫妻檔詠倫和阿璋主理。

菜單上可見的牛肉河粉、越南法式三明治、越式春捲等料理，以臺東在地食材加上主廚的法餐手法，重新詮釋越南料理的風味。主廚 Nick 說，越式料理讓人吃得到食材的原味，像在吃春捲時可以吃得到蔬菜的甜、堺橋白蝦的鮮。Luma Café 的單價較親民，但在食材的選用仍秉持慢食原則。店內的在地友善食材選物區，擺放了長濱金剛米、南溪苦茶油等菜單上使用的食材，讓客人吃得到也可以買回家。

為了讓住在長濱的越南姐妹可以吃到家鄉的味道，餐廳在設計菜單前更進行了一場越南姐姐和廚師們的料理交流。用好的食材做熟悉的料理，不只讓風味更突顯，也讓人重新認識越式料理的文化。

Located on the main street of Changbin, Luma is a café opened by the team running Sinasera 24. It serves French-Vietnamese food prepared with eco-friendly ingredients sourced from Taitung and other places in Taiwan. Currently, Yung-lun and A-Wei, a couple who left Taipei to settle down in Taitung, are running the café.

The menu offers classic Vietnamese dishes, including beef noodle soup, sandwiches and spring rolls, which are cooked with local ingredients from Taitung and prepared with French cooking techniques taught by the head chef, Nick. He says that Vietnamese food can bring out the original flavors of the ingredients. For example, Vietnamese spring rolls have the natural sweet flavor of the vegetables and the flavor of fresh white shrimps farmed in Jieqiao. Although Luma Café provides food at more affordable prices, it still sticks to Slow Food values in ingredient sourcing. The eco-friendly food products of local vendors, including those used in the dishes served by the café, are displayed in a small area inside the building. After they have a decent meal in the restaurant customers can also buy local agricultural products here, such as Changbin “diamond rice” and tea seed oil produced in Nanxi.

To give Vietnamese ladies working in Changbin a chance to eat their home cuisine, the chef invited them to try the dishes to be served before the café was opened and inviting critiques on the work of the cooks and mutual exchange of cooking ideas. Luma Café serves popular Vietnamese dishes made with premium ingredients that enhance the flavor and provide an opportunity for diners to explore deeper into Vietnamese food culture.



店家資訊 INFO

089-831-682

臺東縣長濱鄉長濱路 27 號
No. 27, Changbin Rd., Changbin Township, Taitung County

11:00-20:00 | 週三、四公休
11:00-20:00 | Closed on Wednesday and Thursday.



成功海銀行

Chenggong Culture Bank

店家資訊 INFO

089-851-552

臺東縣成功鎮中華路 66 號
No. 66, Zhonghua Rd., Chenggong Township,
Taitung County

11:30-19:30 | 週二、三公休
11:30-19:30 | Closed on Tuesday and Wednesday.

存載潮間帶飲食文化的銀行

A restaurant honoring the tribal tradition of food collection in the intertidal zone

由成功鎮前土地銀行改造的成功海銀行，存載的不是金錢而是成功歷史悠久的飲食文化。團隊在開店前期深入調研成功阿美族海女的採集文化，店裡不只可以品嚐到各種潮間帶的貝類、螺類，還有東海岸特有的飛魚和當季的旗魚料理。為了更完整傳達在地的海洋文化，更在店裡設計了一個小展覽間，展示潮間帶生態以及傳統的食物保存方式，用餐的同時也推廣永續海洋和阿美族的飲食文化。

The restaurant is a renovated building that was previously the Chenggong branch of the Land Bank. Today, it is no longer a depository for cash, but for the longstanding food culture legacies of Chenggong. The team running this restaurant carefully studied the history of craftsmanship, including the food collection by local female divers harvesting shells and mollusks in the sea, before they opened the restaurant. Visitors can taste a variety of seashells and mollusks collected in the intertidal zone as well as other seasonal dishes made with native ingredients such as marlin cuisine by the captain of harpooning boat and braised pork with dried fish from Green Island. To introduce local marine culture to its visitors, there is a small space reserved for an exhibition about the ecosystem of the intertidal zone and traditional practices of food preservation. Visitors can get to know the food culture of the Amis people and support sustainable ocean practices with their consumption here.



店家資訊 INFO

089-561-068

臺東縣延平鄉紅葉村紅谷路 121 號
No.121, Hungye Village, Honggu Rd.,
Yanping Township, Taitung County

11:00-21:00 | 週二公休
11:00-21:00 | Closed on Tuesday.

紅葉谷 綠能溫泉園區 尋星廚房

Vakangan Hot Spring Park - Bintuhan

山谷中尋回部落即將消失的味道

Reviving endangered indigenous food culture in a green valley

座落於延平鄉清幽的山谷中，紅葉谷綠能溫泉園區主要推廣地熱綠能，對於環境的重視從溫泉延伸到餐桌上。結合大地的能量，承襲部落的故事，為下一代探索永續發展的可能。餐廳的年輕團隊選擇畢業後回到部落，向耆老們學習傳統飲食文化，希望尋回布農族的味道。從研發原民五穀麵，到悉心照料的野菜園，在文化復育上餐廳團隊身體力行。堅持使用在地的食材並希望復刻老人家小時候的味道，從食物開始尋回族群文化的根源。

Nestled in a quiet valley of Yanping village, Vakangan Hot Spring Park was created mainly to promote green energy generated by geothermal power. Bintuhan restaurant inside the park serves dishes that tell stories about the food culture of the Bunun people as visitors here explore new possibilities of sustainable development for the next generation. Young members of the team running the restaurant chose to return to their tribal village after they completed their education. They learned about traditional food culture from local elderly people in order to restore the gastronomical traditions of the Bunun tribe. From developing noodles made with five native grains to meticulously tending a garden of wild vegetables, the team is dedicated to a revival of their food traditions. By sticking to local ingredients and trying to recreate the flavors nostalgically remembered by the elders, they seek to reconnect with their tribe's culinary roots.





Innovation

創意

揮灑對食材的詮釋
創作出嶄新的味蕾饗宴

店家勇於突破傳統，將慢食精神融入料理之中，創造出視覺與味覺兼具的創意料理，展現臺東飲食文化的無限可能。

The restaurant dares to break through tradition and integrate the spirit of slow food into its cuisine. The restaurant creates dishes that are innovative both in taste and visual presentation to express the infinite possibilities of Taitung's culinary culture.



眺港 Café

TIAO GANG Café



店家資訊 INFO

臺東縣成功鎮中山東路 57 號
No. 57, Zhongshan E. Rd., Chenggong Township,
Taitung County

11:00-18:00 | 週三公休
11:00-18:00 | Closed on Wednesday.

將傳統中藥材玩出新意

Innovative uses of traditional Chinese medicine

將 60 多歲的老診所改造成咖啡廳，是什麼樣的體驗？

返鄉青年 Linda 與中醫師丈夫張晏於疫情時返鄉，在新港教會的邀請下，賦予成功鎮首間西醫診所新風貌。舊掛號櫃檯成了選物店；診察室則改為吧檯和用餐空間，保留原有木製隔屏，讓當年的診所格局仍清晰可見。

中醫師進駐咖啡廳，創意料理當然少不了。來到眺港，推薦點一杯由中醫師調裡的漢方茶，兼顧眼睛、顧喉嚨也顧心情。若想來點咖啡因，還可嘗試神仙美式或漢方拿鐵。最後，當然別忘了配一塊由 Linda 親手製作的構樹子餅乾，入口可嘗到奶油的鹹香，以及構樹子「啾啾啾」的口感，紮實脆爽體驗，總讓人忍不住一塊接一塊。

What is it like to visit a 60 year-old clinic transformed into a café?

Linda, a young person returned to Chenggong, left the city with her husband, traditional Chinese medicine doctor Chang Yen, during the pandemic. At the invitation of Xingang Presbyterian Church, they gave new life to the town's first Western clinic. The old registration counter has become a select shop, and the consultation room a bar and dining space that retains the original wooden partitions to exhibit the original layout of the old clinic.

With a traditional Chinese medicine doctor in residence, there are many innovative culinary offerings. When you come to Tiao Gang, order a cup of Chinese herbal tea prepared by the doctor. If you want caffeine, you can try the Celestial Americano with Roselle or the Traditional Chinese Latte with Goji Berries. And of course, you shouldn't forget to order one of Linda's homemade paper mulberry seed biscuits and delight in their buttery fragrance and chewy texture. Their hearty and crisp flavor makes them irresistible.



柴米

Daily Kitchen

把在地食材和臺東風土拼貼在餐盤

Culinary collage of local ingredients and Taitung terroir

位於臺東市區的柴米，主打用在地食材做的早午餐，每一季都以不同的食材做主題設計菜單。這一季主題迎來了「野菜」，把臺東各地的野菜進行一系列的料理實驗，從麵包、沙拉、醬料到 Pizza，把常見的野菜變化成不同的料理。

柴米的兩位主理人 Owen 和好米雖然不是餐飲出身，但對於食物一直抱著好奇。在外縣市生活和工作了幾年，最後選擇定居在臺東，因為慢食而認識了臺東各地的生產者。從野菜到糯米酒粕，透過生產者建立起和臺東的連結。柴米的早午餐沒有譁眾取寵的擺盤，但卻是真真實實地把臺東優質的物產融合在餐盤上，讓客人一邊品嚐食物，也一邊感受食材背後的故事。

「柴米」源自生活中的「柴米油鹽」，日常的食材經過 Owen 和好米的創意，化身成不同的料理。在小小的店裡，找一處安靜的角落，一口一口地咀嚼臺東的風味。

Daily Kitchen, located in the heart of Taitung City, specializes in brunch made with local ingredients. Menus are prepared for each season based on different ingredients. The theme of the current season is "wild vegetables." A series of experimental dishes have been created with wild plants harvested across Taitung, including breads, salads, sauces and pizza, transforming common plants into a variety of dishes.

Although Owen and Haomi, the two managers of Daily Kitchen, are not from a culinary background, they have always been curious about food. After living and working in foreign countries and cities for several years, they finally chose to settle in Taitung. Through Slow Food, they have met producers from across Taitung. From wild vegetables to the flavorful "lees", residual byproduct from glutinous rice wine production, a link with Taitung is established through these producers. Daily Kitchen's brunch forgoes crowd-pleasing plating, but truly brings together Taitung's high-quality produce on the plate, allowing guests to savor the dishes while feeling the stories behind the ingredients.

The Chinese name of the restaurant, Chaimi, comes from the Chinese phrase "firewood, rice, oil and salt," meaning common necessities. Through Owen and Haomi's creativity, common ingredients are transformed into all manner of dishes. In this small shop, find a quiet corner and taste the flavors of Taitung, bite by bite.



店家資訊 INFO

089-324-347

臺東縣臺東市正氣路 406 號
No. 406, Zhengqi Rd., Taitung City, Taitung County

09:00-15:00 | 週四公休
09:00-15:00 | Closed on Thursday.



草民

Tsao Min

創意詮釋經典西餐

Creative interpretations of classic Western dishes

隱身在強國街的老宅裡，進門前先被恰到其份的綠植所吸引，古樸質感搭配清爽餐點，草民一直是遊客熱愛的早午餐店。但永哲與依芃的野心不止於此，總思考著該如何突破的他們，琢磨許久，終於在今年夏季推出創意料理。

燉飯沒有米、溫沙拉摻了部落糯米飯，舀起的每一匙，都顛覆著對西式料理的想像。

永哲說，用薏仁做成燉飯，是為符合現代人減醣趨勢，兩種起司做成的白醬濃稠，薏仁的清爽起了解膩作用；荖葉肉醬番茄筆管麵，是經典早午餐「荖葉肉丸」的延伸，每一根麵條都吸附了滿滿的臺東風味，讓人一吃就上癮。溫沙拉搭配的椒麻花生醬，香濃中沁著刺麻，逼出小農蔬菜的鮮甜。

來草民用餐，入口的每一瞬間，都能嚐到廚師的用心。

Hidden in an old house on Qianguo Street, the plants neatly arranged around the entrance invite visitors to enter. Simple refinement and refreshing meals consistently make Tsao Min a favorite brunch spot for visitors to Taitung. But, Yung-che and Epon's ambitions are more than this. They have long been thinking of how to break through, and finally, after long deliberation, they launched their own fusion menu this summer.

The restaurant offers a rice-less risotto and warm salads mixed with glutinous rice from local indigenous tribes. Each spoonful subverts common conceptions of Western cuisine.

According to Yung-che, the use of Job's tears for the risotto is in line with the modern trend of reducing carbohydrates intake. The fresh flavor of Job's tears cuts through the thick white sauce made of two kinds of cheese. The Piper beetle meat sauce tomato penne is an extension of the restaurant's brunch classic "Piper beetle meatballs." Each noodle is packed with the flavors of Taitung, making the dish dangerously enticing. Numbing mala spice effuses the spicy peanut sauce of the warm salad, bringing out the sweetness of vegetables sourced from local farmers.

When you come to Tsao Min, you can taste the hard work of the chef in every moment.

店家資訊 INFO

089-333-110

臺東縣臺東市強國街 256 巷 23 號
No. 23, Ln. 256, Qiangguo St., Taitung City,
Taitung County

08:00-15:00 | 週三公休
08:00-15:00 | Closed on Wednesday.



都蘭海角咖啡

店家資訊 INFO

0903-262-923

臺東縣東河鄉都蘭舊廬 47 鄰 14-10 號
No. 14-10, Neighborhood 47 Jiubu
Donghe Township, Taitung County

11:00-18:00

Dulan Cape Café

用太平洋海風調味的地中海料理

Mediterranean cuisine seasoned with the Pacific sea breeze

在加勒比海地區成長的荷蘭主廚 Nigel，落腳東海岸開了面向太平洋的海角咖啡，把家鄉的地中海料理風味也帶到臺東。偌大的草地上種了許多桑樹，每到桑椹的季節，主廚都會用桑椹做成各式各樣的料理，從沙拉醬汁到甜點和飲料基底。開業九年，Nigel 也透過料理接觸了許多臺東在地的特色食材，用地中海的料理方式為食材增添了不同的色彩，讓客人一邊欣賞無垠大海，一邊享用來自山海的美味。

Dutch chef Nigel, who spent his formative years in the Caribbean and Europe, settled on the east coast of Taiwan and opened Cape Café facing the Pacific Ocean. Nigel has brought homestyle Mediterranean flavors to Taitung. Mulberry trees grow on the vast Taitung plains. Every mulberry season, Nigel creates a multitude of dishes from the harvest, from salad dressings to desserts and beverage bases. In the nine years since its opening, Nigel has learned of many special local Taitung ingredients. He uses Mediterranean culinary methods to grant different tone to the ingredients, allowing guests to enjoy the endless ocean, while savoring flavors from the mountains and the sea.



池上首禾

店家資訊 INFO

0905-556-685

臺東縣池上鄉中山路 225 號
No. 225, Zhongshan Rd., Chishang Township,
Taitung County

12:00-21:00

SOHER Café

多角度傳達米製品的美好

Multifaceted presentation of the charm of rice products

踏進池上街邊小店，才知道米的用途可以很多元。用鮮奶搗製、未添加任何一滴水的鮮奶麻糬沾花生粉與芝麻粉，咀嚼時可嚐到濃郁的奶香與淡雅米香。天然米漿也是店內招牌，有別於市售產品的濃稠口感，大雄與小芳調製的米漿顏色溫潤、清爽順喉，如同他們經營的理念：「真誠待人、自在生活。」

Only after stepping into this small street shop in Chishang will you know the many uses of rice. Pounded with fresh milk, the milk mochi dipped in peanut and sesame powder does not contain a single drop of water. As you chew, the delicate flavors of rice blended with fragrant milk lather your taste buds. Natural rice milk is another signature of the store. Different from the thick, commercially available products, Ta-hsiung and Hsiao-fang make rice milk that is warm in hue, refreshing and smooth, reflecting their business philosophy: "Treat people sincerely and live carefree."





店家透過料理體現臺東獨特的生活方式，將食材選用和用餐氛圍與自然和諧共處的理念相結合，傳遞慢生活的美好體驗。

The restaurant reflects Taitung's unique lifestyle through its cuisine, combining ingredient selection and dining atmosphere with the concept of harmony with nature, offering a delightful slow living experience.

Lifestyle

生活

用飲食詮釋臺東風土
餐盤成為慢生活的分享媒介

鹿野鄉 LUYE

★★★ 恰比兔子 Chubby Rabbit

長濱鄉 CHANGBIN

★ 旅食盒子 Travelfood Traveltime

★ Liberation 解放餐廳
Liberation Restaurant

東河鄉 DONGHE

★★ 幸福食堂 Happiness Kitchen

★ Lafin

★ 木犀 Bar Osmanthus

臺東市 TAITUNG CITY

海食光 Seas The Day



恰比兔子

Chubby Rabbit



店家資訊 INFO

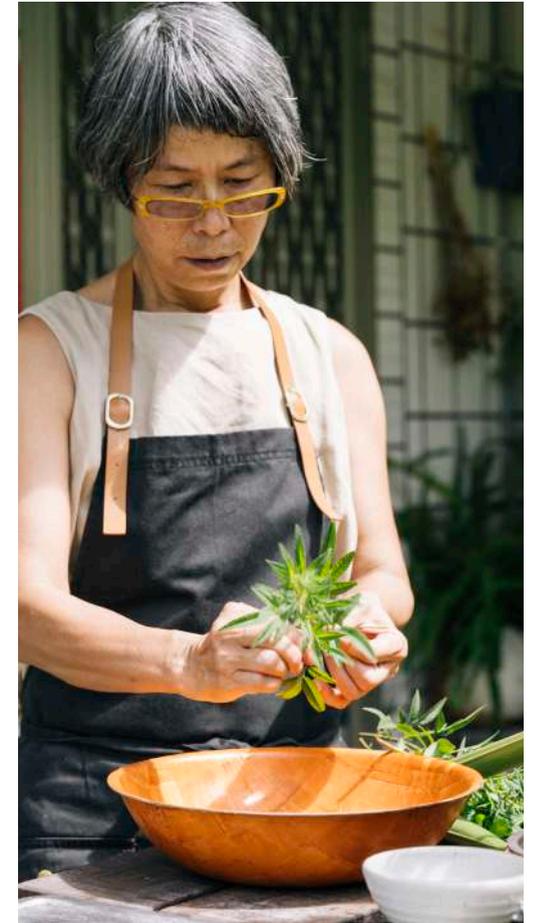
0989-679-165

臺東縣鹿野鄉永安村永安路 77 巷 7 號
No. 7, Ln. 77, Yong'an Rd., Luye Township, Taitung County

週五至週日 18:00-20:00
Friday to Sunday : 18:00-20:00

預約制：透過 Facebook 粉絲專頁進行預約
Reservation required:
Please make a reservation through
the restaurant's Facebook.





用料理傳遞生活的熱情

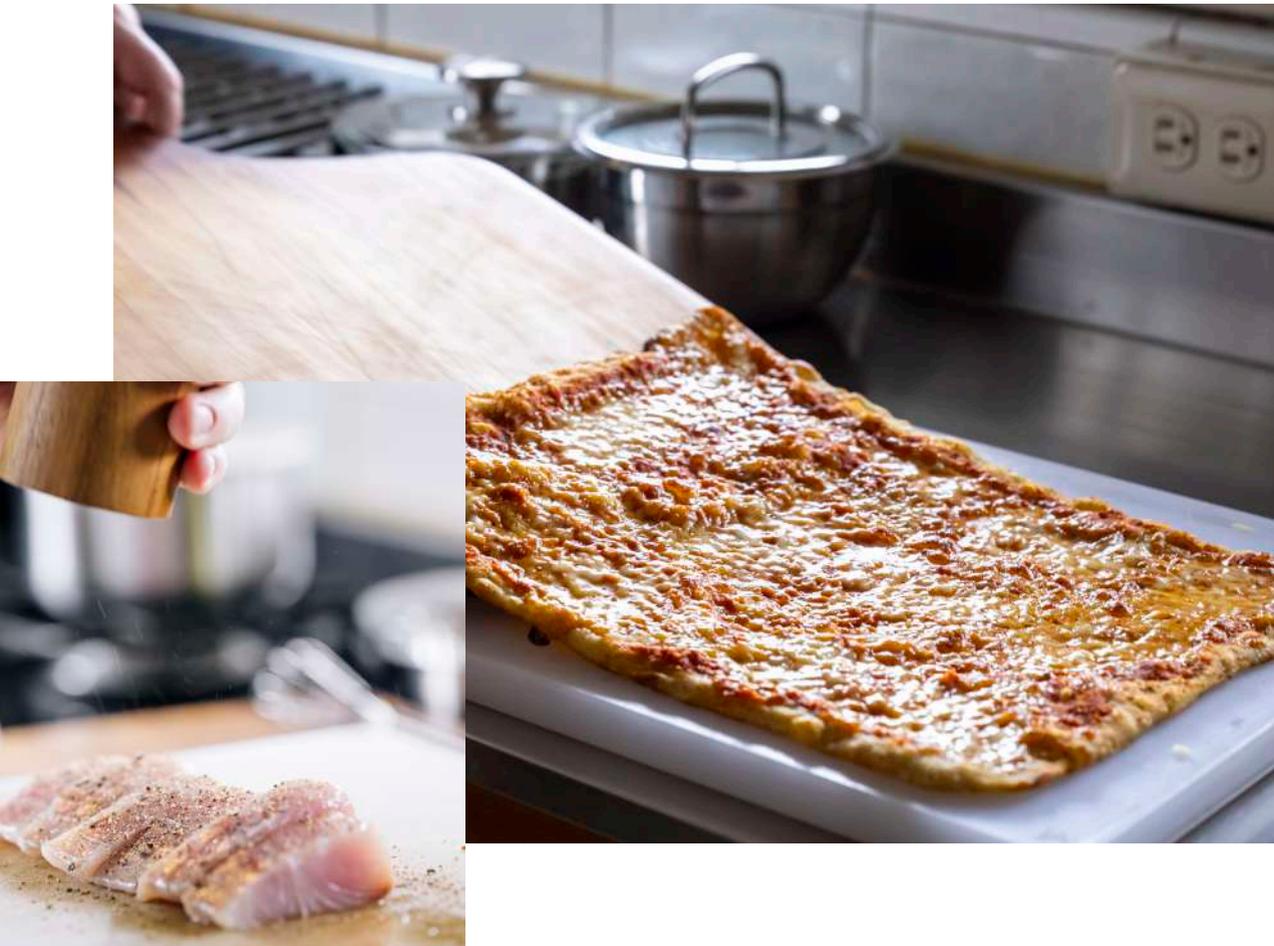
A homely dining space with dishes embodying the owners' lust for life

移居鹿野第九年，秀 (Sho) 和友涵 (Johannes) 把自家客廳打造成溫暖而舒適的用餐環境，熱情招待每一位進來的客人。到恰比兔子用餐，就像到朋友家吃飯一樣，舒服自在品嚐秀和友涵親手準備的佳餚。

來自德國的友涵，擅長把臺東在地的風味融入各式義大利麵食裡，比如微苦的可可寬麵，搭配的是成功的鬼頭刀魚排和在地小農種植的鳳梨，看似一道簡單的義式料理確蘊藏著臺東山海所有的好滋味。活潑的女主人秀，更是擔起了連結在地生產者的角色，把臺東各地的食材帶回自家廚房，加上友涵的巧手，每一季的菜單都讓人驚喜。

It's the ninth year since the owners Sho and Johannes of Chubby Rabbit chose to settle down in Luye. The couple turn their living room into a cozy dining space and greet every guest with warm hospitality. Having a meal here is like dining at a friend's house; you can completely loosen up as you taste delicious food prepared by Sho and Johannes.

Johannes comes from Germany and he excels at using local ingredients to prepare various Italian dishes made with flour, including cocoa fettuccia that has a slightly bitter flavor and is served with fillet of Mahi Mahi bought in Chenggong and pineapple grown by local small farmers. It's a seemingly simple dish imbued with wonderful sea and mountain flavors of Taitung ingredients. The cheerful hostess Sho works with local food suppliers for ingredient sourcing. With ingredients produced in different areas of Taitung and the sophisticated culinary technique of Johannes, the new menu each season is always full of surprises.



提到近年的得意之作，就不得不介紹煙燻旗魚 Pizza。靈感取自義大利傳統的燻鮭魚 Pizza，經過恰比兔子的重新詮釋，麵團中揉進馬告散發出淡淡檸檬香，搭配成功延繩釣和手鏢漁法捕獲的旗魚，在自家廚房經過八到十二小時煙燻後，恰到好處的煙燻味加上友涵手作的德國夸克醬 (Quark)，豐富的層次和口感更是不可錯過的美味。

不出餐的日子，秀和友涵喜歡帶著小狗「妹妹」去附近的茄冬樹林步道散步，或是窩在大廳的沙發上聊天、下西洋棋，天氣好的時候也照料後園的香草。在鹿野生活的節奏，少了時間的追趕，享受日常中每個當下的感動。而秀和友涵，把對於生活的熱愛也揉進麵團，透過食物把這份感動分享給每一位用餐的朋友。



The smoked marlin pizza, which is an adapted version of smoked salmon pizza, a traditional dish in Italy, is a culinary invention that Johannes is very proud of. The dough is mixed with maqaw mountain pepper that releases a mild lemon fragrance and the topping of marlin is caught by longline fishing or hand-harpooning, a traditional fishing practice of fishermen at Chenggong Fishing Harbor, and smoked in their kitchen for 8 to 24 hours. The delicate smoky flavor and German quark sauce made by Johannes gives the pizza rich, layering flavors that won't disappoint you.

When the restaurant is closed, Sho and Johannes enjoy walking their dog Meimei along the nearby Autumn Maple trail, chatting on the living room sofa, or playing chess. On sunny days, they tend to the herb garden in the backyard. Life in Luye moves at a leisurely pace, and the couple infuse their love for life into the food they serve, sharing their joy with every guest.



行家推薦 EXPERT RECOMMENDATION - 王嘉平 Jia-ping Wang

也許你還沒有準備好到臺東的鄉間，吃上一頓德國人做的地中海料理。
但，他們可是花了好幾年的時間，充足的準備好了迎接你們！

Maybe it's a wild idea for you to taste Mediterranean food made by a German in the countryside of Taitung.
But the owners of Chubby Rabbit are well-prepared to greet you with their food that they have worked hard on for several years!



幸福食堂

Happiness Kitchen



店家資訊 INFO

089-530-440

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

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





慢下腳步感受東海岸的幸福

Culinary joy served at a cozy East Coast restaurant

開業十年，幸福食堂的小恬和小琪打造了屬於她們和客人的幸福空間。一直以來，便以套餐形式將悉心照料的作物、鄰居種的瓜果和東海岸的漁獲，加上對料理的執著，變成餐桌上的各種美味。

見證了無數個東海岸的日升日落，小琪和小恬也對幸福食堂有了新的想像，跳脫了過去的餐點設計，把兩人的生活也融進菜單裡。從熬高湯開始準備的拉麵，搭配東海岸的烤魚，飲品是果園鮮採的百香果製成的氣泡飲，還有小恬媽媽手作的紅豆牛奶冰。看似把菜單簡化了，但每一道料理仍能看出主廚小恬的堅持。

Happiness Kitchen has been in operation for ten years. During this period of time, the owners Chi and Tien have brought joy to both their guests and themselves. From the beginning, they served set meals made with carefully tended crops, home-grown fruits from their neighbors, and fish caught off the East Coast. Chi and Tien have consistently poured their passion for cooking into crafting a variety of delicious dishes.

After ten years on the East Coast, Chi and Tien decided to further imbue the menu with their everyday life, changing the menu to include ramen noodles in their homemade broth, grilled fish caught off the East Coast, sparkling drinks made with fresh passionfruit harvested from local orchards and shaved ice with red bean and milk made by Tien's mother. Although there are less dishes on the menu, the diners can still feel commitment of Chef Tien to the quality of the food.

小琪說，一開始命名幸福食堂的靈感來自於日本漫畫《深夜食堂》，嚮往著客人在用餐的過程中和廚師的互動，但一直忙於備餐、出餐，讓開店的節奏無法慢下來。深思熟慮後，決定改變經營方式，調整忙碌的步調外，也希望把生活的另一面帶給大家。幸福食堂依舊是大家熟悉的空間，只是下一次走進來，可以好好感受小琪和小恬生活中的幸福感。

Chi shares that inspiration for the restaurant's name came from Japanese comic book Midnight Diner, where she was moved by how chef-customer interactions created a warm and personal dining experience. However, they were so busy preparing and serving meals that they could rarely slow down to enjoy their work. After some reflection, they decided to adjust their approach, allowing them to chill out, share a more personal side of their lives with their guests, and truly love what they do for a living. Happiness Kitchen remains the same old dining spot where people can enjoy delicious food, but now guests can also absorb the happiness the chefs wish to share with you.



行家推薦 EXPERT RECOMMENDATION - 葉杏珍 Hsin-chen Yeh

在東海岸的幸福就是能好好生活，好好吃飯，餐桌上的料理隨著季節流動，讓旅人，在地人都安好，是主人的生活哲學，也是料理風味！

The joy of living on the East Coastline is the ability to live well and eat well. Food changes with the seasons, promoting well-being for both travelers and locals. This philosophy reflects the owners' approach to life and is evident in the flavors of their cooking.



旅食盒子

Travelfood Traveltime

美味和人情味交織的休息空間

A lodging house with gourmet food and genuine hospitality

推開旅食盒子的大門，從大廳裡的書就可以感覺到主人對生活的熱愛。牆面上印有各國郵戳的明信片更是記錄了許多旅人的故事，而被遠方的旅人惦記著的旅食盒子，想必也創造了無數的美好時光。

仔仔和阿寬來到花東第九個年頭，長濱到豐濱一帶的海岸線讓他們決心留下。三年前選擇在臺東最北端的樟原村定居下來，並經營了一間充滿人情味的背包客棧。房價裡包含的早餐，是為了給旅人補足體力，滿到快看不到盤子的早餐盤，像是把附近的菜園果園都採集了一遍，將各式各樣色彩繽紛的蔬菜和水果擺在餐盤上，仔仔說：「有些旅人甚至回饋他們平常其實沒有吃早餐的習慣，但是看到了我們的早餐晨甦盤，就是會不自覺地帶著幸福感將其吃光光」。

旅食盒子的早餐和仔仔的手作鹹派，使用東海岸的食材、部落的野菜，也加入了在長濱生活的感動。他們不僅僅提供一個舒適的落腳處，更用豐盛的早餐為旅客展開新的旅程。

The moment you enter Travelfood Traveltime and your eyes fall upon the books in the lobby you can feel the owner's lust for life. The postcards with stamps from different countries pinned on the wall tell the stories of many travelers who enjoyed their stay and cherished their fond memories here.

Tsai-tsai and A-kuan moved to East Taiwan nine years ago and it's the coastal line between Changbin and Fengbin that compelled them to make the decision. Three years ago, they chose to settle down in Zhangyuan village at the northern tip of Taitung. In addition to the generous hospitality of the owners, the lodging house also offers a hearty breakfast, which is included in the room price. The meal is served with a plateful of multicolored fruit and vegetables harvested from orchards and farms and nearby. "Some travelers who normally skip breakfast, cannot help but dig in when they see our breakfast and happily finish every bite," said Tsai-tsai.

The breakfast and Tsai-tsai's handmade quiche are prepared using food ingredients sourced from the East Coast, wild vegetables picked by tribal villagers and last, but not least, a dose of their love for the local Changbin lifestyle. Travelfood Traveltime not only provides comfortable accommodation, but also a replenishing breakfast for its guests as they set out on a new journey.

店家資訊 INFO

臺東縣長濱鄉樟原村樟原 15 號
No. 15, Zhangyuan Village, Changbin Township,
Taitung County

08:30-13:30 | 不定期公休，請留意粉專更新
Closed on irregular days
Please check the Facebook page for updates

預約制：透過 Facebook 粉絲專頁進行預約
Reservation required:
Please make a reservation through
the restaurant's Facebook.



Lafin

放慢腳步，細細感受東海岸的生活

An authentic East Coast chill-dining experience

東河是阿美族的傳統部落，也是東海岸的衝浪勝地。位於東河村巷子裡的Lafin，是由一座六十年歷史的老宿舍改造成的空間，歲月的痕跡讓空間多了一份時間的溫度。

老闆娘千千移居臺東八年，從開咖啡廳到餐酒館，慢慢地融入了小村的生活。而廚房內一位有著西方混血臉孔的是主廚威廉，土生土長的臺東人，熱愛衝浪和海洋文化，對生命充滿好奇與行動力，也把對生活的熱愛融入到料理的創作。Lafin 的無菜單料理以 Chill Dining 為理念，希望用餐的客人們一進來就能感受到自在、輕鬆的氛圍。主廚使用阿美族部落常見的食材，部落的 Ina（阿美族語：婦女）們從太平洋採集的海菜、海膽和海魚，到山上的野菜和藤心，跳脫傳統的料理方式，把食材搖身一變成為精緻的料理。

吃飯是生活中不可或缺的事情，而 Lafin 的初心，正是希望旅人能藉由食物了解地方文化，並能享受東海岸獨特的美味及生活方式。

Lafin is a bistro in an alley of Donghe, a traditional Amis tribal village and a paradise for East Coast surfers. The cafe is renovated from an old dormitory with a 60-year history, the traces of time adding a warm, nostalgic feeling to the space.

The owner Chien-chien moved to Taitung 8 years ago. She ran a café before opening this bistro, which has gradually become a part of the local community. William, the chef, is mixed-race with western-leaning appearance. He grew up in Taitung and loves surfing and marine culture. William is full of curiosity about everything life can offer and actively pursues whatever he loves in his life, including cooking. He infuses his passion for life into his gastronomic creations, which are made with common ingredients of the Amis.

Lafin employs a "chill dining" concept, creating a friendly and comfortable atmosphere for diners. They serve chef-curated delights prepared with ingredients sourced from local Ina (which means "women" in the Amis language), who harvest seaweed, urchins and fish from the Pacific Ocean and pick wild vegetables and rattan growing the mountain. These traditional tribal ingredients are used by the chef to make dishes using unconventional cooking techniques.

Eating is an essential part of everyday life and the chef serves the food in the hope that the visitors can learn something about local culture and celebrate the lifestyle of the East Coast people through this unique dining experience.



店家資訊 INFO

0972-968-234

臺東縣東河鄉北東河 13 號
No. 13, Beidonghe, Donghe Township, Taitung County

17:30-20:30

預約制，六人以上
Reservation required. Minimum 6 people.



Liberation 解放餐廳

Liberation Restaurant



店家資訊 INFO

臺東縣長濱鄉長光 154 號 2 樓
2F., No. 154, Changguang, Changbin Township,
Taitung County

12:00-14:00 ; 18:00-20:00

預約制 Reservation required.

以料理分享生活中的純粹

The sheer pleasure of delicious food with a glorious view

欣妮和欣芸兩姐妹因緣際會下移居到長濱，在金剛山下承接了一間民宿的經營，為了提供客人更完整的用餐環境，而在臺 11 線上開了 Liberation 解放餐廳。有飯店管理經驗的姐姐欣芸是餐廳的主廚，而妹妹欣妮則是負責民宿的業務。

走進 Liberation 第一眼會被眼前的太平洋景色所吸引，主廚一邊出餐一邊說菜，透過料理分享她們在長濱生活的故事。欣芸把歐美國家讀書和工作的生活經驗帶到長濱，懷著「寵愛家人的心情」，把細心揉進麵團裡，做出各式各樣的麵包和蛋糕，也把溫柔摻到醬汁裡，變化出一道道拿手好菜。

出餐完畢，一杯白酒打開了大家的話匣子，說說蒜香白酒九孔的靈感，說說最近喝到什麼美酒。這是姐妹倆的日常，也是她們想和客人分享的簡單和純粹。

By a stroke of fate, Hsin-ni and her sister Hsin-yun moved to Changbin and took over the operation of a homestay at the foot of Jingang mountain. To enhance the dining experience of their guests, they opened Liberation, a restaurant on the roadside of Highway 11. The elder sister Hsin-yun, also the restaurant chef, has experience in hotel management, while the younger sister Hsin-ni takes care of the homestay business.

Upon entering Liberation, you'll be captivated by the breathtaking view of the Pacific Ocean. The chef, Hsin-yun introduces the dishes and shares stories about their life in Changbin, drawing on her experience studying and working in Western countries to manage the business. Hsin-yun pours love into every detail of her cooking, creating a variety of breads, cakes, and sauces that complement her dishes.

After serving all the dishes, the sisters often enjoy a glass of white wine with their guests, discussing the inspiration behind dishes like garlic white wine abalone and the latest fine wines they've tasted. This simple hospitality is a reflection of their genuine enthusiasm to share delicious food and connect with their guests.



木犀

Bar Osmanthus

用雙手打造在東海岸的家

A comfortably crafted and homely restaurant

木犀來自「樨」字，是桂花的別名，也是老闆娘嫚對兒時的記憶。在東河舊街上一間小店，店裡只有一張長長的木餐桌，是主人親手打磨而成的，一側是客人的座位，另一側是她備料出餐的廚房，空間簡約但處處可見嫚的用心。

對於空間的期許，嫚說「希望每個來用餐的人都有來到我家的感覺，客人可以像朋友也可以像家人，坐在我家的廚房裡一邊聊天一邊吃飯。」

離開城市的生活，一個人來到臺東開店，對於很多人來說或許不是一件容易的事，但嫚總是散發出一種自信而自在。客人坐在面前，她一邊做菜一邊上菜，對於料理的掌握可從廚師的從容自若之際感受到。用阿美族的醃炸彈魚做成白醬，搭配直火烤過的海岸線野菜，用魚的鹹香突顯野菜的苦甘。熟悉的義式和法式料理，加入了臺東在地食材和部落的飲食文化，在嫚的手中重新詮釋，創作出屬於木犀的無菜單料理。

Bar Osmanthus, is named after the aromatic flower, which holds a special place in the childhood memories of the owner, Chef Man. The small restaurant in the old street of Donghe only has a long wooden dining table carved with her own hands. All the guest chairs are placed on one side of the table, while Chef Man prepares and cooks the dishes in the kitchen on the other side of it. The thoughtful details of the simple interior design reveal her dedication to the restaurant business.

“I want every guest to feel as though they've come to my home and can enjoy their food as they chat with each other in my kitchen, just like my friends or family members would,” said Man, as she talked about her vision for the restaurant.

Leaving behind city life to open a restaurant in Taitung alone, may seem daunting to many people, but Chef Man exudes confidence and grace. Sitting in front of her as she prepares and serves her dishes, her mastery of cooking is evident. Her menu features Italian and French-inspired dishes reinterpreted with local ingredients, such as a white sauce made from pickled skipjack tuna of the local Amis tribal village, paired with roasted wild vegetables that highlight their unique flavors. Chef Man presents her own culinary inventions along with her knowledge about local ingredients and tribal food culture in Taitung through her menu-less meals, sharing the essence of the East Coast as experienced through her own eyes and palate.



店家資訊 INFO

臺東縣東河鄉東河村南東河 133 號
No. 133, Nandonghe, Donghe Village,
Donghe Township, Taitung County

17:30-22:00 | 週一至週四公休
17:30-22:00 | Closed from Monday to Thursday.

預約制 Reservation required.



海食光

Seas The Day

店家資訊 INFO

0978-506-821

臺東縣臺東市吉林路二段 595 號
No. 595, Sec. 2, Jilin Rd., Taitung City,
Taitung County

10:30-17:00 | 週四公休
10:30-17:00 | Closed on Thursday.

將對生活的熱愛融進餐點裡

Infusing passion for life into every dish

喜歡海，也喜歡戰鬥機起降的聲音，Coral 從桃園移居臺東後，租下位於富岡臺 11 線上的老屋，保留磨石地板，幫牆刷上暖橘，戶外點綴綠植，打造讓身心靈放鬆的空間。跟鄰近小農收購百香果、晚崙西亞製成調飲咖啡；墨西哥捲餅的鬼頭刀來自富岡漁港。入口前記得沾一匙莎莎醬，部落奶奶種的雞心辣椒很有個性，咬下後麻刺在舌尖，甜嗆在喉底。

Coral, who loves both the ocean and the sound of fighter jets taking off and landing, relocated from Taoyuan to Taitung, where she rented this old house along the Fugang section of Highway 11 to start her restaurant. she preserved the original terrazzo flooring, painted the walls in warm orange tones, and added greenery to the outdoor space, creating a relaxing atmosphere for body and mind. The café offers a unique blend of flavors, including a cofetail made from locally sourced passion fruits and Valencia oranges from nearby small farms, and burritos filled with mahi mahi caught at Fugang Fishing Harbor. Be sure to dip your burrito into the salsa made with chili peppers grown by tribal grandmothers; the heat tingles the tip of your tongue while the sweetness lingers in your throat as you swallow.



兩年一次的醞釀與蓄成，凝聚了這片土地的農廚職人
邀請您一起持續深掘專屬於臺東的慢食風土魅力！

TAITUNG Slow Food 2024 SELECT

臺東慢食指南

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發行人 饒慶鈴
總編輯 臺東縣政府農業處
企劃執行 津和堂城鄉創意顧問有限公司
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翻譯 朱玉玲、班天瑞
英文校對 聶克
攝影 Somefood & Something Else
美術設計 廖育徹
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Good 優質
Clean 純淨
Fair 公平



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