



Good / Clean / Fair

邀請您以慢食為經緯，展開一段臺東  
風土與文化孕育的美食之旅。



2020 ★ ★ ★  
臺東慢食指南

Taitung  
Slow Food  
Select



慢食(slow food)緣起於義大利，在臺東推廣八年以來，展現了山海之間獨有的生活故事與飲食文化。本手冊帶您走訪「臺東慢食評鑑」所評選出的星級店家，認識實踐慢食精神的廚人，品嚐優質、純淨、公平的真食味！



臺東慢食指南  
Taitung Slow Food Select

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## //// 慢食，展現臺東「慢」的獨特與價值 ////

近年「臺東」開始更活躍於世界旅遊地圖中。2020年 Booking.com 公布臺東為「全球10大好客城市」之一，也是全台灣唯一進榜的城市；2019年 Airbnb 將臺東列入「19大必訪景點」；2018年，Booking.com 公布臺東為「10大新興旅遊城市」。

當這麼多旅客青睞臺東，我們在想，臺東能帶給旅人什麼？

坐擁優美純淨的山海環境，臺東有著完整的自然地景、低密度的城鎮模式，人文面向上，呈現多元族群、熱情友善，以及慢活步調的城市氛圍。相較於「快」－效率、效益的追求，臺東的「慢」－認同自我、重視在地文化、善待人與環境的價值思維，就是我們所要帶給世界旅人的禮物。

這份禮物，也包括您手中這本「2020臺東慢食指南」。以維護傳統飲食文化、重視在地食材出發的「慢食運動」，從義大利來到臺灣，在臺東發展已進入第八年。越來越多的臺東料理人在慢食運動的影響下，愈加重視自身的飲食文化，努力挖掘在地食材，以料理訴說地方風土與文化生活之間的連結。

為了鼓勵臺東的慢廚，我們邀請專業評審進行「臺東慢食評鑑」，經過書審、初審、複審，嚴選出31間最具代表性的慢食星等店家，他們將臺東最具人文風土特色的料理、多元的傳統飲食文化，以及將專屬於臺東「慢」的價值透過料理傳達給世界旅人。

慢食不僅是國際趨勢，也是臺東重要的地方品牌和在地認同。誠摯邀請您踏上臺東慢食之旅，無論店家深藏在山上、海邊、田間，就算要翻山越嶺才能抵達，也絕對不虛此行。

臺東縣長 饒慶鈴

## //// Slow Food: A Way to Display the Features and Value of Slow Living in Taitung ////

As a tourist destination, Taitung has become increasingly popular with international visitors in recent years. In 2020, Booking.com put Taitung on the list of its Top 10 Most Welcoming Places on Earth and it is the only city in Taiwan to win this honor. In 2019, Taitung appeared in Airbnb's "19 Destinations to Visit." In 2018, the city was one of the ten up and coming destinations chosen by Booking.com.

As Taitung attracts so many tourists, we wonder what Taitung can offer to our visitors.

Blessed with beautiful, pure environment of mountains and sea, Taitung has carefully preserved natural landscape, low density urban areas, and a city atmosphere characterized by ethnic diversity, warm hospitality and a slow living lifestyle. Instead of "fast" living culture that places emphasis on efficiency and performance, promotion of local identity and local culture as well as people-oriented, environment-friendly values and ways of thinking are the gifts we want to offer to travelers around the world.

The *2020 Taitung Slow Food Select* in your hand now is part of this gift. Taitung has been part of the global Slow Food Movement, which originated in Italy with the aims of preserving traditional food culture and promoting the use of local ingredients, for eight years. Due to the rise of the movement, more and more local restaurants and store owners have attached more importance to native food culture and endeavored to discover local ingredients in order to tell stories about the interrelations between local culture and community life.

In order to encourage local slow food chefs, we invited professional judges to conduct slow food report in Taitung. After preliminary review of written documents, first review and second review, a total of 31 representative restaurants and stores were carefully selected and given different ratings. They serve a variety of foods that feature local characteristics and traditional food culture and express the distinct value of "slow living" in Taitung to travelers around the world.

For Taitung, slow food is not only an international trend, but also an important way to develop local brand image and forge local identity. We sincerely invite you to embark on a tour of slow food in Taitung. The stores and restaurants recommended by the *2020 Taitung Slow Food Select* are definitely worth a visit no matter if they are in the mountains, at the seaside, in the fields or in an extremely remote area.

Taitung County Mayor 饒慶鈴



//////// 臺東慢食的關鍵數字 //////////

8 年	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邁入第8年。
3 屆	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」，評選出具代表性的店家並給予星等獎勵，2020年為第3屆慢食評鑑。
31 間	「2020年臺東慢食評鑑」評選出三星、二星、一星、明日之星共31間最具指標性的慢食星等店家。
921 公尺	慢食指南中海拔最高、視野最遼闊的店家，是位於永陵山上、海拔921公尺的三星店家「烏尼囊多元文化工作坊」。
77.1 公里	慢食指南中最遙遠的店家，是位在長濱南竹湖的三星店家「Sinasera 24」。雖距離臺東火車站整整77.1公里，但絕對值得專程到訪。
10 場	自2017年至2020年，以風土食材、臺東傳統飲食文化為主題，共舉辦過慢花果、慢食雞、慢咖啡、慢米糧、慢酒釀、慢海鮮、經典重現、團圓餐桌、勇健餐桌、有種餐桌，10場各有特色的臺東慢食節。
100 間以上	2017至2020年，共有100間以上的臺東店家參與過臺東慢食節。認同慢食的店家，也形成彼此支持、相互打氣的在地社群。
30,000 人次	隨著慢食在臺東受到認同，臺東慢食節參與人次節節攀升，10場臺東慢食節累計約有30,000人次參與其中。
97.6 %	2019年的問卷調查中訪問曾經參與慢食節的朋友，展現出高達97.6%的活動滿意度。歡迎您一起加入臺東慢食鐵粉行列！

//////// Key Figures of Slow Food Movement in Taitung //////////

8 years	Since the Farm to Table campaign was launched in 2012, Taitung County government has promoted slow food culture for eight years.
3 times	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. The third slow food report was held in 2020.
31 restaurants	According to the results of 2020 slow food report in Taitung, a total of 31 representative restaurants and stores were selected and given different ratings, including 3 stars, 2 stars, 1 star and “rising star.”
921 meters	At an altitude of 921 meters on Yongling Mountain, Wuninang Multicultural Daluhan Workshop is a three-star store with the most spectacular view in the <i>Taitung Slow Food Select</i> .
77.1 km	77.1 km away from Taitung Train Station, Sinasera 24 by Nanzhuhu in Changbin is the most remote restaurant in the Taitung Slow Food Select. Despite its inconvenient location, this three-star restaurant is definitely worth a visit.
10 events	From 2017 to 2020, Taitung City government held 10 slow food festivals featuring traditional food culture in Taitung. Each of these distinctive events presented a feast of traditional cuisines made with a variety of local ingredients and unique dishes.
100 restaurants	From 2017 to 2020, over 100 restaurants and stores in Taitung participated in the Taitung Slow Food Festival. Local restaurants and stores embracing slow food culture have created a social network that gives support and encouragement to each other.
30,000 visitors	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 30,000 people have visited 10 bazaars of the Taitung Slow Food Festival.
97.6 %	According to a survey to the visitors of Taitung Slow Food Festival, 97.6% of them were satisfied with arrangements for the event. You are welcome to join them and become a fan of the festival!

## //////// 慢食指南使用說明 //////////

### —— 星星所代表的意義 ——



三星 | 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。



二星 | 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。



一星 | 店家與料理具慢食概念，並達到評鑑指標標準之上。

### 明日之星

店家認同慢食概念，且深具發展潛力。

### —— 星星如何產生 ——

#### Good 優質

- | 料理美味
- | 不使用化學添加物或過度加工之食品
- | 料理可呈現臺東的生活方式
- | 料理對保存臺東飲食文化有正面幫助

#### Clean 純淨

- | 食物里程數低
- | 使用之食材以對環境友善的方式生產
- | 料理對保存臺東原生物種有正面幫助

#### Fair 公平

- | 清楚食材來源與生產方式
- | 主動宣傳在地食材、小農與農產品等友善資訊

### —— 慢食圖示 ——



#### / 在地食材

店家積極選用地、友善環境生產的食材



#### / 傳統文化

店家能夠透過料理傳達臺東的傳統飲食文化



#### / 創意演繹

店家善於運用創意手法，展現食材的無限可能

## //////// User Information for Taitung Slow Food Select //////////

### —— What does the number of stars mean? ——



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



Two stars | 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.”



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

### Rising Star

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

### —— How are the ratings generated? ——

#### Good

- | Gourmet food.
- | Avoiding use of chemical additives and over-processed foods.
- | Incorporating local characteristics into food preparation.
- | Promoting local food culture with the menu design.

#### Clean

- | Low food miles.
- | Use of ingredients produced with environment friendly ways.
- | Contributing to preservation of native species in Taitung.

#### Fair

- | Sourcing ingredients that are supplied with information about their producer and ways of production.
- | Active promotion of environmentally friendly local ingredients, small farmers and agricultural products.

### —— Icon ——



#### / Local ingredients

The restaurant/store actively uses local, environmentally-friendly ingredients.



#### / Traditional Culture

the restaurant/store promotes traditional food culture of Taitung with its menu design.



#### / Creativity

The restaurant/store explores various possibilities of the ingredients innovatively.





# 3/

## 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 follows the spirit of slow food. Their dishes are representative and express local food culture of Taitung.

長濱鄉 Changbin

Sinasera 24



延平鄉 Yanping

烏尼囊多元文化工作坊  
Wuninang Multicultural Daluhan  
Workshop





# Sinaser 24

向山海學習—以料理訴說臺東風土與人情



## 店家資訊 Info

- 089-832-558
- 臺東縣長濱鄉南竹湖26-3號
- 午餐12:00-15:30・晚餐18:00-21:30
- 週一至週六僅提供晚餐 | 週日及特定假日提供午餐、晚餐
- No. 26-3, Nanzhuhu, Changbin Township, Taitung County
- Lunch:12:00-15:30;Dinner: 18:00-21:30.
- Dinner only from Monday to Saturday and lunch and dinner on Sunday and national holidays.

如果要說花東的土地會黏人，黏住 Sinaser 24 主廚楊柏偉/Nick 的故事最迷人。

2014年奪得「世界盃歐洲蔬果雕刻錦標賽」金牌，2015年 Nick 來到臺東長濱國中服替代役，並協助學校開設餐飲技藝課程，帶領學生們一舉奪下臺灣國際美食廚藝挑戰賽銅牌。退伍後 Nick 前往南法，在馬賽的米其林三星餐廳 Le Petit Nice - Gérald Passedat 跟著主廚一起前往漁港、農場、莊園了解當地風土與食材，同時被拔擢為第一位華人領班，負責所有的魚類料理。Nick 心想，如果面對地中海的馬賽可以成就一間三星餐廳，那麼面對太平洋的我們，是否也可以？

## Sinaser 24

Delicacies made with “lavish gifts of mother nature”

It is said that when you visit Hualien and Taitung a special connection is formed. You become attached, part of its roots and community. When you visit Sinaser 24 you will know its chef, Nick Yang. He has a unique bond to the East Coast, which is his beloved home now.

The story started from 2015 when Nick Yang, who won the title of Master Fruit Carvee in an international competition, came to Changbin to serve the military as a substitute civilian serviceman and helped a local junior high school offer cooking course to the students. Under his guidance, his students won the third place of Taiwan Culinary Arts Challenge. After he was discharged from military service, he went to Southern France and worked in a three-star Michelin restaurant in Marseille. He visited local fish harbor, farms and gardens with the chef of Le Petit Nice - Gérald Passedat and acquired knowledge about local food culture and ingredients during these visits. Nick later became the first Chinese kitchen leader of the restaurant in charge of all fish dishes. At this time, an idea came to his mind – if I can contribute to the success of a three-star Michelin restaurant in Marseille, a Mediterranean city, why can't I run a restaurant in my hometown?







2017年晝日風尚經營者親自飛到馬賽，邀請 Nick 回長濱擔任旅館餐廳主廚。經過南法的洗鍊後 Nick 更專注於將花東在地、不同族群、不同節氣的食材予以轉化呈現。他和部落的 Faki、Ina 變成好朋友，因此廚房能收到一早東海岸採集的鮮味；他和周邊的自然農法農園契作，所以有多樣的新鮮香草、海鹽、苦茶油；他希望建立一個團隊，留住臺東的孩子，挖掘在地的滋味，讓 Sinasera 24 成為一扇面向世界、以料理創作展現在地風土的窗口。

In 2017, he quit the job in France and started to work for Sinasera 24 as the chef at the invitation of the owner of Dawn Resort, who flew to Marseille only to convince him to accept the offer. With the gastronomy expertise he developed in Southern France, he became a master of turning a variety of local ingredients used by different ethnic groups in Hualien and Taitung during different seasons into exquisite delicacies. By making friends with senior people in different tribal communities, he has managed to source a variety of fresh ingredients collected on the East Coast of Taiwan. Through the contract farming of local small farmers who adopt natural agricultural practices, his restaurant is able to serve dishes made with various aromatic herbs, sea salt and tea seed oil. Nick has made all these endeavors with a hope to create a team to keep local young people in Taitung and make Sinasera 24 "a restaurant into a venue where visitors around the world can experience local food culture with his gastronomic creations."



沒有火車站的長濱因為交通不便，得以保存這份美得不可思議的大自然。Sinasera 24 對長濱的使命不能太大，我只想專心做好料理，將長濱大山大海的美好食材做最好的詮釋。如果世界可以因為我的料理看見長濱，這就夠了。—— Nick 楊柏偉





## 烏尼囊多元文化工作坊

藍天大地下，俯瞰花東縱谷的五感饗宴



### 店家資訊 Info

- 0988-815-808
- 臺東縣延平鄉永康村泰平路82-2號
- 預約制，15人成行，上限30人
- No. 82-2, Taiping Rd., Yanping Township, Taitung County
- Reservation required. Minimum: 15 people. Maximum: 30 people.

生活、縱橫在高山的布農族人，鍋子裡煮些什麼？種植哪些作物？獵人以勇氣和汗水帶回來的獵物要如何保存？烏尼囊多元文化工作坊的「獵人餐桌」，以文化體驗和一道道傳統滋味，帶領大家走入布農族純粹而深邃的世界。

直火燒烤的鹽烤豬肉，搭配耗時熬製的柴燒鳳梨乾，完美結合果酸與油脂。運用獵人保存食物的傳統方式，勇士孝賢端出燻烤房中煙霧纏繞四小時的雞腿排，伴著濃郁的煙燻氣味沁入口鼻。而大鍋裡的小米飯，搭配著從山下交換而來的鹹魚干，山的、海的、溪裡的滋味，都盡情綻放。

## Wuninang Multicultural Daluhan Workshop

Celebratory banquet in Bunun style with a bird's eye view of the East Rift Valley

The Bunun tribe, an aboriginal people living in high mountains, have their own traditional cuisine and preserve the prey of their brave hunters in special ways. Wuninang Multicultural Daluhan Workshop serves "Hunter's Table," a Bunun banquet that provides its guests in-depth cultural experience with traditional dishes.

The grilled salted pork is a signature dish, which is served with meticulously made dried pineapples, for a perfect combination of the sour flavor of pineapple and fattiness of pork. The smoked drumsticks with rich smoky fragrance are made by Xiaosien, who has a title of "brave man" in the village, after 4 hours of preparation. The millet cooked in a big pot goes perfectly with dried fish, which is sourced by the restaurant owner through exchange with fishermen in the coastal area. All the traditional dishes are made with natural ingredients supplied by Mother Nature, including the mountain, the sea and local creeks.







180度俯瞰花東縱谷、遠眺太平洋，海拔約921公尺的「聽星眺昇」基地，這裡是美華姊父母留下來的家族耕地，也是烏尼囊團隊訴說布農文化的山中秘境。部落裡的耆老：胡大哥、Tama Laung，帶領大家走進山林，體驗獵人與動物、山、祖靈的緊密關係；部落裡的婦女：美華姊、Niuua 阿姨、Hanaku 阿姨，採摘野菜、攪拌著小米飯、熬煮玉米甜湯，一面分享食物，一面以故事、歌謠訴說每道菜裡的故事及文化。一日下來，實實在在將布農前人教導的智慧及美味，分享給所有敞開的心靈。

At an altitude of 921 meters, Wuninang Multicultural Daluhan Workshop boasts a breathtaking view of the East Rift Valley and the Pacific Ocean. It is located at a family farm left by the parents of Meihua, the owner of this "secret wonderland" of Bunun culture in the story told by the team that runs this place. Two respected old men, Hu and Tama Laung, lead visitors on a guided tour of the mountain and explain the close relations between hunters, animals, mountains and ancestral spirits in Bunun culture. Women of the team, including Meihua, Niuua and Hanau, are responsible for picking vegetables, cooking millet and sweet corn soup, serving the dishes and introducing each dish and Bunun food culture with stories and traditional songs. During the one-day visit, the team shares traditional wisdom and dishes to all guests who open their mind to Bunun culture.



帶著「烏尼囊(謝謝您、祝福您)」的感恩心情，在料理、歌謠、故事中，讓每位到來的朋友感受天地的開闊、生命的深刻。轉換心情後、帶著美好祝福繼續前行。



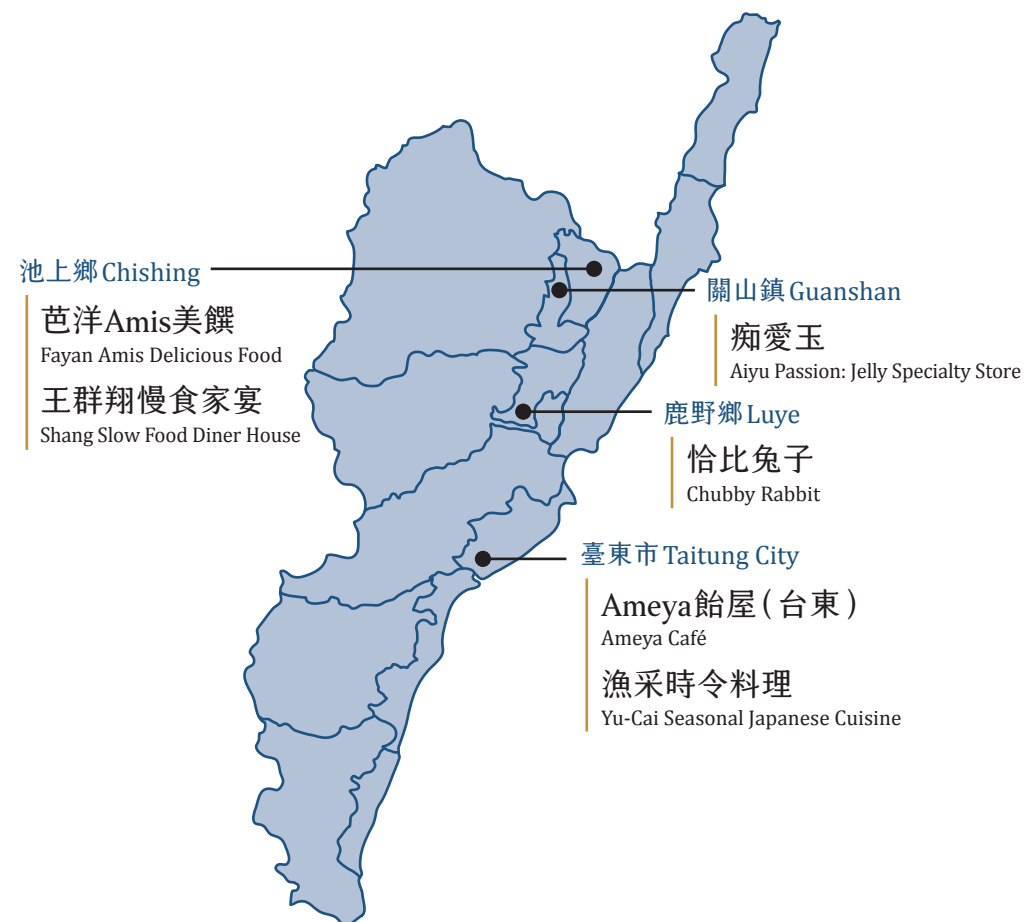


# 2

## 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."







## 痴愛玉

臺灣獨有、老爸愛玉果園直送的清涼滋味



### 店家資訊 Info

- 0936-257-478
- 臺東縣關山鎮中山路105號
- 不定期休，以臉書公布為主
- No. 105, Zhongshan Rd., Guanshan Township, Taitung County
- Closed irregularly. Closing days are announced on Facebook.

如果你有機會跟著吳爸爸前往山上的愛玉果園，會真正理解，痴愛玉為什麼叫做「痴」愛玉。三千顆的爬藤果樹、三十年的照料採收，那真是專情、恆長的愛。

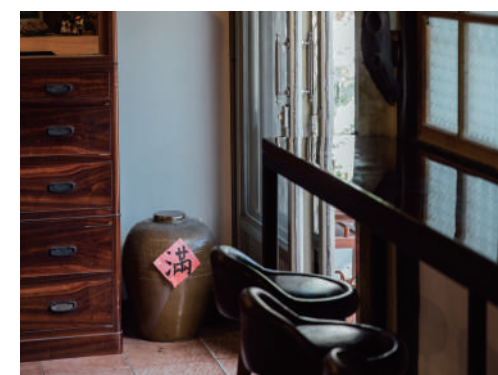
從小看著父親種植愛玉的珮甄，深深體會照料、採收、加工、曝曬愛玉是辛苦的汗水付出，因此不願看到愛玉只是菜市場塑膠杯裡的解渴飲料。返鄉之後，珮甄決定開一間「專賣愛玉」的「痴愛玉」。經典的「就是愛玉」，是以父親種植的愛玉籽搓洗成凍，再淋上檸檬汁、搭配臺東龍田的蜜鳳梨，酸甜可口、沁涼透心；「檸檬紅茶愛玉」則是將愛玉籽放在紅茶中搓洗。痴愛玉用心研發愛玉的多元創新風味，冬令時節還有燒愛玉，千萬不可錯過。

## Aiyu Passion: Jelly Specialty Store

Distinctive sweet in Taiwan made with “garden fresh” Aiyu seeds

If you have a chance to visit the Aiyu (awkeotsang creeping fig) orchard with father of the store's owner Fiona Wu, you will know how this store got its name. There are about 3,000 Aiyu creeping fig vines in the orchard and this man has taken care of it for 30 years with total dedication and undying love.

Fiona has watched her father grow Aiyu since she was a child; she has witnessed the hard work her father has put into caring, harvesting, processing and drying of the fruit. That's why Aiyu means much more than simple jelly served in traditional markets. After she returned to her homeland, she decided to open an Aiyu specialty store to serve different sweets made with Aiyu cultivated by her father after scrubbing its seeds. The house specialties are Aiyu jelly with lemon juice and “honey pineapple” of Longtien of Taitung that impart a sweet and sour flavor and “Aiyu with black tea with lemon,” which is made by scrubbing Aiyu seeds in black tea. Fiona has invented multiple creative sweets made with Aiyu, including hot Aiyu served in winter, a must-try snack when you visit here.







## 恰比兔子

在異國料理中品嚐如家溫暖的美好人情



### 店家資訊 Info

- 0989-679-165
- 臺東縣鹿野鄉永安路77巷7號
- 預約制，室內用餐上限15人
- No. 7, Ln. 77, Yong'an Rd., Luye Township, Taitung County
- Reservation required. Maximum: 15 people.

到恰比兔子的用餐體驗，從走進花園的那刻就開始。穿越綠意盎然的小徑，在廚房裡烤披薩的兔子先生透過窗戶與你打招呼，兔子太太已在門廊上等待迎接。與其說是餐廳，這裡更像老友舒適又充滿驚喜的家。

來自德國的友涵/Johannes 與來自台中的秀/Sho 多年來跨國遷徙，最後選擇定居鹿野，用在地小農生產的食材，創造帶有臺東味的異國料理：德國南方傳統的手工麵疙瘩、淋上自家製的九層塔青醬或油漬蕃茄紅醬；東西融合的披薩餅皮中有馬告芬芳；義大利 Biga 經過長時間發酵，製作成原味麥香拖鞋麵包。在這裡，吃到的不只是料理，更品嚐了夫婦倆對生活的喜悅，讓人能量滿滿。

## Chubby Rabbit

Exotic cooking with home-style warmth

The owners of the restaurant are "Mr. Rabbit" and "Mrs. Rabbit," who greet all their guests by themselves after you step into the garden. Mr. Rabbit says hi to you at the window of his kitchen where he bakes pizza and Mrs. Rabbit takes you into the restaurant on the porch. To its visitors, it feels more like an old friend's house than a dining place.

Mr. Rabbit is a German and his name is Johannes, while Mrs. Rabbit is Sho, a Taiwanese from Taichung. After living in different countries for many years, the couple decided to settle down in Luye and open a restaurant that serves exotic food characterized by Taitung features and made with local ingredients produced by small farmers in their community. Hand-made spätzle, a traditional dish in Southern Germany, is served with hand-made pesto with Asian basil or red sauce made with sundried tomatoes. Mountain pepper (Magaw) is put into the dough of pizza for its special fragrance. Italian food Biga is used to make ciabatta after long fermentation. Guests of this restaurant can not only relish great food here, but also share the happiness of the couple.







## 芭洋 Amis 美饌

池上阿美家族的真誠款待



### 店家資訊 Info

- 0917-838-023
- 臺東縣池上鄉大埔村五鄰51號
- 僅提供晚餐 | 預約制，4人以上，40人以下 | 每週一、二、三公休
- No. 51, Neighborhood 5, Vil. Dapu, Chishang Township, Taitung County
- Dinner only, reservation required. Minimum: 4 people. Maximum: 40 people. Closed on Monday, Tuesday and Wednesday.

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

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

## Fayan Amis Delicious Food

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

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

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







## 王群翔慢食家宴

隱身池上米鄉的食材料理交流空間



### 店家資訊 Info

- 0935-284-305
- 臺東縣池上鄉萬安村1-9號
- 提供午餐、晚餐 | 預約制
- No. 1-9, Vil. Wan'an, Chishang Township, Taitung County
- Lunch and Dinner: Reservation required.

出生臺北大稻埕，臺東人稱「翔哥」的王群翔，是專業的料理主廚、餐廳顧問，也是擅長運用臺東好食材的達人。原本只是想到池上過生活，意外因為參與了2012年的產地餐桌計畫，開始以「慢食家宴」與更多人交流在地食材的多樣滋味。

米的鐵粉、飯的愛好者翔哥，在米飯不再是主食時，希望讓米飯重新成為餐桌上的主角，所以翔哥所設計的家宴菜色，除了有招牌池上米三吃：白飯、烤飯、燉飯，還有濃郁且療癒心脾的米濃湯。雞肉選用池上戰鬥雞，並且自己炸紅蔥頭雞油；此外東海岸的新鮮滋味也不缺席：成功漁港頂級漁獲製作的炸劍旗魚排、長濱海水養殖的優質白蝦，在翔哥的巧手下，以處理食材的洗鍊手法呈現臺東風土的真原味。

## Shang Slow Food Diner House

Home-style feast hidden in land-of-rice Chishang

Shang is not only a professional chef and restaurant consultant, but also an expert of preparing gourmet food with local ingredients of Taitung. At first, he moved to Chishang with a plan to simply enjoy his life here. After he first participated in a farm-to-table campaign by accident in 2012, he started to serve "slow food home-style banquets" to share various cuisines made with local ingredients with his guests.

Shang is a big fan of rice. As rice is no longer a staple to many people in Taiwan nowadays, it plays an important part in the feast he prepares; Shang's rice dishes include plain rice, baked rice, stew rice, and rich, hearty, thick rice soup. He uses "fighting chicken" raised at Chishang, makes fried crisp red onions with chicken oil and serves fresh seafood of the East Coast. He prepares fried swordfish steak with the catch of Chenggong Fishing Harbor and cooks whiteleg shrimps cultivated in a sea farm at Changbing. His dishes feature original flavors of local ingredients cooked with his sophisticated culinary skills.







## Ameya 飴屋 (台東)

每天都有驚喜的日式家庭風味與烘焙香



### 店家資訊 Info

- 089-345-600
- 臺東市杭州街128巷16號
- 11:00-18:00 | 週日公休
- No.16, Ln. 128, Hangzhou St., Taitung City, Taitung County
- 11:00-18:00. Closed on Sunday.

Morning 以前是商業廣告攝影師，熱愛下廚與單車旅行；Candy 曾是上班族，喜歡烘焙。在香港住了十二年後，夫婦倆決定回到 Morning 的故鄉臺灣，落腳臺東，把興趣變成生活。

這裡沒有固定菜單，Morning 以每天一早在市場挑選的食材，設計當天菜單。燉豬腳、鹽麴五花豬、紅酒燉牛肉，都是常出現的主菜；也因應當天魚獲，不定期推出漁產料理，像是鹽燒當日鮮魚、酥皮紅甘、鑲小捲。鑄鐵鍋煮出的米飯，配上五至六樣配菜，每樣小菜都有故事可說。而 Candy 的烘焙也非常多樣，司康、生巧克力塔、伯爵綜合果乾軟歐、法棍、鹹派……每天在臉書上公告當天麵包點心的品項，更為許多粉絲帶來美好的期待！

## Ameya Café

Japanese home-style delicacies and delicious pastries

Ameya Café is run by a couple, Morning Chou and Candy Tse. Morning was a commercial photographer and loves cooking and biking, while Candy was an office lady and loves baking. After living in Hong Kong for 12 years, the couple decided to return to Morning's homeland and started to make a living in Taitung with their passion.

Ameya Café is a menu-less restaurant. Morning selects food ingredients in a morning market for preparation of the dishes each day. Their signature dishes include stewed pork knuckle, fried salted pork belly and Bourguignon, which are common main courses that show up on their tables. They serve seafood dishes from time to time, including braised fish of the day, fried *Seriola dumerili* and braised squid, depending on the catch of the day. The rice is slowly and gently cooked in a cast iron pot; the main course is served with 5 or 6 side dishes. The restaurant also sells a variety of pastries made by Candy, including scones, chocolate tarts, soft French bread with dried fruit and Earl Grey Tea, baguette, quiche, etc. Their fans look forward to it every day!







# 漁采時令料理

日本料理職人在臺東



店家資訊 Info

- 089-332-885
- 臺東市更生路573巷40號
- 11:30-14:00 ; 17:30-21:00 | 週一公休
- No. 40, Ln. 573, Gengsheng Rd., Taitung City, Taitung County
- 11:30-14:00. 17:30-21:00. Closed on Monday.

2018年開店的漁采時令料理，雖然店齡年輕，主廚林師傅其實有著超過二十年的日本料理經驗。早年向日本師傅學習、在臺北開設餐廳，為了帶給家人更好的生活環境而舉家遷來臺東，以漁采來延續日本料理手藝！

師傅的純熟經驗，充分展現在鹽烤紅喉的火候掌握，外皮酥脆帶著焦香、魚肉鮮嫩欲滴，令人忍不住豎起大拇指！鰻魚飯也是不可錯過的元氣一品。而漁采對於臺東的喜愛，也展現在食材選擇：關山壽司米、知本深層海水養殖白蝦、大和黑蜆、成功漁港當令魚鮮，割烹套餐中，更是嚴選當季食材，在職人精神的貫注下，無論是刺身、燒物或揚物，都在傳遞著臺東在地的時令美味。

## Yu-Cai Seasonal Japanese Cuisine

A professional Japanese cuisine chef in Taitung

Chef Lin opened Yu-Cai Seasonal Japanese Cuisine in 2018. With over 20 years of experience of Japanese cuisine, he started his career as an apprentice at a Japanese chef and later ran a restaurant in Taipei City. In 2018, he moved to Taitung with his family for a better living environment and became the owner of this Japanese restaurant.

Grilled salted rosy seabass is a signature dish that fully demonstrates Lin's excellent culinary skills; the crispy fish skin, smoky flavor and the tender texture make it a finger-licking delicacy! Grilled eel with rice is also a must-eat dish on the menu. Chef Lin puts his love for Taitung into his gourmet food made with local ingredients, including sushi rice of Guanshan, whiteleg shrimp and Yamato clam cultivated at a sea farm at Zhiben, and seasonal catch sourced at Chenggong Fishing Harbor. From sashimi, grilled food and fried food, Chef Lin serves deluxe set meals made with high-quality seasonal ingredients with his passion for cooking in his pursuit of culinary excellence.







# 1

## 一星店家 ★ One star

店家與料理具慢食概念，並達到評鑑指標標準之上。

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

### 池上鄉 Chishing

豆芳華

Doufanghua

稻米原鄉館

Wanan Rice House

曬穀場話桑麻工坊

Buda Banai Coffee

田味家手作工坊

House 4 P.M. Peddy Memory

### 東河鄉 Donghe

幸福食堂

Happiness Kitchen

### 太麻里鄉 Taimali

力卡珈琲

LI.KA CAFÉ

拉勞蘭小米工坊

Lalauran Millet Workshop

### 成功鎮 Chenggong

旗遇海味

Meet Marlin

### 關山鎮 Guanshan

日出禾作社

HeZuo Friendly Crops

### 鹿野鄉 Luye

方克一巧克力

Funky Chocolate

### 臺東市 Taitung City

南島咖啡部落廚房

Austronesian Coffee

ICifa法式餐廳

ICifa Restaurant

青蔦菓子咖啡

Blue Bird Coffee Shop

河堤パン時光

Riverwalk Bakery

Tanya's 泰食餐桌

Tanya's Thai Food Table





## 力卡珈琲

友善旅人、友善部落、友善環境



### 店家資訊 Info

- 089-772-056
- 臺東縣太麻里鄉金崙村金崙210號
- 09:00-20:00
- No. 210, Jinlun, Taimali Township, Taitung County

力卡珈琲是政義和 Sam 送給金崙居民和旅人的部落客廳，歡迎大家在金崙待久一點點，享受海灘美景之外，細心發現這個小社區的可愛和美好。

店裡提供的民宿早餐、咖啡、甜點，都盡可能選用鄰近部落友善環境種植的當季食材。這裡的拿鐵有刺蔥和馬告的香氣，磅蛋糕裡有 Vuvu 釀造的小米酒糟，傳達著屬於臺東的味覺體驗和豐富層次。力卡珈琲努力堅持著不使用一次性餐具的環境友善理念，如果想到海灘享受下午茶，政義會將冰咖啡裝在玻璃杯，磅蛋糕用月桃葉包好放進檳榔葉鞘，盡可能以大地素材盛裝餐飲，讓每個人都能享受貼近自然的單純喜悅。

## LI.KA CAFÉ

Traveler friendly, tribal village friendly and environmentally-friendly

As a gift offered by the owners Nathan and Sam to Jinlun Community and its visitors, LI.KA CAFÉ welcomes everyone and always encourages their guests to stay here a little bit longer to enjoy the beautiful beach and experience the hospitality of the community.

The café provides B&B service, coffee and desserts, which are made with seasonal ingredients produced by farmers using green farming practices in tribal villages nearby. For example, the latte has the fragrance of mountain pepper (Magaw) and Aralia decaisneana Hance and the pound cake is made with millet lees cultivated by local Vuvus (which means grandparents). The beverages and the sweets are characterized by the rich flavors of local plants. If you want to enjoy your afternoon tea on the beach during your visit to this plastic-free café, Nathan will serve ice coffee in a glass and pound cake wrapped in a shell-flower leave and placed inside a leaf sheath from a betel tree, in order to replace plastic dishware with natural materials, helping you feel the joy of staying in a natural environment.







## 豆芳華

一生懸命的豆腐職人



### 店家資訊 Info

- 089-863-781 | 0980-704-989
- 臺東縣池上鄉萬安村4鄰23號
- 提供午餐、晚餐 | 預約制
- No. 23, Neighborhood 4, Wan'an, Chishang Township, Taitung County
- Lunch and Dinner. Reservation required.

跟著豆腐哥來到池上的大豆田區，他說：「你看，這是山羌吃過的痕跡，靠近山壁的那區幼苗全部被吃光了。」但是他沒有放棄，一年一年，一點一點增加池上本土大豆的種植，細心將高雄選十號、花蓮一號、臺南三號、臺南十號不同的香氣、甜味，綻放在豆漿與豆腐裡。這就是豆腐哥的魅力。

無論是薑黃豆腐佐番茄梅汁，或是白豆腐佐日曝自然發酵醬油膏，還有自家的豆漿、黑糖紅棗豆花搭配套餐，品的是天然原味與製作豆腐的用心。一顆小小的豆，連結著傳統技藝、小農生計、本土糧食自給率以及環境永續。從天然食到發酵食，豆之芳華，豆之美妙，盡在池上豆屋。

## Doufanghua

An expert of soybeans with great passion for tofu

"Mr. Tofu," the owner of Doufanghua, is dedicated to the art of turning soybeans into traditional dishes. As a local farmer of soybeans, he has gradually increased the size of his farm for plantation of different species of local soybeans, including Kaohsiung No. 10, Hualien No. 1, Tainan No. 3 and Tainan No. 10. He has used the soybeans he grows to make delicious soy milk and tofu with different fragrances and tastes.

From tofu with turmeric and sauce of tomato and plum juice, white tofu served with naturally brewed thick soy sauce, home-made soy milk and tofu pudding with brown sugar and red dates that accompany a set meal, you can feel Mr. Tofu's dedication to his dishes made with soybeans and natural, healthy ingredients. His restaurant not only serves food, but also preserves traditional culinary skills, supports small local farmers, increases domestic food self-sufficiency rate and safeguards environment sustainability. You can experience a wonderful "soybean feast" here with multiple choices of fermented and unprocessed foods.







## 稻米原鄉館

197縣道上的社區文化櫥窗



### 店家資訊 Info

- 089-863-689
- 臺東縣池上鄉萬安村1鄰1-12號
- 09:00-17:00 | 週二公休
- No. 1-12, Neighborhood 1, Wan'an, Chishang Township, Taitung County
- 09:00-17:00. Closed on Tuesday.

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

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

## Wanan Rice House

Community cultural display on county highway 197

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

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







## 曬穀場話桑麻工坊

家族記憶的傳承與再發現



### 店家資訊 Info

- 0988-358-005
- 臺東縣池上鄉埔中二街31號
- 09:00-17:30 | 週二-週四公休
- No. 31, Puzhong 2nd St., Chishang Township, Taitung County
- 09:00-17:30. Closed on Tuesday, Wednesday and Thursday.

采薇的阿公 Buda (阿美族語—曬物的空地) 和阿嬅 Banai (阿美族語—稻穀), 在池上的土地上耕作、曬穀、採集, 建立生活。多年後他們出外打拼的兒女們回到池上, 希望透過「曬穀場話桑麻工坊」將家族傳承的生活記憶, 分享給來到池上的朋友。

過去採桑、養蠶、製作蠶絲被曾是池上的重要產業, 面對如今被遺忘的桑葉, 采薇的媽媽和阿嬅研發蒸熟、揉製、曝曬、烘焙的製程, 成為帶有焙茶韻味的桑葉茶。此外, 茶粉也可融入烘焙, 作成桑葉米蛋糕。如果想到田邊散步, 采薇貼心準備了野餐盒, 帶上三明治、桑葉茶, 走進山腳下的阡陌稻田中, 享受悠閒自在的池上午後。

## Buda Banai Coffee

Revival and rediscovery of family memory

Many years ago, Tsaiwei's grandfather Buda (which means empty space to dry things in Amis language) and her grandmother Banai (which means rice grains in Amis language) were farmers in Chishang and they made a living by agricultural activities and food collection. Their children who left home and lived far away returned to Chishang with an aspiration to revive their family memory and share it with visitors to Chishang through the operation of Buda Banai Coffee.

In the past, mulberry leaves picking, silkworm-raising and silk quilts production were important economic activities in Chishang. Now Tsaiwei runs a store that sells mulberry tea that has a similar taste to roasted tea, which is made with the process of steaming, rolling, sun-drying and roasting developed by her mother and aunty. The mulberry leaf powder is also used as an ingredient of her rice cake. For visitors who want to take a walk in the countryside, Tsaiwei will prepare a picnic box and place sandwiches and mulberry leaf tea in it, so they can sit back and relax in the middle of the rice fields and enjoy their stay in Chishang.







## 日出禾作社

電光斜槓青年的咖啡吧台



### 店家資訊 Info

- 0934-254-225
- 臺東縣關山鎮電光里中興25-1號
- 預約制，4人以上，15人以下
- No. 25-1, Zhongxing, Vil. Dianguang, Guanshan Township, Taitung County
- Reservation required. Minimum: 4 people. Maximum: 15 people.

來自關山電光部落的熱血阿美族青年-黃瀚，很早就決定要留在部落生活，於是他離開家鄉學習精緻農業，畢業後與當時還是女友的太太薰平，一起返鄉從無到有推動有機耕作。

黃瀚種植的白米散發出迷人的芋頭香氣，米飯的香Q口感和甘甜更是讓人欲罷不能。除了米，黃瀚還對咖啡充滿了熱情。電光部落從日本時代開始種植咖啡，近年再次成為社區產業特色。長輩們種植，黃瀚負責烘焙、沖煮、推廣，還研發炙燒 Silaw 飯糰、美式烤麻糬搭配，在眾多咖啡廳中別具一格。歡迎造訪這位米職人的咖啡吧台，感受那對家鄉純粹而真摯的感情。

## HeZuo Friendly Crops

Café run by a multi-talented young man

Tiyansu Pawtawan is an Amis young man from Kaadaadaan tribal village at Guanshan. He decided to live in his village a long time ago and left his home for study of quality agriculture after he made this decision. After his graduation, he returned to his home village with Shiun Ping, who was his girlfriend then and later became his wife, to promote organic farming from scratch.

The rice grown by Tiyansu give a pleasant fragrance of taro. The chewy texture and sweet flavor makes it a finger-licking delicacy. In addition to rice, coffee is another passion of Tiyansu. People at his home village started to grow coffee trees during the Japanese Colonial Period and coffee production has once again become a community industry in recent years. Senior people in his community take care of coffee trees, while he takes care of coffee roasting and brewing and promotion of local coffee products. He has also invented two creative dishes: roasted rice ball with Silaw and roasted mochi in Amis style, which make this Café a unique choice among numerous coffee houses in Taitung. If you visit this tribal village, please take a sip of coffee made by this rice expert to feel his pure love for his home area.







## 南島咖啡部落廚房

信手拈來、創意無窮



### 店家資訊 Info

- 0921-271-883
- 臺東市大學路二段369號
- 10:00-16:00 | 週六、週日公休
- No. 369, Sec. 2, University Road, Taitung City, Taitung County
- 10:00-16:00. Closed on Saturday and Sunday.

南島咖啡部落廚房的靈魂人物 Lily 姊（溫秀琴），來自臺東達魯瑪克部落，是一位資深的部落文化工作者，也是一位充滿創意、美感與料理天賦的主廚。不論是過去在糖廠附近、或是隱身史前文化博物館裡的餐廳，或今日臺東大學校園中的部落廚房，只要有她在，料理永遠會有驚喜！

招牌的「荖葉水餃」，隨著季節加入不同的當季野菜；魯凱族傳統「血腸」，沾上加了野生小番茄、蒜頭、檸檬、辣椒的清爽醬汁，讓人大呼過癮；跟隨著你的好奇心，來一份「小米重乳酪蛋糕」，冰涼的口感、濃郁的乳酪、小米的清香，絕對讓你打從心底佩服這位創意滿點的文化老師、部落主廚！

## Austronesian Coffee

Innovative tribal dishes prepared with great creativity

As the soul of Austronesian Coffee, Lily Wen came from Tatomak tribal village of Taitung. She is not only a senior aboriginal cultural worker, but also a chef with great creativity, aesthetic sensibility and gastronomic talent. Her restaurant has been relocated a couple of times, from Taitung Sugar Refinery, National Museum of Prehistory to the campus of National Taitung University now. Wherever she is, her food always comes as a pleasant surprise!

The dumplings made with piper betel leaves are Lily's signature dish and she adds seasonal vegetables into the ingredients from time to time. Ledre (blood sausage), a traditional dish of the Rukai tribe, is also a must-eat delicacy served with a refreshing, palatable sauce made with wild tomatoes, garlic, lemon and chilies. You may also want to try her double cheese cake made with millet, which has cold mouth feel and a delicate fragrance of millet and strong cheese. You will definitely admire this highly creative chef for her talent after you try her foods.







## ICifa 法式餐廳

穿梭在市場、山林間的創意主廚



### 店家資訊 Info

- 0938-815-933
- 臺東市更生路462號
- 提供晚餐 | 預約制
- No. 462, Gengsheng Rd., Taitung City, Taitung County
- Dinner only. Reservation required.

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

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

### ICifa Restaurant

Creative French delicacies prepared with indigenous ingredients

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

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







## 拉勞蘭小米工坊

從小米開始，重新找回我是誰



### 店家資訊 Info

- 089-782-547  
- 臺東縣太麻里鄉香蘭村10鄰21號  
- 10:00-17:00 | 週日、週一公休  
- No. 21, Neighborhood 10, Vil. Xianglan,  
Taimali Township, Taitung County  
- 10:00-17:00. Closed on Sunday and  
Monday.

一口咬下曉鳳做的全國冠軍祈納福，月桃葉的香氣撲鼻而來，黏Q的金黃色小米和糯米包裹著鹹香豬肉，讓人一口接一口。很難想像，十五年前這裡曾經是個舉辦小米收穫祭時卻沒有小米可以納貢給頭目的部落。

直到2005年在戴明雄牧師的帶領下，族人一步一步將遺忘的排灣文化找回來，將耆老珍藏的小米再種回土地裡。現在，拉勞蘭已經穩定種植三甲地的小米，舉辦收穫祭時，有部落小米釀的小米酒、祈納福、Qavai。主廚曉鳳除了善於運用傳統食材研發創新料理，也和部落婦女們一起尋找記憶中的滋味，記錄傳統排灣飲食文化，一步步找回拉勞蘭的自信與美麗。

## Lalauran Millet Workshop

Re-finding myself starting from millet

One bite of "Cinavu," a traditional dumpling of sticky rice mixed with golden-colored millet and fried pickled pork, and you can smell the fresh odor of shell ginger leaves and simply cannot stop eating until you finish. It is hard to imagine that local people of this tribal village barely had any millet to offer to the tribe's chief during the Millet Harvest Festival 15 years ago.

In 2005, people in Lalauran started to grow millet once again with the seeds preserved by local elders under the leadership of priest Minghsiung Dai in order to revive traditional Paiwan culture. Now local people steadily grow millet on seven acres of land. Whenever the Millet Harvest Festival takes place, the community residents get together to savor millet wine brewed by themselves, Cinavu and Qavai. The chef Xiaofeng is not just an expert of culinary creations with traditional ingredients, working with local women, she is also dedicated to keeping traditional Paiwan food culture alive through preservation of traditional dishes in order to revive the confidence of local people in their culture.







## 方克一巧克力

田園裡的巧克力夢工廠



### 店家資訊 Info

- 089-219-319
- 臺東縣鹿野鄉永安村永安路43號
- 預約制
- No. 43, Yong'an Rd., Luye Township, Taitung County
- Reservation required.

在翠綠的田園中央，一邊悠閒地遠眺都蘭山，一邊品嚐巧克力，配上一杯可可茶，是多麼讓人身心舒暢的享受啊！

Funky 大學時念的是農業化學，研究可可的發酵。因為自己愛吃，決定自己做不含人造食品添加劑的巧克力。遠赴比利時進修巧克力製作之後，回到鹿野，採用臺灣土生土長的可可果，結合自家農園與鹿野農友的食材，創造各種風味的巧克力。自家一線生產的二十一天臺灣黑巧克力，與鳳梨果乾、楊桃果乾搭配的果乾系列，還有細緻綿密的生巧克力，每一口滋味中，都有以科學為基礎、由愛出發的安心與幸福，以及把臺灣巧克力帶往全世界的夢想！

## Funky Chocolate

A "dream factory" of chocolate in the countryside

Visit this chocolate factory, you can enjoy the view of Dulan Mountain as you sip a cup of cocoa tea and savor chocolate in the middle of green fields. What a pleasant experience!

When the store owner Funky was a university student, he majored in agricultural chemistry and studied knowledge about fermentation of cocoa. Due to his addiction to chocolate, he decided to make chocolate without artificial food additives and learned how to make chocolate in Belgium. After he returned to Luye, he started to make chocolate in a variety of flavors with cocoa grown in Taiwan and ingredients produced by himself at his own farm and other farmers in Luye. His "21-day black chocolate," chocolate with dried pineapple and star fruit as well as creamy, silky raw chocolate are all made with his scientific knowledge and his passion as he pursues the dream of promoting MIT chocolate in the international market.







## 幸福食堂

當季家常好滋味



### 店家資訊 Info

- 089-530-440
- 臺東縣東河鄉興昌村74號
- 11:30-14:00, 17:30-20:00 | 週三、週四公休 | 公休日隨季節更動，請致電詢問
- No. 74, Vil. Xingchang, Donghe Township, Taitung County
- 11:30-14:00, 17:30-20:00. Closed on Wednesday and Thursday. The closing days change by the season. Please give them a call before your visit.

歡迎光臨幸福食堂～！這是一間有著家常滋味，讓人放慢腳步安心用餐的餐廳。

主廚小恬除了拿手的馬鈴薯燉肉、骰子雞腿，也定期到成功漁港採購當季的新鮮漁獲，厚厚的魚排，無論是鬼頭刀、劍旗魚，在鐵鍋上乾煎就非常美味。夥伴小琪在餐廳中展示了許多自家或當地朋友手工製作的醃漬品：豆腐乳、辣椒、福菜、鳳梨豆醬，全都是增添料理滋味的廚房好幫手。蓮藕的季節到了，廚房就端出蓮藕燒肉；飛魚抵達東海岸，餐桌上就出現飛魚一夜干，跟隨著季節流轉、食物最美時刻的滋味，就在幸福食堂。

## Happiness Kitchen

Seasonal home-style cooking

Welcome to Happiness Kitchen, a restaurant that serves home-style dishes at a place where you can slow down and enjoy the food.

In addition to meat and potato stew and diced drumstick, which the chef Tien is very good at preparing, the restaurant also serves yummy thick fish steak of dolphin fish and swordfish fried on iron pans as Tien pays regular visit to Chenggong Fishing Harbor to source seasonal fresh fish. In the restaurant, you can see a variety of pickled and fermented foods made by her partner Chi or their local friends, including soy cheese, chili sauce, pickled leaf mustard and pineapple bean paste, which are also great ingredients that enhance the flavor of your dishes. The menu changes by the season; when lotus root is in season, the restaurant serves braised lotus root with meat; when flying fish shows up on the east coast of Taiwan, they put salted flying fish on the table. In Happiness Kitchen, you can always relish home-style dishes made with ingredients when they taste best.







## 青蔦菓子咖啡

用心選材、完美呈現



位在臺東市區的巷弄，青蔦菓子咖啡有一種「大隱隱於市」的寧靜氛圍。小豪在媽媽退休後，回到母親的故鄉，和 Nicole 共同創業開了這間帶給人幸福的咖啡館。

經過不斷地摸索、學習，Nicole 和小豪漸漸找到青蔦獨一無二的特色。每到店休日，就開著車到鹿野，採購放牧雞蛋，購買小農友善環境種植的檸檬、水蜜桃、酪梨、洛神等當季水果。沒有農藥的土地，結出的果實滋味特別濃郁，加上放牧雞蛋製作成檸檬塔、磅蛋糕，嚐第一口就知道 Nicole 的用心。小豪特調的洛神冰咖啡，天然酸甜滋味與咖啡完美結合，充滿臺東的陽光氣息！



### Blue Bird Coffee Shop

Delicious desserts made with select ingredients

The owner Nick opened this cozy coffee house with Nicole after he returned to his mother's hometown following her retirement. Hidden in an alley of Taitung City, Blue Bird Coffee Shop conveys a special serene ambience, which makes it a paradise to stay away from the hustle and bustle outside.

With persistent efforts in exploration and experimentation, Nicole and Nick gradually established the distinctive identity of their café. During their days off, they drive to Luye to source ingredients for their pastry, including free range eggs and seasonal fruits like lemons, peaches, avocados and roselle grown by small farmers. These organic fruits have rich flavors, which go perfectly with free range eggs and are used to make lemon tarts and pound cakes made by Nicole with passion. The ice coffee with roselle made by Nick boasts a balanced combination of the sweet and sour flavor of roselle and coffee, and "is full of the sunshine of Taitung!"



#### 店家資訊 Info

- 089-332-519
- 臺東市中正路251巷19號
- 12:00-21:00 | 週三公休
- No. 19, Ln. 251, Zhongzheng Rd., Taitung City, Taitung County
- 12:00-21:00. Closed on Wednesday.







## 河堤パン時光

河堤旁的午後麵包香



### 店家資訊 Info

- 089-324-967
- 臺東市中華路一段892巷50弄9號
- 14:00-20:30 | 週五、六、日公休
- No. 9, Aly. 50, Ln. 892, Sec. 1, Zhonghua Rd., Taitung City, Taitung County
- 14:00-20:30. Closed on Friday, Saturday and Sunday.

座落在太平溪畔的河堤パン時光，午後開店後，周邊的鄰居和下課的學生們，循著出爐的麵包香氣來到麵包坊中挑選喜歡的麵包。小小的烘焙坊，散發著人與人之間的溫暖氣息，以麵包傳遞臺東人的熱情和質樸。

麵包師傅十八歲就離開家鄉學習烘焙，近年回到臺東，以好食材、健康原則、專業技術，結合國內外研修及工作的經驗，融合在地食材，呈現麵包最多元的樣貌。麵包坊裡，天天餵養的天然酵種，一是魯邦種，二是葡萄發酵的天然菌種。每日新鮮製作，不賣隔夜麵包，各種歐式麵包、日式鹽可頌、臺東特色伴手禮鳳梨酥等多樣化的美味麵包，分享給熱愛麵包、慢生活的臺東朋友。

## Riverwalk Bakery

Aroma of bread in the afternoon on the riverbank

Every time Riverwalk Bakery by the Taiping Creek opens in the afternoon, its neighbors and local students come to this small bakery, following the savory smell of the bread. At this time, the small bakery is filled with a warm, friendly atmosphere as people enjoy the pastries made by the chef with love for her community.

The baker left her hometown at the age of 18 to study baking and returned to Taitung a couple of years ago. With her experience of studying and working in Taiwan and overseas, she started to run this bakery, selling bread made with local ingredients that bring out different flavors. The chef feeds natural yeast every day, including Levain yeast and a natural yeast cultivated with grapes and her store only sells fresh bread made the same day. It provides a variety of choices, including different European breads, salty croissants in Japanese style, and specialty food of Taitung like pineapple and roselle cake, to local people who love bread and embrace slow living style.







## Tanya's 泰食餐桌

用心手作、讓香料盡情釋放



### 店家資訊 Info

- 0905-277-308
- 臺東市中華路一段376巷48號
- 11:30-14:00, 17:30-20:00 | 週一、週二公休
- No. 48, Ln. 376, Sec. 1, Zhonghua Rd., Taitung City, Taitung County
- 11:30-14:00, 17:30-20:00. Closed on Monday and Tuesday.

2019年臺東市區的巷子裡，多了一間飄著東南亞料理香氣的小店，讓喜歡泰國料理的饕客們有了安頓五臟六腑之處。原本在醫療產業打拼的主廚 Tanya，2016年做了大膽決定：辭職前往曼谷法國藍帶廚藝學院，從零開始學習正宗泰國料理！

學成後，Tanya 決定返鄉回到臺東創業，遵循著老師的指導，店裡各種風味的咖哩：帕能咖哩、椰香綠咖哩、泰北黃金咖哩、瑪莎曼咖哩，都從備齊每一樣香料開始，逐一炒香、研磨、打碎混和，炒成風味鮮明獨特的咖哩醬。夏天芒果季節若甜點選單上有「芒果糯米飯」，請相信慢食指南，點一份品嚐，絕對讓你感到幸福滿足！

## Tanya's Thai Food Table

A Thai restaurant that releases the magic of spices

In 2019, a small Southeast Asian restaurant opened in an alley of Taitung City. This paradise for foodies who love Thai cuisines is run by chef Tanya, who quit her job at a medical institution years ago for her study at Le Cordon Bleu Thailand Bangkok in order to learn how to make classic Thai food.

After Tanya completed her education in Bangkok, she decided to return to her hometown Taitung to start her business. With culinary knowledge and skills she acquired in Thailand, she makes her Penang Curry, Thai Green Curry with Coconut Milk, Golden Curry of Northern Thailand and Massaman Curry from the preparation of various spices that include roasting, grinding, mixing and frying in order to make curry paste with unique flavors. If you visit here in summer, when mangoes are in season, and you see Mango Sticky Rice on the dessert menu, please make sure you order it. Trust *Taitung Slow Food Select*, it will give you a heavenly experience!

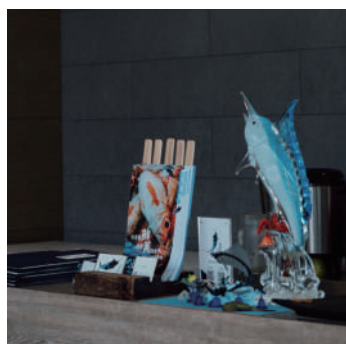






## 旗遇海味

漁商職人精神的繼承與延續



### 店家資訊 Info

- 089-852-889
- 臺東縣成功鎮港邊路19之8號
- 10:00-20:00
- No. 19-8, Gangbian Rd., Chenggong Township, Taitung County

成功漁港最靠近海的地方，2018年開了一間有著無敵港邊美景的海鮮餐廳「旗遇海味」。昱濱繼承父親的鑑魚眼光以及誠實無欺的良商精神，將成功漁港當季最優質的漁獲，新鮮送至饕客餐桌。

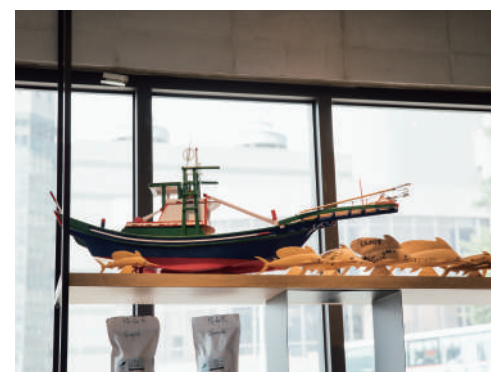
昱濱特別想推廣成功漁港傳統漁法「鏢旗魚」所捕獲的旗魚，春天的「劍旗魚」、夏天的「芭蕉旗魚」、秋天的「白旗魚」、冬天的「黑皮旗魚」。在旗遇海味，旗魚有著博大精深的漁業傳統與家族故事，有急速冷凍保鮮的獨門技術，也有豐富的多元料理方式，無論是直球對決的生魚片、裹上黑糖的背鰭骨，或是魚乾滷豬腳，都讓人口齒留香、吮指回味。

## Meet Marlin

Like father, like son – a seaside restaurant that preserves an honorable family tradition

Meet Marlin, a seaside seafood restaurant with a breathtaking ocean view at Chenggong Fishing Harbor, was opened in 2018. The owner Lin Yu Pin serves seasonal fresh seafood to his guests with the knowledge of fish selection and the virtue of honesty that he inherited from his father, a fish trader.

Yu Pin is especially enthusiastic in promotion of seasonal fishes caught with spearfishing, a traditional fishing technique, including swordfish in spring, sailfish in summer, white marlin in autumn and blue marlin in winter. The restaurant tells an incredible story about the traditions of local fishing industry and Yu Pin's family. It serves seafood dishes made with a variety of culinary skills and ingredients preserved with proprietary flash freezing technology. From fresh sashimi, dorsal fin coated with brown sugar or stewed pork knuckle with dried fish, all the signature dishes are impressive culinary delights that you will not easily forget.







## 田味家手作工坊

客家點心的質樸醇香



### 店家資訊 Info

- 0963-394-474 | 089-865-566  
- 臺東縣池上鄉中山路242號  
- 14:00-22:00 | 週四公休  
- No.242, Zhongshan Rd., Chishang Township, Taitung County  
- 14:00-22:00. Closes on Thursday.

在池上市區街邊小店，來一碗天然杏仁茶配油條，就是簡單而滿足的在地下午茶！

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

## House 4 P.M. Peddy Memory

Simple but tasty traditional snacks in Hakka style

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

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





# Rising star

## 明日之星

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.

池上鄉 Chishing

老窗雞蛋糕

Chishang Mini-waffle

關山鎮 Guanshan

電光寶媽食堂

Mom Bao's Amis Cuisine

鹿野鄉 Luye

那邊咖啡

There Café

卑南鄉 Beinan

台東原生應用植物園

Yuan Sen Applied  
Botanical Garden

臺東市 Taitung City

蔬念

Vegine

草地部落便當

Kasavakan Dekalr Pento

不二

Bu-Er Bakery

翠安儂甜點餐酒館

Trianon Cafe&Bistro



# 明日之星

## 電光寶媽食堂

縱谷部落裡的家常新風味



縱谷秘境197縣道旁，靜謐的電光部落巷弄裡有座改造的老屋，2020年秋天，寶媽食堂剛從舊址遷來這處溫馨的院落。永欣和小孟以阿美傳統為底，運用在地豐富的物產，結合自家手作產品，依時令研發菜單，像是招牌酒釀燉豬腳的Q彈軟嫩、苦茄蘋果雞湯的回甘滋養，都是令人惦念的滋味。

### Mom Bao's Amis Cuisine

Innovative aboriginal home style cooking

In autumn of 2020, Mom Bao's Amis Cuisine was relocated to this renovated, old house at a quiet Kaadaadaan tribal village by county highway 197 in the beautiful East Rift Valley. Owners of the restaurant Yongxin and Mong designed an original menu of traditional dishes of the Amis tribe that are prepared with seasonal ingredients and creativity. The signature dishes, including chewy, tender pork knuckle stew with wine and nourishing chicken soup with bitter nightshade fruit and apple that gives a sweet aftertaste, will make you want to come back here again soon!



店家資訊 Info  
- 0958-600-673  
- 臺東縣關山鎮電光里中興78號  
- 12:00-15:00 | 預約制  
- No. 78, Zhongxing, Dianguang Vil.,  
Guanshan Township, Taitung County  
- 12:00-15:00. Reservation required.



# 明日之星

## 台東原生應用植物園

當日現採有機野菜藥草



位在初鹿的台東原生應用植物園，有機種植兩甲地、365種臺灣原生藥草。為了更精緻呈現豐富的原生可食植物，餐廳推出「原生慢食饗宴」合菜，結合園區種植的野菜、藥草，以及臺東在地特色的長濱白蝦、小米 Abai，帶給賓客產地直送的翠綠美味。

### Yuan Sen Applied Botanical Garden

A feast of fresh vegetables and healing herbs

Situated at Chulu, the five-acre organic farm of Yuan Sen Applied Botanical Garden (Taitung Practical Ethnobotanical Garden) cultivates 365 kinds of native healing herbs in Taiwan. In order to present culinary creations with native edible plants, the restaurant serves "slow food feasts" made with fresh local ingredients sourced in Taitung, including vegetables and healing herbs grown in the garden, whiteleg shrimps of Changbin and Abai, a traditional tribal dish made with millet. All these "garden-fresh" delicacies are a pleasant surprise to guests.



店家資訊 Info  
- 0800-385-858 #11、12  
- 臺東縣卑南鄉明峰村試驗場8號  
- 11:00-14:00 | 預約制  
- No. 8, Experimental Station, Beinan  
Township, Taitung County  
- 11:00-14:00. Reservation required.





# 明日之星

## 那邊咖啡

座上嘉賓的咖啡席體驗



「聽說鹿野龍田有一位專業且樂於分享的咖啡達人」「在哪邊?」「在那邊!」移居鹿野的惠蓮,有著專業的咖啡烘焙和沖煮技術。那邊咖啡的每一場咖啡席都是獨一無二,今日研究產地,明日品評後製手法,他日專注於風味與後韻,讓每一位登門的貴賓,都能展開屬於自己的咖啡風味輪。

### There Café

Be a VIP guest for an inspiring coffee experience

"I've heard that there is a professional coffee maker who loves to share her techniques with others. Where is she?" This question was asked by many visitors to Luye. "Over there!" local people answered. This was how the Café got its name. The owner of There Café moved to Luye recently with her coffee roasting and brewing expertise, which she generously shares with her guests when they savor the coffee she makes. From knowledge about places of origin, critique of different post-production techniques to flavors and aftertastes, every guest learns something about coffee during their stay at this coffee house.



店家資訊 Info  
- 089-552-053  
- 臺東縣鹿野鄉龍田村光榮路382號  
- 無菜單 | 預約制  
- No. 382, Guangrong Rd., Luye Township, Taitung County  
- Menuless cafe and reservation required.



# 明日之星

## 蔬念

湯好蔬鮮人古意



因著對家鄉臺東的思念,子凡返鄉開設了蔬食滷味「蔬念」。每天早上以自家栽種的甘蔗、新鮮蔬果,加上十多種中藥材熬煮清甜回甘的湯頭;另外與有機農場合作,讓客人每天都能吃到龍葵、馬齒莧、巴參菜等充滿活力的當季野菜。好湯頭與新鮮蔬菜的融合,從齒頰化成一股對身體最無負擔的滋養。

### Vegine

Fantastic soup, fresh vegetables and amiable owner

The owner of Vegine, Zifan opened this store to sell veggie braised snacks after he returned to his home town due to homesickness. In the morning, he prepares the broth with a dozen Chinese herbal medicines, sugar cane and fresh vegetables and fruits he grows to give it a refreshing, sweet aftertaste. In addition, Zifan also works with local organic farms to source seasonal vegetables, including morelle, purslane and talinum patens. The combination of refreshing broth and fresh vegetables allows him to serve healthy food to his consumers.



店家資訊 Info  
- 089-330-218  
- 臺東市正氣路312巷12號  
- 11:30-14:00, 17:30-20:30 | 週一公休  
- No. 12, Ln. 312, Zhengqi Rd., Taitung City, Taitung County  
- 11:30-14:00, 17:30-20:30. Closed on Monday.





## 明日之星 部落草地便當

不只是便當



Kasavakan 建和部落有許多深藏不露的廚藝高手，為了讓媽媽姊姊們一展長才，大家一起推出了「部落草地便當」，融入傳統的「味增醃肉」、卑南族的糯米 Avay，以及 Mumu 種植的季節蔬菜，豐富的香氣、色彩、多樣的新鮮滋味，一個餐盒彷彿一場部落的慶典，這就是部落草地便當！

### Kasavakan Dekalr Pento

Not just lunch boxes

The store Kasavakan tribal village sells pentos (lunch boxes) prepared by local women who are unsung masters of culinary arts. In order to put their skills to good use, they launched this pento characterized by tribal features. Their pentos have several house specialties, including traditional miso marinated pork, Avay (traditional food of the Puyuma tribe made of glutinous rice) and seasonal vegetables grown by local elderly people. With rich fragrance, vibrant colors and multiple tastes, each pento is just like a miniaturized feast of a village festival!



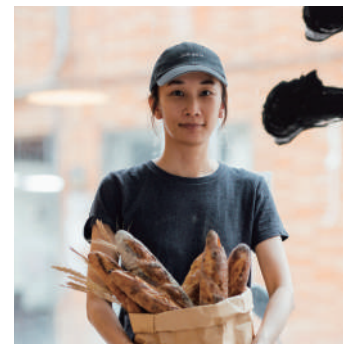
#### 店家資訊 Info

- 089-511-578
- 臺東市建和多功能聚會所
- 請於三天前預約
- Multi-function meeting place at Jianhe, Taitung City, Taitung County
- Three-day prior reservation required.



## 明日之星 不二

專心致志，身土不二



麵包坊主人佳真在生命的起伏變化中，真切感受到唯有從土地出發，追求令人安心的純淨食物，身體才能獲得平靜。因此她將麵包坊取名為「身土不二」的「不二」，嚴選食材，日日與酵母、小麥、果乾一起工作，分享天然純粹的美味歐式麵包、吐司、貝果與甜點。

### Bu-Er Bakery

You are what you eat: breads, cakes and pastries made with heart and soul

After experiencing several twists and turns of life, the baker Via came to the realization that natural, healthy food and environmentally friendly lifestyle are the only way to achieve physical well-being. Therefore, she named her bakery "Bu-er" (in Chinese, "Shen tu bu er" means "you are what you eat"). The delicious European breads, toasts, bagels and desserts of this bakery are made with natural, select ingredients, including yeast, flour and dried fruits.



#### 店家資訊 Info

- 089-333-886
- 臺東市新生路654巷11號
- 營業時間詳見Facebook公布訊息
- No. 11, Ln. 654, Xinsheng Rd., Taitung City, Taitung County
- Please refer to FB posts of the bakery for business hours.





## 明日之星

### 老窗雞蛋糕

創造孩子們的童年回憶



阿洋是個永遠充滿新點子的池上返鄉青年，除了 Bike De Koffie 的米貝果備受旅人喜愛，懷著雞蛋糕這份美好的童年記憶，阿洋再次拜雞蛋糕師傅學藝，下午兩點騎著風格單車準時出攤！池上放牧雞蛋製作的雞蛋糕，料好實在、平價供應，大人小孩都喜歡！

### Chishang Mini-waffle

Reviving cherished childhood memories

Yang is a creative local young man who returned to Chishang, his hometown, and opened Bike De Koffie, a café serving bagels made with rice, which are much loved by travelers. Due to his sweet childhood memory of mini-waffles, he decided to learn how to make mini-waffles from a professional mini-waffle maker and sell them by riding his stylish bike around the community at 2:00 PM. The delicious snack made with free-range eggs of Chishang is sold at a budget price and is a popular snack for adults and children alike in the community.



#### 店家資訊 Info

- 臺東縣池上鄉中華路57號
- 週三-週日 | 14:00-17:30
- No. 57, Zhonghua Rd., Chishang Township, Taitung County
- 14:00-17:30. Closed on Monday and Tuesday.



## 明日之星

### 翠安儂甜點餐酒館

在地 x 國際，無國界創意料理



翠安儂風旅所設的甜點餐酒館，除了有老闆遠赴法國藍帶廚藝學院學藝所帶回的法式點心，在餐點上，也積極運用臺東在地食材，包括池上黑纖米、臺11線海水養殖白蝦，透過傳統香料植物刺蔥、馬告，嘗試創造屬於臺東的獨特氣味。

### Trianon Cafe & Bistro

Creative foreign dishes in Taitung style

Located inside the Trianon Hotel, Trianon Café & Bistro serves French desserts made by the hotel owner who received culinary education at Le Cordon Bleu in France. The menu of meals is designed to present a unique feast in Taitung style prepared with local ingredients, including local black rice, whiteleg shrimps cultivated at a sea farm by Provincial Highway 11 and traditional aromatic plants in aboriginal food culture like Aralia decaisneana Hance and mountain pepper.



#### 店家資訊 Info

- 089-229-971
- 臺東市四維路三段152號
- 午餐 | 11:30-14:00、下午茶 | 14:00-17:00、餐酒館 | 17:30-23:00
- No. 152, Sec. 3, Siwei Rd., Taitung City, Taitung County
- Lunch: 11:30-14:00, French afternoon tea: 14:00-17:00, Bistro: 17:30-23:00





# 2020 臺東慢食指南

## Taitung Slow Food Select

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發行單位 | 臺東縣政府

發行人 | 饒慶鈴

總編輯 | 許家豪

企劃團隊 | 津和堂

撰文 | 郭麗津、賴安芝、羅紓筠

翻譯 | 朱玉玲

攝影 | 嚴蕨

美術設計 | 陳怡真

印刷 | 崎威彩藝有限公司

109年臺東慢食永續推廣暨食農創新發展計畫

指導單位 | 行政院農業委員會水土保持局

主辦單位 | 臺東縣政府

執行單位 | 津和堂城鄉創意顧問有限公司

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