



**from farm to table**  
**A Cornucopia of Produce**  
 Sumptuous Vegetables

# *Plentiful Produce*

Savor the Healthy Flavor of Nature



**Taiwan** 交通部觀光局  
 THE HEART OF ASIA Taiwan Tourism Bureau



Food X Travel The Taiwan Guide to Vegan & Vegetarian Dining

Taiwan Tourism Bureau



# Taiwan vegetarian food

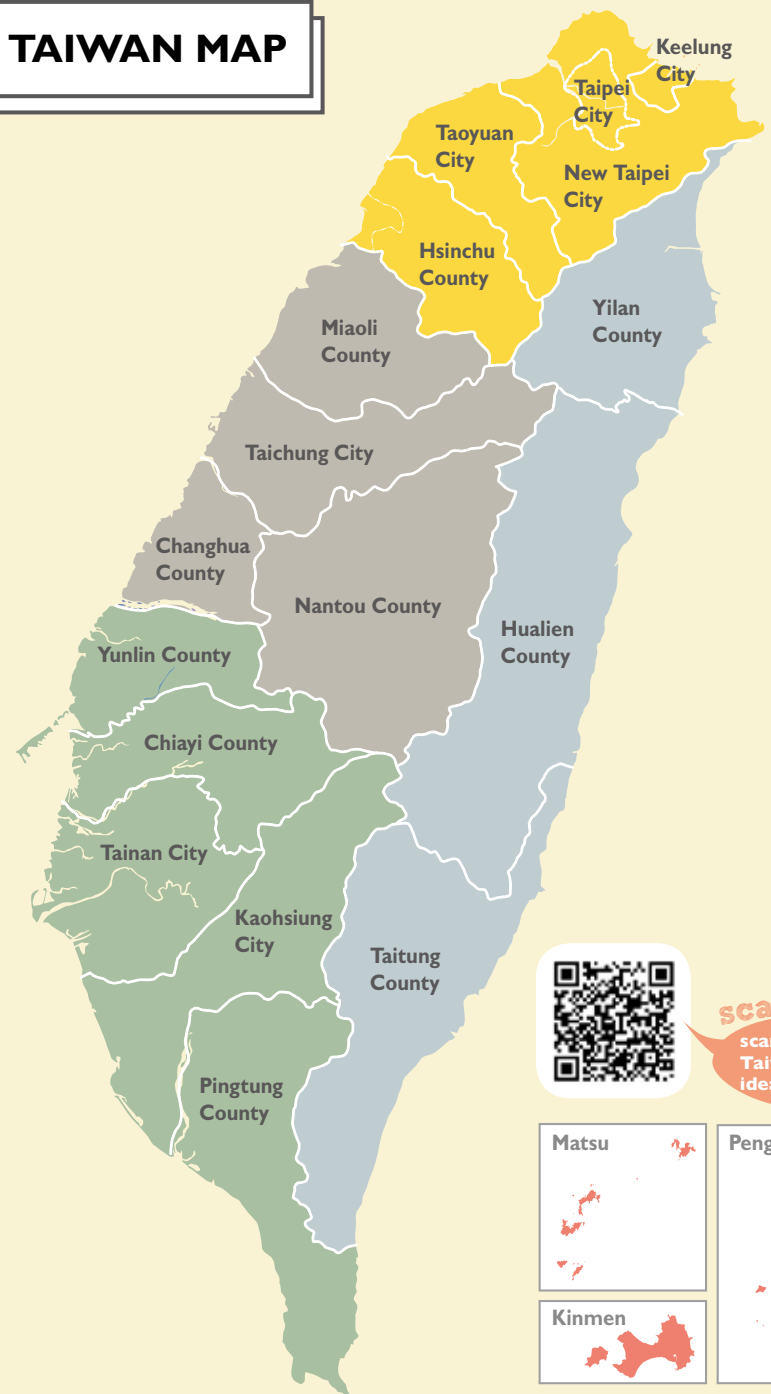
# Food X Travel

**The Taiwan Guide to Vegan  
& Vegetarian Dining**

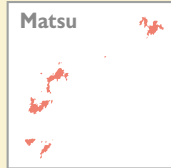
**FARM TO TABLE DINING**  
 NATURE'S HEALTHY FLAVORS



# TAIWAN MAP



**scan me**  
scan here for  
Taiwan itinerary  
ideas!







## **Taiwan - A Great Place to be Vegetarian!**

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Vegetarianism is a worldwide, healthy trend that reflects personal attitudes and taste. The rising popularity of vegetarian & vegan lifestyles among the nation's youth has greatly expanded Taiwan's vegetarian population, and enduringly linked vegetarianism with concern for the planet and global humanity. As Jane Goodall said: Each day brings 3 new chances to change the world! Our everyday decisions affect environmental sustainability and will ultimately determine the fate of humanity and the planet.

Around thirteen percent of Taiwan's population (3 million people) is now vegetarian - the second highest worldwide! Moreover, vegetarian & vegan options are now a ubiquitous part of our 'everyday' – from convenience stores, coffee & fast-food chains, and food-delivery services to 5-star hotels and Michelin-starred restaurants. Vegetarian and vegan restaurants have enlivened Taiwan's culinary landscape and woven vegetarianism into our daily experience. In 2017, CNN named Taipei one of its global top-10 vegan-friendly cities.

While relatively small in size, Taiwan both produces year-round harvests of seasonal produce and is home to world-class culinary expertise and cuisine. The restaurants introduced within were selected based on multiple factors, including legal registration, convenience, environment, international-friendliness (English service & menu), creativity, and distinctive ingredients in order to provide visitors and residents alike with an introduction to Taiwan's vegetarian and vegan options nationwide. Let "The Taiwan Guide to Vegan & Vegetarian Dining" take you on a flavor-filled adventure, and discover the seasonal cornucopia of produce and culinary creativity awaiting you at over 200 restaurants nationwide.

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### Symbol Usage Instructions

-  Address
-  Time
-  Telephone
-  Vegetarian type
-  Foreign language menu
-  Foreign language services
-  Special ingredient labeling
-  Average cost
  - ★ Lower than \$300 (inclusive)
  - ★★ Medium \$301~\$599
  - ★★★ High over \$600



# Taiwan: Tasting the Seasons

Taiwan's tropical-to-temperate climate profile and undulating topography support a diverse agriculture. The country's many small farms shorten farm-to-table distances, encouraging chefs to create menus that capture the true character and taste of their regions. Local produce + traditional wisdom = culinary experiences that are healthy, natural, and delicious.

With bountiful harvests year-round, Taiwan's seasonal crops and specialties have woven their way into the fabric of life here, defining our perceptions of food, flavors, the land, important festivals, and even the passage of time.

Tune in to nature and enjoy the poetry in Taiwan's seasonal cycle of culinary flavors.



## Formosa the Flavorful

Blessed by nature and its hardworking people, Taiwan's cuisine has gained a worldwide reputation. The best in culinary artistry awaits you here in Taiwan!



Taiwanese Tea

### Taiwanese Tea

Taiwan's exceptional teas offer unique allure and character. Some of the most popular are Pouching (from Taipei), Oriental Beauty (from Hsinchu), Classic Black (from Sun Moon Lake), Alishan High Mountain (from the Central Mountains), and Honey Black and Red Oolong (from the East Coast).



Taiwanese Rice

### Taiwanese Rice

Taiwanese are picky when it comes to their rice! Expertly grown, harvested and packaged, Taiwanese rice is not only tasty and perfectly textured but also available in many varieties – each with its own distinct aroma, taste and flair.



Yams

### Yams

Once a staple food of Taiwanese farm families, yams are now widely enjoyed for their nutrition, dietary fiber, and good taste. Today's yellow, red, and purple varieties are enjoyed baked, steamed with rice, served in desserts, and more!





Bamboo Shoots

### Bamboo Shoots

Grown in forests nationwide, Taiwan's seasonally changing menu of fresh bamboo shoots adds unique flavor and crisp texture to main and side dishes, salads, soups, stews and more!



Mushrooms

### Mushrooms

Mushrooms are the tasteful base of many vegetarian and vegan dishes. Taiwan produces a copious variety of edible mushrooms that, fresh or dried, make good meals perfect.

### Mango

Mangoes are a top-5 world fruit and international visitor favorite in Taiwan. Fresh picked from early summer through autumn, mangoes go great in salads, juices, ices, and desserts.



Mango

### Pineapple

The tropical climate in southern Taiwan is ideal for growing sweet, juicy pineapple. Here, we eat it freshly sliced and as an ingredient in salads, chicken soup, jams, baked tarts, and even beer!



Pineapple

## Available Year-Round

Spanning temperate, subtropical, and tropical zones gives Taiwan a bounty of healthful veggies and fruit that add color and nutrition to meals year-round.



### Peanuts

Versatile Taiwan-grown peanuts are turned into cooking oil and roasted snacks and added to main and side dishes and desserts.



### Edible Flowers

Seasonal flowers find their way onto tables both as showy meal companions and as tasty ingredients!



### Cabbage

Its all-year availability and pleasantly crisp, sweet taste make cabbage a Taiwan culinary staple in stir fries, appetizers, preserves and more.



### Taro

Exotic taro holds its own in hot pots and soups. It's delicious whether deep fried, mashed, or used as a filling in breads and confections.



# Tastes of Spring

After months of chilly winds, grey skies, and muted activities, spring's warmth brings welcome momentum to the new year.



**Edamame Soybeans**

## Edamame Soybeans

Taiwan's top-quality soybeans, regularly exported to Japan, make a great marinated appetizer and versatile ingredient.



**Nori**

## Edible Seaweed & Nori

Full-flavored, spring-harvested seaweed is used in appetizers, soups, deep-fried snacks, stir-fries, and packaged foods.

## Scallions

Taiwan's zesty spring crop of scallions pair perfectly with stir-fries, pan- and oven-baked entrees, noodle dishes, breads and more.



**Scallions**

## Asparagus

Taiwan was once one of the world's largest exporters of asparagus. Sweet and tender asparagus adds goodness to meals and blended drinks.



**Asparagus**



# Tastes of Summer

The outdoor fun and activity of summer makes it more important than ever to stay hydrated and nourished with seasonal produce.



**Jute Leaves**

## Jute Leaves

The leaves of the fibrous jute plant are used in a summertime soup popular in central Taiwan as well as in desserts and drinks.



**Bitter Gourd**

## Bitter Gourd

This bitter treat in soups and main dishes is a quick remedy for summer's heat. It is also blended into night-market drinks and health foods.



**Luffa Gourd**

## Luffa Gourd

Naturally sweet luffa is also notorious for helping beat summer heat. Tastes best lightly pan-fried.

## Nest Fern Leaves

Harvested in nature along the East Coast foothills, pan-fried nest fern leaves make a tasty green addition to any meal.



**Nest Fern Leaves**

## Lotus Seeds

Summer lotus flower season means fresh lotus seeds! These soft delicacies taste great in sweet soups and desserts.



**Lotus Seeds**

## Aiyu Fig Jelly

The pectin of the aiyu fig is blended with lemon juice and honey to make this popular summertime jelly treat.



**Aiyu Fig Jelly**



# Tastes of Autumn

Cooling autumn winds signal shorter days and longer nights and the coming harvest of tasteful autumn produce.



Pomelo

## Pomelo

Juicy pomelos are the spotlight fruit of the Mid-Autumn Festival. Eat them fresh, as an ingredient, or in jams.



Daylily  
Flowers

## Daylily Flowers

Orange daylilies are as tasty as they are beautiful, and are served up fresh or dried in a plethora of seasonal dishes.



Nagaimo  
Yam

## Nagaimo Yam

Adding delightful crunch and mild taste to hot-served dishes, diced nagaimo yams are in a class all their own.



Water  
Bamboo

## Water Bamboo

Their refreshing taste and crunch ring true whether pan-fried or baked.

## Mesona

This dried wild plant adds taste and color to chicken and mushroom soups and is the main ingredient in mesona herb tea.



Mesona



# Tastes of Winter

Eating a well-balanced diet of in-season foods is an important part of staying warm and strong during the depths of winter.



Turnip

## Turnip

A traditional adage claims that turnips, served fresh, dried or pickled, are key to staying healthy through the winter.



Roselle

## Roselle

Dried, ruby-red roselle flowers may be candied, added to dishes, or boiled into a healthful sour tea.



Onion

## Onion

Mainly grown in Taiwan's deep south, the sweetness and zest of onions pair perfectly with salads and hot foods.

## Chrysanthemums

Beautiful chrysanthemum flowers are a tasty herbal medicament now also added to drinks and main dishes.



Chrysanthemums

## Adzuki (red) Beans

The world-class adzuki beans grown in Pingtung County add delicious flavor to sweet soups and baked desserts.



Adzuki (red) Beans

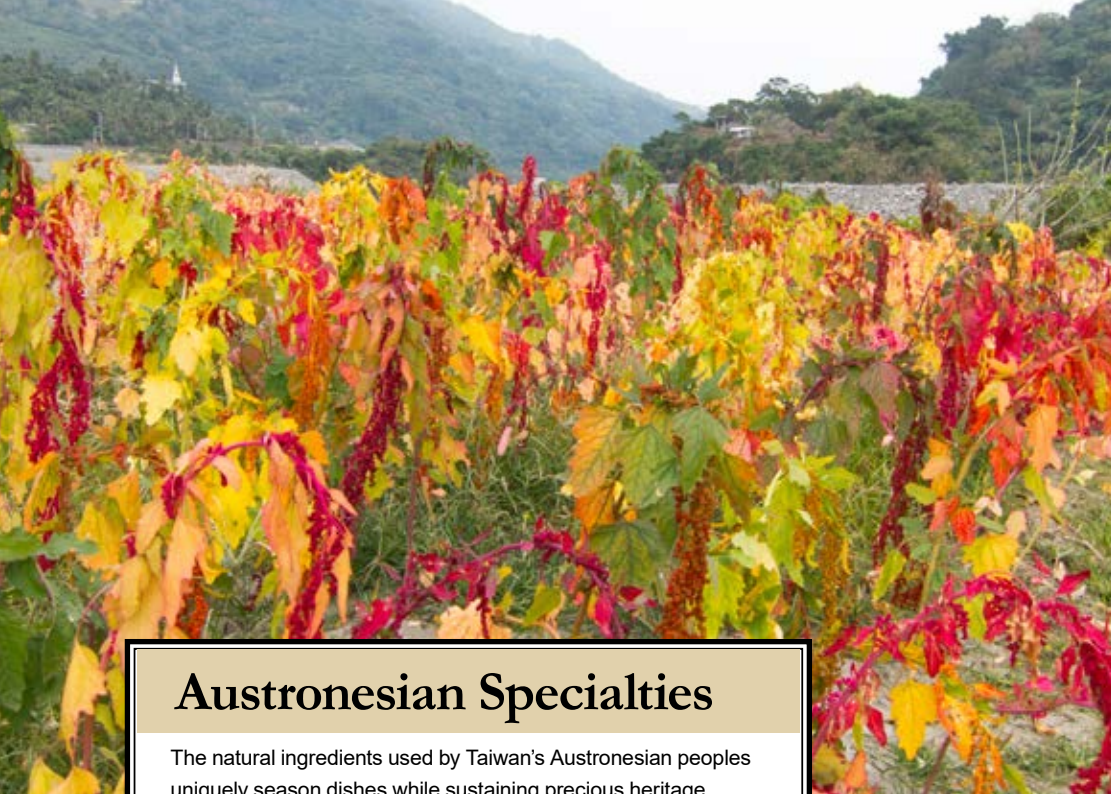
## Sesame Seeds

Health-promoting sesame is used in sweets and drinks as well as sesame-oil chicken and other classic winter dishes.



Sesame Seeds





## Austronesian Specialties

The natural ingredients used by Taiwan's Austronesian peoples uniquely season dishes while sustaining precious heritage.



### Red Quinoa

This recently discovered superfood is now widely added to savory and sweet dishes as well as to drinks.



### Pigeon Peas

Pigeon peas are cooked into soups and used to provide a nutrient boost to tribal warriors and expectant mothers.



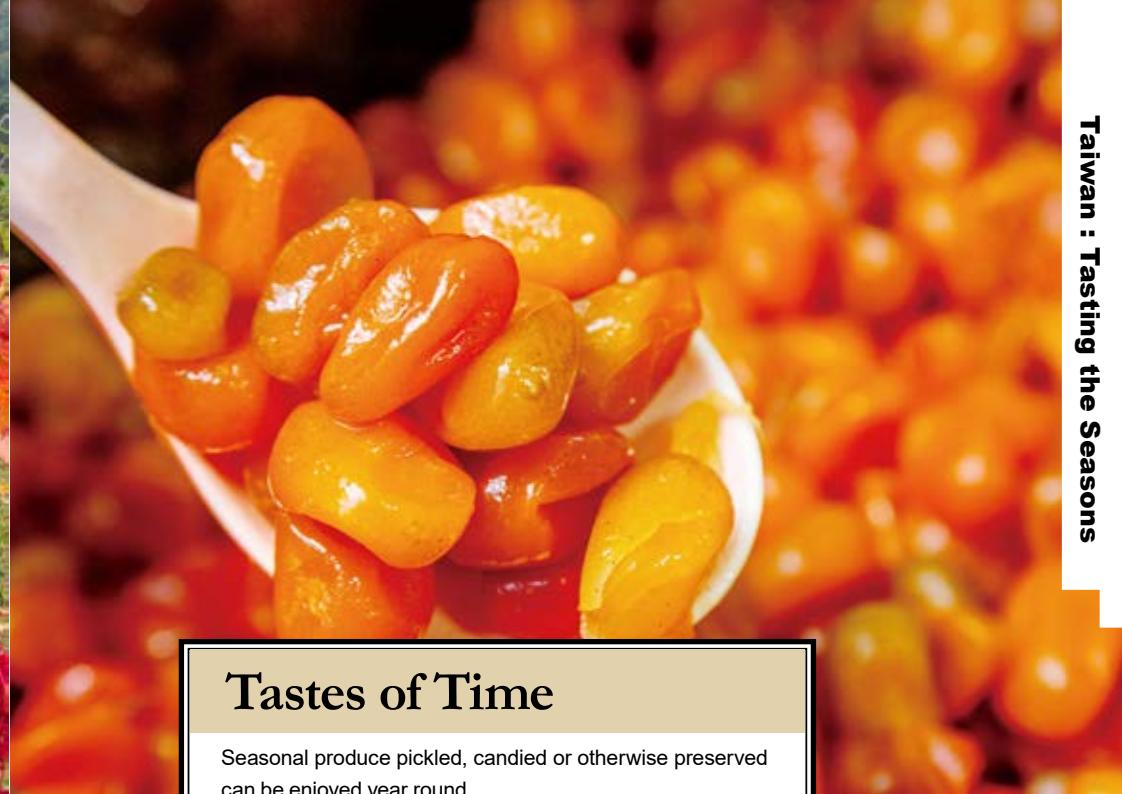
### Maqaw (Litsea) Pepper

This native pepper is widely used to season Austronesian dishes with a flavor profile mashup of black pepper, ginger, and lemon.



### Millet

A pillar of the Austronesian diet, millet has (like quinoa) a spiritual importance as well as uses in rice mochi and fermented wine.



## Tastes of Time

Seasonal produce pickled, candied or otherwise preserved can be enjoyed year round.



### Plum

Puckerily sour plums are pickled for use in soups and sauces, candied into delicious snacks, and fermented into wine and vinegar.



### Jujube

Nearly all of Taiwan's jujube crop is candied and consumed in appetizers, as a healthy snack, and as a tangy boiled tea.



### Preserved Vegetables

Cabbages, turnips, and mustard greens are tastefully preserved in brine to extend their shelf life for months and even years to come.



### Dried Fruit

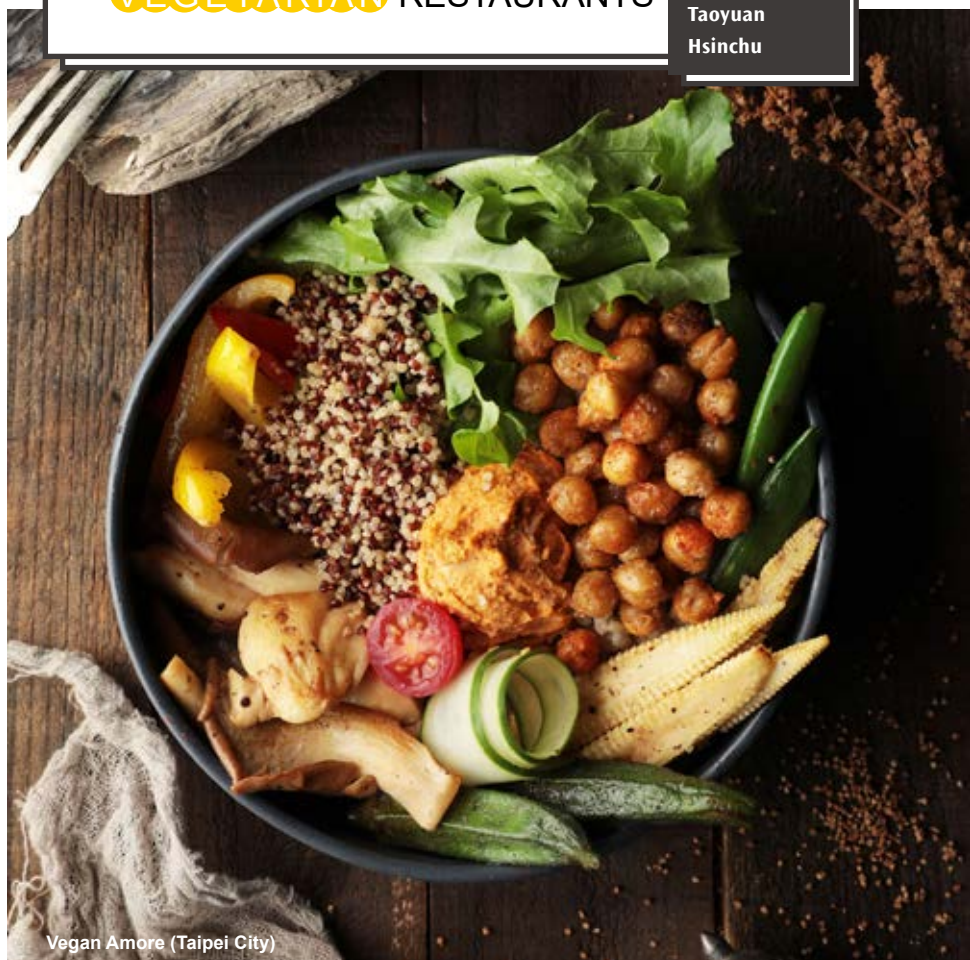
Dried kumquats, persimmons, and longan are used in cooking, boiled into teas, and enjoyed as condiments.



# Northern Taiwan

## VEGETARIAN RESTAURANTS

Keelung  
Taipei City  
New Taipei City  
Taoyuan  
Hsinchu



Vegan Amore (Taipei City)

Ingredients creatively used open a horizon of scrumptious culinary possibilities



### C.H.K. Vegetarian Gourmet

meals with a sea view

Set atop one of the highest hills in Keelung City, diners enjoy spectacular harbor and sea views. Select from classic Chinese stir-fries, a no-menu Western set meal, and seven SE Asian & Indian curry meals.



📍 2F., No. 21-1, Shoushan Rd., Xinyi Dist., Keelung City  
🕒 11:00~15:00, 17:00~21:00  
☎ +886-2-2426-8333  
🍴 vegan, ovo  
🗣 no 🌐 English 📺 none 💰 ★



### Noodles Noodles!

Japanese vegetarian specialties

Generous portions of perfectly cooked Japanese-style ramen served in vegetable-broth soup flavored with soymilk miso, spicy pickled tomatoes, or Japanese curry. Try our popular curry rice dishes & fried croquettes too!



📍 1F., No. 199, Maijin Rd., Anle Dist., Keelung City  
🕒 11:00~14:00, 17:00~20:00  
☎ +886-975-571-001  
🍴 vegan, ovo-lacto, ovo, lacto  
🗣 English 🌐 no 📺 none 💰 ★



### WakeUpBros Vegetarian Brunch

veggieful Taiwanese breakfasts



Two brothers joined forces to create a veggie breakfast experience that even omnivores can't help but love. Full menu of breakfast standards, including bun & bread sandwiches, egg crepes, and more.

📍 No. 318, An 1st Rd., Anle Dist., Keelung City  
🕒 Weekdays 07:00~13:30; weekends & holidays 07:00~14:30  
☎ +886-2-2427-8327  
🍴 vegan, ovo-lacto, lacto  
🗣 no 🌐 English 📺 none 💰 ★



## Hui Tien Vegetarianism

deliciously original dishes

This multigenerational vegetarian icon continues to go strong with its menu of classic Chinese standards as well as regularly updated creative dishes designed to pique the palate and keep you coming back!



🏠 1F., No. 357, Zhongzheng Rd., Shilin Dist., Taipei City  
 🕒 11:00~14:00, 17:00~21:00  
 ☎️ +886-2-2883-2169  
 🍴 vegan, ovo, lacto  
 🗣️ no 🇬🇧 English 🇹🇼 none 💰 ★★

## Mianto

superlative ensemble of vegan flavors

Fresh, in-season fruit and vegetables are skillfully transformed by Mianto's South African head chef into elegant and creative Italian and European-inspired dishes. Winner of multiple culinary awards.



🏠 1F., No. 6, Aly. 26, Ln. 123, Sec. 3, Ren'ai Rd., Da'an Dist., Taipei City  
 🕒 Tue-Fri 12:00~15:00, 18:00~21:30; Sat-Sun 12:00~21:30 🍴 vegan  
 ☎️ +886-2-2711-8473 • +886-8-922-2646  
 🗣️ English 🇬🇧 English 🇹🇼 none 💰 ★★★

## Little Tree Food

light meals, nutritionally balanced

Honored in the 2022 Michelin Guide with Michelin Bib Gourmand and Green Star awards, Little Tree entices with a natural ambiance and tasteful menu. Its signature 'Buddha Bowl' is a nutritionally balanced meal of tofu, preserved egg, and veggies.



🏠 No. 17, Ln. 116, Sec. 1, Da'an Rd., Da'an Dist., Taipei City  
 🕒 12:00~16:00, 17:00~21:00; Closed last Monday of each month  
 ☎️ +886-2-2778-2277  
 🍴 vegan, ovo-lacto, 5PC vegetarian  
 🗣️ English 🇬🇧 English 🇹🇼 none 💰 ★★★

## Snuggles Kitchen

irresistible fresh-baked scones

Meals and à la carte items are prepared simply with locally sourced ingredients to accentuate natural flavors and zero-out our carbon footprint. Menu of Italian-inspired dishes, homemade scones, yoghurt, soups, dessert treats, and more.



🏠 No. 21-6, Ln. 8, Tianmu E. Rd., Shilin Dist., Taipei City  
 🕒 12:00~19:30; Sat-Sun 12:00~20:00; Closed on Mon  
 ☎️ +886-916-682-230  
 🍴 ovo-lacto  
 🗣️ English, Japanese 🇬🇧 English  
 🇹🇼 none 💰 ★★

## Plants

delicious, planet-friendly meals

Plant-only, gluten-free, refined-sugar-free, and eco-friendly organic ingredients inspire Plants menu of Eastern & Western-inspired dishes. Our signature Papaya Party Bowl blends fresh papaya and banana with maple quinoa pudding topped with chunked fruit, cocoa-goji berry muesli, and chocolate syrup.



🏠 No. 10, Ln. 253, Sec. 1, Fuxing S. Rd., Da'an Dist., Taipei City  
 🕒 11:30~21:30; Closed on Mon  
 ☎️ +886-2-2784-5677 🍴 plant-based diet  
 🗣️ English 🇬🇧 English 🇹🇼 no gluten 💰 ★★

## Yu Shan Ge

gourmet vegetarian sans pareil

This top-recommended vegetarian restaurant in the 2019 & 2020 Michelin Guides crafts its exceptional menu of multicourse Eastern and Western meals from in-season ingredients to deliver a delightfully sensory gourmet experience every time.



🏠 1F., No. 14, Beiping E. Rd., Zhongzheng Dist., Taipei City  
 🕒 11:30~14:00, 17:30~21:00  
 ☎️ +886-2-2394-5155 🍴 ovo-lacto  
 🗣️ English 🇬🇧 English 🇹🇼 none 💰 ★★★





## Vegan Taipei

100% vegan cheese desserts

This eco-friendly, 100% vegan restaurant adds generous portions of pure, non-dairy cheese into its full-flavored lasagna and tortilla wraps. Finish your meal with a slice of one of Vegan Taipei's subtly sweet, fresh-baked cakes.



- 🏠 No. 11, Ln. 378, Sec. 4, Xinyi Rd., Da'an Dist., Taipei City
- 🕒 11:45~20:15; Sun 12:00~17:15
- ☎ +886-2-2703-0725
- 🌱 vegan 🗣 English 🚫 no gluten 💰 ★★
- 🗣 English, Hindi, Indonesian, Mongolian



## CheerSu Café

delicious, planet-friendly flavors



CheerSu took an Italian approach to creating its eclectic menu of fusion dishes. Plant-based meat alternatives are added to dishes for culinary taste and flair.

- 🏠 No. 18, Ln. 553, Sec. 4, Xinyi Rd., Da'an Dist., Taipei City
- 🕒 11:30~15:00, 17:00~21:00; Sat-Sun 11:30~21:00
- ☎ +886-2-3765-1616
- 🌱 vegan, ovo-lacto, 5PC vegetarian
- 🗣 English 🗣 English 🚫 none 💰 ★★★



## DeliSoys

trendsetting soy-based vegetarian

DeliSoys specializes in traditional handmade soy food products such as tofu, dried tofu skin, and soymilk – all made in-house. Order the soy special set meal and enjoy the buffet that includes soy soup, condiments, salad and drinks.

Order from an extensive menu of marinated and braised tofu and vegetable dishes. Don't miss the signature tofu dumplings!



- 🏠 No. 16, Ln. 107, Sec. 1, Fuxing S. Rd., Da'an Dist., Taipei City
- 🕒 11:30~14:30, 17:30~21:00; Sat-Sun 11:00~21:00
- ☎ +886-2-2731-6991
- 🌱 vegan, ovo, lacto, ovo-lacto 🗣 English
- 🗣 English 🚫 none 💰 ★★★



## Pizza-101

large selection, garden atmosphere

Order your pasta or pizza topped with traditional white and red sauces or with specialty pesto & pine nut, South Seas yellow curry, or hot pepper sauces. Make sure not to miss the delicious appetizers!



- 🏠 No. 209-1, Zhuangjing Rd., Xinyi Dist., Taipei City
- 🕒 Tue-Sun 11:30~14:00, 17:30~20:30; Closed on Mon
- ☎ +886-2-8786-9976
- 🌱 vegan, ovo, lacto
- 🗣 no 🗣 no 🚫 none 💰 ★★



## Missgreen

stop and reenergize

This slow-food diner, open for breakfast and lunch, serves up sandwiches, deliciously dressed salads, and low-calorie bread and rice options. Their signature Mexican Super Salad features croutons, fresh greens, tomatoes, zucchini and more - all topped with Missgreen's special sauce.



- 🏠 No. 28, Ln. 63, Sec. 2, Dunhua S. Rd., Da'an Dist., Taipei City
- 🕒 11:00~15:00, 17:00~21:00
- ☎ +886-2-2703-9026
- 🌱 vegan, 5PC vegetarian
- 🗣 English 🗣 English 🚫 none 💰 ★★



## Yang Ming Spring

aesthetically rich vegetarian gourmet

Winner of a Michelin Guide Green Star award in both 2021 and 2022, Yang Ming Spring (Yangmingshan branch) weaves culinary aesthetics and flavor into a world-class dining experience.

In addition to the 5,600m<sup>2</sup> no-menu location in Yangmingshan, the Zhongxiao branch in downtown Taipei offers a regular menu and does retail sales.

- 🏠 No. 119-1, Jingshan Rd., Shilin Dist., Taipei City
- 🕒 11:30~21:00
- ☎ +886-2-2862-0178
- 🌱 vegan 🗣 English, Japanese
- 🗣 English 🚫 none 💰 ★★★



## Pin Sheng Vegetarian Cuisine

innovative tastes excite the palate

Deftly weaving together the culinary quintessence of East and West, Pin Sheng serves up a menu that spans baked and stewed classics to truffle-infused indulgences, breathing new life into time-honored palace culinary secrets.



📍 2F., No. 206, Sec. 2, Nanjing E. Rd., Zhongshan Dist., Taipei City  
 🕒 11:30~14:30, 17:30~21:30 💰 ★★  
 ☎ +886-2-2502-1718 🍴 vegan, ovo, lacto  
 🗣 English, Japanese 🇬🇧 English 🇹🇼 none

## Zen Tea Restaurant

traditionally prepared teas & meals

Zen Tea has long been known for its teacakes and snacks, homemade Suzhou cuisine, and creative Hong Kong-style dim sum. Ideal for parties from two to twenty!



📍 2F., No. 182, Songjiang Rd., Zhongshan Dist., Taipei City  
 🕒 11:30~14:00, 17:30~21:00  
 ☎ +886-2-2567-8977 🍴 English, Japanese  
 🍴 vegan, ovo, lacto, ovo-lacto  
 🗣 English, Japanese 🇹🇼 none 💰 ★★★

## Yang Shin Vegetarian

exquisite vegetarian yum cha dim sum

Taipei's first and still most-authentic vegetarian dim sum restaurant uses only naturally grown rice from Yilan, organic tofu from Hualien, and organic vegetables from Taoyuan in its over 80-dish menu.



📍 2F., No. 128, Songjiang Rd., Zhongshan Dist., Taipei City  
 🕒 Weekdays Lunch 11:30~14:20, Afternoon tea 14:30~16:30, Dinner 17:30~21:30; Weekends Lunch 11:00~12:45, Afternoon tea 13:00~14:45, 15:00~16:45, Dinner 17:30~19:15, 19:30~21:30  
 ☎ +886-2-2542-8828  
 🍴 vegan, ovo-lacto  
 🗣 English, Japanese 🇬🇧 English  
 🇹🇼 yes 💰 ★★

## Vegan Amore

trend-setting vegetarian

This trailblazer in modern vegetarian cuisine offers a menu packed with tempting hamburger sandwiches, pasta, and oven-roasted specialties all served up in a trendy bistro setting. Vegan Amore is sure to win over even the most dedicated omnivore!



📍 3F., No. 1, Sec. 1, Chengde Rd., Datong Dist., Taipei City  
 🕒 11:00~21:00; Fri-Sat 11:00~22:00  
 ☎ +886-2-2555-6090  
 🍴 vegan, 5PC vegetarian  
 🗣 no 🇬🇧 no 🇹🇼 English 💰 ★★★

## Soul R. Vegan Café

simply vegan, simply delicious

A 100% vegan, 100% naturally healthful menu of classic set meals, Italian-inspired pastas, and charcoal baked breads. Their salads, tomato sides, fruit platters, and special-order vegan "black burgers" also come highly recommended.



📍 No. 6, Aly. 1, Ln. 217, Sec. 3, Zhongxiao E. Rd., Da'an Dist., Taipei City  
 🕒 Tue-Fri 16:00~21:30; Sat-Sun 11:00~21:30; Closed on Mon  
 ☎ +886-2-2771-1365 🍴 vegan  
 🗣 English 🇬🇧 English 🇹🇼 none 💰 ★★★

## BaganHood

good-times vegetarian bistro

Meals as delightfully tasty as they are earth-friendly. Their hearty veggie-meat pizzas and hamburgers stand up well on their own, while BaganHood's well-stocked bar stands ready to mix your favorite cocktail.



📍 No. 11, Aly. 46, Ln. 553, Sec. 4, Zhongxiao E. Rd., Xinyi Dist., Taipei City  
 🕒 11:30~16:00, 17:00~22:00  
 ☎ +886-2-3762-2557  
 🍴 vegan, 5PC vegetarian  
 🗣 English 🇬🇧 English 🇹🇼 none 💰 ★★★





## Meimen

vitalizing gourmet meals & drinks

Treating vegetarian cuisine as art, Meimen serves up a healthfully delicious menu of Chinese-style entrees and set meals. A special afternoon tea menu is also served.



- 🏠 B1F., No. 87, Yanping S. Rd., Zhongzheng Dist., Taipei City
- 🕒 11:00~22:00(Friday to 06:00); Closed on Mon
- ☎ +886-2-2389-7788 🍴 vegan, lacto
- 🗣 English 🗣 English 🚫 none 💰 ★★



## The Warehouse

Satoyama-inspired kaiseki meals

Located in the Yangmingshan foothills in a sacred Buddhist space, The Warehouse offers 12 set meals, each skillfully prepared using fresh, natural ingredients. The zen-inspired experience is tweaked to stimulate all the senses.



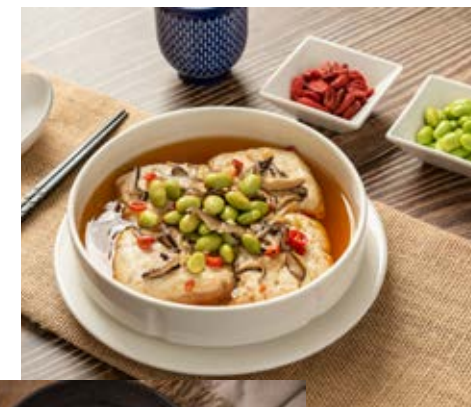
- 🏠 No. 124, Ln. 399, Sec. 2, Xingnan Rd., Zhonghe Dist., New Taipei City
- 🕒 11:30~14:30, 18:30~21:30
- ☎ +886-2-2940-6616 🍴 vegan
- 🗣 no 🗣 English 🚫 none 💰 ★★★



## Serenity

Michelin-recommended Sichuan-style vegetarian

Michelin Guide-recommended 5 years in a row! Serenity's two locations specialize in perfectly seasoned & prepared vegetarian Sichuan dishes. The result is gourmet cuisine even Michelin reviewers can't help but commend!



- 🏠 No. 1, Ln. 1, Zhenjiang St., Zhongzheng Dist., Taipei City
- 🕒 11:00~14:00, 17:00~21:00
- ☎ +886-2-2357-0377
- 🍴 vegan, ovo-lacto
- 🗣 English, Japanese
- 🗣 English, Japanese
- 🚫 none 💰 ★★★



## Yi Hsin Garden

East & West vegetarian

This elegant dining experience offers East and West set meals that include a buffet of tasty appetizers, soups, and desserts. Yi Hsin's made-to-order fresh juices are a perennial favorite.



- 🏠 No. 27, Guoguang St., Sanxia Dist., New Taipei City
- 🕒 11:00~14:30, 17:00~21:00; Closed on Mon
- ☎ +886-2-8671-0777
- 🍴 vegan, lacto, ovo-lacto
- 🗣 no 🗣 English 🚫 none 💰 ★★



## Zhao Kang Yan

vegetarian with a Southeast Asian twist

Mouthwatering Southeast Asian, sour 'n spicy Thai, and classic Chinese dishes all under one roof. East Indies noodles and invigorating hot pots are exotically spiced and sure to sate the most discerning palate.



- 🏠 No. 2, Huimin St., Linkou Dist., New Taipei City
- 🕒 11:30~14:30, 17:00~20:30; weekends & holidays 11:00~15:00, 17:00~21:00
- ☎ +886-2-2608-3082
- 🍴 vegan, ovo-lacto
- 🗣 no 🗣 English 🚫 none 💰 ★★



## Rice Revolution

smallhold farmer-friendly restaurant

Supporting family farms and cooperatives, Rice Revolution sources 90% of its ingredients from local, sustainable, and traceable producers. Free-range chicken eggs add natural flavor and vigor to veggie scrambled eggs and ginger-baked rice burgers.



- 🏠 No. 9, Hengyang Rd., Zhongzheng Dist., Taipei City
- 🕒 11:00~20:00; Closed on Sun
- ☎ +886-2-2331-9662
- 🍴 vegan, ovo-lacto
- 🗣 English 🗣 English, Japanese
- 🚫 no gluten, tree nuts 💰 ★★





## Pretty Garden

vegetarian café embraced by greenery

Foodie blogger Go Vegan's top café pick! Enjoy meals and house-roasted caffeine-free CoffeeX in Pretty Garden's tranquil, tree-shaded ambience.



- 🏠 No. 3, Ln. 121, Shengting Rd., Longtan Dist., Taoyuan City
- 🕒 11:30~19:30; Closed on Wed
- ☎ +886-3-489-6658
- 🍽️ vegan, lacto, ovo-lacto
- 🌐 English 🌐 English 🌿 none 💰 ★★



## Quan Sheng Yi Su Vegan

classic Chinese menu expertly prepared

Signature dishes such as veggie 'beef' stir fry and sweet-n-sour veggie 'pork ribs' prepared at this long-time Yonghe vegetarian watering



hole shine with authentic Chinese culinary taste, aroma, and flair.

- 🏠 No. 38, Yongzhen Rd., Yonghe Dist., New Taipei City
- 🕒 11:00~20:30; Closed on Wed
- ☎ +886-2-2928-1699
- 🍽️ vegan, ovo-lacto
- 🌐 no 🌐 English 🌿 none 💰 ★★



## Enjoy Vegan Life

international vegetarian buffet

This nationwide, all-you-can-eat buffet chain regularly features around 100 items. European, Chinese, Hot Pot, and other stations serve up vegetarian versions of favorite dishes. Scrambled eggs with truffle & sundried tomatoes and risotto with truffle butter & wild mushrooms are not to be missed!

- 🏠 7F., No. 61, Zhongzheng Rd., Taoyuan Dist., Taoyuan City
- 🕒 11:30~14:00, 14:30~16:30, 17:30~21:30
- ☎ +886-3-333-9666
- 🍽️ vegan, ovo-lacto, 5PC vegetarian
- 🌐 English 🌐 English 🌿 tree nuts 💰 ★★★



## Yuan Vegetarian

vegetarian buffet perfect for family & friends

Offering something for everyone, Yuan's extensive buffet is a healthy & appetizing array of in-season salad fixings, gourmet wraps, Hong Kong-style dim sum, Eastern and Western entrees, desserts and so much more!



- 🏠 4F., No. 29-2, Fuzhong Rd., Banqiao Dist., New Taipei City
- 🕒 11:45~14:00, 14:30~16:30, 17:45~21:00
- ☎ +886-2-2272-8999
- 🍽️ vegan, lacto, ovo-lacto
- 🌐 no 🌐 English, Japanese
- 🌿 none 💰 ★★★



## Yama Wood

zen-ful no-menu vegetarian restaurant

The heavy wooden tables, antiques, and rustic décor perfectly complement the simple, honest food served here. Favorites include Yama's seasonal-vegetable-filled hot pot and their tree nut & veggie rolls.



- 🏠 No. 62, Xinlong Rd., Longtan Dist., Taoyuan City
- 🕒 Weekdays 11:30~14:30, 17:30~21:00; Weekends 11:30~15:00, 17:30~21:00
- ☎ +886-3-479-0220
- 🍽️ vegan 🍽️ Chef's-Choice Meals
- 🌐 no 🌿 customized 💰 ★★★



## SuSan-ChanTan

vegetarian braised & fried snacks

Braised and fried snack foods sure to satisfy your hunger. Treat your taste buds to homemade favorites such as deep-fried golden kimchi fillets, wild veggie tempura, and celery croquettes with or without dipping sauce.



- 🏠 No. 463, Sec. 2, Nankan Rd., Luzhu Dist., Taoyuan City
- 🕒 Tue 16:00~22:00; Wed-Fri 11:30~13:30, 16:00~22:00; Sat-Sun 11:30~22:00; Closed on Mon
- ☎ +886-958-813-894
- 🍽️ vegan, ovo-lacto
- 🌐 no 🌐 no 🌿 none 💰 ★





## Tien Tu Shan

no-menu, Satoyama & zen-inspired meals

This slow-food oasis invites foodies on a reservations-only, no-menu culinary adventure. Popular dishes include homemade peanut soy pudding and seasonal veggie bibimbap with burdock, bamboo shoots, taro, chestnuts and mushrooms.



- 🏠 No. 96, Sec. 1, Jiafeng 6th Rd., Zhubei City, Hsinchu County
- 🕒 11:30~15:00, 17:30~20:30
- ☎ +886-3-667-0078
- 🌿 lacto 🍽 Chef's-Choice Meals
- 🚫 no 🚫 none 💰 ★★★



## Shan Guo Tang

Suzhou-inspired tea service, meals, and aesthetics

Suzhou-inspired dishes are served in a tranquil setting perfect for enjoying a good meal and tea. Specialty items flavored with rare teas pair perfectly with a pot of your favorite leaf for the perfect 'zen' experience.



- 🏠 1F., No. 188, Zhuangjing S. Rd., Zhubei City, Hsinchu County
- 🕒 11:30~14:30, 17:30~21:00
- ☎ +886-3-667-5955
- 🌿 vegan, ovo-lacto, ovo, lacto
- 🗺 English, Japanese 🗺 English, Japanese
- 🚫 none 💰 ★★★



## Comfort Zone

old-school vegan & vegetarian diner

Old-school favorites here include yakisoba, Hawaiian-style fried rice, Thai holy basil fried rice, fragrant Japanese-style curry rice omelet, and Korean-style fried noodles with 6~7 condiments. Comfort Zone - the new take on old school!



- 🏠 No. 101, Sec. 2, Guangfu Rd., East Dist., Hsinchu City (2nd FL, Feng Yun Bldg., NTHU)
- 🕒 11:00~14:00, 17:00~19:30 ; Closed on Weekends
- 🌿 vegan, lacto, 5PC vegetarian
- 🗺 English 🗺 English 🚫 none 💰 ★★★



## Veggie Delight

tasty vegetarian meals in a fashionable diner

Enjoy classic dishes, set meals, and desserts in comfortable surroundings. Hydroponic vegetables, imported ingredients, and locally sourced seasonal fruit go into Veggie



Delight's menu of Eastern and Western dishes, salads, and snacks. Packaged snacks are available too.

- 🏠 No. 130, Keda 1st Rd., Zhubei City, Hsinchu County
- 🕒 11:00~20:00
- ☎ +886-3-558-5580
- 🌿 vegan, ovo-lacto 🗺 English
- 🗺 English 🚫 tree nuts 💰 ★



## Healthy Vegetarian

Japanese-inspired ramen & rice dishes

The name says it all! Homemade ramen noodles are perfectly cooked and served in a vegetable broth seasoned with garlic, kimchi, or miso. Try their tsukemen (ramen with dipping sauce) and rice dishes as well.



- 🏠 No. 93, Shijie St., East Dist., Hsinchu City
- 🕒 11:30~13:30, 17:30~20:00
- ☎ +886-3-535-5880
- 🌿 vegan, ovo-lacto, 5PC vegetarian
- 🗺 English, Japanese 🗺 English, Japanese
- 🚫 tree nuts 💰 ★★★



## Chin Chia Tea House

desserts & brunch in a cozy café

The homemade cakes and fruit-filled meals here fill stomach and heart with warmth. All brunches come with a starter of three rolls, quinoa warm salad, or yoghurt. For lunch, try the sesame & veggie croquettes and crispy curry oyster mushrooms!

- 🏠 No. 82, Wenhua St., East Dist., Hsinchu City
- 🕒 09:00~17:00; Closed on Mon
- ☎ +886-3-535-5635
- 🌿 vegan, ovo-lacto, 5PC vegetarian
- 🗺 no 🗺 English 🚫 none 💰 ★★★

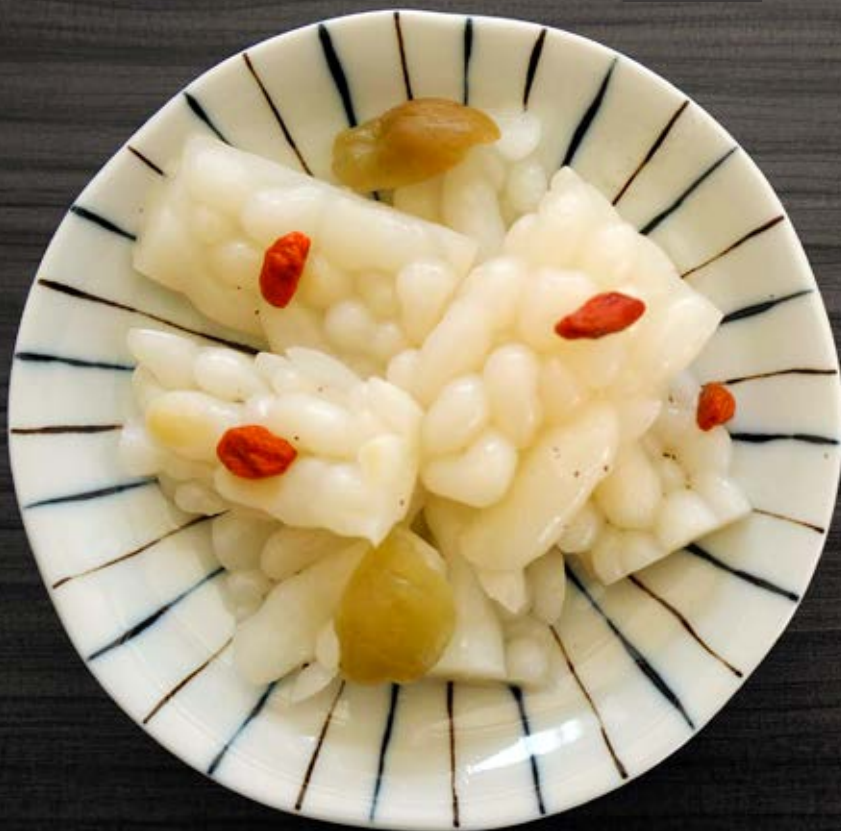




# Central Taiwan

## VEGETARIAN RESTAURANTS

Miaoli  
Taichung  
Changhua  
Nantou



Yi Nian Zhi Jian (Taichung City)

Foods nourished by unspoiled nature open the door to culinary discovery



### Café Mia & iFree Café

the café with vegetarian sass

With over 16 locations, nationwide, Café Mia offers an international vegetarian menu seasoned with exclusive sauces and an extensive selection of pour-over, cold-brew, and camphor-essence coffees.



🏠 No. 197, Xindong St., Miaoli City, Miaoli County  
🕒 10:30~19:30; Fri & Sat 10:30~20:00; Closed on Tue  
☎ +886-3-735-6565  
🌱 vegan, lacto  
🗣 English 🧑 no 🚫 none 💰 ★



### Zhuo Ye Cottage

real food, real flavors

More than a restaurant, this cottage complex includes an inn, indigo craft shop and art market. Meals are prepared using traceable corn, pumpkins, daylily flowers, and hydroponic vegetables from farms nearby and on the west coast.



🏠 No. 1-9, Bengshanxia, Shuangtan Vil., Sanyi Township, Miaoli County  
🕒 09:00~22:00  
☎ +886-3-787-9198  
🌱 ovo-lacto  
🗣 no 🧑 English 🚫 none 💰 ★★



### Chan Chu Vegetarian

clean and natural food for the soul



Natural and organic ingredients transformed into creative, award-winning vegetarian dishes, including classic flat noodles, nationally famous stir-fried rice, and a host of other delicious Chan Chu menu items.

🏠 No. 188, Xiangshan Rd., Touwu Township, Miaoli County  
🕒 11:00~14:00, 17:00~20:30  
☎ +886-3-737-5252  
🌱 vegan, ovo, lacto  
🗣 English 🧑 English 🚫 none 💰 ★★











## Birds vs. Man Restaurant in the Forest

honest food surrounded by nature

Set in Miaoli's scenic 'Chateau in the Air' district, this forested restaurant getaway delights guests with splendid views and an enticing menu of veggie hotpot and hot plate specials and secret-recipe seasonal appetizers.



 No. 33, Shifen, Xinkai Vil., Dahu Township, Miaoli County  
 10:00~17:00; Sat & Sun 09:00~20:00  
 +886-3-795-1815  
 vegan, lacto, 5PC vegetarian  
 no  English  none  \$ ★

## Pulau Redang

giving vegetarian a serious flavor boost

This multi-location SE Asian flavors restaurant features locally grown lemongrass, galangal and kaffir lime leaves. Specialties of the house include Malaysian bak kut teh, Hainan chicken rice, Penang curry mee, and South Seas hotpot.











 No. 536, Sec. 3, Xiangshang Rd., Nantun Dist., Taichung City  
 11:00~20:30  +886-4-2380-1133  
 vegan, ovo-lacto  English  
 English  peanuts  \$ ★

## East Joy

custom designed & prepared vegetarian meals

This secluded restaurant experience offers a regularly changing, seasonal vegetarian menu designed to excite the culinary imagination. Natural flavors are accentuated with pure olive oil, rock salt, and organic soy sauce.

 No. 101, Dongxing E. St., Nantun Dist., Taichung City  
 (Reservation required) 11:30~14:00, 17:30~20:30; Closed on Mon-Tue  
 +886-4-2473-1133  
 vegan, ovo-lacto, 5PC vegan  
 English  English  none  \$ ★★★



## Veganday Cuisine

your delectable vegan journey begins here

This 100% vegan restaurant serves up its own non-alcoholic red wine. Try the 'bœuf' bourguignon made with premium mushrooms or their scrumptious spinach and cashew risotto. Culinary creativity & veganism meet at Veganday!











 No. 91, Dazhong S. St., West Dist., Taichung City  
 11:30~15:00, 17:30~21:00; Sat & Sun 11:30~21:00  
 +886-4-2376-9098  
 vegan  English  English  
 no gluten  \$ ★★

## Yi Nian Zhi Jian

elegant zen-vibe dining



This zen-aesthetic restaurant specializes in reasonably priced, nutrition-packed Japanese set meals. An à la carte menu is also available that includes the restaurant's popular inarizushi (tofu-skin sushi).









 No. 128, Fengxi St., Fengyuan Dist., Taichung City  
 11:00~14:00, 17:00~20:00; Closed on New Year's Eve to the third day of lunar new year  
 +886-4-2526-3756  
 vegan  no  no  none  \$ ★

## Shu Guang Ju

Michelin-grade noodle meals

Honored with a Michelin Bib Gourmand award in 2020 & 2021. The limited menu features a stellar lineup of chilled tofu with red laver, hot-and-spicy tremella, minced toona noodles, crisp hotpot with fennel-infused cabbage, and more.



 No. 104, Dadun 18th St., Xitun Dist., Taichung City  
 11:30~14:00, 17:00~21:00; Closed on Sun  
 +886-4-2329-2322  
 vegan  English  no  
 non-allergenic ingredients  \$ ★★





## Yasai Sushi

creative vegetarian sushi

Yasai Sushi infuses its innovative offerings with the freshest seasonal vegetables & premium rice. Sushi rolls, wraps and gunkan-maki shine with fresh apple, coconut, eggplant, taro, mushroom, and other ingredients. A taste treat not to be missed!



🏠 1F., No. 5, Ln. 8, Mofan St., West Dist., Taichung City  
 🕒 11:00~14:30, 16:30~20:00; Closed on Wed - Thu  
 ☎ +886-4-2301-5675 🍴 vegan, ovo-lacto  
 🌱 no 🍷 no 🍺 none 💰 \$ ★



## The Market

authentic, local flavors

The Italian-trained head chef-owner makes his own vegetarian cheeses, breads, sauces, and desserts. Enjoy in-season European-inspired meals featuring pairings of "beetroot, yam & buckwheat" and "pumpkin, lemongrass, & Asian pear."



🏠 No. 167, Xiangshang N. Rd., West Dist., Taichung City  
 🕒 12:00~14:00, 18:00~21:00; Closed on Tue - Wed  
 ☎ +886-4-2301-6873 🍴 vegan, scallion & garlic  
 🌱 English 🍷 English 🍺 none 💰 \$ ★



## Homie Vegetarian Kitchen

good times vegetarian



Serving food that is sustainably farmed and healthy for body and soul, Homie specializes in Shanghai-style recipes. Try their veggie hotpot with

cheese, truffles, & coconut butter; Shanghai hot plate; and truffle-infused spicy rice cake.

🏠 No. 17, Sec. 3, Huizhong Rd., Nantun Dist., Taichung City  
 🕒 11:30~14:00, 07:30~20:30; Closed on Tue  
 ☎ +886-4-2251-7896 🍴 vegan, ovo-lacto  
 🌱 no 🍷 English 🍺 none 💰 \$ ★



## Kong Ye Veggie Noodles

noodle dishes home made to perfection



Noodles and sauces made from scratch fill a menu that even omnivores can't resist! 3 soup flavors and 3 noodle options create delightful variety. Also try Kong Ye's delectable rice cakes and 5-veg steamed dumplings.

🏠 No. 10, Chaofu 5th St., Chaoyangv Vil., Xitun Dist., Taichung City  
 🕒 11:00~21:30  
 ☎ +886-4-2252-3722 🍴 vegan, ovo-lacto  
 🌱 no 🍷 English 🍺 none 💰 \$ ★



## VegFarm

the future of vegetarian cuisine

Chickpeas and plant-based meats are the foundation of VegFarm's delicious offering. Sit down to a great meal of fishless fish-n-chips or a meat-free truffle burger. Experience the future of full-flavored veggie living at VegFarm!

🏠 No. 469, Dadun Rd., Nantun Dist., Taichung City  
 🕒 11:30~21:00  
 ☎ +886-4-2320-3035 🍴 vegan, 5PC vegetarian  
 🌱 English 🍷 English 🍺 none 💰 \$ ★★



## Verdure Restaurant

creative takes on vegetarian dining

This elegantly appointed coffee house next to NTMOFA in Taichung City offers pour-over coffees, Italian risottos & wraps, and creative Taiwanese-style pastas and a Dutch mushroom-fieta wrap. Stop by for a rewarding taste experience!

🏠 No. 488, Sec. 1, Meicun Rd., West Dist., Taichung City  
 🕒 Mon-Fri 09:00~16:00, 17:00~21:00; Sat-Sun 09:00~21:00  
 ☎ +886-4-2375-1239 🍴 vegan, ovo-lacto, 5PC vegetarian  
 🌱 English 🍷 English 🍺 peanut 💰 \$ ★★







### Feeling Life

French-inspired vegetarian cuisine

This French countryside-inspired space offers exceptional French-style vegetarian meals made with truffles, morels, and other top-grade ingredients. Most entrée items are grilled to best accentuate their natural flavors & aromas.



🏠 No. 2, Ln. 20, Wuquan 6th St., West Dist., Taichung City  
 🕒 11:30~14:30, 17:30~21:30; Closed on Mon  
 ☎ +886-4-2376-8089  
 🌱 vegan, 5PC vegetarian  
 🗣 English 🗣 English  
 🥜 peanuts 💰 ★★★



### Plant Plan

weaving vegetarian into your everyday

Plant Plan's relaxed café vibe pairs perfectly with its extensive menu of breads, Italian pastas & risottos, pizza, and hotpots. Try their top-selling American-style plant burger or French-style grilled veggie fillet with seasonal vegetables.



🏠 No. 51, Ln. 50, Baoqing St., Xitun Dist., Taichung City  
 🕒 Mon-Fri 11:00~14:00, 17:00~20:00; Sat-Sun 11:00~20:30  
 ☎ +886-4-2700-3308  
 🌱 vegan, lacto 🚫 no 🗣 English  
 🥜 none 💰 ★★★



### Love's Café

continental European dining

The freshest seasonal ingredients are transformed here into European chef-specialty favorites such as morel mushroom risotto, Spanish-style omelet, and Lurong vegetarian spaghetti. Finish it off with a cup of fine coffee and cake!

🏠 No. 784, Sec. 2, Zhongzheng Rd., Changhua City, Changhua County  
 🕒 11:00~20:30  
 ☎ +886-4-752-3569  
 🌱 vegan, ovo-lacto, lacto  
 🗣 no 🗣 English 🥜 none 💰 ★★★



### Vegetarian for Thanksgiving

nutrient-rich wild-veggie hot pot meals

Fill (and refill) your hotpot with the wide selection of wild and sustainably grown vegetables from the East Coast kept fresh-chilled in VFT's refrigerated display case. Select your favorite hotpot style from 11 popular broth bases.



🏠 No. 137-3, Xingda Rd., South Dist., Taichung City  
 🕒 11:30~14:30, 17:00~22:00  
 ☎ +886-4-2285-1607  
 🌱 vegan, ovo-lacto 🗣 English  
 🗣 English 🥜 none 💰 ★★★



### Enrich Restaurant & Café

fusion flavors from around the world

The menu here shifts with the ebb & flow of the seasons. Fresh, in-season ingredients are expertly spiced and seasoned to create Enrich's Italian pasta, wrap, salad, and scrambled egg entrées. Don't forget the desserts & drinks!



🏠 No. 111, Dadun 20th St., Xitun Dist., Taichung City  
 🕒 11:00~15:00, 17:00~21:00  
 ☎ +886-4-2310-8386  
 🌱 vegan, ovo-lacto, 5PC vegetarian  
 🗣 English 🗣 no 🥜 none 💰 ★★★



### Kung Chi Ho Buffet

a rich feast of vegetarian delicacies

Tranquil zen-like surroundings set the perfect tone for a memorable dining experience. After browsing the 1st-floor farmers' market, move upstairs for the delicious buffet. Take your time – eat and enjoy for as long as you like.

🏠 No. 266, Baoshan Rd., Changhua City, Changhua County  
 🕒 Mon-Fri 11:30~14:30; Sat-Sun 11:30~14:30, 17:30~20:30  
 ☎ +886-4-711-2858  
 🌱 vegan, ovo-lacto  
 🗣 English 🗣 English 🥜 none 💰 ★★★







## Aunt's Vegetarian Restaurant

delicious food on a budget

Seasoned culinary expertise and fresh ingredients meet in delicious veggie versions of classics like hot-n-spicy chitterlings and



Singaporean bak kut teh. Specializing in mouthwatering iron pan, iron bowl, and hotpot dishes.

- 📍 No. 79, Renhe Rd., Hemei Township, Changhua County
- 🕒 11:00~14:00, 17:00~20:00; Closed periodically
- ☎️ +886-4-757-7971
- 🌱 vegan, ovo-lacto
- 🍴 no 🗣️ English 🚫 none 💰 ★★



## Chin Shan Fang

traditional favorites deliciously prepared

Enjoy delicious vegetarian flavors surrounded by nature. Many ingredients used are harvested directly from Chin Shan



Fang's garden. Great for friendly gatherings, with a tasty menu filled with Chinese classics and snack selections.

- 📍 No. 50-1, Ln. 537, Sec. 1, Xi'an Rd., Puli Township, Nantou County
- 🕒 (Reservation required); Closed on Tue
- ☎️ +886-4-9299-1839
- 🌱 vegan, ovo-lacto
- 🍴 no 🗣️ English 🚫 none 💰 ★★



## Cheng Shih Hsintienmu

a culinary trip back in time

Set in an old railway dormitory along the Jiji spur rail line, guests travel back in time as they enjoy good food and conversation on tatami mats.

Serves classic Japanese-style set meals featuring fried & stewed specialties and appetizers.

- 📍 No. 3, Minquan Ln., Checheng Vil., Shuli Township, Nantou County
- 🕒 11:00~17:00; Closed on Tue
- ☎️ +886-4-9287-0101
- 🌱 vegan, ovo-lacto, lacto
- 🍴 no 🗣️ English 🚫 none 💰 ★★



## Tao Mi Culture Restaurant

slow-cooked natural hot pot meals

Dive into a hotpot menu full of veggie flavor with zero artificial or chemical additives. Soup broth options include Sichuan spicy, buttery truffle, herbal tonic, and more. Tao Mi also serves up pasta and rice meals as well as tasty snacks.



- 📍 No. 32, Ln. 176, Sec. 1, Nanguo Rd., Changhua City, Changhua County
- 🕒 11:30~14:30, 17:30~21:00; Sat-Sun 11:30~14:30, 17:00~21:00; Closed on Mon
- ☎️ +886-4-728-7805
- 🌱 vegan, lacto, 5PC vegetarian
- 🍴 no 🗣️ no 🚫 none 💰 ★★



## 101 Café

countryside vegetarian dining

This café in the field offers bucolic scenery and delicious vegetarian dining, with a European-inspired menu featuring buttered mushroom & olive, pumpkin with walnut, and spicy anise pastas & risottos as well as hotpot and gratin specialties.



- 📍 No. 239, Yingzhong Rd., Nantou City, Nantou County
- 🕒 11:30~15:00, 17:00~21:00; Closed on Mon
- ☎️ +886-4-9235-2966
- 🌱 vegan, ovo-lacto, lacto
- 🍴 no 🗣️ English 🚫 none 💰 ★★



## Doho Vegetarian Restaurant

promoting vegetarian culture

Located within the Doho Confucius Hotel, this restaurant offers a diligently crafted menu of vegetarian items. Each dish, expertly prepared using fresh ingredients, sheds new light on the delicious potential of the vegetarian way.



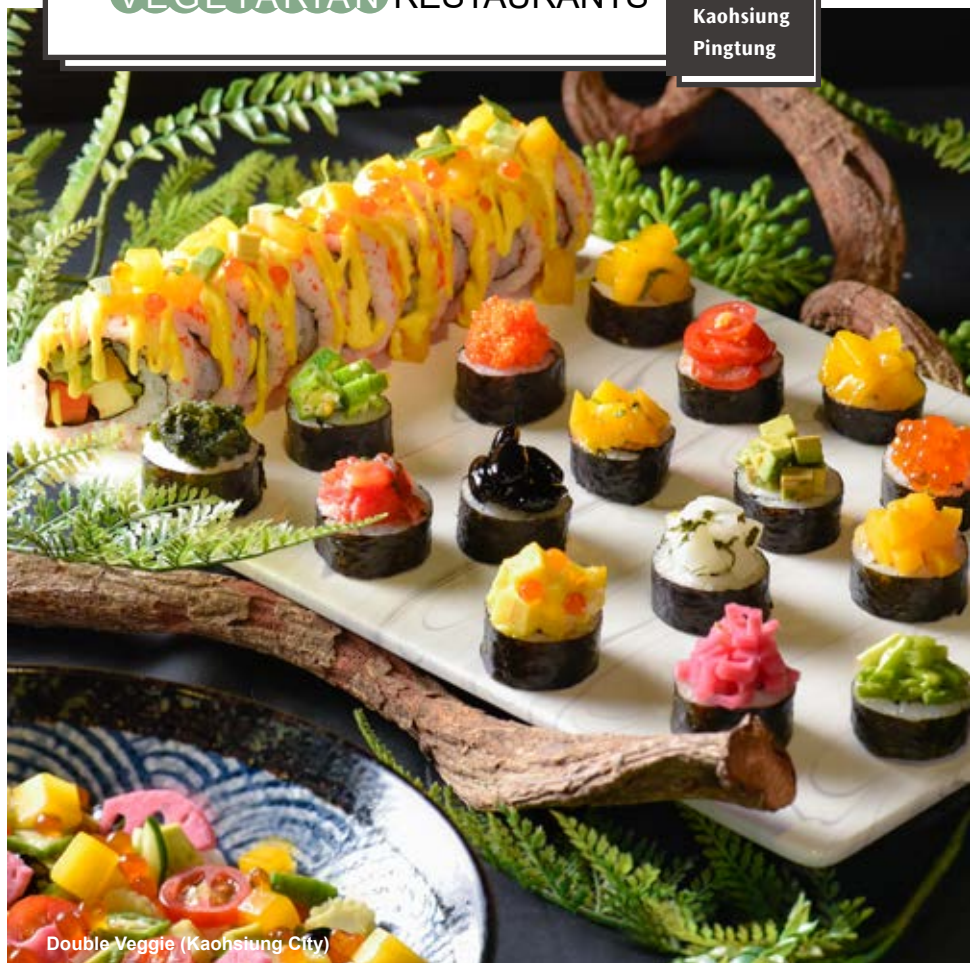
- 📍 No. 168, Sec. 3, Dunhuang Rd., Caotun Township, Nantou County
- 🕒 11:30~14:00, 17:30~21:00; Closed on Tue-Wed
- ☎️ +886-4-9235-7166
- 🌱 vegan, ovo-lacto
- 🍴 no 🗣️ English 🚫 none 💰 ★★



# Southern Taiwan

## VEGETARIAN RESTAURANTS

Yunlin  
Chiayi  
Tainan  
Kaohsiung  
Pingtung



Double Veggie (Kaohsiung City)

Deliciously healthy eating in Taiwan's agricultural heartland



### Tsao Hsing Chu

flavorful vegetarian buffet

Tsao Hsing Chu's kitchen run by award-winning local chef A-Yi creates a daily all-you-can-eat buffet consisting of over 30 dishes for under NT\$300/person. The good food here is popular with both vegetarians and non-vegetarians alike.



🏠 No. 121, Ziyou Rd., West Dist., Chiayi City  
🕒 10:30~13:30, 16:30~19:30  
☎ +886-5-232-6655  
🌱 vegan · ovo-lacto  
🗣 no 🗣 English 🗣 none 💰 ★



### 16 Kitchen Vegetarian

taste-tempting international menu

This cozy establishment serves up a sumptuous selection of veggie stir-fries and set meals. Try their specialty luffa soup dumplings (limited batch made daily) and crisp-fried vegetarian 'shrimp' wrapped in romaine lettuce.



🏠 No. 244, Shanghai Rd., Douliu City, Yunlin County  
🕒 11:00~14:00, 17:00~20:30  
☎ +886-5-537-3384  
🌱 vegan, lacto, ovo-lacto  
🗣 no 🗣 English 🗣 none 💰 ★★



### Good Morning

deliciously energizing veggie brunches

Good Morning's 100% vegan menu uses coconut milk, caramelized cane-sugar syrup, and coconut sugar as ingredients. Step in to enjoy morning favorites like thick-sliced toast, veggie burgers, homemade bread and much more!

🏠 No. 456, Sec. 2, Daya Rd., East Dist., Chiayi City  
🕒 09:00~14:00; Closed periodically  
☎ +886-965-167-957  
🌱 vegan  
🗣 English 🗣 English 🗣 none 💰 ★







## Hi-Lai Vegetarian Restaurant

upper-crust vegetarian buffet

A diversity of high-quality ingredients, experienced culinary artistry, and a bright & elegant dining environment define Hi-Lai's menu of wholly satisfying Japanese, SE Asian, and Chinese-inspired vegetarian dishes.

- 🏠 3F., No. 366, Sec. 1, Zhonghua E. Rd., East Dist., Tainan City
- 🕒 Weekdays 11:30~14:30, 17:30~20:30; Weekends 11:30~15:30, 17:30~20:30
- ☎ +886-6-236-6618
- 🌱 vegan, ovo-lacto, 5PC vegetarian
- 🗣 English 🇬🇧 English
- 🌳 tree nuts, peanuts 💰 ★★



## Chi Kan West House

great food, stylishly nostalgic setting

Serving a delicious menu of chef-created European-fusion specialties since 2007. The house specialty is the 20-day meaty, slow-grilled pepper-spiced lion's-mane mushroom plate served with a rich black pepper sauce & fried rice pasta.

- 🏠 No. 10, Ln. 372, Sec. 2, Ximen Rd., West Central Dist., Tainan City
- 🕒 11:30~14:30, 17:30~21:00
- ☎ +886-6-224-5179
- 🌱 lacto 🇬🇧 English
- 🗣 English, Japanese
- 🌳 tree nuts, peanuts 💰 ★★★



## TSY Vegetarian

Tainan's multigenerational vegetarian oasis

This low-sodium, European-flair vegetarian buffet experience has been sating the hunger of Tainan City foodies for 40 years. Not 'buffet hungry'? Order off the TSY menu! Taiwanese snack foods and Hungarian stewed rice are perennial diner favorites.



- 🏠 No. 312, Sec. 1, Zhonghua W. Rd., South Dist., Tainan City
- 🕒 11:30~14:00, 17:30~20:30; Closed on Mon
- ☎ +886-6-292-3161
- 🌱 vegan, lacto, ovo
- 🗣 English 🇬🇧 English 🇮🇹 none 💰 ★★★



## Huo Fo Vegetarian

treasure trove of vegetarian delights

Huo Fo's secluded and tranquil setting pairs perfectly with the incredible selection of gourmet-prepared buffet items on offer. Try made-to-order temaki (hand rolls), dim-sum specialties, puff pastry soups, and fresh-baked pizza.



- 🏠 No. 858, Sec. 3, Datong Rd., Rende Dist., Tainan City
- 🕒 11:30~14:00, 17:30~20:30; Closed on Wed
- ☎ +886-6-260-0568 🌱 vegan, ovo, ovo-lacto
- 🗣 no 🇬🇧 English 🇮🇹 none 💰 ★★★



## Papavegan × Tsasancafé

Japanese-inspired light menu & snacks

This multicultural veggie escape is the perfect blend of cozy ambiance and culinary excellence. Patiently made vegetable broths infuse a menu peppered with Taiwanese & Japanese favorites and Aomikan hand-brewed coffees.



- 🏠 No. 34, Haihuan St., Annan Dist., Tainan City
- 🕒 weekdays 06:15~15:00; weekends 07:15~15:00; closed periodically (For details, please refer to the store's fan page)
- ☎ +886-909-611-077 🌱 vegan
- 🗣 no 🇬🇧 English 🇮🇹 none 💰 ★★★





### MaY Sensei

finger-licking good rice,  
noodle, and snacking classics

This new Hi-Lai venture specializes in veggie versions of classic Taiwanese hot-served snacks. The signature snack platter features a hunger-satisfying array of tastily seasoned dried-tofu, konjac, broccoli, mushroom, and other veggie items.



- 🏠 B1F., No. 777, Bo'ai 2nd Rd., Zuoying Dist., Kaohsiung City
- 🕒 weekdays 11:00~22:00; weekends 10:30~22:00
- ☎ +886-7-552-5788 🗣 English 🗣 English
- 🌱 vegan, ovo-lacto, 5PC vegetarian
- 🥬 scallions, garlic, spices 💰 ★★



### Blooming Café

a garden of delicious taste

This quaint & cozy café specializes in trendy, healthful cuisine. Perennial favorites include their beautifully made bean-cream flower cakes, chilled sesame noodles, veggie-broth-infused rice balls with nori, and teatime waffles.



- 🏠 No. 283, Tuku Rd., Nanzi Dist., Kaohsiung City
- 🕒 10:00~18:00; Closed on Tue
- ☎ +886-7-353-0618
- 🌱 vegan, ovo-lacto
- 🗣 English 🗣 English 🥬 none 💰 ★★



### Double Veggie

sumptuous vegetarian buffet

Double Veggie takes veggie to the max with a sumptuous selection of pizzas, pastas, Japanese dishes, and other international cuisine classics. Want to enjoy these items at home? Try their IQF ready-to-heat delivery service.

- 🏠 2F., No. 280, Zhongshan 1st Rd., Xinxing Dist., Kaohsiung City
- 🕒 11:30~14:00, 17:30~21:00
- ☎ +886-7-973-3586
- 🌱 vegan, ovo-lacto, 5PC vegetarian
- 🗣 English 🗣 English, Japanese
- 🥬 peanuts, tree nuts, no gluten 💰 ★★



### Shafarm Vegetarian

only the freshest in-season  
ingredients

Fresh, in-season fruit & vegetables permeate the menu of this warm, sunlit restaurant. Try homemade coconut curries; crisp-fried tofu-skin rolls filled with carrots, oyster mushrooms, cabbage, and fried tofu; and so much more!



- 🏠 No. 101, Yuxing Rd., Gushan Dist., Kaohsiung City
- 🕒 11:30~14:30, 17:30~20:30; Closed on Mon
- ☎ +886-7-552-2643
- 🌱 vegan, ovo-lacto, 5PC vegetarian
- 🗣 English 🗣 English
- 🥬 scallion, garlic, alcohol, spices 💰 ★★



### Evonne's Garden

European and fusion vegetarian  
cuisine



Evonne's European-inspired menu includes 15 pizzas packed with natural nutrients and delicious flavor. Try their 'golden potato fry' pizza with homemade duck-egg XO sauce & cheese and their Thai-style hot-n-sour spaghetti.

- 🏠 No. 87, Ruifeng St., Gushan Dist., Kaohsiung City
- 🕒 11:30~20:00; Closed on Thu
- ☎ +886-982-708-572
- 🌱 vegan, lacto, ovo-lacto, 5PC vegan
- 🗣 English 🗣 English 🥬 none 💰 ★★



### Garden Green

Italian & Thai-inspired  
heartwarming specialties

This Italian x Thai restaurant is a wellspring of good eating for lovers of herbs & spices. Homemade broths and sauces enliven the entire menu. Favorites include sour-n-spicy white-curry noodles and Thai-style hot-n-sour udon soup noodles.



- 🏠 No. 70, Qiuchang Rd., Niasong Dist., Kaohsiung City
- 🕒 11:00~14:00, 17:00~20:30; Closed on Mon
- ☎ +886-7-370-3385
- 🌱 vegan, ovo-lacto
- 🗣 no 🗣 no 🥬 none 💰 ★★





## Lin-Jen Mam (food truck)

tummy-gratifying hot-served  
veggie snacks

Lin-Jen Mam regularly publishes its stops for the upcoming week online. Time-tested recipes help make this vendor's selection of over 40 veggie items irresistible. Choose from 3 seasonings (salt-pepper, sesame sauce, & hot sauce).



- 🏠 food truck schedule
- 🕒 (please check their Facebook homepage)
- ☎ +886-926-608-505
- 🌱 vegan, ovo-lacto
- 🥗 no 🍌 no 🥚 none 💰 ★



## Ru Su Braised Veggie Delicacies

trendy vegetarian tastes

This fashionable food stall serves up tasty veggie delicacies marinated in vegetable and herbal broths. Choose from over 40 vegetable ingredients as well as specialty veggie 'meatballs', tofu kababs, cheese hot dogs and more!



- 🏠 No. 357, Fude 3rd Rd., Lingya Dist., Kaohsiung City
- 🕒 11:00~21:30; Closed on Sun
- ☎ +886-900-604-859
- 🌱 vegan, ovo-lacto 🥗 no 🍌 English
- 🥚 none 💰 ★



## Mrs. Chou's Vegetarian

traditional Taiwanese flavors

Taro, mushrooms, luffa, pumpkin and other seasonal vegetables slow-cooked in a fermented fruit broth base create Mrs. Chou's signature rice congee. Menu also features kimchi noodles, cream pasta, chow mein, appetizers and more.



- 🏠 No. 74, Zhongshan Rd., Liuqiu Township, Pingtung County
- 🕒 09:30~14:00, 17:00~20:00
- ☎ +886-8-861-4972
- 🌱 vegan, ovo, ovo-lacto
- 🥗 yes 🍌 English 🥚 none 💰 ★



## Bene Veggie

new takes on fresh, local  
flavors



The signature 'black gold' crumbles with crisp-fried melon dish is made with fresh luffa, chinsha sauce, & seasonal vegetables. Showy dishes like fruit wood-smoked veggie kabobs and ginger cold appetizer further highlight Bene's culinary finesse.

- 🏠 No. 255, Ziyou 4th Rd., Zuoying Dist., Kaohsiung City
- 🕒 11:00~14:00, 17:00~20:30
- ☎ +886-7-349-2166
- 🌱 vegan, ovo-lacto 🥗 English
- 🥗 English 🥚 peanuts 💰 ★★



## Royal Creative Vegetarian

Japanese-inspired vegetarian  
tapas treats

Enjoy your favorite Japanese food in vegan form! Royal Creative serves up succulent takoyaki, veggie-packed okonomiyaki, yakisoba, and udon. Each reflects its Japanese culinary heritage and delivers healthful vegan satisfaction.



- 🏠 2F., No. 423, Xingzhong 1st Rd., Lingya Dist., Kaohsiung City
- 🕒 11:00~14:00, 16:30~00:00; Closed on Mon - Tue
- ☎ +886-974-012-818 🌱 vegan
- 🥗 English 🍌 English 🥚 none 💰 ★



## Table 2 Café

creative Italian-inspired  
vegetarian

The industrial-modern interior of this café evokes a welcoming & comfortable environment. Specializing in Italian-style vegetarian dishes, guests may also try their Korean-style barbecued kimchi burger and other deliciously creative items.



- 🏠 No. 161, Minxiang 1st Rd., Pingtung City, Pingtung County
- 🕒 11:00~14:00, 17:00~21:00 (Sat-Sun 17:00~20:00); Closed on Tue
- ☎ +886-8-723-1585
- 🌱 vegan, lacto
- 🥗 no 🍌 English 🥚 none 💰 ★★



## Tianshii Vegetarian

daily buffet delivering taste &  
balanced nutrition

Select your favorite appetizers, stir-fries, crisp-fried delicacies, and desserts from the Tianshii buffet and pay based on weight. High quality ingredients extend to their rice, which is sourced exclusively from Chishang and Zhuoshui. Comfortable & open dining atmosphere.



- 🏠 No. 401, Xinyi Rd., Pingtung City, Pingtung County
- 🕒 10:30~14:00, 17:00~20:00
- ☎ +886-8-737-3690
- 🌱 vegan, ovo-lacto
- 🥗 no 🍌 English 🥚 none 💰 ★



# Eastern Taiwan

## VEGETARIAN RESTAURANTS

Yilan  
Hualien  
Taitung



Vegine (Taitung)

Pristine coasts and valleys make for world-class cuisine x scenery



### Sarnath

honest flavors

Sarnath eschews synthetic vegetarian products, using only high-quality ingredients such as plant-based meats, organic rice & organic black soy tea from Yilan, and in-season vegetables in their set meals and hotpots.

🏠 No. 221, Jinshan W. Rd., Yuanshan Township, Yilan County  
🕒 11:00~19:00; Closed on Mon-Wed  
☎ +886-3-935-2331  
🌱 vegan, ovo-lacto, ovo, lacto  
🗣 yes 🗣 English, Japanese 🚫 none 💰 ★★



### Autumn Tea Party

reservation-only vegan tea room

This vegan-only teahouse provides a relaxing atmosphere & delicious foods prepared with yams, pumpkins and vegetables together with tree nuts, tea powder, and other ingredients. Try their desserts flavored with locally grown jujubes.



🏠 No. 29, Hemu Rd., Yilan City, Yilan County  
🕒 10:30~18:00; Closed periodically  
☎ +886-3-935-7834  
🌱 vegan, vegetarian  
🗣 no 🗣 English, Japanese  
🚫 none 💰 ★★



### Holy Tofu

wholly natural marinated tofu treats

Naturally delectable soy, tofu, and brine-pickled tofu specialties made daily. Try their fresh soymilk, tofu, dried tofu, cold koya tofu, and tofu yoghurt. The full-bodied, true taste of soy shines through at Holy Tofu!



🏠 No. 1, Xinxing Rd., Toucheng Township, Yilan County  
🕒 08:30~13:30; Closed on Sun  
☎ +886-988-206-706  
🌱 vegan 🗣 no  
🗣 English 🚫 none 💰 ★





## Hsin Tien Shu Yuan

the best of East and West

Visit on a bright, sunny day to fully enjoy your dining experience. Guest favorites include wild mushroom fried rice, kung-pao diced lion's-mane mushroom, veggie udon noodles, vegetarian Kobe-style steak, and crisp-fried veggie 'calamari'.



📍 No. 412, Minzu Rd., Yilan City, Yilan County  
🕒 06:30~14:00; Sat 06:30~14:00, 17:00~20:00; Closed on Mon  
☎ +886-3-932-6540 🍴 vegan, ovo-lacto  
🌐 no 🗣 English 🚫 none 💰 ★



## 1939 Café

brunch in a colonial-era home

Experience the nostalgic airs of the 1939 Café for breakfast or brunch. Their popular sandwiches are made with oyster mushrooms instead of pork and seasoned with delicious homemade sauces.



📍 No. 16, Ln. 80, Minguo Rd., Hualien City, Hualien County  
🕒 09:00~17:00; Closed on Thu  
☎ +886-3-832-1939 🍴 ovo-lacto 🌐 English  
🗣 English 🚫 none 💰 ★★



## Wunun Plant Based Food

the art of vegetarianism

This long-time vegetarian oasis is renowned for its delicious no-menu meals. Culinary skill & aesthetics combine into an elegant, full-sensory dining experience. High quality ingredients and modern low-heat, low-oil cooking techniques accentuate the natural flavors in each dish.



📍 No. 77, Zhonghua Rd., Luodong Township, Yilan County  
🕒 11:30~14:30; Closed on Wed & Sun  
☎ +886-905-788-588  
🍴 vegan, ovo-lacto 🌐 no  
🗣 English 🚫 none  
💰 ★★



## Piatto+ Italian Vegetarian

an authentic Italian-style bistro

Tucked into a Hualien City alley, this bistro is a vegetarian treasure awaiting discovery. Pasta dishes capped with homemade cream, cheese, tomato, or pesto sauces give vegans all of the flavor with zero guilt!



📍 2F., No. 28, Yixin St., Hualien City, Hualien County  
🕒 11:30~14:00, 17:00~20:30; Closed on Mon-Tue  
☎ +886-926-103-232  
🍴 vegan, lacto, ovo-lacto, 5PC vegetarian  
🌐 English 🗣 English 🚫 none 💰 ★★



## Wanzi Veg Kitchen

healthy and delicious veggie breakfasts

The chef and owner of Wanzi Veg is a skilled expert at transforming freshly picked East Coast produce into dishes that both satisfy the discerning gourmand and tick all the boxes for healthy dining.



📍 No. 157, Bo'ai St., Hualien City, Hualien County  
🕒 06:00~09:30; Closed on Thu  
☎ +886-960-605-570  
🍴 ovo-lacto  
🌐 no 🗣 English 🚫 none 💰 ★



## JunoBaking

exceptional vegetarian bakery

JunoBaking thinks outside of the box in creating their tempting selection of breads and desserts that are made healthfully lower in both sugar and calories. (Currently by reservation only. Please call to place your order in advance.)



📍 No. 28, Wuquan St., Hualien City, Hualien County  
🕒 09:00~18:00  
☎ +886-911-278-101  
🍴 vegan, lacto, ovo-lacto  
🌐 no 🗣 English 🚫 peanut-free 💰 ★





## Vegan Boy

the best food in Chishang

This Chishang vegetarian hotspot is a popular, reservation-only diner that uses locally sourced produce from the surrounding Taitung area. Famous for its daily no-menu meals and signature dragon-fruit fried rice.

- 📍 No. 69, Zhonghua Rd., Fuwen Vil., Chishang Township, Taitung County
- 🕒 (Reservation required) 12:00~14:00, 18:00~20:00; Closed on Tue
- ☎ +886-8-986-3073
- 🌱 vegan, ovo-lacto
- 🗣 no 🇬🇧 English 🇹🇼 none 💰 ★★



## Dining Books Café

bookshop meets vegetarian vibes

This indie bookstore x café x culture corner offers regular baking courses, fresh roasted coffees, and light meals too! While not 100% vegetarian, there are plenty of vegetarian and vegan meals & fresh-baked bread on the menu to enjoy.

- 📍 No. 265, Luoyang St., Taitung City, Taitung County
- 🕒 10:00~21:00; Closed on Mon-Wed
- ☎ +886-8-934-7616
- 🌱 vegan, lacto, ovo-lacto
- 🗣 no 🇬🇧 English 🇹🇼 yes 💰 ★★



## SunSun Café

tasty vegetarian x coffee

This cozy vegan café is a great spot to spend a few relaxing hours in conversation or with a good book. Local produce & ingredients are the stars of a menu including a daily chef's-choice meal (reservation only), veggie plate, coffees and teas.



- 📍 No. 1, Ln. 503, Xinsheng Rd., Taitung City, Taitung County
- 🕒 11:00~14:30, 18:00~20:00; Closed on Wed
- ☎ +886-988-827-250
- 🌱 vegan, ovo-lacto
- 🗣 no 🇬🇧 English
- 🗋 take the initiative to ask 💰 ★★



## CleanFields Vegetarian

fine dining in the countryside

Its dreamy décor underscores the romantic vibe of this restaurant. Try their ever-popular Spanish-style fried rice with pine nuts; truffle, mushroom and cashew fried rice; and Cantonese-style vegetarian congee.



- 📍 No. 258, Jianguo Rd., Hualien City, Hualien County
- 🕒 11:00~14:00, 17:00~19:45; Closed on Wed
- ☎ +886-3-836-2210 🌱 vegan, lacto, ovo-lacto
- 🗣 English 🇬🇧 English 🇹🇼 none 💰 ★



## Vegine

100% vegetarian braised snack foods

A healthy twist on traditional Taiwanese hot-served braised snacks. Select from some 40 different veggies for marinating in a vegetarian broth rich in medicinal herb flavor. Enjoy with Vegine's homemade sesame oil & ginger sauce.



- 📍 No. 12, Ln. 312, Zhengqi Rd., Taitung City, Taitung County
- 🕒 11:30~13:30, 16:30~20:30; Closed on Mon
- ☎ +886-8-933-0218 🌱 vegan
- 🗣 English 🇬🇧 English 🇹🇼 none 💰 ★★



# Offshore Islands

## VEGETARIAN RESTAURANTS

Penghu  
Kinmen  
Lienchiang  
(Matsu)

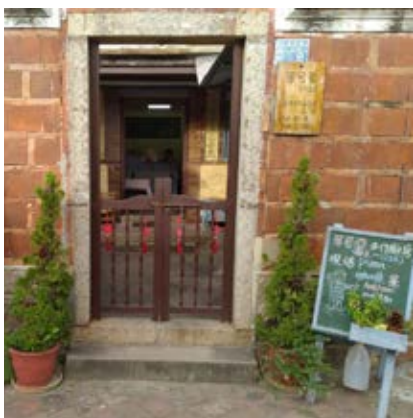


### Yong Hsing Vegetarian

from burger breakfasts to banquets

From Chinese self-service buffet meals to veggie hamburgers, rice rolls, veggie wraps, made-from-scratch filled steamed buns & mantou, yam congee, and soy milk, Yong Hsing has been serving up delicious breakfasts for four decades.

- 📍 No. 20, Aly. 20, Ln. 18, Dazhi St., Magong City, Penghu County
- 🕒 07:00~13:00; Mon-Wed, Fri-Sat 16:30~19:30
- ☎ +886-6-926-8605
- 🌱 vegan, ovo-lacto 🍴 no
- 🗣 English 📺 none 💰 ★



### Cocoya Pizza & Dessert

vegetarian pizzas that pull to perfection

Near Kinmen's Kui Ge heritage site, Cocoya serves delicious pizzas and coffee & tea drinks from its century-old location. Handmade flax-seed crusts topped with seasonal veggies are the heart & soul of Cocoya's dozen-pizza menu.

- 📍 No. 18, Ln. 180, Minzu Rd., Jincheng Township, Kinmen County
- 🕒 11:00~19:30; Closed on Sun-Mon
- ☎ +886-8-232-1863
- 🌱 ovo-lacto 🍴 yes
- 🗣 yes 📺 yes 📺 none 💰 ★★



### How Mama Healthy Veggie

for your best vegetarian life

This spacious & comfortable vegetarian restaurant offers a full menu of rice and noodle dishes as well as pan-fried gyoza, medicinal noodle soups and more. The owner-chef is also expert at creating delicious vegetarian versions of classic Chinese entrees.

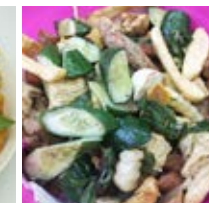
- 📍 No. 45, Fuxing Rd., Jinhu Township, Kinmen County
- 🕒 10:30~19:00; Wed & Sat 10:30~16:00; Closed on Sun
- ☎ +886-8-233-2349
- 🌱 vegan 🍴 yes
- 🗣 no 📺 none 💰 ★



### Pong Wong Veggie Bites

vegetarian night market classics

Deep-fried chicken poppers are a Taiwan night-market favorite. Pong Wong has cracked the code and made a vegetarian version at least equally delicious using select mushrooms, konjac and vegetables. Choose from a variety of sauces!



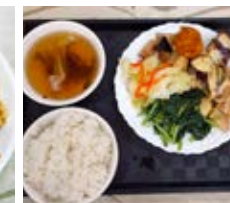
- 📍 No. 21, Maoshang St., Magong City, Penghu County
- 🕒 18:00~22:00; Closed on Sun
- ☎ +886-6-926-5021 • +886-933-696-072
- 🌱 vegan, ovo 🍴 yes
- 🗣 no 📺 none 💰 ★



### Vegetarian Garden

simply delicious egg crepes

This vegetarian hub next to Fu'ao Harbor in Nan'gan, Matsu is a simple affair with a few tables. Open from early morning, vegetarians and omnivores alike come for the hearty handmade egg crepes and vegetarian old-wine vermicelli.



- 📍 No. 80, Fuwo Vil., Nangan Township, Lienchiang County
- 🕒 06:30~13:30, 17:00~19:00
- ☎ +886-8-362-2848
- 🌱 vegan, ovo-lacto 🍴 yes
- 🗣 no 📺 no 📺 none 💰 ★



## Other Vegetarian Restaurants

### Northern Taiwan - Keelung

Name	Address	Phone	Category
Chin Yu Vegetarian	No. 12-1, Zhongzheng Rd., Zhongzheng Dist., Keelung City	+886-2-2427-0071	creative cuisine
Zhan Family Restaurant	No. 20, Ren 4th Rd., Ren'ai Dist., Keelung City	+886-2-2426-7159	Chinese cuisine
Choose One Vegetarian Burger	1F., No. 11, Ln. 54, Ai 2nd Rd., Ren'ai Dist., Keelung City	+886-2-2422-9092	American burgers / Chinese cuisine
Water Drop Teahouse	No. 270, Xin 2nd Rd., Xinyi Dist., Keelung City	+886-2-2422-2570	Chinese cuisine
Happiness No. 10	No. 10, Ln. 141, Xin 1st Rd., Xinyi Dist., Keelung City	+886-2-2422-5988	curry set meals
Happiness Vegetarian	No. 82, Jijin 3rd Rd., Anle Dist., Keelung City	+886-2-2432-9999	Chinese cuisine

### Northern Taiwan - Taipei City

Name	Address	Phone	Category
Lohas VLML	No. 6, Aly. 27, Ln. 216, Sec. 4, Zhongxiao E. Rd., Da'an Dist., Taipei City	+886-2-2721-2388	Chinese cuisine
Kapok Coffee & Bakery	No. 5, Ln. 308, Sec. 2, Fuxing S. Rd., Da'an Dist., Taipei City	+886-2-2732-6819	bakery & Italian cuisine
Safudo Gluten Free	2F.-3, No. 16, Ln. 216, Sec. 4, Zhongxiao E. Rd., Da'an Dist., Taipei City	+886-2-8773-4268	non-gluten / soymilk sales
Vege Burger	No. 48, Aly. 5, Ln. 12, Sec. 3, Bade Rd., Songshan Dist., Taipei City	+886-2-2579-2456	American cuisine
Heart Home Vegan	No. 508, Fujin St., Songshan Dist., Taipei City	+886-2-2369-8089	light hotpot meals
LoveVeg Vietnamese	No. 32, Wenchang Rd., Shilin Dist., Taipei City	+886-2-2831-3419	Vietnamese cuisine
Herbivore	No. 19, Songgao Rd., Xinyi Dist., Taipei City	+886-2-2723-5368	Italian cuisine
lab33 Restaurant & Bar	No. 251, Nanjing W. Rd., Datong Dist., Taipei City	+886-2-2555-5839	Italian cuisine
Egg . Milk . Tree.	No. 26, Ln. 33, Sec. 1, Zhongshan N. Rd., Zhongshan Dist., Taipei City	+886-2-2521-6801	European cuisine
Chang Chun Vegetarian	No. 38, Sec. 2, Xinsheng N. Rd., Zhongshan Dist., Taipei City	+886-2-2511-5656	European buffet
Feng Wei Ting	No. 2, Ln. 3, Shuangcheng St., Zhongshan Dist., Taipei City	+886-2-2599-6000	international cuisine
3 Idiots Indian Veg. Toast & Curry	No. 318, Changchun Rd., Zhongshan Dist., Taipei City	+886-2-8770-5848	Indian cuisine
Rinbansyo (88 Tea)	No. 174, Sec. 1, Zhonghua Rd., Wanhua Dist., Taipei City	+886-2-2312-0845	tea & light meals

Love Way	No. 8, Ln. 71, Jiangnan St., Neihu Dist., Taipei City	+886-2-2659-1781	Chinese cuisine
Hsueh Li Hong	No. 459, Songshan Rd., Xinyi Dist., Taipei City	+886-2-2346-0050	Chinese cuisine
Darling Same Young	No. 11, Ln. 50, Huangxi St., Shilin Dist., Taipei City	+886-2-2835-1755	Italian cuisine
Vege Creek	2F., Building C., No. 186-1, Jingmao 2nd Rd., Nangang Dist., Taipei City	+886-2-2785-0508	braised snack foods

Vsee: <https://www.facebook.com/VEGECREEK> for outlet locations

### Northern Taiwan - New Taipei City

Name	Address	Phone	Category
Bruce's Kitchen	No. 137, Chezi Rd., Xindian Dist., New Taipei City	+886-2-8666-6181	Italian cuisine
Minder Vegetarian	No. 137, Minquan Rd., Xindian Dist., New Taipei City	+886-2-8218-7858	Taiwanese buffet
Yukimasa	1F., No. 135, Dade Rd., Sanxia Dist., New Taipei City	+886-2-2673-8838	homemade desserts
Rushiowen (Aroma)	No. 137, Fuxing Rd., Sanxia Dist., New Taipei City	+886-2-2674-1678	Korean rice balls
Lu Ho Yuan Vegetarian Teahouse	No. 92-5, Chengtian Rd., Tucheng Dist., New Taipei City	+886-2-2269-3645	teahouse
Mou Yue Vegetarian	No. 7, Ln. 62, Fumei St., Xinzhuang Dist., New Taipei City	+886-2-8522-8987	Italian light meals
Wun Hsin Buns & Rice Vermicelli	No. 64, Liancheng Rd., Zhonghe Dist., New Taipei City	+886-2-8245-5598	snack foods
CDFVLML Restaurant	3F., No. 427, Sec. 2, Zhongshan Rd., Zhonghe Dist., New Taipei City	+886-2-2228-8652	Cantonese dim sum
Chuan Hsiang Tsao Tang	No. 10, Ln. 232, Sec. 2, Mingzhi Rd., Taishan Dist., New Taipei City	+886-2-2900-3079	Thai & international cuisine
Yashin Mindfulness & Vegetarian	No. 26, Ln. 241, Sec. 1, Wenhua 2nd Rd., Linkou Dist., New Taipei City	+886-2-2608-7956	kaiseki (Japanese multi-course)
Suxue Vegan Bakery	1F., No. 52-1, Changxing Rd., Luzhou Dist., New Taipei City	+886-2-8285-5335	bread & desserts
Sweet Vegan	2F., No. 46, Ln. 410, Sec. 2, Wenhua Rd., Banqiao Dist., New Taipei City	+886-980-836-029	fresh-made desserts

### Northern Taiwan - Taoyuan City

Name	Address	Phone	Category
the stillness cafe	No. 50, Ln. 296, Nanyuan 2nd Rd., Zhongli Dist., Taoyuan City	+886-3-462-0060	café
It's Pizza	No. 13, Ln. 58, Datong Rd., Longtan Dist., Taoyuan City	+886-3-489-6938	pizza
Huei Yuan Vegetarian	No. 7, Ln. 121, Zhongshan Rd., Yangmei Dist., Taoyuan City	+886-3-288-9506	lunch box meals
Choudashu (Taoyuan)	No. 30, Ln. 98, Sec. 1, Guoji Rd., Taoyuan Dist., Taoyuan City	+886-3-363-3633	stinky tofu, noodles & rice



Joy & Happiness	No. 46, Fuxing N. Rd., Guishan Dist., Taoyuan City	+886-3-327-0818	creative cuisine
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### Northern Taiwan - Hsinchu

Name	Address	Phone	Category
Puyu Hakka Cereal Tea	No. 8, Miaoqian St., Beipu Township, Hsinchu County	+886-3-580-2250	Hakka leicha & meals
Douhe	No. 133, Kangning St., Zhudong Township, Hsinchu County	+886-3-511-0518	Japanese cuisine
Vegan Bear	No. 176, Sec. 4, Zhonghua Rd., Xiangshan Dist., Hsinchu City	+886-3-530-1796	homemade meals

### Central Taiwan - Miaoli County

Name	Address	Phone	Category
Mrs. Chiu's Hakka Veggie Dumplings	No. 123-1, Xindian Vil., Qigulin, Shitan Township, Miaoli County	+886-918-932-878	homemade veggie buns
Shan-Ye Vegetarian	No. 265-1, Zhongshan Rd., Miaoli City, Miaoli County	+886-3-736-9808	Japanese cuisine
Steel Garden	No. 112-2, Daxing Rd., Yuanli Township, Miaoli County	+886-910-280-704	homemade breads

### Central Taiwan - Taichung City

Name	Address	Phone	Category
Fukuya Ramen	No. 2-5, Zhenxing Rd., East Dist., Taichung City	+886-989-329-566	veggie soy noodles
Minisubs	No. 41, Yonghe 1st St., South Dist., Taichung City	+886-4-2285-3542	brunch
Karunā	No. 216-1, Guoguang Rd., South Dist., Taichung City	+886-4-2285-6210	Thai cuisine
Rich Vegetable Restaurant	No. 184, Xiangshang N. Rd., West Dist., Taichung City	+886-4-2302-2308	Japanese cuisine
Pine Cone Vegetarian	No. 136, Wuquan W. 4th St., West Dist., Taichung City	+886-4-2372-3569	international cuisine
Veggenius	No. 21, Sec. 2, Gongyi Rd., Nantun Dist., Taichung City	+886-4-2323-8111	Chinese cuisine
Moments in Time	No. 2, Ln. 13, Jinping N. St., North Dist., Taichung City	+886-4-2208-0180	afternoon tea
Sun Berno Bakery & Restaurant	No. 50, Ln. 79, Sec. 1, Xiangshang Rd., West Dist., Taichung City	+886-4-2302-7613	kiln-baked pizzas & breads
Vegetarian BBQ	No. 27, Jingcheng 5th St., West Dist., Taichung City	+886-4-2327-8012	vegetarian barbecue
vegan daily	No. 219, Gongzheng Rd., West Dist., Taichung City	+886-4-2301-3133	brunch & desserts

### Central Taiwan - Changhua County

Name	Address	Phone	Category
Tsao Tang Eastern & Western	No. 816, Sec. 2, Zhongzheng Rd., Changhua City, Changhua County	+886-4-761-5319	Chinese & Western cuisine

Musu Vegetarian	No. 192, Yunzhang Rd., Changhua City, Changhua County	+886-4-762-0338	creative cuisine
Zen Happiness Restaurant	No. 512, Sec. 3, Zhangshui Rd., Xihu Township, Changhua County	+886-4-885-1196	brunch

### Central Taiwan - Nantou County

Name	Address	Phone	Category
Man Nong	No. 292-1, Fuxing Rd., Nantou City, Nantou County	+886-912-655-586	soup noodles (nabeyaki)
Fukuda Vegetarian Restaurant	No. 599, Zhongzheng Rd., Caotun Township, Nantou County	+886-4-9232-0801	Japanese snacks
White Deer Café & Pizzeria	No. 933-1, Yuchi St., Yuchi Township, Nantou County	+886-985-265-556	kiln-baked breads & global cuisine

### Southern Taiwan - Yunlin County

Name	Address	Phone	Category
Lian Hwa Garden	No. 76, Fumin Rd., Huwei Township, Yunlin County	+886-5-636-0308	fusion cuisine
A-Shui Bo Vegetarian	No. 1, Chenggong 3rd St., Douliu City, Yunlin County	+886-5-537-0337	fusion cuisine
Enchanted Café	No. 1, Ln. 81, Zhendong Rd., Douliu City, Yunlin County	+886-5-534-5623	brunch

### Southern Taiwan - Chiayi County/ Chiayi City

Name	Address	Phone	Category
Good Day Café	No. 98-11, Taibao 5th Rd., Taibao City, Chiayi County	+886-5-362-0055	light meals
Hsi Lai Lo Vegetarian	No. 298, Bade Rd., West Dist., Chiayi City	+886-5-276-0968	Chinese cuisine
Just Burger	No. 272, Zhongshan Rd., East Dist., Chiayi City	+886-960-948-757	American cuisine

### Southern Taiwan - Tainan City

Name	Address	Phone	Category
Tsun Chi Creative Vegetarian	No. 40, Zhongzheng Rd., West Central Dist., Tainan City	+886-936-829-821	creative cuisine
Me n V3gan	No. 3, Ln. 115, Sec. 2, Hai'an Rd., West Central Dist., Tainan City	+886-928-428-396	creative cuisine
Little Leaf Vegan Restaurant	No. 12, Aly. 13, Ln. 644, Chenggong Rd., North Dist., Tainan City	+886-970-804-344	homemade-style dishes
Deer Brunch	No. 66, Ln. 313, Wenxian Rd., North Dist., Tainan City	+886-6-258-5161	brunch & light meals
Tian Yuan Vegetarian	No. 168-1, Sec. 1, Zhongzheng N. Rd., Guiren Dist., Tainan City	+886-6-230-1131	international cuisine
Fu Zhen Restaurant	No. 162, Sec. 1, Zhongzheng Rd., Rende Dist., Tainan City	+886-6-266-7969	Chinese buffet
Kerry's Kitchen	No. 308, Yonghua 3rd St., Anping Dist., Tainan City	+886-6-298-9258	American cuisine

Zhen Garden Ramen	No. 6, Zhongxing Rd., Xinying Dist., Tainan City	+886-6-632-5353	Japanese-style ramen
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### Southern Taiwan - Kaohsiung City

Name	Address	Phone	Category
One & Food Vegetarian	No. 4, Nanda Rd., Zuoying Dist., Kaohsiung City	+886-7-588-7366	brunch
Gorou Fine Japanese Cuisine	No. 66, Fumin Rd., Zuoying Dist., Kaohsiung City	+886-7-550-6280	chef's-choice meals
Lite Dim Sum	No. 65, Dujing Rd., Gushan Dist., Kaohsiung City	+886-7-553-5876	Cantonese cuisine
Ci Xiang Ting Vegan Restaurant	No. 613, Jiuru 1st Rd., Sanmin Dist., Kaohsiung City	+886-7-392-9607	vegetarian buffet
Su Ding Xuan Vegetarian Cuisine	No. 141, Sec. 1, Guangming Rd., Daliao Dist., Kaohsiung City	+886-7-787-8890	garden meals
Good Days in Liko	No. 6, Ln. 34, Zhongshan N. Rd., Gangshan Dist., Kaohsiung City	+886-903-680-057	international cuisine
Tien Hsin Vegetarian (Dashu)	No. 33, Zhongxing E. Rd., Dashu Dist., Kaohsiung City	+886-7-652-6919	Chinese buffet
Unaircon Vegetarian	No. 92, Sec. 1, Guangfu Rd., Fengshan Dist., Kaohsiung City	+886-963-518-503	Italian cuisine
Dae Jang Geum Korean Vegetarian	No. 89, Guangyuan Rd., Fengshan Dist., Kaohsiung City	+886-7-740-9987	Korean cuisine

### Southern Taiwan - Pingtung County

Name	Address	Phone	Category
Huan Xi Vegetarian Hotpot	No. 49-8, Minsheng Rd., Pingtung City, Pingtung County	+886-8-733-2710	hotpot meals
Sunshine Café	No. 45, Guangfu Rd., Pingtung City, Pingtung County	+886-8-733-3218	light meals
Meet Secret	No. 223, Shuiyuan Rd., Donggang Township, Pingtung County	+886-8-833-3345	B&B + restaurant
Pu Shi Vegetarian Snacks	No. 2-3, Qingshui Rd., Chaozhou Township, Pingtung County	+886-986-650-862	braised snack foods
Hun Hau Kitchen & Gallery	No. 2&4, Aly. 11, Ln. 2, Dongmen Rd., Hengchun Township, Pingtung County	+886-8-889-5626	international cuisine

### Eastern Taiwan - Yilan County

Name	Address	Phone	Category
Siang Jyu Family Restaurant	No. 177, Sec. 3, Nongquan Rd., Yilan City, Yilan County	+886-3-932-1351	Chinese & Italian cuisine
Eat Good! Feel Good!	No. 53, Sec. 2, Jiankang Rd., Yilan City, Yilan County	+886-3-931-5147	Chinese cuisine
Hui Xin Vegetarian Bistro	No. 85-1, Heping Rd., Luodong Township, Yilan County	+886-3-953-1336	Chinese cuisine

Eat Dansu Vegetarian Life	No. 122, Shangshen Rd., Yuanshanshengou Vil., Yuanshan Township, Yilan County	Chinese cuisine
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### Eastern Taiwan - Hualien County

Name	Address	Phone	Category
Amitābha.85	No. 85, Sec. 2, Zhongshan Rd., Ji'an Township, Hualien County	+886-3-851-2679	light meals
Yuan-Yuan Vegetarian	No. 25, Zhongyong Rd., Yuli Township, Hualien County	+886-989-120-278	international cuisine
Yi Lian Village	No. 155, Ln. 289, Guofu St., Hualien City, Hualien County	+886-932-144-280	B&B + restaurant
Shi Hui Vegetarian	No. 300, Sec. 2, Jianguo Rd., Hualien City, Hualien County	+886-970-350-381	teahouse & restaurant
La Difference Kitchen	No. 102, Datong St., Hualien City, Hualien County	+886-3-823-7965	creative cuisine

### Eastern Taiwan - Taitung County

Name	Address	Phone	Category
Tiehua 108 Vegetarian	No. 108, Tiehua Rd., Taitung City, Taitung County	+886-963-931-284	Chinese cuisine
Qiao Ben Wei Vegetarian	No. 102, Jingxiu Rd., Chishang Township, Taitung County	+886-8-986-5871	Chinese cuisine

### Offshore Islands - Penghu County

Name	Address	Phone	Category
YongDa Vegetarian	No. 27, Xinsheng Rd., Magong City, Penghu County	+886-6-926-1705	Chinese cuisine
Shining Food	No. 2, Ln. 1, Sanduo Rd., Magong City, Penghu County	+886-909-108-737	brunch
Tsai Vegetarian Restaurant	No. 11, Wenchang St., Magong City, Penghu County	+886-6-927-2610	Chinese cuisine
Loving Hut Café	No. 320, Sanduo Rd., Magong City, Penghu County	+886-6-926-1158	light meals & coffee

### Offshore Islands - Kinmen County

Name	Address	Phone	Category
Lin Hai Yu Shu	1F., No. 1, Aly. 3, Ln. 30, Minquan Rd., Jincheng Township, Kinmen County	+886-937-392-902	chef's-choice meals
Fu Yuan Vegetarian	No. 35, Minzu Rd., Jincheng Township, Kinmen County	+886-8-237-2005	Chinese cuisine



# Scenery × Culture × Cuisine

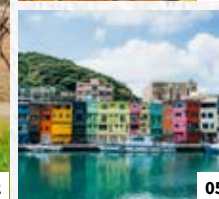
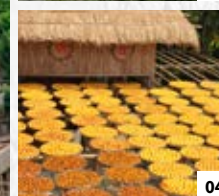
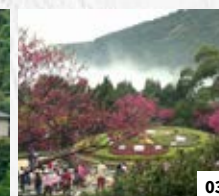
Farm to Table Dining

Its island topography and rugged mountainous interior give Taiwan a rich diversity of micro regions & climates, while ethnic diversity creates an enticing patchwork of cultural color and flavor. Local cuisine is an important part of any excursion. While exploring the country, make sure to sample the cornucopia of local, in-season produce expertly prepared & served in restaurants everywhere.



## Northern Taiwan

SCENERY × CULTURE × CUISINE



### Hakka Cuisine & Rugged Rural Scenery

This itinerary follows Hakka districts through the working & recreational farms and historical heritage of Taoyuan and Hsinchu Counties.



**LotusPark, Daxi Old Street, YaMay Leisure Agriculture Area, Li Teng-Fang Old Residence, Xipu Old Street, and Persimmon Leisure Park**

### Foothill Heritage & Nature Tour

The ridgelines, East China Sea coastline and Tamsui River infuse natural diversity and interest into Taiwan's most densely populated region.



**Yangmingshan National Park, Maokong Tea District, Maokong Gondola, Danshui, Bali, Zhengbin Harbor, and Pingxi Old Street & Rail Station**

#### IMAGES

- 01.** YaMay Leisure Agricultural Area
- 02.** Pingxi Railway Spur Line
- 03.** Yangmingshan National Park
- 04.** Persimmon Leisure Park
- 05.** Zhengbin Harbor, Keelung City





01

## Central Taiwan

SCENERY × CULTURE × CUISINE



02



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04



05

### Ridgeline Views and Tea & Wood Aromas

This route centers on Taiwan's largest tea farming district in Nantou, with scenic views including quaint rail towns, Sun Moon Lake, and Xitou's conifer forests.



**Xitou (Chitou) Forest Recreation Area, Jiji, Checheng, Sun Moon Lake (SML) National Scenic Area, SML 'Antique' Assam Tea Farm, and Qingjing Farm**

### The Heritage and Flavors of Seacoast & Plains

The undulating coastal terrain between Miaoli and Changhua is home to cities, towns, fertile farms, Taiwan's only coastal rail line and, of course, a diversity of local produce.



**Sanyi woodcraft street, Xinshe 'Sea of Flowers', Taichung City Art District, Lugang heritage area, and Bagua Mtn. Scenic Area**

#### IMAGES

- 01. Xinshe 'Sea of Flowers'
- 02. Lugang Heritage Area
- 03. Xitou Forest Recreation Area
- 04. Sanyi Woodcraft Street
- 05. Bagua Mtn. Scenic Area



01

## Southern Taiwan

SCENERY × CULTURE × CUISINE



02



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04



05

### Relaxed Foodie Touring in Taiwan's Breadbasket

Straddling the Tropic of Cancer, the Jianan Plain is Taiwan's most productive agricultural area, offering a year-round bounty of vegetables and fruit as well as gorgeous scenic & cultural landscapes.



**Beigang (Yunlin), Alishan National Scenic Area, Qigu Lagoon (Tainan), and Tainan City's 'Foodie Boulevard' – Guohua Street**

### Tropical Travels along the Gaoping Plain

Taiwan's extreme south (Kaohsiung and Pingtung) is delightfully tropical with azure sea views, palm groves and an abundance of coconuts, mangoes, cocoa, vegetables, adzuki beans, and more.



**Love River & Bay (Kaohsiung), Meinong Town, Maolin National Scenic Area, Hengchun Old Town, and Kenting National Park**

#### IMAGES

- 01. Qigu Lagoon (Tainan)
- 02. Kenting National Park
- 03. Love River & Bay (Kaohsiung)
- 04. Beigang (Yunlin)
- 05. Alishan National Scenic Area





01

## Eastern Taiwan

SCENERY × CULTURE × CUISINE



02



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04



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### Exploring Eastern Rice Country on Two Wheels

Eastern Taiwan's clean air, water and soils make it the epicenter of the nation's organic farming movement. Rent a bicycle and explore this expansive area's agriculture and villages.



**Danongdalu Forest Park, Tafalong Village, Ruisui Hot Spring District, Liushishi Mtn. Daylily Fields, and Chishang Rice Country Bicycle Trail**

### Dining Fresh & Fine in Taiwan's Eastern Oasis

Easily accessible from Taipei, Yilan and Hualien Counties offer a treasure trove of opportunities for leisure, cultural discovery, and deliciously nutritious dining.



**Toucheng Old Street & Guishan Islet views, Jiaoxi Hot Spring District, Shengmu Hiking Trail, Liyu Lake Scenic Area, and Hualien Railway Culture Park**

#### IMAGES

- 01. Railway Culture Park (Hualien City)
- 02. Shengmu Hiking Trail
- 03. Jiaoxi Hot Spring District
- 04. Chishang Bicycle Trail
- 05. Liushishi Mtn. Daylily Fields



01

## Offshore Islands

SCENERY × CULTURE × CUISINE



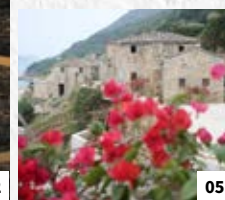
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### Penghu Archipelago (geoparks, white sand beaches, and dreamy seascapes)



**Duxing Culture & Creative Park, Shanshui Beach, Daguoeye Columnar Basalt, and Kuibishan Beach & Parted Sea**

### Kinmen (centuries-old villages & battlefield heritage sites)



**Shuitou Village, Zhaishan Tunnel, Lake Cihu, and Juguang Tower**

### Matsu (battlefield heritage sites & the Biancheng village cluster)



**Beihai Tunnel, Qinbi Village, Jieshou Shizi Market**

#### IMAGES

- 01. Shuitou Village
- 02. Lake Cihu
- 03. Beihai Tunnel
- 04. Daguoeye Columnar Basalt
- 05. Qinbi Village

## **Food x Travel The Taiwan Guide to Vegan & Vegetarian Dining**

Publisher : Shi-chung Chang

Publishing Organization : Tourism Bureau MOTC

Address : 9F., No.290, Sec. 4, Zhongxiao E. Rd., Da'an Dist., Taipei City 106, Taiwan (R.O.C.)

Tel : +886-2-2349-1500

Fax : +886-2-2771-7036

Website : taiwan.net.tw

Editor & Publishing Company : MOOK Publications Inc.

Address : 9F., No.141, Sec. 2, Minsheng E. Rd., Zhongshan Dist., Taipei City 104, Taiwan (R.O.C.)

Tel : +886-2-2500-7008

Website : www.mook.com.tw

Wu-nan Culture Square (Publishing Center)

Tel : +886-4-2226-0330 #27

Fax : +886-4-2225-8234

Address : No.6, Zhongshan Rd., Central Dist., Taichung City 400, Taiwan (R.O.C.)

National Bookstore (Publishing Center)

Tel : +886-2-2518-0207

Fax : +886-2-2518-0778

Address : 1F., No.209, Songjiang Rd., Zhongshan Dist., Taipei City 104, Taiwan (R.O.C.)

Website : www.govbooks.com.tw

Copyright Holder : Tourism Bureau MOTC

Point of contact : International Affairs Division of Tourism Bureau MOTC

Tel : +886-2-2349-1500

ISBN : 978-986-531-453-8

GPN : 1011102188

Price : NT\$ 150

Publish Date : December 2022

Edition : First edition