A Cornucopia of Produce
from farm to table
Sumpuous Vegetables

Plentiful Produce
Savor the Healthy Flavor of Nature

Food × Travel
The Taiwan Guide to Vegan & Vegetarian Dining

FARM TO TABLE DINING
NATURE'S HEALTHY FLAVORS
scan here for Taiwan itinerary ideas!
Taiwan - A Great Place to be Vegetarian!

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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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.
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 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
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
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 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.

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!

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

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

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

Nori
Intertidal Sea Vegetables © Courtesy of Penghu County Government

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

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

Aiyu Fig Jelly
The pectin of the aiyu fig is blended with lemon juice and honey to make this popular summertime jelly treat.
Cooling autumn winds signal shorter days and longer nights and the coming harvest of tasteful autumn produce.

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

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

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

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

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

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.

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

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

Plum
Puckeringly 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.
Ingredients creatively used open a horizon of scrumptious culinary possibilities

**Northern Taiwan**

**Vegetarian Restaurants**

- Keelung
- Taipei City
- New Taipei City
- Taoyuan
- Hsinchu

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### C.H.K. Vegetarian Gourmet
**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.

**Address:** 2F., No. 21-1, Shoushan Rd., Xinyi Dist., Keelung City
**Operating Hours:** 11:00~15:00, 17:00~21:00
**Contact:** +886-2-2426-8333

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### 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!

**Address:** 1F., No. 199, Maijin Rd., Anle Dist., Keelung City
**Operating Hours:** Weekdays 11:00~14:00, 17:00~20:00; Weekends & holidays 07:00~13:30
**Contact:** +886-975-571-001

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### WakeUpBros Vegetarian Brunch

**Veggiefull 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.

**Address:** No. 318, An 1st Rd., Anle Dist., Keelung City
**Operating Hours:** 07:00~13:30; Weekends & holidays 07:00~14:30
**Contact:** +886-2-2427-8327
**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.**

**Snuggles Kitchen**

**irresistible fresh-baked scones**

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!

**Mianto**

**superlative ensemble of vegan flavors**

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

**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.

**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.

**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.
Vegan Taipei

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.

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.

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!

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!

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 5,600m² no-menu location in Yangmingshan, the Zhongxiao branch in downtown Taipei offers a regular menu and does retail sales.
Pin Sheng Vegetarian Cuisine

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.-1, No. 206, Sec. 2, Nanjing E. Rd., Zhongshan Dist., Taipei City
11:30~14:30, 17:30~21:30 ★★
+886-2-2502-1718
English, Japanese

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 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, SPC vegetarian

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.

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
English, Japanese

Yang Shin Vegetarian Restaurant

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

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, SPC vegetarian

Northern Taiwan

Keelung ∕ Taipei City ∕ New Taipei City ∕ Taoyuan ∕ Hsinchu
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.

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.

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!

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.

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.

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. 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
none
★★★

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
★★★

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
★★★

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

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
★★★

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
★★

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
no
English
none
★★

No. 12, Huimin St., Linkou Dist., New Taipei City
11:30~14:30, 18:00~21:30
+886-2-2940-6616
vegan
no
English
none
★★★

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
none
★★★

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
★★★

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
★★

No. 9, Hengyang Rd., Zhongzheng Dist., Taipei City
11:00~20:00; Closed on Sun
+886-2-2331-9662
vegan, ovo-lacto
no
gluten, tree nuts
★★

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
no
English
none
★★

No. 12, Huimin St., Linkou Dist., New Taipei City
11:30~14:30, 18:00~21:00
+886-2-2940-6616
vegan
no
English
none
★★★

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
none
★★★

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
★★★

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
★★

No. 9, Hengyang Rd., Zhongzheng Dist., Taipei City
11:00~20:00; Closed on Sun
+886-2-2331-9662
vegan, ovo-lacto
no
gluten, tree nuts
★★
Foodie blogger Go Vegan’s top café pick! Enjoy meals and house-roasted caffeine-free CoffeeX in Pretty Garden’s tranquil, tree-shaded ambiance.

Pretty Garden
vegetarian cafe embraced by greenery

Food and house-roasted caffeine-free CoffeeX in Pretty Garden’s tranquil, tree-shaded ambiance.

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.

Quan Sheng Yi Su Vegan
classic Chinese menu expertly prepared

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!

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!

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.

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!
**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.

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**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.

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**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!

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**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.

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**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.

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**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!
Foods nourished by unspoiled nature open the door to culinary discovery

Yi Nian Zhi Jian (Taichung City)

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.

Café Mia & iFree Café
the café with vegetarian sass

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
★★

Zhuo Ye Cottage
real food, real flavors

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
★★

Chan Chu Vegetarian
clean and natural food for the soul

Chan Chu Vegetarian

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.

Chan Chu Vegetarian

No. 188, Xiangshan Rd., Touwu Township, Miaoli County
11:00~14:00, 17:00~20:30
+886-3-737-5252
vegan, ovo, lacto
English
★★★
**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  
★

**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  
★

**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  
★★

**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  
non-allergenic ingredients  ★★

**Veganday Cuisine**  
your delectable vegan journey begins here

This 100% vegan restaurant serves up its own non-alcoholic red wine. Try the ‘sauté’ 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  
no gluten  ★★

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+886-4-2473-1133  
vegan, ovo-lacto, 5PC vegan  
English  
★★

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11:30~15:00, 17:30~21:00; Sat & Sun 11:30~21:00  
+886-4-2376-9098  
vegan  
no gluten  ★★

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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  
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 English 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, 18:00~20:30; Closed on Tue
+886-4-2251-7896
vegan, ovo-lacto
do 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., Chaoyangvil., 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 ★★

Yasai Sushi
creative vegetarian sushi

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-fiesta 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, 5PCvegetarian
English English peanut ★★

Verdure Restaurant
creative takes on vegetarian dining

Central Taiwan
Miaoli∕Taichung∕Changhua∕Nantou
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 entree 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, 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
- 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
- +886-4-2385-1607
- vegan, ovo-lacto
- English

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, SPC vegetarian
- English

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
- +886-4-782-3689
- vegan, ovo-lacto, peanuts

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, SPC vegetarian
- English
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.

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.

Doho Vegetarian Restaurant
promoting vegetarian culture

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.

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.

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.

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.
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.

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.

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!
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.

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.

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-man mushroom plate served with a rich black pepper sauce & fried rice pasta.

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.

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.
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.

**Double Veggie**

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.

**Garden Green**

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.

**Shafarm Vegetarian**

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.

**Evonne’s Garden**

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.
Lin-Jen Mam
(food truck)
tummy-gratifying hot-served veggie snacks

Lin-Jen Mam regularly publishes its schedule 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).

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!

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.

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.

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.

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.

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.

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. 357, Fude 3rd Rd., Lingya Dist., Kaohsiung City
11:00–21:30; Closed on Sun
+886-926-608-305
vegan, ovo-lacto no none ★

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 ★

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 ★

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 ★

No. 160, 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 ★

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 ★
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.

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.

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!
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.

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’.

**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’.

**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.

**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!

**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.

**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.

**JunoiBaking**
exceptional vegetarian bakery

JunoiBaking 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.)
CleanFields Vegetarian

100% vegetarian braised snack foods

A healthy twist on traditional Taiwanese hot-served braised snacks. Try their ever-popular Spanish-style fried rice with pine nuts; truffle, mushroom and cashew fried rice; and Cantonese-style vegetarian congee.

Vegine

100% vegetarian braised snack foods

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.

SunSun Café

tasty vegetarian x coffee

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.

Dining Books Café

bookshop meets vegetarian vibes

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.
Vegan 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!

Vegetarian Garden

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.

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.

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.

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.

Vegetarian Garden

simply delicious egg crepes

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!
Other Vegetarian Restaurants

### Northern Taiwan - Keelung

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

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<th>Name</th>
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<td>Lohas VLML</td>
<td>No. 6, Aly. 27, Ln. 216, Sec. 4, Zhongxiao E. Rd., Da'an Dist., Taipei City</td>
<td>+886-2-2721-2388</td>
<td>Chinese cuisine</td>
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<td>Kapck Coffee &amp; Bakery</td>
<td>No. 5, Ln. 308, Sec. 2, Fuxing S. Rd., Da'an Dist., Taipei City</td>
<td>+886-2-2732-6819</td>
<td>bakery &amp; Italian cuisine</td>
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<td>Safudo Gluten Free</td>
<td>2F-3, No. 16, Ln. 216, Sec. 4, Zhongxiao E. Rd., Da'an Dist., Taipei City</td>
<td>+886-2-8773-4268</td>
<td>non-gluten / soymilk sales</td>
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<td>Vege Burger</td>
<td>No. 48, Aly. 5, Ln. 12, Sec. 3, Bade Rd., Songshan Dist., Taipei City</td>
<td>+886-2-2579-2456</td>
<td>American cuisine</td>
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<tr>
<td>Heart Home Vegan</td>
<td>No. 508, Fujin St., Songshan Dist., Taipei City</td>
<td>+886-2-2369-8089</td>
<td>light hotpot meals</td>
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<tr>
<td>LoveVeg Vietnamese</td>
<td>No. 32, Wenchang Rd., Shilin Dist., Taipei City</td>
<td>+886-2-2831-3419</td>
<td>Vietnamese cuisine</td>
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<tr>
<td>Herbivore</td>
<td>No. 19, Songgao Rd., Xinyi Dist., Taipei City</td>
<td>+886-2-2723-5368</td>
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<tr>
<td>lab33 Restaurant &amp; Bar</td>
<td>No. 251, Nanjing W. Rd., Datong Dist., Taipei City</td>
<td>+886-2-2555-5839</td>
<td>Italian cuisine</td>
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<tr>
<td>Egg . Milk . Tree.</td>
<td>No. 26, Ln. 33, Sec. 1, Zhongshan N. Rd., Zhongshan Dist., Taipei City</td>
<td>+886-2-2521-6801</td>
<td>European cuisine</td>
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<tr>
<td>Chang Chun Vegetarian</td>
<td>No. 36, Sec. 2, Xinsheng N. Rd., Zhongshan Dist., Taipei City</td>
<td>+886-2-2511-5656</td>
<td>European buffet</td>
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<tr>
<td>Feng Wei Ting</td>
<td>No. 2, Ln. 3, Shuangcheng St., Zhongshan Dist., Taipei City</td>
<td>+886-2-2599-6000</td>
<td>International cuisine</td>
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<tr>
<td>3 Idiots Indian Veg. Toast &amp; Curry</td>
<td>No. 318, Changchun Rd., Zhongshan Dist., Taipei City</td>
<td>+886-2-8770-5848</td>
<td>Indian cuisine</td>
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<tr>
<td>Rinhansyo (88 Tea)</td>
<td>No. 174, Sec. 1, Zhonghua Rd., Wanhuah Dist., Taipei City</td>
<td>+886-2-2312-0845</td>
<td>tea &amp; light meals</td>
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### Northern Taiwan - New Taipei City

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<tr>
<td>Love Way</td>
<td>No. 8, Ln. 71, Jiangnan St., Neihu Dist., Taipei City</td>
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<tr>
<td>Hsieh Li Hong</td>
<td>No. 459, Songshan Rd., Xinyi Dist., Taipei City</td>
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<td>Darling Same Young</td>
<td>No. 11, Ln. 50, Huangxi St., Shilin Dist., Taipei City</td>
<td>+886-2-2835-1755</td>
<td>Italian cuisine</td>
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<tr>
<td>Vege Creek</td>
<td>2F, Building C, No. 186-1, Jingmao 2nd Rd., Nangang Dist., Taipei City</td>
<td>+886-2-2785-0508</td>
<td>braised snack foods</td>
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<td>Vsee: <a href="https://www.facebook.com/VEGECREEK">https://www.facebook.com/VEGECREEK</a> for outlet locations</td>
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### Northern Taiwan - Taoyuan City

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<tr>
<td>Bruce's Kitchen</td>
<td>No. 137, Chexi Rd., Xindian Dist., New Taipei City</td>
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<tr>
<td>Minder Vegetarian</td>
<td>No. 137, Minquan Rd., Xindian Dist., New Taipei City</td>
<td>+886-2-8218-7858</td>
<td>Taiwanese buffet</td>
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<tr>
<td>Yukimasa</td>
<td>1F., No. 135, Dade Rd., Sansia Dist., New Taipei City</td>
<td>+886-2-2673-8838</td>
<td>Chinese cuisine</td>
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<tr>
<td>Lu Ho Yuan Vegetarian Teahouse</td>
<td>No. 92-5, Chengtian Rd., Tucheng Dist., New Taipei City</td>
<td>+886-2-2269-3645</td>
<td>teahouse</td>
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<td>Mou Yue Vegetarian</td>
<td>No. 7, Ln. 62, Fumei St., Xinzhuang Dist., New Taipei City</td>
<td>+886-2-8522-9895</td>
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<td>Wu Hsin Buns &amp; Rice Vermicelli</td>
<td>No. 64, Liangzheng Rd., Zhonghe Dist., New Taipei City</td>
<td>+886-2-8245-5989</td>
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<tr>
<td>CDFVLML Restaurant</td>
<td>3F., No. 427, Sec. 2, Zhongshan Rd., Zhonghe Dist., New Taipei City</td>
<td>+886-2-2228-9652</td>
<td>Cantonese dim sum</td>
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<td>Chuan Hsiang Tsao Tang</td>
<td>No. 10, Ln. 232, Sec. 2, Mingchi Rd., Taishan Dist., New Taipei City</td>
<td>+886-2-2900-3079</td>
<td>Thai &amp; international cuisine</td>
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<tr>
<td>Susue Vegan Bakery</td>
<td>1F., No. 52-1, Changping Rd., Luzhou Dist., New Taipei City</td>
<td>+886-2-8285-5335</td>
<td>breads &amp; desserts</td>
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<td>Sweet Vegan</td>
<td>2F, No. 46, Ln. 410, Sec. 2, Wenhu Rd., Bangqiao Dist., New Taipei City</td>
<td>+886-980-836-029</td>
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### Northern Taiwan - Taoyuan City

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<td>It’s Pizza</td>
<td>No. 13, Ln. 58, Datong Dist., Longtan Dist., Taoyuan City</td>
<td>+886-3-489-6938</td>
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<td>Huet Yuan Vegetarian</td>
<td>No. 7, Ln. 121, Zhongshan Rd., Yangmei Dist., Taoyuan City</td>
<td>+886-3-288-9506</td>
<td>lunch box meals</td>
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<td>Choudashu (Taoyuan)</td>
<td>No. 30, Ln. 98, Sec. 1, Guoji Rd., Taoyuan Dist., Taoyuan City</td>
<td>+886-3-363-3633</td>
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Food x Travel   The Taiwan Guide to Vegan & Vegetarian Dining
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<td>Joy &amp; Happiness</td>
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<td>Puyu Hakka Cereal Tea</td>
<td>No. 8, Miaoqian St., Beipu Township, Hsinchu County</td>
<td>+886-3-580-2250</td>
<td>Hakka lecha &amp; meals</td>
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<td>Douhe</td>
<td>No. 133, Kangning St., Zhudong Township, Hsinchu County</td>
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<tr>
<td>Vegan Bear</td>
<td>No. 175, Sec. 4, Zhonghua Rd., Xiangshan Dist., Hsinchu City</td>
<td>+886-3-530-1796</td>
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<tr>
<td>Mrs. Chu’s Hakka Veggie Dumplings</td>
<td>No. 123-1, Xindian Vil., Qigulin, Shitan Township, Miaoli County</td>
<td>+886-918-932-878</td>
<td>homemade veggie buns</td>
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<td>Shan-Ye Vegetarian</td>
<td>No. 265-1, Zhongshan Rd., Miaoli City, Miaoli County</td>
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<td>Steel Garden</td>
<td>No. 112-2, Daoying Rd., Yuanlin Township, Miaoli County</td>
<td>+886-910-280-704</td>
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<td>Fukuya Ramen</td>
<td>No. 2-5, Zhenxing Rd., East Dist., Taichung City</td>
<td>+886-989-329-566</td>
<td>veggie soy noodles</td>
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<td>Minisubs</td>
<td>No. 41, Yonghe 1st St., South Dist., Taichung City</td>
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<td>Karunā</td>
<td>No. 216-1, Guoqiang Rd., South Dist., Taichung City</td>
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<td>Rich Vegetable Restaurant</td>
<td>No. 184, Xiangshan N. Rd., West Dist., Taichung City</td>
<td>+886-4-2302-2308</td>
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<td>Pine Cone Vegetarian</td>
<td>No. 136, Wuxuan W. 4th St., West Dist., Taichung City</td>
<td>+886-4-2372-3569</td>
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<td>Veggienius</td>
<td>No. 21, Sec. 2, Gongyi Rd., Nantun Dist., Taichung City</td>
<td>+886-4-2323-8111</td>
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<td>Moments in Time</td>
<td>No. 2, Ln. 13, Jinping N. St., North Dist., Taichung City</td>
<td>+886-4-2208-0180</td>
<td>afternoon tea</td>
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<tr>
<td>Sun Bemo Bakery &amp; Restaurant</td>
<td>No. 50, Ln. 79, Sec. 1, Xiangshang Rd., West Dist., Taichung City</td>
<td>+886-4-2302-7613</td>
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<td>Vegetarian BBQ</td>
<td>No. 27, Jingcheng 5th St., West Dist., Taichung City</td>
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<td>vegan daily</td>
<td>No. 219, Gongzheng Rd., West Dist., Taichung City</td>
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<td>Tsao Tang Eastern &amp; Western</td>
<td>No. 816, Sec. 2, Zhongzheng Rd., Changhua City, Changhua County</td>
<td>+886-4-761-5319</td>
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<td>Musu Vegetarian</td>
<td>No. 192, Yunzheng Rd., Changhua City, Changhua County</td>
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<td>Zen Happiness Restaurant</td>
<td>No. 512, Sec. 3, Zhongshui Rd., Xihu Township, Changhua County</td>
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<td>Man Nong</td>
<td>No. 292-1, Fuxing Rd., Nantou City, Nantou County</td>
<td>+886-912-655-586</td>
<td>soup noodles (nabeyaki)</td>
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<td>Fukuda Vegetarian Restaurant</td>
<td>No. 599, Zhongzheng Rd., Caotun Township, Nantou County</td>
<td>+886-4-9232-8081</td>
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<td>White Deer Café &amp; Pizzeria</td>
<td>No. 933-1, Yuchi St., Yuchi Township, Nantou County</td>
<td>+886-985-265-556</td>
<td>kiln-baked breads &amp; global cuisine</td>
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<td>Lian Hwa Garden</td>
<td>No. 76, Fumin Rd., Huwei Township, Yunlin County</td>
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<td>A-Shui Bo Vegetarian</td>
<td>No. 1, Chenggong 3rd St., Douliu City, Yunlin County</td>
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<td>Enchanted Café</td>
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<td>Good Day Café</td>
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<td>Hsi Lai Lo Vegetarian</td>
<td>No. 298, Bade Rd., West Dist., Chiayi City</td>
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<td>Just Burger</td>
<td>No. 272, Zhongshan Rd., East Dist., Chiayi City</td>
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<td>Tsun Chi Creative Vegetarian</td>
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<td>No. 3, Ln. 115, Sec. 2, Haian Rd., West Central Dist., Tainan City</td>
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<td>Little Leaf Vegan Restaurant</td>
<td>No. 12, Aly. 13, Ln. 644, Chenggong Rd., North Dist., Tainan City</td>
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<td>Deer Brunch</td>
<td>No. 66, Ln. 313, Wexian Rd., North Dist., Tainan City</td>
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<td>Tian Yuan Vegetarian</td>
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<td>Fu Zhen Restaurant</td>
<td>No. 162, Sec. 1, Zhongzheng Rd., Rende Dist., Tainan City</td>
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<td>Kerry’s Kitchen</td>
<td>No. 308, Yonghua 3rd St., Anping Dist., Tainan City</td>
<td>+886-6-298-9258</td>
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<td>Zhen Garden Ramen</td>
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<td>One &amp; Food Vegetarian</td>
<td>No. 4, Nanda Rd., Zuoying Dist., Kaohsiung City</td>
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<td>Gorou Fine Japanese Cuisine</td>
<td>No. 66, Fumin Rd., Zuoying Dist., Kaohsiung City</td>
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<td>Lite Dim Sum</td>
<td>No. 65, DJing Rd., Gushan Dist., Kaohsiung City</td>
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<td>Ci Xiang Ting Vegan Restaurant</td>
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<td>Su Ding Xuan Vegetarian Cuisine</td>
<td>No. 141, Sec. 1, Guangming Rd., Daliao Dist., Kaohsiung City</td>
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<td>Good Days in Liko</td>
<td>No. 6, Ln. 34, Zhongshan N. Rd., Gangshan Dist., Kaohsiung City</td>
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<td>Tien Hsin Vegetarian (Dashu)</td>
<td>No. 33, Zhongxing E. Rd., Dashu Dist., Kaohsiung City</td>
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<td>Dae Jung Geum Korean Vegetarian</td>
<td>No. 89, Guangyuan Rd., Fengshan Dist., Kaohsiung City</td>
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<td>No. 49-1, Minsheng Rd., Pingtung City, Pingtung County</td>
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<tr>
<td>Sunshine Café</td>
<td>No. 45, Guangfu Rd., Pingtung City, Pingtung County</td>
<td>+886-8-733-3218</td>
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<td>Meet Secret</td>
<td>No. 223, Shiyuan Rd., Donggang Township, Pingtung County</td>
<td>+886-8-833-3345</td>
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<td>Pu Shi Vegetarian Snacks</td>
<td>No. 2-3, Qingshui Rd., Chaozhu Township, Pingtung County</td>
<td>+886-986-650-862</td>
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<td>Hui Hau Kitchen &amp; Gallery</td>
<td>No. 284, Aly. 11, Ln. 2, Dongmen Rd., Hengchun Township, Pingtung County</td>
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<td>Siang Jyu Family Restaurant</td>
<td>No. 177, Sec. 3, Nongquan Rd., Yilan City, Yilan County</td>
<td>+886-3-932-1351</td>
<td>Chinese &amp; Italian cuisine</td>
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<td>Eat Good! Feel Good</td>
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<td>Chinese cuisine</td>
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<tr>
<td>Hui Xin Vegetarian Bistro</td>
<td>No. 85-1, Heping Rd., Luodong Township, Yilan County</td>
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<td>Eat Dansu Vegetarian Life</td>
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<td>+886-3-851-2679</td>
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<td>Yuan-Yuan Vegetarian</td>
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<td>Yi Lian Village</td>
<td>No. 155, Ln. 289, Guofu St., Hualien City, Hualien County</td>
<td>+886-932-144-280</td>
<td>B&amp;B + restaurant</td>
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<td>Shi Hui Vegetarian</td>
<td>No. 300, Sec. 2, Jiaoyang Rd., Hualien City, Hualien County</td>
<td>+886-970-350-381</td>
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<tr>
<td>La Difference Kitchen</td>
<td>No. 102, Datong St., Hualien City, Hualien County</td>
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<tr>
<td>Tiehua 108 Vegetarian</td>
<td>No. 108, Tiehua Rd., Taitung City, Taitung County</td>
<td>+886-963-931-284</td>
<td>Chinese cuisine</td>
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<tr>
<td>Qiao Ben Wei Vegetarian</td>
<td>No. 102, Jingxiu Rd., Chishang Township, Taitung County</td>
<td>+886-8-986-5871</td>
<td>Chinese cuisine</td>
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<tr>
<td>Offshore Islands - Penghu County</td>
<td></td>
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<tr>
<td>YongDa Vegetarian</td>
<td>No. 27, Xinsheng Rd., Magong City, Penghu County</td>
<td>+886-3-921-6055</td>
<td>Chinese cuisine</td>
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<tr>
<td>Shining Food</td>
<td>No. 2, Ln. 1, Sandu Rd., Magong City, Penghu County</td>
<td>+886-909-108-737</td>
<td>brunch</td>
</tr>
<tr>
<td>Tsai Vegetarian Restaurant</td>
<td>No. 11, Wenchang St., Magong City, Penghu County</td>
<td>+886-3-926-2610</td>
<td>Chinese cuisine</td>
</tr>
<tr>
<td>Loving Hut Café</td>
<td>No. 320, Sandu Rd., Magong City, Penghu County</td>
<td>+886-3-926-1158</td>
<td>light meals &amp; coffee</td>
</tr>
<tr>
<td>Fu Yuan Vegetarian</td>
<td>No. 35, Minzu Rd., Jincheng Township, Kinmen County</td>
<td>+886-3-927-2005</td>
<td>Chinese cuisine</td>
</tr>
<tr>
<td>Offshore Islands - Kinmen County</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lin Hai Yu Shu</td>
<td>1F., No. 1, Aly. 3, Ln. 30, Minquan Rd., Jincheng Township, Kinmen County</td>
<td>+886-3-937-3292</td>
<td>chefs-choice meals</td>
</tr>
<tr>
<td>Fu Yuan Vegetarian</td>
<td>No. 35, Minzu Rd., Jincheng Township, Kinmen County</td>
<td>+886-3-927-2005</td>
<td>Chinese cuisine</td>
</tr>
</tbody>
</table>
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.

Scenery × Culture × Cuisine

Farm to Table Dining

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

Lotus Park, Daxi Old Street, YaMay Leisure Agriculture Area, Li Teng-Fang Old Residence, Xinpu 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
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

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
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.

Danongdafu 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

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

Duxing Culture & Creative Park; Shanshui Beach, Daguoye 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