

TAITUNG *Slow Food* 2026 SELECT

★ ★ ★



臺東慢食指南

每一次有意識的選擇，都是對自然萬物最溫柔的致敬
Every conscious choice is a gentle tribute to all nature.

TAITUNG
Slow Food
SELECT

臺東慢食指南



Slow Food®
Taitung Taiwan

Contents 目錄

前言 INTRODUCTION

分享每一種熱愛臺東的生活 Sharing the Heart and Soul of Life in Taitung.	004
臺東慢食評鑑 評審的話 Judges' Words about Taitung Slow Food Select	006
臺東慢食指南 店家地圖 2026 Taitung Slow Food Select's Map	008
臺東慢食關鍵數字 Key Figures of Slow Food Movement in Taitung	010
慢食指南使用說明 User Information for Taitung Slow Food Select	012

東海岸

EAST COASTLINE

旗遇海味 Meet Marlin ★★ ★	016
沐森海岸 MoonSun Coast ★	024
烤茶地 mi 'epah ★	026
竹湖山居自然生態農場 Taiwan Juhu Farmstay ★	028
成功海銀行 Chenggong Culture Bank ★	030
眺港 Café TIAO GANG Café ★	032
木犀 Bar Osmanthus ★	034
熱帶低氣壓 Low Pressure surf & guest house ★	036
千千咖啡 Chien Cafe ★	038
山腳下的金剛芭比 KingKong Barbie Down the Hill	040

花東縱谷

EAST LONGITUDINAL VALLEY

日出禾作 HeZuo Friendly Crops ★★	044
秋香坊 Qiu-Xiang Kitchen ★★	050
宏昌客家菜館 Hong Chang Hakka Restaurant ★★	056
王群翔慢食家宴 Shang Slow Food Diner House ★	062
榷谷 CHEKU ★	064
茶田關舍 Tea Paddy B&B	066
女王私廚 Queen's Private Kitchen	067
紅葉谷綠能溫泉園區 - 尋星廚房 Vakangan Hot Spring Park Bintuhan Kitchen	068
親山農園 廳下冰淇淋 Qin-Shan Farm	069
大陸婆婆麵食館 Grandma Yang's Kitchen	070
嘉禮私廚 La Cérémonie — Table Privée	071

臺東市區

TAITUNG CITY

艾蘭哥爾藝文咖啡館 Alanger Coffee Shop ★★	074
野室珈琲 W.G. Café ★★	080
建和鹿寮 Kasavakan Deer Youth Hub	086

南迴山海

SOUTH-LINK LINE

穀白那哪手工麵包工作室 Kutjunana ★★	090
家家酒書房 Jiajiajiu Book Restaurant ★	096
達興山號 Ni Camak's Kitchen ★	098
黑手咖啡 HeySoul Café	100
去那呼玩烘焙咖啡老屋 CINEVUAN	101
夫魯克民宿 Vuluk B&B	102

分享每一種熱愛臺東的生活

臺東山海間的時光節律，總能讓人在忙碌的世界中，重新找回生活的重心。近年來，臺東持續在「慢經濟」的道路上深耕，飲食文化與地方發展產生了深厚的連結。當效率與產值仍是世界的顯學，臺東依然選擇守護這份與自然律動同步的從容，將土地的饋贈轉化為最真誠的文化輸出。

當對食材與文化的守護成為自發的習慣，慢食運動在臺東呈現出更為柔軟的生活姿態——慢食是生活的延伸，是店家與周遭社群、土地關係的自然流動。每一道餐點背後，都承載著主人想要「分享自己的喜歡」的純粹心念，這份熱愛或許是對家鄉的眷戀，也可能是對生產者夥伴的支持，將臺東的風土故事，在每一張餐桌上溫暖地鋪展開來。

兩年一度的「臺東慢食評鑑」，是縣府與店家之間共同成長的陪伴歷程。有些店家很積極正面地將每次評鑑視為體檢和求知的機會，持續提問並調整。透過評審的走訪與對話，我們也發現「慢食」並沒有標準的樣子，而是一份願意的心念與實踐。不論是在看不見的地方堅持環境永續，還是在日常中復育消失的傳統作物，每種料理風格與經營型態，都在這份心念的驅動下，展現出朝向更『優質、純淨、公平』慢食理想前行的可能。

《2026 臺東慢食指南》存載了這些關於守護、傳承與分享的故事。這一次，我們看見許多東海岸的移居者以料理分享生活，並持續帶來創新的能量；在南迴，有越來越多的青年返鄉，以餐飲為媒介，努力與地方共好。我們也發現有更多具備慢食精神的民宿加入了評鑑，誠摯地邀請每一位旅人，來臺東住上幾晚。慢慢吃，慢慢玩，在從容的時光中與主人交流，這正是深入體驗臺東生活韻律更理想的方式。請跟著這份指南，細細品味，悠然流連，感受這份跨越族群與文化的「慢」，在每一口滋味中，收藏屬於你與臺東生活深度相遇的回響。

Sharing the Heart and Soul of Life in Taitung



The rhythms of time between Taitung's mountains and sea always allow one to rediscover life's focus in a busy world. In recent years, Taitung has continued to cultivate the "slow economy," creating deep connections between culinary culture and local development. While efficiency and output remain the world's dominant philosophies, Taitung chooses to guard this tranquility synchronized with nature's rhythm, transforming the land's gifts into the most sincere cultural output.

When the protection of ingredients and culture becomes a spontaneous habit, the slow food movement in Taitung presents a softer posture—slow food is an extension of life, a natural flow of relationships between shops, surrounding communities, and the land. Behind every meal lies the pure intention of the owner to "share what they love." This passion may be a longing for home or support for producer partners, warmly unfolding Taitung's stories on every table.

The biennial "Taitung Slow Food Select" is a journey of growth and companionship between the government and the shops. Some shops actively view each evaluation as a check-up and an opportunity for learning, continuously questioning and adjusting. Through visits and dialogues with judges, we have discovered that "slow food" has no standard form, but is rather a willing heart and practice. Whether it's insisting on environmental sustainability in unseen places or reviving disappearing traditional crops in daily life, every culinary style and business model, driven by this intention, demonstrates the possibility of moving toward the slow food ideal of "Good, Clean, and Fair."

The 2026 Taitung Slow Food Guidebook stores these stories of protection, heritage, and sharing. This time, we see many migrants on the East Coast sharing their lives through cuisine and bringing innovative energy; on the South-Link, more and more youth are returning home, using food and beverage as a medium to strive for common good with the locality. We also found more B&Bs with the slow food spirit joining the evaluation, sincerely inviting every traveler to stay in Taitung for a few nights. Eat slowly, play slowly, and communicate with the hosts in leisure; this is the ideal way to deeply experience the rhythm of Taitung life. Please follow this guide, savor carefully, linger leisurely, and feel this "slowness" that transcends ethnic groups and cultures. In every mouthful, collect the echoes of your deep encounter with Taitung life.

臺東慢食評鑑 評審的話

Judges' Words About Taitung Slow Food Select



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

參與臺東慢食評鑑以來，我始終謹記當初規劃者的初衷：我不是評鑑者，而是店家的夥伴。這也是臺東慢食評鑑與其他國際或市面上餐飲評鑑最大的不同。它不是用溫馨喊話的模式，也不是要求店家自行改善，而是真正邀請專業者走進廚房和四周環境，從廚房管理到衛生流程等，最後到風味設計以及品牌行銷，進行全面性的建議，協助店家找到自己的特色，讓每一次調整都成為邁向下一步的力量。陪伴共好，就是慢食評鑑真正珍貴的關鍵。

Since joining the Taitung Slow Food Select, I have always stayed true to the planners' original vision: I am not merely an evaluator, but a partner to the restaurants. This is exactly what distinguishes the Taitung Slow Food Select from other international or commercial dining evaluations. It does not rely on empty slogans or simply expect shops to improve on their own; instead, it invites professionals to step directly into the kitchens and surrounding environments to provide comprehensive guidance—covering everything from kitchen management and hygiene protocols to flavor design and brand marketing. This helps each establishment discover its unique characteristics, ensuring that every adjustment becomes a driving force for their next step forward. Companionship for the common good—this is the truly precious core of the Taitung Slow Food Select.



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

慢食評鑑邁入第十年，很開心「吃在地、食當令」、以臺東物產為當然首選的觀念，已悄然成形，不論生產者或店家，對所居住的土地與環境認同感越發強壯，一代一代的慢食餐廳藉由飲食與消費者溝通，不但提醒了愛惜土地的重要，亦逐漸轉變為臺東對外最有力量且自信發聲的嘹亮音符。此屆樂見不少慢食夥伴的蛻變，期待共同攜手讓更多朋友認識慢食。

As the Taitung Slow Food Select enters its tenth year, I am delighted to see that the concepts of "eating local and seasonal" and prioritizing Taitung produce as the natural choice have quietly taken root. Whether they are producers or business owners, their sense of identity with the land and environment they inhabit has grown increasingly strong. Generation after generation of slow food restaurants communicate with consumers through food, not only reminding people of the importance of cherishing the land but also gradually transforming into a resounding note of Taitung's most powerful and confident voice to the world. In this edition, it is gratifying to see the transformation of many slow food partners, and I look forward to working together to introduce slow food to even more friends.



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

第二次參與臺東慢食評鑑，我更明顯感受到，這場評鑑看的早已不是一道料理，而是店家如何面對食材，理解土地、把自己的價值，一天天累積成日常。再次走進熟悉的店家，有回家的感覺。評鑑結束，店家站在門口揮手送我們離開，那是家人間才有的牽掛。慢食最珍貴的從來不是一份名單，而是共同的理念讓一群人願意一起守護臺東。看見許多店家持續成長，我更確信，慢食不只是評鑑制度，而是生活方式。只要願意真誠對待土地、食材和人，都能成為臺東慢食精神的一部分。

This is my second time participating in the Taitung Slow Food Select. Compared to the first time, I feel even more clearly that this evaluation is no longer just about a single dish, but about how a shop faces its ingredients, understands the land, and accumulates its values day by day into a daily routine. Stepping back into these familiar shops feels like coming home. After the evaluation, watching everyone stand at the door waving goodbye to us is a kind of care found only between family members. I believe the most precious part of Slow Food has never been just a list, but rather this shared philosophy that makes a group of people willing to protect Taitung together. Seeing many shops continue to grow, I am even more convinced that Slow Food is not just an evaluation system, but a way of life. As long as there is a willingness to treat the land, the ingredients, and the people with sincerity, anyone can become a part of the Taitung Slow Food spirit.



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

擔任臺東慢食評鑑的評審，最開心的是看到老店家持續在食品安全與廚房管理投注心力，新店家帶著忐忑被評分的心情，卻在評審工作後獲得滿滿建議的欣喜。本屆評鑑結合初審與複審，以更多元的討論觀點，協助店家思考在地食材運用在料理風味的協調感，對我們而言，評鑑不只是兩年一會的活動，而是連續十年慢食運動的在地實踐。店家願意重視食安，在乎食材，精進料理，讓消費者安心「好好吃一頓飯」。邀請您一同支持，陪伴臺東慢食繼續前行。

As a judge for the Taitung Slow Food Select, what brings me the most joy is seeing established establishments continue to dedicate themselves to food safety and kitchen management, while witnessing new shops move from the nervous anticipation of being evaluated to the delight of receiving a wealth of constructive feedback. This year's Select combines preliminary and final reviews, offering more diverse perspectives to help restaurants consider the harmony of local ingredients within their flavor profiles. For us, the Select is more than just a biennial event; it is the local realization of a continuous ten-year Slow Food movement. When shops prioritize food safety, care deeply about their ingredients, and refine their culinary craft, they allow consumers to "have a good meal" with true peace of mind. We invite you to join us in supporting and accompanying Taitung Slow Food as we continue our journey forward.

臺東慢食指南 店家地圖

2026 Taitung Slow Food Select's Map





歷屆臺東慢食
星等店家

TAITUNG SLOW FOOD
RESTAURANTS



臺東慢食 關鍵數字

Key Figures of Slow Food Movement in Taitung

14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 14 年。

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

6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，2026 年為第 6 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 sixth Slow Food Report is produced in 2026.

24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 2026 年夏天，以風土食材、飲食文化、食農教育為主題，共舉辦過 24 場各有特色的飲食節慶活動。2026 年秋天即將舉辦第 25 場次「臺東慢食節—夜食餐桌」。

From 2017 to summer of 2026, Taitung City government held 24 slow food festivals featuring local specialties, food culture and food and agriculture education. The 25th slow food festival will be held in autumn of 2026.

30 間 RESTAURANTS

「2026 臺東慢食評鑑」經過書審、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."

204 間 RESTAURANTS AND STORES

近年來，共有兩百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 200 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.

206,000 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，24 場臺東慢食節累計約有 206,000 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 206,000 people have visited 24 bazaars of the Taitung Slow Food Festival.

4 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「JuryPrize 年度評審團大獎」、「天下城市治理卓越獎 經濟成長組 優選」、「政府服務獎（社會關懷服務類）」等獎項。

The Taitung Slow Food Festival stood out among 5,835 entries from around the world to win the Gold Award at Japan's 2021 Good Design Award, a prestigious honor reserved for the top 20 winners. Additionally, the festival took home several notable accolades, including the Jury Prize at the inaugural Action Taitung Awards (a landmark local design award), the Award of Excellence (Economic Growth Category) in Commonwealth Magazine's Excellence in City Governance Awards, and the Government Service Award (Social Care Service Category).

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.

東海岸 *East Coastline*





山腳下的金剛芭比
KingKong Barbie Down the Hill

烤茶地 mi 'epah ★

★ 竹湖山居自然生態農場
Taiwan Juhu Farmstay

沐森海岸 MoonSun Coast ★

★★★
旗遇海味 Meet Marlin

★
成功海銀行
Chenggong Culture Bank

★
眺港 Café
TIAO GANG Café

★
千千咖啡 Chien Cafe

★
木犀 Bar Osmanthus

★
熱帶低氣壓
Low Pressure surf & guest house



旗遇海味

Meet Marlin



漁港到潮間帶，學會與海洋拿取的分寸

From Fishing Harbors to Intertidal Zones:
Learning the Boundaries of Taking from the Sea





臺東成功漁港的空氣總是帶著鹹鮮，昱濱在這裡出生長大。他跟著漁商父親在魚市穿梭，久而久之練就一雙挑魚的利眼。走進旗遇海味，最能感受到這份功力的，莫過於店裡的旗遇綜合生魚片。除了黃鰭鮪、手鏢白旗魚等，盤中總會出現一項相對少見於生魚片的驚喜，是為昱濱當日精選，比如真鯛。昱濱想傳遞一種老饕的見解：好吃的魚其實不只那幾種。當大家對魚種有更多認識，也更願意嘗試，大海便能在這份不擁擠的品味中獲得喘息。

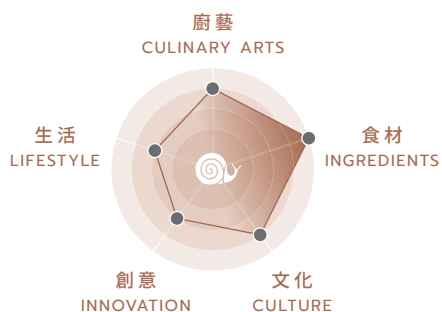
The air at Taitung's Chenggong Fishing Harbor is always filled with a salty freshness, the place where Yu-bin was born and raised. Following his father, a fish merchant, through the fish markets from a young age, he developed a keen eye for selecting the finest fish. Stepping into Meet Marlin, this expertise is most evident in the Meet Marlin Assorted Sashimi. Beyond yellowfin tuna and harpooned black marlin, a rare surprise—personally selected by Yu-bin that day—often appears on the platter, such as red sea bream. Yu-bin wants to convey a connoisseur's insight: delicious fish aren't limited to just a few popular species. When people understand and are willing to try a wider variety, the ocean gains a chance to breathe within these less crowded tastes.

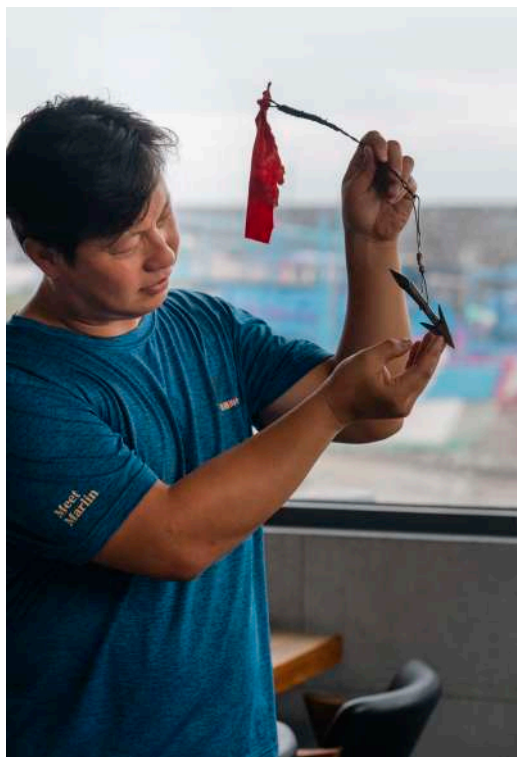
店家資訊 INFO

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





旗遇海味的熟食同樣精彩。選用旗魚尾燉煮的黑糖旗魚，甜香中帶著豐富膠質，連孩子都願意耐著性子慢慢把魚骨邊的肉吃乾淨；炸鬼頭刀看似簡單，但油質乾淨、調味節制，上桌往往很快被掃空。席間隨著白旗魚上桌，昱濱順手拿出鏢頭，細說一魚一鏢，具高度選擇性的友善漁法。沒有刻意說教，卻讓客人在享受美味的同時，也理解職人與大海是如何公平交手的精彩。

店裡使用的海菜與貝類來自在地採集人，昱濱經常與他們交流潮間帶的變化。當發現某些貝類個體愈來愈小，可能出現採集壓力時，他選擇調整菜單，改用其他品項，而不是繼續供應。對昱濱來說，無論是漁民捕撈的漁獲，還是採集人帶回來的海菜與貝類，都不是理所當然的資源，而是海洋的餽贈。「我相信採集，是大海有多的時候，我們跟他拿；不夠的時候，就應該讓他休息。」

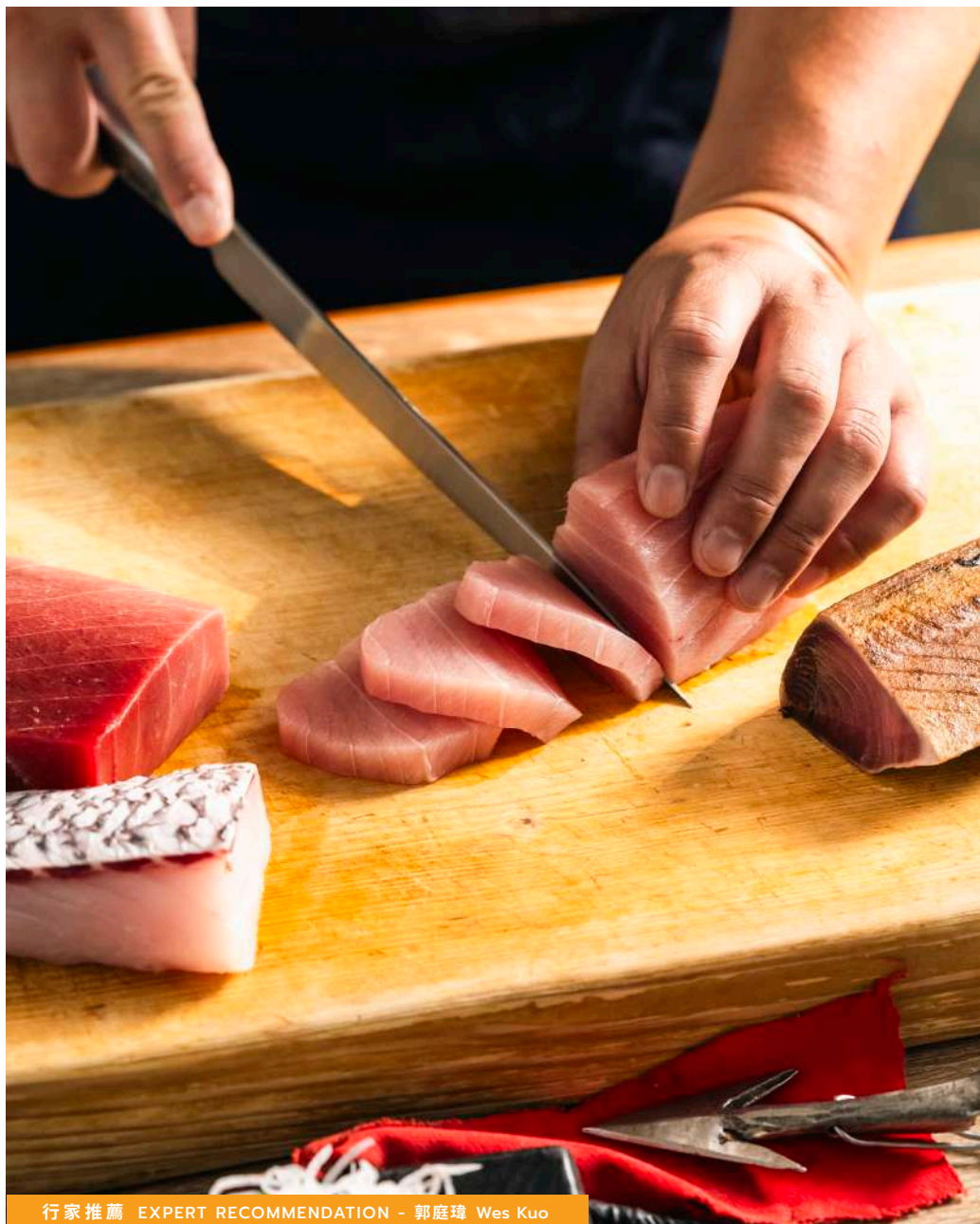
他延續父親誠信對待夥伴的精神，也總把海洋的變化放在心上。久而久之讓漁民願意將最好的魚留給他。走進旗遇海味，品味成功漁港最新鮮的漁獲，感受人與海洋長年累積而來的信任。



The cooked dishes at Meet Marlin are equally impressive. The Brown Sugar Marlin, braised using marlin tail, is sweet and fragrant with rich collagen, making even children patient enough to finish every morsel of meat near the bone. The Fried Mahi-mahi may seem simple, but with clean oil and restrained seasoning, it is often finished as soon as it hits the table. During the meal, as the black marlin is served, Yu-bin might pull out a harpoon head to explain the "one fish, one harpoon" method—a highly selective and eco-friendly fishing practice. Without being preachy, he allows guests to enjoy a delicious meal while understanding the fair and brilliant exchange between craftsmen and the sea.

The seaweed and shellfish used in the shop come from local harvesters, with whom Yu-bin frequently discusses changes in the intertidal zone. If he notices that certain shellfish are getting smaller—a sign of potential harvesting pressure—he chooses to adjust the menu and use other items rather than continuing to supply them. To Yu-bin, whether it is the catch from fishermen or the seaweed and shellfish brought back by harvesters, none of it is a resource to be taken for granted; it is a gift from the ocean. Yu-Bin says, "I believe that harvesting should happen when the ocean has plenty to give. When it's not enough, we should let it rest."

Continuing his father's spirit of treating partners with integrity, he always keeps the changes of the ocean in mind. Over time, this has earned the trust of fishermen, who save the best catch for him. Visit Meet Marlin to taste the freshest catch from Chenggong Fishing Harbor and feel the trust built between humans and the ocean over many years.



行家推薦 EXPERT RECOMMENDATION - 郭庭瑋 Wes Kuo

真正的成長，不只是把魚料理得更好，而是開始思考該如何面對海洋。旗遇海味近年最令人感動的，是把採集、生態與料理重新連結。當一道料理開始承載對海洋的理解，它所呈現的，就不只是風味，而是一種態度。

True growth is not just about cooking fish better, but beginning to think about how to face the ocean. What has been most moving about Meet Marlin in recent years is the reconnection of foraging, ecology, and cuisine. When a dish begins to carry an understanding of the ocean, what it presents is no longer just flavor, but an attitude.



沐森海岸

MoonSun Coast

山海之間的小農園，分享當季美好收成

A Small Farm Between Mountains and Sea, Sharing the Seasonal Harvest

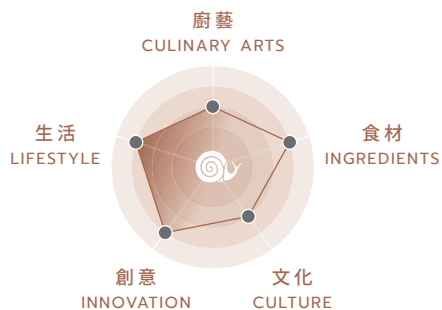
長濱堺橋的沐森海岸，由 Kyan 和 Latte 將朋友老厝改建而成。餐廳後方種植蔬果、飼養蛋雞與乳羊，許多食材從農地一路走上餐桌。對喜愛農事的兩人而言，餐廳是他們分享收成的方式與初心。

這份分享首先從沙拉開始。以自家羊奶製成的茅屋起士帶著柔和乳香，與在地蜂蜜一起點綴在鮮脆的當季蔬菜。另一道發酵鳳梨鮮蝦則使用自家種植的鳳梨，經過發酵與炭烤後，多了鹹酸與煙燻層次，搭配鮮蝦、刺蔥與山芹菜，展現長濱山海交會的風味。主菜選用成功漁港鮮魚，以長濱香檬調製的奶醬，酸香提鮮卻不搶味。順著季節與收成安排餐點，讓人從一道道料理裡，吃見這座山海小農園最真實美好的日常。

Located in Jieqiao, Changbin, MoonSun Coast was transformed from an old house belonging to a local friend by Kyan and Latte. Behind the restaurant, they grow fruits and vegetables, raise laying hens, and keep dairy goats, allowing many ingredients to travel directly from the field to the table. For the two who love farming, the restaurant is their original intention and way of sharing their harvest.

This sharing begins with the salad. Cottage cheese made from their own goat milk carries a soft milky fragrance, paired with local honey to accent crisp seasonal vegetables. Another dish, Fermented Pineapple Shrimp, uses home-grown pineapples that undergo fermentation and charcoal grilling to add layers of saltiness, acidity, and smokiness. Paired with fresh shrimp, prickly ash, and mountain celery, it showcases the flavors of Changbin's meeting point between mountains and sea. The main course features fresh fish from Chenggong Fishing Harbor served with a cream sauce made from Changbin calamansi, which enhances the freshness with a citrusy tang without overpowering the dish. By arranging meals according to the seasons and harvests, guests can taste the most authentic and beautiful daily life of this small mountain-and-sea farm through every dish.

店家資訊 INFO



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

預約制，不定休
透過 Facebook 或 Line 官方帳號 @748hoaeo 預約
Reservation required: Please make a reservation through
the restaurant's Facebook or Line (@748hoaeo)



烤茶地

mi 'epah

從種植到釀造，喝一杯長濱的地酒

From Cultivation to Brewing: A Sip of Changbin's Local Spirit

推開烤茶地的門，映入眼簾的是一整排自家釀造的米酒。稻穗、老件雜貨與各式瓶罐堆疊出隨性卻溫暖的氛圍。喝一口凱莉以自家種植白米釀造的「馥鎂洄釀」，豐盈飽滿的果香與酸甜層次，同時保留稻米的溫潤氣息。

對凱莉而言，釀酒是讓土地的收成、部落的飲食記憶與當代生活重新產生連結。返鄉後的凱莉與先生園愷一起重新種起稻米，並復育部落已少見的旱稻品種。讓這些曾逐漸消失的作物，重新回到田地與酒杯裡。

除了馥鎂洄釀，店裡還有以糯米釀造的原釀與黑米釀成的黔釀。每一款都來自她親身參與的稻作。風味除了來自稻米本身，也來自酒麴與發酵帶來的變化。店裡展示著不同酒麴與酒粕，記錄著凱莉在釀造路上的摸索。走進經營採默契制的烤茶地，喝一杯長濱的地酒，聽凱莉和園愷在長濱從稻米種植到釀造的精彩歷程。

Pushing open the door of mi 'epah, one is greeted by a row of home-brewed rice wines. Rice stalks, vintage sundries, and various jars create a casual yet warm atmosphere. Take a sip of "Fumei Huiniang," brewed by Fomi using her home-grown white rice; it offers rich, full fruity notes and layers of sweet-and-sour flavors while retaining the gentle essence of the rice.

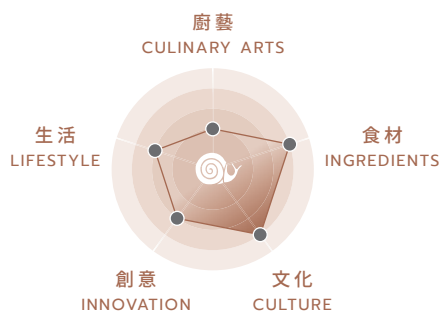
For Fomi, brewing is a way to reconnect the land's harvest and tribal dietary memories with contemporary life. After returning home, Fomi and her husband, Yuan-kai, began growing rice again and restoring upland rice varieties that had become rare in the tribe. These crops, which once gradually disappeared, have now returned to the fields and the wine glass.

In addition to Fumei Huiniang, the shop offers "Yuan-niang" brewed from glutinous rice and "Qian-niang" from black rice. Each variety comes from rice crops in which she personally participated. The flavors derive not only from the rice itself but also from the changes brought by the yeast starter and fermentation. The shop displays different types of yeast starters and rice wine dregs, recording Fomi's exploration on the path of brewing. Step into mi 'epah, which has no fixed business hours, drink a glass of Changbin's local spirit, and listen to the wonderful journey of Fomi and Yuan-kai from rice cultivation to brewing in Changbin.

店家資訊 INFO

臺東縣長濱鄉長濱村中興 28-12 號
No. 28-12, Zhongxing, Changbin Township, Taitung County

無固定營業時間
No fixed business hours



竹湖山居自然生態農場

Taiwan Juhu Farmstay

滑過樹冠，吃一頓山裡長出來的午餐

Gliding Through the Canopy: A Lunch Grown from the Mountains

竹湖山居藏在長濱山林間，男主人金田在山上種下數萬棵臺灣原生殼斗科樹木，太太美菊則把猴群手下留情的作物，做成茶包與調味品，成了山居生活的一部分。近年園區推出樹冠層滑索體驗，讓旅人從不同高度認識這片森林。

溜完滑索，不妨留下來吃午餐。餐盤裡的蔬果都來自農場，有著最短的食物里程。野菜飯糰以自製刺蔥籽浸泡油調味，香氣比刺蔥葉多了些馥郁溫潤。野菜內容隨四季調整，夏天多放些咸豐草幫客人退火，冬天則配上醃薑驅寒。雞腿以自種廣東檸檬醃製，帶著介於金桔與檸檬之間的熟成香氣。自醃的酸筍則與九層塔、辣椒一同快炒，酸香開胃，特別下飯。

沖一壺檸檬香茅茶，美菊姐聊起早年移民開墾的往事，與香茅油產業曾經的輝煌。這頓午餐讓人願意多留一會，聽美菊姐把山裡的故事慢慢說完。

Taiwan Juhu Farmstay is hidden within the mountain forests of Changbin. The host, Chin-tien has planted tens of thousands of native Taiwanese Fagaceae trees on the mountain, while his wife, Mei-chu processes the crops spared by the monkeys into tea bags and seasonings, making them a part of life at the farmstay. Recently, the park introduced a canopy zip line experience, allowing travelers to get to know this forest from different heights.

After the zip line, why not stay for lunch? The fruits and vegetables on the plate all come from the farm, boasting the shortest food mileage. The wild vegetable rice balls are seasoned with homemade prickly ash seed infused oil, providing an aroma that is richer and gentler than prickly ash leaves. The choice of wild vegetables is adjusted with the seasons: more smallflower beggar ticks are included in summer to help guests cool down, while pickled ginger is paired in winter to ward off the cold. The chicken drumstick is marinated with home-grown Guangdong lemon, carrying a mature aroma somewhere between a kumquat and a lemon. Homemade pickled bamboo shoots are stir-fried with Thai basil and chili, creating a sour and fragrant appetizer that is especially good with rice.

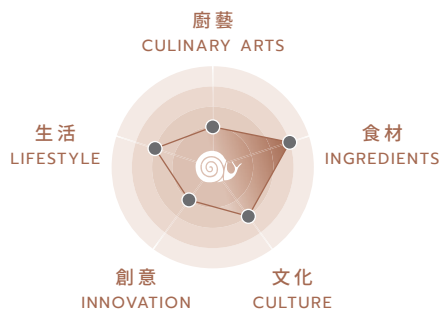
Brewing a pot of lemongrass tea, Mei-chu chats about the past stories of early immigrant reclamation and the former glory of the lemongrass oil industry. This lunch makes one want to stay a little longer to hear Mei-chu finish telling the stories of the mountains.

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.



成功海銀行

Chenggong Culture Bank

品味潮間帶的四季不同風景

Tasting the Ever-changing Landscapes of 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，而是成功海岸豐富的飲食文化。近年團隊持續整理地方的故事，策展更加深入精彩。

而每一套美味餐點的設計，也都像一場可以吃的展覽。船長頂浪套餐，復刻了漁人的真實日常：帶著番茄魚罐頭上船，抓到什麼魚就吃什麼，先嘗生魚片的鮮甜，再與罐頭煮成暖胃飽腹的湯麵，團隊將飲食記憶轉譯成精緻溫馨的餐食體驗。

潮間帶海女套餐內容隨季節流轉，冬春是海菜大爆發的時節，細脆的海龍鬚菜，帶有熟悉濃郁海苔香氣的滷苔，盡享海菜不同的風味口感。入夏後餐桌上的亮點轉向貝類：星笠螺比一般螺貝更 Q、更有咬感，藤壺有著近似蟹肉的軟嫩鮮甜。品嚐原先陌生的海菜與貝類，認識成功潮間帶的精彩，不同時間來訪，總有機會遇見不一樣的餐桌風景。

Transformed from the former Land Bank of Chenggong Town, the Chenggong Culture Bank deposits not money, but the rich dietary culture of the Chenggong coast. In recent years, the team has continued to organize local stories, making their exhibitions deeper and more exciting.

The design of every delicious set menu is like an edible exhibition. The Captain's Riding the Waves Set recreates the real daily life of fishermen: taking canned tomato fish on board and eating whatever fish is caught—first tasting the sweetness of sashimi, then cooking it with the canned fish into a warm and filling noodle soup. The team has translated these dietary memories into an exquisite and cozy dining experience.

The Intertidal Sea Divers Set changes with the seasons. Winter and spring are times of seaweed explosions, featuring crisp Gracilaria and Enteromorpha with its familiar rich seaweed aroma, offering a full range of seaweed textures and flavors. After entering summer, the highlight of the table shifts to shellfish: limpets are springier and more chewy than average mollusks, while barnacles offer a soft and sweet tenderness similar to crab meat. By tasting once-unfamiliar seaweed and shellfish, guests can discover the brilliance of Chenggong's intertidal zone. Visiting at different times offers a chance to encounter a new culinary landscape.

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
Closed on Tue. and Wed.



眺港 Café

TIAO GANG Café

品嚐老診所裡的新風味

Tasting New Flavors in an Old Clinic

Linda 與丈夫張晏將成功老診所改建成眺港咖啡。擁有中醫背景的張晏擅長將藥食同源的概念化為日常滋味，夏月桑桑茶以臺灣原生種小油菊調配，讓老診所與中醫師的故事持續書寫。

早午餐盤裡放牧蛋也有精彩故事。店裡提供咖啡渣與廚餘給泰源小農養殖黑水虻，作為散養雞的飼料；產出的雞蛋回到眺港協助販售，外觀不佳的雞蛋則成為料理食材，一顆蛋的旅程是眺港與地方的合作連結。

從招牌的構樹子餅乾到今年的海草魚鬆蛋白餅，Linda 持續把東海岸的食材做成點心。蛋白餅以成功大慶柴魚的魚鬆與芝田部落採集的蒟蒻製作，鹹甜酥脆，入口帶著海的氣息。每次回來眺港總有一些新意，讓人願意一次次回到成功的老診所，邊嚼邊聽 Linda 與張晏這段時間的發現。

Linda and her husband, Chang Yen, transformed an old clinic in Chenggong into TIAO GANG Café. With a background in Traditional Chinese Medicine (TCM), Chang Yen excels at turning the concept of "medicine and food from the same source" into daily flavors. The Summer Mulberry Tea, blended with native small oil chrysanthemum, allows the stories of the old clinic and the TCM doctor to continue being written.

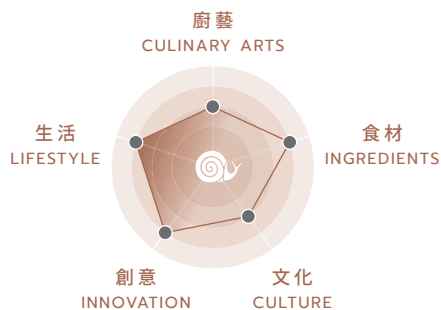
Even the free-range eggs on the brunch platter have a fascinating story. The café provides coffee grounds and food waste to small farmers in Taiyuan to raise black soldier fly larvae as feed for free-range chickens. The resulting eggs return to TIAO GANG to be sold, while eggs with imperfect appearances are used as culinary ingredients. The journey of an egg represents the collaborative link between TIAO GANG and the local community.

From the signature paper mulberry seed biscuits to this year's Seaweed Fish Floss Meringue, Linda continues to turn East Coast ingredients into treats. The meringue is made with fish floss from Chenggong's Da-qing Bonito and Enteromorpha collected from the Cirarokohay tribe, creating a sweet and salty crunch that carries the scent of the sea. Every return to TIAO GANG brings something new, making people willing to return again and again to the old clinic in Chenggong to taste and listen to the latest discoveries of Linda and Chang Yen.

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
Closed on Wed.



木犀

Bar Osmanthus

長桌上的當週限定料理，與東海岸的生活日常

Weekly Limited Dishes on a Long Table, Daily Life of the East Coast

走進東河舊街的木犀，店裡擺著一張長長的木桌，一側是客人用餐的座位，另一側則是備料與出餐的廚房。沒有刻意區隔的空間，讓人像是到朋友家作客，輕鬆坐下來好好吃頓飯。

落腳東河幾年，木犀的料理愈來愈有東海岸的樣子。在市場挑選當季食材、自己烤的麵包、鄰居打的魚和分享的蔬菜水果，都可能成為餐桌上的一部分。以歐陸料理技法，詮釋手邊取得的食材，隨著季節與生活不斷變化，也讓每一次造訪都有不同風景。

長桌一側，嫻從容備料、出餐，一邊和客人聊上幾句。坐在這裡用餐，能看見料理在眼前一道道完成，也能感受到那份不疾不緩的自在。那些在東海岸生活累積下來的日常，慢慢長成了屬於木犀的風味。

Stepping into Bar Osmanthus in the old street of Donghe, one finds a long wooden table: one side is for guest seating, while the other is the kitchen for preparation and serving. This space, without deliberate partitioning, makes guests feel like they are visiting a friend's home, sitting down comfortably for a good meal.

After several years in Donghe, the cuisine at Bar Osmanthus has increasingly taken on the character of the East Coast. Seasonal ingredients selected at the market, homemade bread, fish caught by neighbors, and shared fruits and vegetables may all become part of the table. Using European culinary techniques to interpret the ingredients at hand, the menu changes constantly with the seasons and daily life, ensuring every visit offers a different landscape.

At one side of the long table, Man calmly prepares and serves dishes while chatting with guests. Dining here allows one to see each dish completed before their eyes and feel a sense of leisurely ease. The daily experiences accumulated through life on the East Coast have slowly grown into the unique flavor of Bar Osmanthus.

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 | 週五、六、日營業 | 預約制
Open Fri.-Sun. | Reservation required.



熱帶低氣壓

Low Pressure surf & guest house

東河海邊最有態度的衝浪美食

The Coolest Surfing Cuisine by the Donghe Coast

熱帶低氣壓是東河經營二十多年的衝浪民宿兼餐廳，餐廳的靈魂是主人衣布家祖傳的布農族小米酒調飲。今年隨日籍主廚 Aki 加入，為料理注入職人的細膩。

原是衝浪常客的 Aki，受邀留下後，以其紮實的料理技藝，自由無框架的運用臺東食材，展現隨性卻雅致的風格。他親自上市場採購各種葉菜，茴香、湯匙菜都可能出現在他的沙拉。搭配以生薑、柑橘、洋蔥調製的醬汁，明亮清爽地將風味整合起來，讓人欲罷不能。

Aki 每日紀錄溫濕度調整披薩麵糰，設計將臺東鳳梨釋迦的綿密香甜與起司鹹鮮交織，再以兩種辣椒提味：日本唐辛子的乾香與部落醃漬小辣椒的鮮辣，層次立體又解膩。搭配衣布的小米酒調飲，或加入延平鳳梨充滿臺東氣息的西西里，是東河海邊最有態度的衝浪美食。

Low Pressure is a surfing guesthouse and restaurant that has operated in Donghe for over twenty years. The soul of the restaurant is the ancestral Bunun tribe millet wine cocktails of the owner, Ibu. This year, with the arrival of Japanese chef Aki, a sense of professional craftsmanship and delicacy has been infused into the cuisine.

Aki, originally a regular surfer here, was invited to stay. With his solid culinary skills and unconstrained use of Taitung ingredients, he showcases a casual yet elegant style. He personally visits the market to buy various leafy greens; fennel or bok choy might appear in his salads. Paired with a dressing made of ginger, citrus, and onion, the flavors are brought together in a bright and refreshing way that is truly addictive.

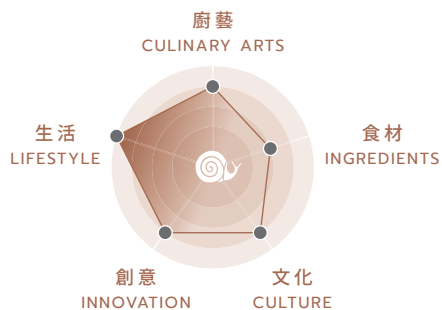
Aki records the temperature and humidity daily to adjust the pizza dough. He designed a pizza that intertwines the creamy sweetness of Taitung pineapple sugar apple with the savory saltiness of cheese, further enhanced by two types of chili: the dry fragrance of Japanese togarashi and the fresh heat of tribal pickled small chilies, creating a multi-dimensional flavor that cuts through the richness. Paired with Ibu's millet wine cocktails or a Sicilian coffee filled with the scent of Yanping pineapples, it is the coolest surfing cuisine on the Donghe coast.

店家資訊 INFO

0937-579-522

臺東縣東河鄉東河 108 號
No. 108, Donghe Township, Taitung County

11:30-15:00 ; 17:30-21:00 | 週二、三公休
Closed on Tue. and Wed.



千千咖啡

Chien Cafe

老屋裡感受東海岸的自在生活

Experiencing the Relaxed Life of the East Coast in an Old House

移居快十年的千千以咖啡廳和旅人分享她熱愛的東河生活，每次走進老屋改建的千千咖啡，總能感受到東海岸特有的閒適自在。今年迎來新主廚 Coco。熱愛衝浪的她曾在義大利生活多年，也把當地重視食材原味、不過度烹飪的料理習慣帶進廚房。

招牌炙熱肉食拼盤乍看豪邁奔放，但細細品嚐，會發現每項食材都有不同處理方式，藏著不少細節。雞翅外皮焦香，豬肉油潤適中，蝦子鮮彈，搭配清爽水果沙拉平衡。

如今店裡由全女性團隊營運，既有衝浪文化的率性，也有細膩溫柔的照顧。傍晚點上一份拼盤配著飲品，伴著晚霞和朋友聊天，店狗湊過來拍拍，大概就是千千咖啡最愜意迷人的時刻。

Chien-chien, who has lived here for nearly ten years, shares her beloved Donghe life with travelers through her café. Every time one enters the old house that is Chien Cafe, they can feel the unique leisure and ease of the East Coast. This year, the café welcomes its new chef, Coco. A surfing enthusiast who lived in Italy for many years, she has brought the local culinary habit of respecting original flavors and avoiding over-cooking into the kitchen.

The signature Meat Plate appears bold and unrestrained, but upon careful tasting, one discovers that each ingredient has been handled differently, hiding many details. The chicken wings have a charred aroma, the pork is perfectly succulent, and the shrimp are fresh and springy, all balanced by a refreshing fruit salad.

Now operated by an all-female team, the shop possesses both the candid nature of surf culture and delicate, gentle care. Ordering a platter with a drink in the evening, chatting with friends against the sunset, while the shop dog comes over for a pat—this is perhaps the most comfortable and charming moment at Chien Cafe.

店家資訊 INFO

0972-968-234

臺東縣東河鄉東河村 13 號
No. 13, Donghe Village, Donghe Township, Taitung County

11:00-20:30



山腳下的金剛芭比

KingKong Barbie Down the Hill

在山嵐與海色之間，細細品嚐手作的美好

Savoring Handmade Goodness Between Mountain Mist and Sea Color

欣芸與欣妮姊妹因為對金剛山下這棟背山面海的房子一見鍾情，買下後經營民宿。餐食沒有固定菜單，不變的是：「我們沒使用半成品，都自己做。」天然無添加的滋味讓不少房客離開後仍會訂購宅配。

依著季節與土地，持續嘗試不同的手作。例如以初鹿鮮奶自己製作優格，乳清則用進佛卡夏的麵糰，還揉入長濱有機糙米的米香。草仔粿是彰化母親親手教會女兒的味道。母親寄來家鄉的鼠麴草，而姊妹則加入臺東的刺蔥與飛魚乾，將家鄉記憶與移居後對土地的理解，一起包進粿裡。

入住金剛山下，不妨放慢腳步，看山嵐隨天氣流轉，海色在陽光下變幻，也細細品嚐這些用時間換來的手作滋味。

The sisters Hsin-yun and Hsin-ni fell in love at first sight with this house at the foot of Jingang Mountain, facing the sea with the mountains at its back, and have run it as a guesthouse since purchasing it. There is no fixed menu for meals, but one thing remains constant: "We don't use semi-finished products; we make everything ourselves." These natural, additive-free flavors have led many guests to place orders for home delivery after their stay.

Following the seasons and the land, they constantly experiment with different handmade creations. For example, they make yogurt using Chulu fresh milk, and use the whey in the focaccia dough, which also incorporates organic brown rice puffs from Changbin. The herbal rice cake is a flavor taught to the daughters by their mother from Changhua. Their mother sends Jersey cudweed from her hometown, while the sisters add Taitung prickly ash and dried flying fish, wrapping together their hometown memories and their understanding of the land since moving here.

When staying at KingKong Barbie, why not slow down? Watch the mountain mist shift with the weather and the sea color change under the sun, while slowly savoring these handmade flavors earned through time.

店家資訊 INFO

0972-638-548

臺東縣長濱鄉忠勇村 9 鄰黎頭針 1 之 3 號
No. 1-3, Litouzhen, Zhongyong Village, Changbin Township,
Taitung County

預約制
Reservation required.



花東縱谷 *East Longitudinal Valley*





大陸婆婆麵食館
Grandma Yang's Kitchen

王群翔慢食家宴 ★
Shang Slow Food Diner House

★ 樵谷 CHEKU

茶田關舍 Tea Paddy B&B

親山農園 廳下冰淇淋
Qin-Shan Farm

★★ 日出禾作
HeZuo Friendly Crops

宏昌客家菜館 ★★
Hong Chang Hakka Restaurant

秋香坊 Qiu-Xiang Kitchen ★★

嘉禮私廚 La Cérémonie — Table Privée

女王私廚 Queen's Private Kitchen

紅葉谷綠能溫泉園區 - 尋星廚房
Vakangan Hot Spring Park Bintuhan Kitchen

花東縱谷

日出禾作

HeZuo Friendly Crops

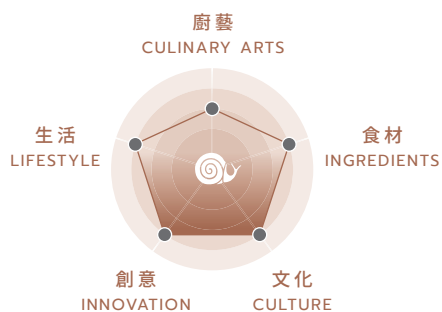


店家資訊 INFO

0934-254-225

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

預約制 (2-15 人)
Reservation required. (2-15 people)





最短里程的咖啡與稻米，最深入的 Siraw 風味探索

Shortest Mileage for Coffee and Rice, Deepest Exploration of Siraw Flavor

日出禾作位在關山電光部落，黃瀚自己種稻，也向部落農友契作咖啡。多年來持續打開家門，以吧台歡迎旅人。許多人對這裡的認識，是從一顆炙燒 Siraw 飯糰開始：將自家種植的稻米捏成飯糰，鋪上向祖母學習的阿美族傳統醃肉 Siraw 炙燒上桌。米飯甜、油脂香與發酵風味交織，搭配一杯直火烘焙的電光咖啡，成為最經典的組合。

近年慢食國際交流也成為他創作的養分。在清邁喝到的流行咖啡調飲，回臺後改以池上蜂蜜與電光咖啡，重新詮釋為有臺東風土的人氣新品「髒髒杯」；前年參加義大利慢食年會，因發現義大利醃肉 Pancetta 與 Siraw 同使用豬腹肉部位，具有風味上的可比性，設計出「綜合肉盤」。



HeZuo Friendly Crops is located in the Kaadaadaan tribal village of Guanshan. Tiyan su grows his own rice and collaborates with tribal farmers to source coffee beans. For years, he has opened his doors, welcoming travelers at his coffee bar. Many people's introduction to this place begins with a seared Siraw rice ball: home-grown rice is shaped into a ball and topped with Siraw—traditional Amis cured meat learned from his grandmother—then seared before serving. The sweetness of the rice, the aroma of the fat, and the fermented flavors intertwine, creating a classic pairing when served with a cup of direct-fire roasted Kaadaadaan coffee.

In recent years, international Slow Food exchanges have become nourishment for his creativity. Inspired by popular coffee drinks in Chiang Mai, he returned to Taiwan and reinterpreted them using Chishang honey and Kaadaadaan coffee into a popular new product with Taitung terroir called the "Dirty Coffee." Two years ago, while attending the Slow Food international event in Italy, he discovered that Italian Pancetta and Siraw both use pork belly, offering a flavor comparability that led him to design the "Mixed Meat Platter."

他帶領客人品嚐 Siraw 與 Pancetta 的原味、最後再嚐炙燒後的 Siraw，以認識醃製熟成豬肉在不同文化中的表現，也體驗火烤後展現的另一種滋味。過去 Siraw 常被獵奇介紹，或因說明太簡單而讓人不得其門而入。但黃瀚透過細緻的體驗設計，讓旅人親自感受風味的層次變化。對他來說，讓這份承襲自長輩的滋味與世界對話，就是他最想邀請大家體會的文化驕傲與美好。

He guides guests to taste the original flavors of Siraw and Pancetta, finishing with the seared Siraw to understand how cured and aged pork is expressed across different cultures, while experiencing the unique taste brought out by fire-roasting. In the past, Siraw was often introduced as a curiosity or left misunderstood due to overly simple explanations. However, through meticulous experience design, Huang Han allows travelers to personally feel the layers of flavor. For him, having this flavor inherited from elders "dialogue with the world" is the cultural pride and beauty he most wants guests to experience.



行家推薦 EXPERT RECOMMENDATION - 徐仲 Andy Chou

喜歡日出禾作的家庭感，因為這真的是黃瀚的家，這些年來，初衷不變，依舊以農友和文化推廣者的身分，泡一杯咖啡，捏一個飯糰，醃漬一份喜烙，不同的是觀點和自信，每一次都可以看到還要更好的企圖心，這點好棒。

I love the homely atmosphere of HeZuo Friendly Crops, because it truly is Tiyan's home. Over the years, his founding vision has remained steadfast; he continues to serve as both a farmer and a cultural advocate—brewing coffee, shaping rice balls, and curing Siraw. What has evolved is his perspective and confidence; in every encounter, one can see his ambition to constantly improve. It is truly wonderful.



花東縱谷

秋香坊

Qiu-Xiang Kitchen



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

11:00-14:00 ; 17:00-19:00
不定時公休 Irregular days off.





關山米蔬與東海岸野生魚，一口嚐盡山海風

Guanshan Rice & Vegetables with East Coast Wild Fish: A Taste of Mountain and Sea

愛吃魚、也愛玩魚的秋香，喜歡到漁港挑選野生海魚，回家醃製熟成。從原本只是自己吃的自娛自樂，到被鄰居鼓勵開店分享，至今已第四年。來自東部太平洋的野生魚，在縱谷山風的吹拂下成就美味。

饕客喜愛的綜合魚下巴，能一次品嚐到不同魚種最精華的部位；當季飛魚一夜干以龍眼木、甘蔗皮與月桃葉煙燻，添上炭香。秋香熟練地從魚口伸入剪刀，一氣呵成將魚以「蝴蝶刀」方式攤開，她笑說自己也曾「玩」失敗，如今已熟練摸索出不同魚種適合的鹽度與醃製時間。「我喜歡比較乾香、有一點口感的魚，一夜干後再煎烤，這樣最好吃。」



Qiu-xiang, who loves eating and working with fish, enjoys visiting fishing ports to select wild sea fish to bring home for aging and curing. What began as a personal hobby has, with the encouragement of neighbors, grown into a restaurant now in its fourth year. Wild fish from the eastern Pacific Ocean achieve their peak flavor when touched by the mountain winds of the valley.

The popular Assorted Fish Collar allows diners to taste the most choice parts of different fish species at once. The seasonal smoked one-night dry flying fish is smoked with longan wood, sugarcane peel, and shell ginger leaves, adding a charcoal aroma. Qiu-xiang skillfully uses scissors to open the fish in a butterfly cut in one smooth motion. She laughs, admitting she has had failures in the past, but has now mastered the appropriate salinity and curing time for various fish. "I prefer fish that is dry and fragrant with a bit of texture; air-drying it and then pan-frying or grilling is the best way to eat it."

花東縱谷

魚是主角，其他地方也處處藏著心意。關山好米是基本。豆皮鋪上海苔，捲入自製酸菜煎香，是貼心為蔬食者設計的主菜。奶酪上的紅豆來自屏東萬丹娘家種植。酸甜解膩的沙梨橄欖，源自初鹿一位伯伯種出卻不知如何利用，秋香試著醃製後，意外成為搭餐經典小點，清爽解膩，如今固定向伯伯採買。就連時蔬，秋香也特意挑選廟口阿嬤自種的高麗菜苗、水菜、龍葵，這種超市買不到的菜，就是讓希望客人吃到不一樣的臺東滋味。

While fish is the star, thoughtfulness is hidden in every detail. High-quality Guanshan rice is the foundation. For vegetarians, she designed a main dish of bean curd skin topped with seaweed and rolled with homemade pickled cabbage, pan-fried until fragrant. The red beans on the panna cotta come from her family's farm in Wandan, Pingtung. The sweet and sour Ambarella originated from an elderly man in Chulu who didn't know how to use his harvest; after Qiu-xiang experimented with pickling them, they became a classic refreshing side dish, and she now purchases them from him regularly. Even for the vegetables, Qiu-xiang specifically selects cabbage sprouts, potherb mustard, and black nightshade grown by a madam near a temple—vegetables you won't find in a supermarket—hoping guests can taste a different side of Taitung.



行家推薦 EXPERT RECOMMENDATION - 郭庭璿 Wes Kuo

在縱谷吃魚，乍聽之下有些矛盾；但在秋香坊，你會明白，決定一尾魚價值的，不是距離海有多近，而是被如何對待。從選魚、熟成到料理，秋香姐用時間換取風味，也讓每一尾魚都有屬於自己的最佳樣貌。

Eating fish in the East Longitudinal Valley may sound contradictory at first; but at Qiu-Xiang Kitchen, you will understand that what determines the value of a fish is not how close it is to the sea, but how it is treated. From selection and aging to cooking, Qiu-xiang uses time to exchange for flavor, allowing every fish to reach its own best state.



花東縱谷

宏昌客家菜館

Hong Chang Hakka Restaurant



089-811-321

臺東縣關山鎮順興 6 號

No. 6, Shunxing, Guanshan Township, Taitung County

12:00-14:00 ; 18:00-21:00 | 週三、四公休 | 預約制
Closed on Wed. and Thu. | Reservation required.





三代傳承，把客家菜做到經典雅致

Three Generations of Heritage: Classic and Elegant Hakka Cuisine

在關山提到宏昌客家菜館，許多人想到的，是數十年如一日的穩定滋味，客人來訪的接風首選。媳婦慧珠承襲阿婆的手藝，店裡使用的雞肉、豬肉、米與蘿蔔等蔬果，都來自關山在地。招牌蔬果燜雞選用關山小土雞，蔬果吸滿雞汁一同出爐，油潤鮮香，依照客人訂位時間精準控制出爐時機，讓每一桌都維持最佳狀態。

這份講究，也體現在甜點花生豆腐上。慧珠對關山生產的九號油豆花生情有獨鍾，雖然顆粒較小，香氣卻格外濃郁飽滿。為了追求細緻口感，她堅持將花生磨漿後濾渣，再加入在來米漿製作，即使產量減少、成本提高也不妥協。因此也有客人讚嘆：「從來沒吃過這麼精緻的客家菜。」



In Guanshan, Hong Chang Hakka Restaurant is synonymous with decades of consistent flavor and is the top choice for welcoming guests. The daughter-in-law, Hui-zhu, inherited the culinary skills of the mother-in-law (A-po). The chicken, pork, rice, radishes, and other produce used in the restaurant are all sourced locally from Guanshan. The signature Vegetable and Fruit Braised Chicken uses local Guanshan chickens; the produce soaks up the chicken juices and emerges from the oven moist and fragrant. The cooking time is precisely controlled based on guest reservations to ensure every table receives the dish in its optimal state.

This meticulousness is also reflected in the Peanut Tofu dessert. Hui-zhu has a special fondness for the peanuts grown in Guanshan; though smaller in size, their aroma is exceptionally rich and full. To achieve a delicate texture, she insists on grinding the peanuts into a milk and filtering the residue before adding indica rice milk—a process she refuses to compromise on, even if it reduces yield and increases costs. This has led guests to exclaim, "I've never had such exquisite Hakka food!"

花東縱谷

今年宏昌更投入經費改建後場廚房，增設截油槽等設備，讓料理生產端朝向更友善環境與永續經營的方向升級。問她為什麼願意在客人看不到的地方投入這麼多，她只是淡淡地說：「我們還是要對自己有要求。」從阿婆傳下來的手藝，到如今與兒子一同投入餐館經營，這份對細節的要求始終沒有改變。種種講究最終都回到餐桌上，成為一道道細膩雅致、讓人一再回味的客家好味道。

This year, Hong Chang invested in renovating its kitchen, adding grease traps and other equipment to upgrade the production side toward environmental friendliness and sustainability. When asked why she is willing to invest so much in areas guests cannot see, she simply says, We must have standards for ourselves. From the skills passed down by A-po to the current management with her son, the demand for detail has never changed. All these refinements eventually return to the table, becoming delicate and elegant Hakka flavors that guests revisit again and again.



行家推薦 EXPERT RECOMMENDATION - 徐仲 Andy Chou

菜色維持穩定，同樣有著在地客家感以及季節感，每次到關山總會找時間繞進來享用，十多年來，宏昌不停進步，這次將廚房進行整體現代化的大翻修，看了令人感動，期待後續的發展。

The dishes remain stable, consistently offering a sense of local Hakka tradition and seasonality. Every time I visit Guanshan, I always make time to stop by and enjoy a meal. For over ten years, Hong Chang has never stopped progressing; seeing the complete modernization and thorough renovation of the kitchen this time is truly moving. I look forward to its future developments.



王群翔慢食家宴

Shang Slow Food Diner House

池上米最精彩的餐桌演出

The Most Brilliant Table Performance of Chishang Rice

曾任法式餐廳主廚的翔哥，對於食材的挑選運用有獨到的思考。料理選用池上放山飼養 180 天、吃玉米長大的戰鬥雞，太麻里深層海水飼養的白蝦。但要說鑽研最深的，當屬米飯。

燉飯的米選用池上種植的高雄 139 品種。米粒緊緊吸附著醬汁，飽滿 Q 彈，顆粒感鮮明，入口驚艷。翔哥說：「所以這是最適合做燉飯的臺灣米，它的結構性才撐得住這麼多的烹煮。」

燉飯套餐可以輕鬆體驗翔哥的好手藝，但若時間充裕，則推薦預約慢食家宴，可以吃到更完整細緻的料理，在家庭感的長桌與翔哥好好聊天。翔哥將現場示範用訂製鐵鍋直火炊煮池上米，掀開鍋蓋的一瞬，粒粒挺立飽滿，香甜白飯讓人連鴨油都捨不得加。畢竟「池上米好吃，也要會煮。」深愛池上的美好，有著好廚藝的翔哥致力於分享如何把飯煮好，讓米的價值提高。

Chef Shang, a former French restaurant chef, has a unique perspective on the selection and use of ingredients. His dishes feature 180-day free-range battle chickens from Chishang that are corn-fed, and white shrimp raised in deep ocean water from Taimali. However, his deepest research lies in rice.

The rice for the risotto is the Kaohsiung 139 variety grown in Chishang. The grains tightly absorb the sauce, remaining plump and springy with a distinct texture that surprises the palate. Chef Shang says, "This is the most suitable Taiwanese rice for risotto; its structure can withstand so much cooking."

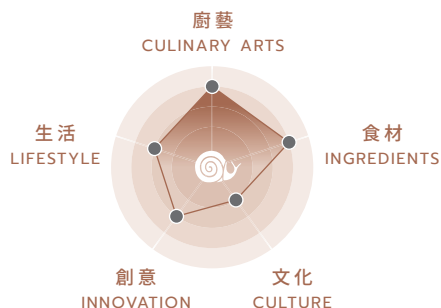
The risotto set menu offers a simple way to experience Chef Shang's skills, but for those with more time, the Slow Food Private Banquet is recommended. It provides a more complete and delicate culinary experience where guests can chat with Chef Shang around a home-style long table. Chef Shang demonstrates live how to cook Chishang rice over direct fire using a custom-made iron pot. The moment the lid is lifted, each grain stands upright and plump; the sweet white rice is so good you won't even want to add duck fat. After all, Chishang rice is delicious, but you also have to know how to cook it. With a deep love for Chishang and superb culinary skills, Chef Shang is dedicated to sharing how to cook rice perfectly, thereby increasing the value of the grain.

店家資訊 INFO

0935-284-305

臺東縣池上鄉萬安村萬安 1-9 號
No. 1-9, Wanan, Wanan Village, Chishang Township,
Taitung County

預約制
Reservation required.



權谷

CHEKU

把池上的季節放進餐盤裡

Placing Chishang's Seasons onto the Plate

吳頤與 Sabrina 因為喜歡池上而定居。因移居初期深受在地長輩照顧，其中大多吃素，開店時便設定提供蔬食料理。自學出身的吳頤有著敏銳的味覺，蔬食對他而言不是限制，是自由。少了肉類主菜的框架，每道料理都從一項當季蔬果發想，再從記憶中尋找與之呼應的風味。像是以初夏的苦瓜，填入烏殼綠竹筍，搭配鹿野農友自製蔭鳳梨與奶油打成的醬汁，最後以紫蘇絲點出一絲明亮上揚的尾韻，如同一場循著季節展開的味覺旅程。

使用友人友善種植的池上米「烝橙享食」製作燉飯，是吳頤料理的起點。餐點主要使用池上小農自種的當季蔬果，他發現雖然賣相不佳，但比果菜行大量批發的有更飽滿鮮明的滋味。來到池上，不妨留點時間給權谷，在一套料理裡感受吳頤對池上四季的理解與創作。

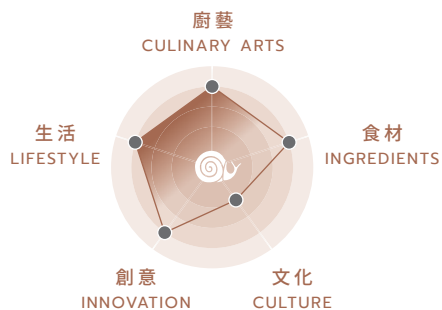
Hao-yi and Sabrina settled in Chishang because they fell in love with the place. Deeply cared for by local elders—many of whom are vegetarians—during their early days, they decided to offer vegetarian cuisine when they opened their restaurant. A self-taught chef, Hao-yi possesses a keen sense of taste; for him, vegetarianism is not a limitation but a form of freedom. Without the framework of a meat main course, each dish originates from a seasonal fruit or vegetable, with flavors culled from memory to harmonize with it. For instance, early summer bitter melon is stuffed with black shell green bamboo shoots and paired with a sauce made from Luye farmers' homemade fermented pineapple and butter, finished with a touch of perilla for a bright, uplifting note—a sensory journey following the seasons.

Using Zheng Cheng Chishang rice, grown eco-friendly by a friend, to make risotto was the starting point of Hao-yi's culinary path. The meals primarily use seasonal produce grown by Chishang small farmers; he found that while they might not look as perfect as wholesale produce, they possess much richer and more vibrant flavors. When in Chishang, leave some time for CHEKU to experience Hao-yi's interpretation and creation of Chishang's four seasons through a meal.

店家資訊 INFO

臺東縣池上鄉中西二路 66-1 號
No. 66-1, Zhongxi 2nd Rd., Chishang Township,
Taitung County

12:00 ; 18:00 | 預約制 Reservation required.
透過 Instagram 或 Facebook 訊息預約
Please make a reservation through
the restaurant's Instagram or Facebook.



茶田關舍

Tea Paddy B&B

店家資訊 INFO

0918-216-171

臺東縣關山鎮平等路 90 號
No. 90, Pingdeng Rd., Guanshan Township,
Taitung County

預約制
Reservation required.

充滿關山土地能量的美味，開啟旅程的美好早晨

Flavors Full of Guanshan's Vital Energy: A Wonderful Start to the Morning

入住茶田關舍，最讓人期待的是隔天早餐。女主人思璇用心款待每一位旅客，早餐中可以吃到她親手烘焙的麵包、熬煮的果醬，搭配放牧土雞蛋與六種當季水果。為了提供更安心的食材，近年思璇也與婆婆一起開始種植多種蔬果，早餐裡的蘿蔔糕就是以自家種植的關山蘿蔔製作，有著蘿蔔的清甜和米香。吃完這頓充滿關山土地能量的早餐，開始一天精彩的旅行。

When staying at Tea Paddy B&B, the most anticipated highlight is the next morning's breakfast. The hostess, Si-xuan, treats every guest with care. The breakfast includes her handmade bread and homemade jams, paired with free-range eggs and six types of seasonal fruit. To provide even safer and more reliable ingredients, Si-xuan and her mother-in-law have recently begun growing their own variety of vegetables. The radish cake in the breakfast is made using their own Guanshan radishes, carrying the natural sweetness of the radish and the aroma of rice. Enjoying this breakfast full of Guanshan's vital energy is the perfect way to begin a day of wonderful travel.



女王私廚

Queen's Private Kitchen

店家資訊 INFO

0936-283-480

臺東縣鹿野鄉龍田村北一路 115 號
No. 115, Beiyi Rd., Longtian Village, Luye Township,
Taitung County

三日前預約
Reservation required at least 3 days in advance.

油萃出臺東生活的芳香

Extracting the Fragrance of Taitung Life through Oil

過去只有在慢食節或預約私廚，才有機會吃到秀倫的料理，終於在鹿野有了固定空間。她擅長運用香料，庭院裡新鮮香草，如馬蜂橙和刺蔥等自在入菜。說起炙燒蜜汁胭脂肉，「胭脂籽被引入臺東種植，跟我東漂是同一年，特別有感情」，油萃後醃肉，添上紅艷色澤與淡淡花香，蜜汁則是先生養蜂而來，每一口都藏著移居者的生命故事，與臺東生活累積出的滋味。

In the past, one could only taste Xiu-lun's cuisine at Slow Food festivals or through private dining reservations; now, she finally has a permanent space in Luye. She excels in using spices, incorporating fresh herbs from her courtyard like kaffir lime and prickly ash into her dishes. Speaking of the Seared Honey Annatto Pork, she notes, "Annatto was introduced to Taitung for cultivation the same year I made my move east, so I have a special emotional connection to it." The meat is marinated after oil extraction, adding a bright red hue and a faint floral scent; the honey comes from her husband's beekeeping. Every bite hides the life story of a migrant and the flavors accumulated through living in Taitung.



紅葉谷綠能溫泉園區 尋星廚房

店家資訊 INFO

089-561-068

臺東縣延平鄉紅谷路 121 號
No. 121, Honggu Rd., Yanping Township,
Taitung County

11:00-20:00 | 週二公休
Closed on Tue.

Vakangan Hot Spring Park Bintuhan Kitchen

山谷中的餐桌，盛裝更多在地風味

A Table in the Valley, Carrying More Local Flavors

來到紅葉谷，不只泡湯，也能嚐到團隊持續打磨的美味。經典獵人烤肉飯舒肥後再炙烤，熟度更佳。新菜色溫泉蛋野菜燉飯依季節選用臺東小農的龍葵或野萵，溫潤清雅。團隊成員來自阿美、布農、卑南等臺東不同族群，透過料理分享自身的文化，也持續學習在地物產與耕作，將園中自種的萬壽菊等香草運用在鹽烤魚，現正嘗試栽培野小番茄，期待將更多臺東風土融入料理。

Visiting Vakangan Hot Spring Park is not just about the hot springs; you can also taste the flavors continuously refined by the team. The classic hunter's roasted pork rice is cooked sous-vide and then seared, achieving optimal doneness. The new seasonal wild vegetable risotto uses black nightshade or green amaranth from local Taitung farmers, offering a warm and elegant taste. Team members hail from different ethnic groups such as Amis, Bunun, and Puyuma, sharing their cultures through cuisine while continuing to learn about local produce and cultivation. Herbs grown in the garden, such as marigolds, are used in salt-grilled fish, and they are currently experimenting with cultivating wild small tomatoes to integrate more Taitung terroir into their dishes.



0935-712-637

臺東縣關山鎮中華路 23 號
No. 23, Zhonghua Rd., Guanshan Township,
Taitung County

七、八月 Jul.-Aug.: 11:00-21:00

其他月份：週一至四 18:00-21:00、週五至日 11:00-21:00

Other months: Mon.-Thu. 18:00-21:00, Fri.-Sun. 11:00-21:00

親山農園 廳下冰淇淋

Qin-Shan Farm

吹著夏夜晚風，品嚐關山的甜蜜

Savoring the Sweetness of Guanshan Under a Summer Night Breeze

以往只有在活動、市集才吃得到的排隊冰淇淋，如今有了店面，還營業到九點，晚上的關山有了可以坐坐的地方。賴大哥將自己種植的水果做成冰淇淋。草莓、桑葚、百香果，每款都有天然水果的酸甜，果香飽滿、吃得到果肉，搭配關山米香更添鬆脆。坐在可愛的空間，悠哉點上三球，一次滿足。熱愛家鄉的賴大哥，總是熱情分享私房景點，邀請大家來吃冰也更認識關山。

The queue-worthy ice cream previously found only at events and markets now has its own storefront, staying open until 9 PM and providing a place to relax in Guanshan at night. Mr. Lai turns his own home-grown fruits into ice cream. Whether it's strawberry, mulberry, or passion fruit, each flavor offers the natural sweet-and-sour notes of the fruit, bursting with aroma and real fruit bits, while the addition of Guanshan puffed rice adds a delightful crunch. In this charming space, you can leisurely order three scoops for total satisfaction. Passionate about his hometown, Mr. Lai always enthusiastically shares hidden local gems, inviting everyone to enjoy some ice cream while getting to know Guanshan better.



大陸婆婆 麵食館

Grandma Yang's Kitchen

店家資訊 INFO

089-862-970

臺東縣池上鄉福文村中華路 51 之 3 號
No. 51-3, Zhonghua Rd., Fuwen Village, Chishang
Township, Taitung County

11:00-14:00 ; 17:00-20:00 | 週二公休
Closed on Tue.

家鄉味依舊，也多了池上的季節氣息

Hometown Flavors Remain, with an Added Seasonal Touch of Chishang

從山西來到池上的大陸婆婆，將家鄉味帶進臺東，把池上米擀進麵條。女兒愛軍如今接手掌勺，孫子也一起幫忙，一家三代持續守護這份滋味。晉糕、油潑麵等經典山西美味依舊，是熟客喜愛的味道。而愛軍也將對土地的理解放進料理，涼皮淋上自煉香菜油，點綴臺東洛神蜜餞，和在池上親自採集的月桃花，在熟悉的山西風味中，增添了池上的季節氣息，清新和諧。

Grandma Yang, who came to Chishang from Shanxi, brought her hometown flavors to Taitung, incorporating Chishang rice into her noodles. Her daughter, Ai-jun, has now taken over the kitchen, with her grandson helping out as well—three generations preserving this heritage. Classic Shanxi delicacies like Jin cakes and oil-splashed noodles remain favorites for regulars. Ai-jun also integrates her understanding of the land into the dishes: cold skin noodles are drizzled with homemade cilantro oil and garnished with Taitung roselle preserves and hand-harvested shell ginger flowers from Chishang. This adds a fresh, seasonal Chishang atmosphere to the familiar Shanxi flavors, creating a harmonious experience.



嘉禮私廚

店家資訊 INFO

0905-508-101

La Cérémonie — Table Privée

臺東縣鹿野鄉龍田村龍馬路 207 巷 26 號
No. 26, Ln. 207, Longma Rd., Longtian Village,
Luye Township, Taitung County

17:30-22:00 | 週五、六、日營業 | 預約制
Open Fri.-Sun. | Reservation required.

田園間的經典法餐，陪伴鹿野的相聚時刻

Classic French Dining in the Countryside, Accompanying Gatherings in Luye

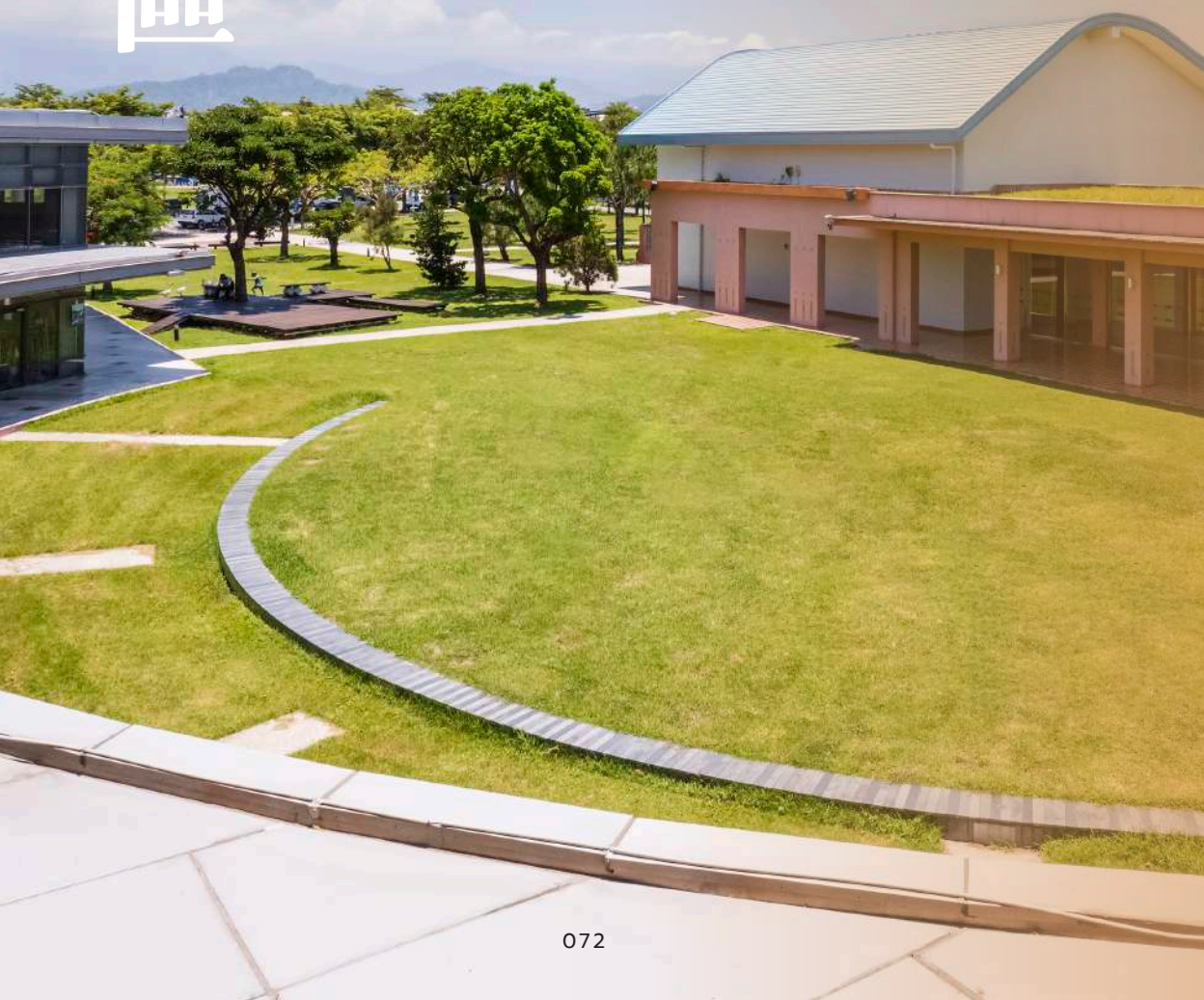
取自古代五禮中關於賀慶的「嘉禮」，Raymond 移居鹿野後，從友人口中發現「一年中總有紀念日，鹿野需要個吃飯慶祝的地方」，將自家空間開放營業。他堅持傳統法餐的紮實慢工，份量也依在地食客調整，因為「農人要吃飽」，會貼心提醒外地客人「份量偏臺東」。煎豬排選用關山豬，Raymond 說：「不輸伊比利豬」，搭配鹿野雞高湯與在地蜂蜜熬煮醬汁，讓經典法餐也吃得到臺東風土。

The name La Cérémonie derives from one of the ancient "Five Rites", concerning celebration. After moving to Luye, Raymond realized through friends that "there are always anniversaries throughout the year, and Luye needed a place for celebratory dining." He opened his home to guests, insisting on the solid, slow craftsmanship of traditional French cuisine. Portions are adjusted for local diners because "farmers need to eat their fill"; he thoughtfully reminds out-of-town guests that "the portions are Taitung-sized." The pan-seared pork chop uses Guanshan pork, which Raymond says is on par with Iberico pork, paired with a sauce simmered from Luye chicken broth and local honey, allowing classic French cuisine to express Taitung's terroir.



臺東市區

Taitung City





艾蘭哥爾藝文咖啡館 ★★
Alanger Coffee Shop

野室珈琲 W.G. Café ★★

建和鹿寮 Kasavakan Deer Youth Hub

臺東市區

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 Closed on Mon.
週日營業至 17:00
9:00-17:00 on Sun.





一站喝懂臺東風土

A One-Stop Destination to Experience Taitung's Terroir

葡萄牙人曾以「Alanger」稱呼臺東，意為遙遠而美麗的地方。弘典則希望來到艾蘭哥爾的人，不只喝一杯咖啡，更能從杯中認識臺東。

從種植到沖煮，弘典多年來投入臺東精品咖啡推廣。店裡展示著臺東三線五區產區地圖，現場聞香手沖，喝見不同產區從縱谷、海岸到南迴的咖啡個性，是弘典最樂於分享交流的話題。這份對風土與風味的追求，也延伸到調飲與茶飲。創意調飲「臺東四季」選用東河檸檬、鹿野甘蔗與薑，結合自家種植的咖啡，交織出



The Portuguese once called Taitung "Alanger," meaning a distant and beautiful place. The owner, Hung Tien, hopes that those who come to Alanger Coffee Shop do more than just drink a cup of coffee; he wants them to get to know Taitung through their cup.

From cultivation to brewing, Hung Tien has dedicated many years to promoting specialty coffee in Taitung. The shop displays a production map of the "three lines and five areas" of Taitung, offering hand-poured coffee with on-site fragrance sampling. Being able to taste the distinct coffee personalities from the East Longitudinal Valley, the Coast, and the South-Link is a topic Hung Tien most enjoys sharing. This pursuit of terroir and flavor extends to their mixed and tea drinks. The creative beverage "Taitung Seasons" features Donghe lemons, Luye sugarcane, and ginger combined

臺東市區

屬於臺東的酸甜苦辣風味記憶；刺蔥紅烏龍以農場自種紅刺蔥製作，弘典只採當年新枝，經一夜萎凋與長時間低溫慢烘，細緻的處理只為最大化保留紅刺蔥清新馥郁帶有甜感的飽滿香氣。

太太協助挑豆，女兒站上吧台調飲，全家人都是夥伴，一家人齊心合力將臺東的風土濃縮進每一杯飲品之中，傳達給來訪的客人。

with home-grown coffee, weaving together a memory of Taitung's "bittersweet, sour, and spicy" flavors. The Prickly Ash Red Oolong is made from prickly ash grown on their own farm. Hung Tien only harvests the new branches of the year, applying overnight withering and long-term low-temperature slow roasting—a meticulous process designed to maximize the fresh, rich, and sweet aroma of the prickly ash.

With his wife assisting in bean selection and his daughter behind the bar, the whole family works together as partners to concentrate Taitung's terroir into every drink served to their guests.



行家推薦 EXPERT RECOMMENDATION - 高靜玉 Esther Kao

靈活運用臺東四季風味，將季節轉變共治一杯冰咖啡中，層次轉換令人驚喜且念念不忘，薑汁的香氣若隱若現，帶動飲品整體層次，華麗卻不刻意，令人眷戀，回味再三。

Skillfully utilizing the seasonal flavors of Taitung, the transitions of the seasons are harmonized within a single cup of iced coffee. The shifting layers are surprising and unforgettable, with the faint, elusive aroma of ginger juice elevating the drink's overall complexity. It is gorgeous yet unassuming, leaving a lingering impression that invites repeated savoring.



臺東市區

野室珈琲

W.G. Café

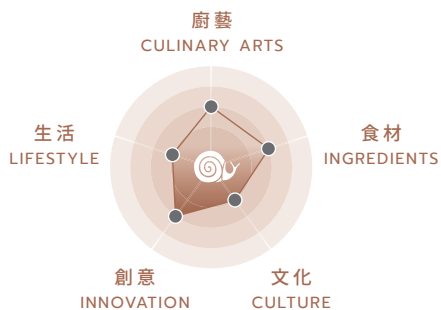


店家資訊 INFO

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
Closed on Mon. and Tue.





一室收藏臺東的野

A Space Capturing the Wild Essence of Taitung

野室命名來自野點子實驗室。大益與夥伴們雖然都不是餐飲科班出身，卻對臺東食材推廣有著十足熱情。集思廣益創作大地野派等經典料理，把臺東的四時物產放進餐盤裡。

每端出一道料理，大益總能對每項食材來源如數家珍，娓娓道來。除了串連在地小農，有夥伴也親自投入生產，在鹿野種植的馬鈴薯，如今也成了餐盤裡的一部分。海鹽舒肥嫩雞沙拉是店裡的人氣餐點，大益曾花上不少時間在市場一攤攤觀



The name Wild Garden Café originates from the "Wild Idea Lab." Although Dayi and his partners do not come from a traditional culinary background, they possess immense passion for promoting Taitung's ingredients. Through collective brainstorming, they have created classic dishes such as the "Earth Wild Style," placing Taitung's seasonal produce onto the plate.

With every dish served, Dayi can recount the source of each ingredient in great detail. In addition to connecting with local small farmers, some partners have personally invested in production—potatoes grown in Luye have now become a staple on the menu. The Sea Salt Sous Vide Tender Chicken Salad is a popular choice; Dayi spent considerable time observing and comparing stalls at the market before selecting a supplier that provides clean, odor-free Taitung chicken. The chicken breast is marinated

察比較，最後選定使用臺東雞隻、處理乾淨無異味的攤商長期配合。雞胸肉以柑橘及薑黃醃製後低溫舒肥，再灑上長濱海鹽炙燒。盤裡搭配台九線三元農場的有機生菜、多多牧場的放牧雞蛋。再配上一碗煙燻飛魚南瓜濃湯，感受好食材帶來的滋養，身心舒暢。

把臺東小米酒、紅烏龍、洛神、刺蔥做進巴斯克，長濱黑糖加進拿鐵。一室收藏臺東的野，來這裡一定要留時間，在陽光灑落的空間慢慢感受，和夥伴聊聊，認識每項臺東食材的精彩。

with citrus and turmeric, cooked at a low temperature via sous vide, and then seared with Changbin sea salt. The plate is paired with organic lettuce from Sanguan Farm on Provincial Highway 9 and free-range eggs from Duoduo Farm. Accompanied by a bowl of Smoked Flying Fish Pumpkin Soup, guests can feel the nourishment of high-quality ingredients and a sense of well-being.

They incorporate Taitung millet wine, Red Oolong, roselle, and prickly ash into their Basque cheesecake, and add Changbin brown sugar to their lattes. Capturing the "wildness" of Taitung in one room, this is a place where you must leave time to slowly experience the sun-drenched space, chat with the partners, and discover the brilliance of every Taitung ingredient.



行家推薦 EXPERT RECOMMENDATION - 徐仲 Andy Chou

野室珈琲營造了一種屬於臺東的生活節奏。位於美術館旁的空間，結合慢食臺東的店家在進行餐點和飲料的創作，透過這樣的平台，可以作一趟餐桌上的慢食臺東之旅，我覺得非常值得推薦。

Wild Garden Café cultivates a rhythm of life that uniquely belongs to Taitung. Located in a space next to the Art Museum, the café collaborates with other Slow Food Taitung establishments to create innovative dishes and beverages. Through such a platform, visitors can embark on a Slow Food Taitung journey right at the dining table. I believe it is highly recommended.



建和鹿寮

Kasavakan Deer Youth Hub

用料理說卑南的故事，認識建和部落的第一站

Telling Puyuma Stories Through Cuisine: The First Stop to Knowing Kasavakan

由鹿寮改建的部落青年基地，料理團隊有在地長大的部落媽媽，也有因喜歡臺東留下的移居青年，餐桌上同時吃得到部落記憶與新鮮創意。酸辣冷湯的酸辣來自野生小番茄、輕微發酵的筍子與辣椒，冰冰的喝，是卑南族的夏日經典風味；炸飯球則把刺蔥蝸牛南瓜湯等部落熟悉滋味做了創意轉化。最後送上一杯黃荊紅烏龍，以卑南文化中具有除穢意涵的黃荊，為旅人獻上祝福。

Rebuilt from an old deer hut, this tribal youth hub features a culinary team composed of tribal mothers who grew up locally and migrant youths who stayed for their love of Taitung. The table offers both tribal memories and fresh creativity. The Sour and Spicy Cold Soup derives its tang and heat from wild small tomatoes, lightly fermented bamboo shoots, and chili; served chilled, it is a classic summer flavor of the Puyuma people. The Fried Rice Balls creatively transform familiar tribal tastes, such as prickly ash snail pumpkin soup. Finally, a cup of Vitex Red Oolong is served; Vitex, which carries the significance of purification in Puyuma culture, is offered as a blessing to travelers.



店家資訊 INFO

臺東縣臺東市建和二街 71 巷 30 號旁
Beside No. 30, Ln. 71, Jianhe 2nd St., Taitung City,
Taitung County

11:00-18:00 | 週一、二公休
Closed on Mon. and Tue.



南迴山海 *South-Link Line*





● 夫魯克民宿 Vuluk B&B

● 黑手咖啡 HeySoul Café

● 穀白那哪手工麵包工作室 Kutjunana ★★

● 家家酒書房 Jiajiajiu Book Restaurant ★

● 去那呼玩烘焙咖啡老屋 CINEVUAN

● 達興山號 Ni Camak's Kitchen ★

南迴山海

穀臼那哪 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村 4 鄰 119 之 2 號
No. 119-2, Neighborhood 4, Jinlun Village, Taimali Township,
Taitung County

10:00-18:00 | 週日、一公休
Closed on Sun. and Mon.





與土地對話的麵包，包含了家族的愛和智慧

Bread in Dialogue with the Land: Infused with Family Love and Wisdom

退役軍人志進以自養酵母結合部落野菜，做出充滿地方風味的麵包。每天清晨，媽媽和阿姨上山採集飛機菜、刺蔥、咸豐草、假酸漿葉等野菜。野菜不像工廠生產的原料，每天可以採集到的種類、份量、含水量都不一樣。志進在麵團中加入一至兩成池上米穀粉，依照當天採回野菜的狀態調整配方。「我用的不是固定的東西，而是大自然給的，所以必須因應它去調整麵團。」

為了讓野菜的個性被清楚感受到，志進刻意讓每款麵包聚焦呈現一種主要風味。比如飛機菜麵包，以香蘭葉與蜂蜜作為麵團基底，入口時先感受到飛機菜帶有果



Retired veteran Chih-chin combines home-grown yeast with tribal wild vegetables to create bread filled with local flavors. Every morning, his mother and aunt climb the mountains to harvest wild greens such as fireweed, prickly ash, smallflower beggar ticks, and apple of Peru. Unlike factory-produced ingredients, the type, quantity, and moisture content of wild vegetables vary every day. Chih-chin adds 10-20% Chishang rice flour to the dough, adjusting the recipe based on the condition of the day's harvest. "I am not using fixed ingredients, but what nature provides, so I must adjust the dough accordingly."

To ensure the personality of each wild vegetable is clearly felt, Chih-chin deliberately focuses each loaf on a single primary flavor. For example, the Fireweed Bread uses pandan leaves and honey as the

南迴山海

香的草本氣息，隨著咀嚼，蜂蜜香氣與自養酵母的微酸逐漸浮現，風味層層展開，前、中、後味的遞進，吃每款麵包都像在品嚐一道料理。

不只是把野菜加進麵包，他更在意如何把土地的滋味好好傳達。店裡設計了吧檯座位與野菜圖卡，邀請客人坐坐，慢慢品嚐與理解。過去許多人來到金崙，只看見溫泉與海景；如今志進希望透過麵包，讓更多人記得這片土地上的人和智慧，以及山林野菜獨特而細膩的滋味。

dough base. Upon the first bite, one experiences the fruity herbal notes of the fireweed; with chewing, the aroma of honey and the slight acidity of the home-grown yeast gradually emerge. The flavors unfold in layers—front, middle, and back notes—making every piece of bread feel like a complete dish.

Beyond just adding wild vegetables to bread, he cares deeply about how to properly convey the taste of the land. The shop features bar seating and wild vegetable cards, inviting guests to sit, taste slowly, and understand. In the past, many came to Jinlun only for the hot springs and ocean views; now, Chih-chin hopes that through his bread, more people will remember the people and wisdom of this land, as well as the unique and delicate flavors of the mountain forests.



行家推薦 EXPERT RECOMMENDATION - 高靜玉 Esther Kao

每次的蛻變都看得出其中努力的鑿痕與深化，此次使用米穀粉運用在酸種麵包裡，從麵包的保水度與彈性可以知道已能掌握金崙的氣候，讓每一次出爐都香氣飽滿，令人垂涎，值得讚賞。

In every transformation, the marks of diligent effort and deepening craft are clearly visible. This time, by incorporating rice flour into the sourdough bread, the moisture retention and elasticity reveal a true mastery of Jinlun's climate. Every batch out of the oven is aromatic and mouth-watering—a truly commendable achievement.



家家酒書房

Jiajiajiu Book Restaurant

烈日焚風吹出大武風土香

Strong Foehn Winds Blowing the Fragrance of Dawu Terroir

大武曾是南迴公路上的重要驛站，隨著鐵路開通幹線轉移而沒落。不忍曾為「大武旅社」的老家成為廢墟，美緣攜先生鴻毅中年返鄉，希望重新串起人的連結。

大武烈日焚風強勁，猴子山豬頻繁下山搶食作物，農業條件艱困。但美緣觀察，檸檬香茅、刺蔥、月桃、土肉桂等植物，野獸不吃，也不怕焚風，反而凝聚濃郁香氣，進而研發出濃縮南迴山林氣息的大武風土茶。招牌黑蒜雞湯麵則善用焚風熟成黑蒜，熬煮出溫潤滋補的湯頭。蔬食者需求也有被好好考慮，素香麵使用部落野菜、迷迭香油、刺蔥鹽、紅棗片等，堆疊出素而不淡的清甜飽滿。美緣希望透過天然、無添加的食材，呈現土地最真實的風味。

注意到社區人口高齡化「老人家其實都很想有事情做」，美緣邀請長輩加入幫忙曬蒜頭包茶包。行經南迴，家家酒書房值得停留，享用大武風土的美味，看見一群人珍愛家鄉的努力。

Dawu was once an important station on the South-Link Highway, but it declined as the railway opened and main traffic shifted. Unable to bear seeing her childhood home—formerly the "Dawu Inn"—fall into ruin, Mei-guan returned home in mid-life with her husband, Hong-yi, hoping to reconnect people once again.

The scorching sun and strong foehn winds in Dawu are intense, and monkeys and wild boars frequently descend from the mountains to raid crops, making agricultural conditions difficult. However, Mei-guan observed that plants like lemon grass, prickly ash, shell ginger, and indigenous cinnamon are ignored by wild animals and are resistant to foehn winds; instead, these conditions concentrate their rich aromas. This led to the development of Dawu Terroir Tea, which encapsulates the essence of the South-Link forests. The signature Black Garlic Chicken Noodle Soup utilizes foehn-ripened black garlic to create a warm and nourishing broth. The needs of vegetarians are also thoughtfully considered: the Su-Xiang Noodles use tribal wild vegetables, rosemary oil, prickly ash salt, and red date slices to layer a sweet, full-bodied flavor that is pure yet flavorful. Mei-guan hopes to present the most authentic flavors of the land through natural, additive-free ingredients.

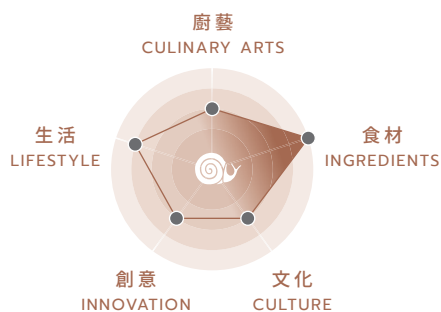
Noticing the aging population of the community and that "the elders actually really want something to do," Mei-guan invited them to help dry garlic and pack tea bags. When traveling along the South-Link, Jiajiajiu Book Restaurant is worth a stop to enjoy the delicious flavors of Dawu's terroir and see the efforts of a group of people who deeply cherish their hometown.

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 St., Dawu Village, Dawu Township,
Taitung County

12:00-20:00 | 週二、三公休
Closed on Tue. and Wed.



達興山號

Ni Camak's Kitchen

部落合作社的餐桌

The Table of the Tribal Cooperative

離鄉三十年，阿泰與妻子榕佳帶著孩子返鄉。希望孩子能在部落長大。阿泰將二十多年的廚藝經驗帶回家鄉，榕佳則熱情與客人分享餐桌上的食材故事。

達興山號沒有固定菜單，料理從生活與部落的供應出發。農園耕作是阿泰的興趣，五年來親手慢慢開墾整理，最近香茅、檸檬葉和小辣椒長得好，主菜烤豬肉便以這些草本辛香襯托出豬肉的鮮甜與油香。披薩鋪上臺東鳳梨與農園採收的野番茄，酸甜果香與濃郁起司十分合拍，是一家最愛的味道。

餐桌也分享部落夥伴們的好手藝。榕佳介紹起：「春屏阿姨的祈納福加入了青木瓜絲很清爽；曉鳳做的小米湯圓保留排灣族傳統發酵工法。甜點裡的芭蕉和蜂蜜，是部落農人供應的，喜歡可以買回家。」阿泰和榕佳期待達興山號成為一張共享餐桌，把一家人的生活滋味與部落夥伴的生產，分享給來訪的旅人。

After thirty years away, Camak and his wife Rong-Jia returned home with their children, hoping they could grow up in the tribe. Camak brought over twenty years of culinary experience back to his hometown, while Rong-Jia passionately shares stories of the ingredients on the table with guests.

Ni Camak's Kitchen has no fixed menu; the cuisine arises from daily life and tribal supplies. Farming is Camak's passion, and he has spent five years slowly reclaiming and tending his garden. Recently, the lemongrass, lemon leaves, and small chilies have been thriving, so the main dish of roasted pork is accented with these herbal spices to highlight the meat's natural sweetness and savory fat. The pizza is topped with Taitung pineapple and wild small tomatoes harvested from the garden, a combination of sweet-and-sour fruitiness and rich cheese that is the family's favorite.

The table also shares the exceptional skills of tribal partners. Rong-Jia introduces them: "Auntie Chun-ping's Cinavu (traditional leaf-wrapped dumplings) includes green papaya shreds for a refreshing touch; Xiao-feng's millet dumplings preserve traditional Paiwan fermentation techniques. The wild bananas and honey in the desserts are provided by tribal farmers—if you like them, you can buy some to take home." Camak and Rong-Jia hope that Ni Camak's Kitchen becomes a shared table, offering a taste of their family's life and the produce of their tribal partners to every traveler.

店家資訊 INFO

0932-221-039

臺東縣大武鄉南興村 3 號
No. 3, Nanxing Village, Dawu Township, Taitung County

11:00-14:00 ; 17:00-20:00
週一公休 | 一日前預約 | 週日僅供應午餐
Closed on Mon. and Sun. dinner;
Reservation required at least 1 day in advance



黑手咖啡

HeySoul Café

店家資訊 INFO

089-771-160

臺東縣太麻里鄉金崙路 422 號
No. 422, Jinlun Rd., Taimali Township,
Taitung County

09:00-17:00 | 不定休
Irregular days off

一口直達靈魂的風味驚喜

A Flavorful Surprise Straight to the Soul

為了陪伴父親，溢鐔與妻子返鄉將父親機車行的一部分改成黑手咖啡。創意又大膽的夫妻，作品總帶來所見非所得的驚喜。洋蔥、蘋果融入咖啡，靈感來自育兒輔食，層次豐富，像品嚐一道料理。金崙南瓜與長濱酒糟做成蛋糕，入口先是飽滿酒香，再浮現南瓜甘甜，意外是很大人的味道。一如店名 HeySoul，用出乎意料的驚喜味道，留下直達靈魂的記憶。

To be near his father, Yi-chun and his wife returned home and converted part of his father's motorcycle repair shop into HeySoul Café. This creative and bold couple creates works that always offer surprises beyond expectation. Onions and apples are integrated into the coffee—inspired by complementary foods for infants—creating rich layers that feel like tasting a complete dish. The cake made with Jinlun pumpkin and Changbin rice wine dregs greets the palate first with a full aroma of wine, followed by the natural sweetness of the pumpkin; it is a surprisingly sophisticated "adult" flavor. True to its name, HeySoul uses unexpected and surprising flavors to leave memories that reach straight to the soul.



0912-609-969

臺東縣大武鄉尚武村政通路 23 號
No. 23, Zhengtong Rd., Shangwu Village,
Dawu Township, Taitung County

10:00-18:00 | 週五至週日營業
Open Fri. to Sun.

去那呼玩 烘焙咖啡老屋

CINEVUAN

老屋飄出麵包香，是回到原點的新希望

Bread Fragrance from an Old House: A New Hope at the Point of Origin

去那呼玩 Cinevuan 是排灣族語回到原點的意思。擅長烘焙的許願，巧妙將在地食材融入創作，也藉此重新認識父親的故鄉。生吐司使用大武森林蜜，乳酪醬結合東方雲民宿經典小魚乾辣椒。巴斯克蛋糕以自種班蘭葉，令乳酪醇厚中多了淡雅草本甜香，配上夥伴小馬精準沖煮的咖啡，想吃甜點終於不用跑臺東市，去那呼玩是居民口中的「全村的希望」。

Cinevuan means "returning to the point of origin" in the Paiwan language. Xu-yuan, an expert in baking, skillfully integrates local ingredients into her creations, using the process to rediscover her father's hometown. The Japanese-style milk bread (shokupan) uses Dawu forest honey, and the cheese spread is combined with the classic dried anchovy chili from Dong Fang Yun B&B. The Basque cheesecake is made with home-grown pandan leaves, giving the rich cheese an elegant herbal sweetness. Paired with coffee precisely brewed by her partner, Xiao-ma, locals no longer need to travel to Taitung City for desserts; Cinevuan is known by residents as "the hope of the entire village."



夫魯克民宿

Vuluk B&B

店家資訊 INFO

0930-241-125

臺東縣金峰鄉嘉蘭村 127 號
No. 127, Jialan Village, Jinfeng Township,
Taitung County

預約制
Reservation required.

分享土地的豐饒，家裡的味道

Sharing the Abundance of the Land and the Taste of Home

Vuluk 和妹妹 Mamavan 一起經營夫魯克民宿，也把家的味道分享給旅人。排灣族語 Kinqkinq 是以前早上 Vuvu（祖父母）為家人準備的煎餅。以 Vuvu 種的南瓜和花生熬煮成沾醬，搭配山田裡的昭和草。因為太太愛吃瑞典肉丸，Vuluk 嘗試自己手作，並用刺蔥增香，發展屬於夫魯克的味道。把對家人的愛端上桌，「來的時候是客人，離開的時候就是家人了。」

Vuluk and his younger sister, Mamavan, run the Vuluk B&B together, sharing the taste of home with travelers. Kinqkinq is the Paiwan word for the pancakes that Vuvu (grandparents) used to prepare for the family in the morning. A dipping sauce is simmered from pumpkin and peanuts grown by Vuvu, paired with fireweed from the mountain fields. Because his wife loves Swedish meatballs, Vuluk experimented with making them by hand and added prickly ash for fragrance, developing a flavor unique to Vuluk B&B. Bringing love for family to the table, he says: "You arrive as a guest, but when you leave, you are family."



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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

撰稿編輯 郭麗津、吳惟稜

編輯校對 蘇韋榕

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115 年度臺東慢食永續推廣暨國際交流發展計畫

TAITUNG SLOW FOOD SUSTAINABLE PROMOTION AND INTERNATIONAL EXCHANGE
DEVELOPMENT 2026

指導單位 農業部農村發展及水土保持署

主辦單位 臺東縣政府

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Good 優質
Clean 純淨
Fair 公平