

電話:06-3915385 住址:臺南市安北路433號

打開記憶的盒子,回到四十年前,一碗豆花五角的時代,叫賣的鈴 **鈴聲,淡淡的豆花香,隨即湧現腦海。豆花採用非基因改造黃豆,近** 40年的經驗,遵循古法製作,豆花及配料都是新鮮熬煮,吃起來更香 嫩細軟,營養健康。

Tongji Anping Bean Jelly

TEL: 06-3915385 ADD: No. 433, Anbei Rd., Tainan City

This is a bean jelly that will open a time capsule and take you back to the 60s, when a bowl of bean jelly cost only 5 cents, the bell of the vendor rang, and the light bean fragrance lingered in the mind. With 40 years of experience, Tongii Bean Jelly still uses non-GM soybeans and follows the ancien tofu pudding making technique. Both the pudding and the other ingredients are freshly cooked, rendering healthful pudding, the taste even more exquisite and the texture more delicate and tender.



服務電話:06-2260919 宅配專線:0800-300-600 門市:臺南市安平路422號 『不加一滴水,以鮮奶替代水』濃厚紮實的風味與口感極具特色 採用日本進口先進完善製作設備,嚴密控管食品衛生與保鮮,招牌 鮮奶布丁』,化在嘴裡,奶、蛋、焦糖融合的完美口感。

Elate Pudding

TEL: 06-2260919 Home Delivery: 0800-300-600 Store: No. 422, Anping Rd., Tainan City Elate's insistence on using "milk instead of water" with "not a single drop of water" gives the pudding its rich, substantial flavor and robust taste. The production process integrate advanced Japanese imported facilities, strict food hygiene and freshness control which enable you to experience the perfect blending of milk, egg, and caramel in your mouth with



五十年老店,内餡以新鮮火燒蝦及上等豬絞肉、魚漿等材料充分攪 拌,外皮則以豬腹膜包裹後,再裹上粉,下鍋油炸,原先分布在腹膜 上的油脂溶化,渗入内餡。嚐來格外鮮嫩多汁、香味四溢。

Chou's Shrimp Rolls

TEL: 06-2801304 ADD: No. 408-1, Anping Rd., Tainan City TEL: 06-2292618 Original Store: No. 125, Anping Rd., Tainan City

he 50-year old store uses only fresh shrimps and quality minced pork, mixed with fish paste as fillings, and then wrapped with pig belly membrane, dipped in flour, and

fillings, giving the shrimp rolls the extra juicy and mouth-watering smell.

deep-fried. The aromatic evenly spread lard inside the membrane will melt into the



電話:06-3507327 安平門市:臺南市安平路368號 電話:06-2717519 中央工廠:臺南市歸仁區和順路2段305號

堅持古法製程,醇厚滷汁細火滷煮,再用紅糖煙燻增添香味,採用 「真空充氮」包裝,保留食材鮮美原味,鹹中帶甜令人齒頻留香回味

Song-Ling Sugar Smoked Braised Food TEL: 06-3507327 Store: No. 368, Anping Rd., Tainan City

TEL: 06-2717519 Central Factory: No.305, Sec. 2, Heshun Rd., Guiren Dist., Tainan Cit Song-Ling insists on maintaining an ancient braising technique, and using brown sugar for smoking in order to enhance the fragrance. The vacuum nitrogen-charged packaging fully retains the freshness and taste of the food ingredients; the rich flavor will linger tantalizingly in your mouth.



電話:06-2295248 臺南中正店:臺南市中正路220號 電話:06-2260518 臺南公園店:臺南市公園路50號

黑橋牌採買新鮮現宰的豬肉爲原料,保留豬肉原生肉汁水分,香腸 水分飽滿、口感紮實多汁。五十年來口碑相傳,黑橋牌始終堅持用好 心腸做好香腸,香腸不掺粉不加色素,不含防腐劑。

Sausage Gift Box from Black Bridge Foods TEL: 06-2295248 Zhongzheng Store: No. 220, Zhongzheng, Tainan City

TEL: 06-2260518 Tainan Park Store: No. 50, Gongyuan Rd., Tainan City Black Bridge Foods' sausages are made from freshly cut pork that maintains the original flavor and moisture of the meat. The sausages are very juicy and mouth filling; in addition, they are additive, coloring and preservative-free. With 50 years of experience in the industry, Black Bridge Foods believes in making good food with a sincere heart.



小南米糕 電話: 06-2137718 住址: 臺南市大同路—段189號

三代相傳百年的小南米糕,採用旗山黑豬肉特調的肉燥,是道地府 城傳統美食。從東門圓環遷移到現址大同路,頭家「北港仔」黃慶珍 先生講究遵古製法,精選Q度高的花壇長糯米,並使用環保的竹葉包 裹,洋溢芳香氣味,香味撲鼻。

Hsiao Nan Rice Cakes

TEL: 06-2137718 ADD: No. 189, Sec. 1, Datong Rd., Tainan City

Hsiao Nan Rice Cake making secrets have been handed down from generation to generation for over a hundred years. The rice cakes use a special seasoned mince made from Qishan black pigs, and are a genuine Tainan delicacy. Having moved from Dongmen Roundabout to the current location on Datong Rd., the boss, Mr. Ching-Chen Huang, is very fastidious about the making of these cakes. The mince is wrapped with Huatan long glutinous rice in eco-bamboo leaves, and gives a pleasant aroma that will delight your senses when you open it.



電話:06-5728353 地址:臺南市麻豆區新生北路56號

麻豆原爲濱海地帶,氣候風土適宜,使所產之麻豆文旦有著得天獨 厚的風味,令人譜不絕口而聞名至今。本草綱目中記載:「柚花、 、無毒、長髮潤燥」。每年三月收集柚花,萃取柚花精油製成柚花系 列(淨白沐浴乳、淨白身體乳、滋養洗髮乳、抗菌洗手乳)等產品。 The Pomelo Blossom Skin-Whitening Series, Madou District

TEL: 06-5728353 ADD: 56, Xinsheng N. Rd., Madou Dist., Tainan City

Madou, a former coastal area, boasts a pleasant climate that gives its pomelos an extraordinary taste, hence the pomelo's good reputation. The Compendium of Materia Medica states that "The pomelo blossom is a cold, non-toxic food that nourishes dry, long hair". With the production of the essential oil extracted from pomelo blossoms picked every March, the Madou District Farmers' Association proudly presents a wide range of pomelo blossom-inspired products, including; skin-whitening body wash, skin-whitening body lotion, nourishing shampoo, and antiseptic hand wash.



蘆薈麵-養生蘆薈園生技有限公司

電話:06-2909961 地址:臺南市仁德區德崙路816號 蘆薈阿嬤養生蘆薈園以種有機蔬菜的理念栽培蘆薈,園圃不使用任 何化學藥物,採用與大自然共榮的自然農法。蘆薈對人體健康幫助大

,且用途廣泛,養生蘆薈園精心研發蘆薈麵、蘆薈養生、蘆薈保養、 蘆薈清潔…等系列,天然又環保。 Aloe Noodles, AloeHome Biotech Co., Ltd.

TEL: 06-2909961 ADD: No.816, Delun Rd., Rende Dist., Tainan City

Aloe Granny's AloeHome grows aloe in the same manner as growing organic vegetables. Instead of using chemicals, AlowHome adopts the natural farming method, thereby contributing to an ecological environment that thrives alongside human beings. Not only is aloe substantially beneficial to human health, but it also has a wide range of uses. After painstaking R&D effort, AloeHome has presented aloe noodles as well as a collection of aloe-inspired healthcare, skincare and detergent products that are natural and eco-friendly.



紹興鳳爪-精釀行(林媽媽私房菜坊)

電話:06-6320608 地址:臺南市新營區民治東路2號

精釀行—紹興鳳爪成立於民國90年,紹興鳳爪是由嘉義酒廠已退休 的調酒師父所研發,嚴選的鳳爪以小火溫燉來入味,既嫩且Q骨頭香酥 越吃越順口,紹興鳳爪最特殊處,在於冷熱皆宜(冰鎭滷味)。不論 是配茶、下酒、當零食、點心,都非常適合。

Shaoxing Chicken Feet-Ching-Niang Co. (Mrs. Lin's Secret Recipes) TEL: 06-6320608 ADD: No.2, Minzhi E. Rd., Xinying Dist., Tainan City In 2001, Ching-Niang Co. introduced Shaoxing Chicken Feet, developed by a retired master brewer from Chi

Brewery, Cooked over a low heat, the carefully selected chicken feet are allowed to fully absorb the marinade hence the tenderness, chewiness, and flavorful crispy bones. That is why people love Shaoxing chicken feet more with every tasty bite. The most special aspect of this delicacy is that it can be served either hot or cold (iced stew) and consequently is perfect to accompany tea, alcoholic beverages or simply as a snack or refreshment.



長盈虱目魚香腸

電話:06-7850577 地址:臺南市北門區慈安里三寮灣484號

北門區三寮灣的長盈虱目魚香腸脂肪少、熱量低,可變化多種料理 , 尤其是炒三杯更讚, 無論看或吃都非常像三杯鳥魚腱; 黑糖粉粿, 純手工,一年四季都賣非常香Q可口;蚵仔麵線以虱目魚骨熬高湯,加 入蚵仔大腸和自製的XO醬是道地的海口味,這些都是我們店內招牌。

Chang-Ying Milk Fish Sausages TEL: 06-7850577 ADD: No.484 Sanliaowan, Beimen Dist., Tainan City

Having originated in the Sanliaowan area in Beimen District, the low-fat, low-calorie Chang-Ying Milk Fish Sausages make a g ingredient for various dishes, notably the "fried three-cup sausages" (i.e., sausages stir-fried with wine, sesame oil and soy sauce) that both look and taste much like the three-cup mullet tendons. Chan-Ying is also famous for its 100% handmade, chewy and tasty "Brown Sugar Jelly" that is available all year round. With a stock soup made from milk-fish bones simmered for a long time, topped with oyster pork intestines and an original XO sauce, the oyster noodles is also a genuine unique seafood dish and one of Chang-Yi's specialties.



麻豆助仔碗粿

電話:06-5720883 地址:臺南市麻豆區中正路29號(中央市場三角窗) 「助仔碗粿」創始人李助(1911~1982)在麻豆街仔挑著碗粿大街小巷 叫賣,「助仔碗粿」的名號不逕而走。使用在來米米漿製作而成的碗粿 ,口感紮實且香軟彈Q,採用香菇、肉燥、鹹鸭蛋黃、上等肉一起入餡 ,口味濃郁。上等肉的肉質硬實,咬勁佳,是在地人公認的好吃。

Madou Tsu-A Salty Rice Pudding

TEL: 06-5720883 ADD: No.29, Zhongzheng Rd., Madou Dist., Tainan City (a corner store in the Central Market Li Chu (1911-1982) started his salty rice-pudding business as a street vendor, he established a reputation for Tsu-A Salty Rice Puddings by hawking them in every lane and alley in downtown Madou. Made from milled Indica rice, the pudding has a solid texture with a flavorsome, soft and chewy taste. The richly



甘藷美食-瓜瓜園

電話:06-5900000 地址:臺南市新化區中山路242號

瓜瓜園是由農委會、農良署、新化區農會所輔導,對於土壤或是水源, 都須予以嚴格的監控,堅持不添加任何調味料及防腐劑,以手工仔細挑選 ,確保優良品質,並以特殊的烘烤技術觀托出蕃薯原有的風味,讓您每一 口都吃得到真材實料。有新化特產地瓜系列產品,地方特色伴手禮等。 Sweet Potato Delicacies, Kua Kua Yuan

TEL: 06-5900000 ADD: No.242, Zhongshan Rd., Xinhua Dist., Tainan City Receiving consultancy support from the Agriculture and Food Agency of the Council of Agriculture, as well as the Xinhua Distri Farmers' Association, Kua Kua Yuan closely monitors the soil and water supply system of its sweet potato fields and refuses to use any preservatives. Instead, it adopts a careful hand-picking technique to ensure excellent quality, and then roasts the sweet potatoes using specifi techniques to bring out the pristine flavor of the sweet potatoes. Each delicious bite of the Kua Kua Yuan delicacies attests to the genuin ingredients. The store offers products inspired by sweet potato, a Xinhua specialty, as well as souvenirs embodying local distinctiveness



米麩金饌鳳梨酥-楊媽媽菓子工坊

電話:06-6871929 地址:臺南市後壁區後壁里99號

有專業的臺、日、法技術團隊,堅持用天然的材料手工製作,讓大家 吃的健康又安心!全國唯一由米紮製成的米麩金饌鳳梨酥,用後壁米及 法國奶油製作外皮包入100%自製鳳梨内餡。打開輕聞,有淡淡的米麩味; 細口品嚐,流露天然水果味,於2008年榮獲臺灣燈會糕餅類比賽第一名。 Golden Rice-Bran Pineapple Cakes, Yang Mama Bakery TEL: 06-6871929 ADD: No.99, Houbi, Houbi Dist., Tainan City

To offer consumers good health and a sense of assurance, Yang Mama's pineapple cakes are 100% hand-made by a tear professional chefs from Taiwan, Japan and France, using natural materials only! The Golden Rice-Bran Pineapple Cakes, the only one of its kind made from rice bran, boasts a filling made exclusively by the Yang Mama staff and wrapped in dough made from Houbi Rice blended with French cream. When unpacked, the cake smells slightly of rice bran and tastes fruity in a natural manner. This dessert was named the champion entry in the Pastry Category in the 2008 Taiwan Lantern Festival.



古寶無患子-無患子生技開發有限公司

電話:06-5923840 地址:臺南市安定區南安里12-1

(古寶)是公司的品牌-無患子,本草綱目記載,它是古代的寶物,取 名(古寶)。無患子的果殼可以產生皀素是天然的活性介面劑,本公司 推出天然無患子沐浴精華、天然無患子洗髮精、天然無患子植物皀、 無患子抗菌洗衣精等...系列產品,也是綠化地球最佳的清潔用品。

Gubao Soapberries-Soapberries Biotech Progress Co., Ltd TEL: 06-5923840 ADD: No. 12-1, Nanan , Anding Dist., Tainan City

Soapberry-based products were launched by Soapberries Biotech Progress Co., Ltd. under the brand name bao to indicate "ancient treasure", which is how the Compendium of Materia Medica regards soapberries. Based on the ingredient of saponin found in soapberry husks, which is a naturally occurring interface activator the company launched such natural products as shower essence, shampoo, herbal soaps, and antiseptic laundry detergent; these products serve as the best cleaning agents while supporting a greener earth.



太子麻糬-新營市農會

電話:06-6351611#201·168 地址:臺南市新營區中山路123號 連續三年榮獲全國十大經典好米之榮譽,而研發出太子麻糬,使用在 地蓬萊米做糬皮,香Q、不黏牙、好消化且不會產生脹氣、腹悶及便秘等 問題。以低溫冷藏方式可延長保存期限。採用手工新鮮現做,不添加防 腐劑與化學添加物,對身體零負擔的點心,也是經濟實惠的伴手禮。 Prince Mochi, Sinying City Farmers' Association

TEL: 06-6351611#201·168 ADD:No.123, Zhongshan Rd., Xinving Dist., Tainan City Having been listed among Taiwan's Top 10 rice brands for three consecutive years, the Sinving City Farmers' Association went on to present Prince Mochi (a popular type of glutinous rice cake). The flavorful, chewy and non-sticky dough of Prince Mochi is made from locally produced Japonica rice and therefore is easy to digest, without causing bloating, upset stomach or constipation. The shelf life of Prince Mochi is lengthened when refrigerated at low temperatures. Handmade using fresh natural ingredients only, without any preservatives or chemical additives, Prince Mochi is a snack that is burden-free to the body, as well as an affordable souvenir.



煙茶鵝-阿興168鵝肉專賣店

電話:06-6896888 地址:臺南市下營區中興南路336號

我們所做之茶鵝,一律由新鮮鵝肉加上高級香料特別調配及獨家燻 製技巧加以改良製成,由於皮薄肉嫩風味獨特,吸引許多饕客不遠干 里而來嚐鮮,讓「阿興168」招牌能夠傳承下去,不只是名聲、口碑, 當然還有風味絕佳的燻茶鵝能夠一直延續著…

Tea-Smoked Goose, A-Sing 168 Goose Specialty Store TEL: 06-6896888 ADD: No.336, Zhongxing S. Rd., Xiaying Dist., Tainan City

Not only is the tea-smoked goose of A-Sing 168 made from fresh goose carefully seasoned with fine-quality spices, but it has also been improved using original smoking techniques. Famous for the tender meat covered with a layer of thin skin as well as its unique taste, this dish has lured many gourmands from distant regions and helps to keep A-Sing 168 alive as a brand name. We expect the store's reputation to continue to grow, the positive word of mouth to keep spreading and, of course, the excellent taste of tea-smoked goose to remain a part of our ongoing tradition.



籃記東川鴫頭

電話:06-6802856 地址:臺南市東山區中興路11號

第一代創始人黃瑞祥先生於民國50年創立,在東山老街賣著各式泡 味起家,沿傳第二代籃武雄先生於民國63年接手,以特殊料理配合 不完全。 養、上等營油,古式手法慢工細活,詢理濃郁香甜獨家滿汁滷味, 選品種鴨頭下鍋滷上3~4小時,讓滷汁入味後再油炸上桌,不但肉質 鮮甜更是香()有勁,今人一口接一口,愛不釋手。

Lan's Dongshan Duck Heads TEL: 06-6802856 ADD: No.11, Zhongxing Rd., Dongshan Dist., Tainan City

Founded by Huang Jui-Hsiang in 1961 as an eatery serving an array of Taiwanese stews on Doneshan Old Street, the store was take over in 1974 by the second-generation owner Lan Wu-Hsiung, who prepared duck heads according to a special reover in 174-19 use score and extra contract the contract and were storing any perparent unan transa accounting to a special recipe una mivros overcomes procedures, ancient techniques, Chinese herbal medicines, and a high-quality soy sauce. He carefully selected cackes of specific breeds, stews their heads for 3 to 4 hours until the original marinade that has a richly mellow taste is fully absorbed, and then deep-fries and serves



東川咖啡-東川譯站(東川農會咖啡文化館 電話:06-6802816 地址:臺南市東山區東中里中興路一號

東山鄉農會保有日據時代興建的米倉與碾米廠,爲了保存極具時代 意義的古老建築,東山鄉農會將閒置倉庫,結合東山鄉別具規模與特 色的咖啡產業,打造成屬於東山鄉民的心靈空間-東山農會咖啡文化館 (東山驛站) ,提供民眾一個富有知性與感性的休憩據點。

Dongshan Coffee-Dongshan Rail Station (a.k.a. Dongshan 'afé, founded by the Donghsan Township Farmers' Association) TEL: 06-6802816 ADD: No.1, Zhongxing Rd., Dongshan Dist., Tainan City The Dongshan Township Farmers' Association is the owner of a rice barn and husking plant built during the Japanese colonial period. In an attempt to preserve these old buildings of massive historical significance, the Association combined a warehouse lying idle and the sizable, unique coffee industry of Dongshan Township into the Dongshan Caif (also known as the Dongshan Rail Station, founded by the Dongshan Township Farmers' Association). A spiritual space that belongs to people in Dongshan Township, the cafe serves as a recreational spot with an ambiance of intelligence and sentiment at the same time.



無米樂-芳榮米廠 稻米產銷專業區

電話:06-6622149:6623007 地址:臺南市後壁區頂長村1號

因爲紀錄片「無米樂」而轟動全國的芳榮米廠,嚴選白米食味值道 80分以上的益全香米稻殼,經碾糙、精選、剔除雜質與不良米粒後真 空包装的白米有如白金米磚,將白米的地位由農產品提昇到禮品層次。 Happy Rice-Professional Rice Production and Marketing Area of

Fang Rong Rice Factory

TEL: 06-6622149 6623007 ADD: No.1, dingzhang Vil., Houbi Dist., Tainan City The Fang Rong Rice Factory became a national sensation thanks to the documen "Happy Rice". It husks, selects the polished grains of Yi-Chuan Aromatic Rice with a taste value of at least 80%, and removes impurities as well as defectives before vacuum-packaging them in a manner resembling platinum bricks. The effort helps to upgrade polished rice from an agricultural product to a presentable souvenir. Mango Ice Land a dessert of happiness that melts in the mouth! It is 100% natural and



鹽水意麵-鹽水鎭農會

電話:06-6525071 地址:臺南市鹽水區中山路49號

鹽水意麵湯頭和口味偏清淡且少有複雜的配料,鹽水鎭農會更將養 生觀念導入意麵,結合當地鮮奶、蕃茄及遵循古法釀造成而的紅麴 研發出多種口味,讓作法繁複、香Q有嚼勁的意麵成為兼具傳統與健康 的最夯伴手禮。

Yanshui Yi Mein-Yanshui Township Farmers' Association TEL: 06-6525071 ADD: No.49, Zhongshan Rd., Yanshui Dist., Tainan City

Comparatively speaking, both the broth and overall taste of Yanshui Yi Mein (noodles) are refreshingly light and scarce contain complicated ingredients. Moreover, the Yanshui Township Farmers' Association incorporates the concept of health consciousness into the manufacturing of the noodles, developing various flavors using locally produced fresh milk, tomato and the anka made with ancient brewing techniques. The Association successfully turned delicious, chewy Yi Mein that take



電話:06-7839308 地址:臺南市學甲區民權路60號

因位在虱目魚產地學甲,煮出的虱目魚高湯特別鮮甜,加上魚肚本 身豐厚肥嫩、口感甚佳,且每碗虱目魚粥都以米飯加魚骨高湯現煮 吃起來米粒分明口感清爽。

Yung-Tung Milk Fish Congee

stock, hence the distinct grainy yet refreshing taste.

TEL: 06-7839308 ADD:No.60, Minquan Rd., Xuejia Dist., Tainan City Located in Xuejia, where milk fish is a staple product, Yung-Tung Milk Fish Congee is articularly known for its refreshingly mellow broth as well as the deliciously tender and fatt underbelly of milk fish. Each bowl of congee is made by cooking rice along with the fish-bone



冰島-芒果冰島

電話:06-5749218 地址:臺南市玉井區豐里村60-19號

『芒果冰島』綜合了濃醇的芒果冰淇淋,綿密的芒果綿綿冰,酸酸 的情人果,以及鮮甜的芒果肉,品嚐幸福溶化在您口中的感動!不只 純天然,還全年新鮮供應喔。

Ice Land, Mango Ice Land

TEL: 06-5749218 ADD: No.60-19, Feng Vil., Yujing Dist., Tainan City A combination of rich-textured mango ice cream, soft mango-flavored fluffy i pleasantly sour green mangoes, as well as the refreshingly sweet flesh of mangoes, makes



電話:06-6379688 地址:臺南市新營區中正路25號

簡單的麵條與一般圓粗且偏硬的油麵不同,具有其獨特的風味,力 上香脆豆芽菜,再淋上獨家配方的蒜蓉醬油,獨特口感吃起來清爽不 腻, 這就是豆菜麵的直接魅力。

Sinying A-Chung's Bean Sprouts Noodles

TEL: 06-6379688 ADD: No.25, Zhongzheng Rd., Xinying Dist., Tainan City Unlike the usually round, thick and hard-textured oil noodles, the simple noodles used by A-Chung boast a one-of-a-kind deliciousness, Served blended with aromatic, crispy bean sprouts, and an original soy sauce mixed with chopped garlic, the unique, refreshing



中崙粿仔伯

電話:06-5931366 地址:臺南市安定區中沙村中崙149號

「炊粿」是中崙村最富盛名的一項傳統民食手藝,中崙粿仔伯創立 以來遵循古法製造,純米純手工的材料做法,「九層粿」的製法由於 手藝細緻,香Q爽口不甜;雙糕潤之紅豆粿、芋頭粿係採糯米加蓬菜米 增添紅豆、芋頭兩種口味製成,多變的香Q口感讓人吃了就想再吃。

Uncle Rice Cake' from Zhonglun TEL: 06-5931366 ADD: No.149, Zhonglun, Anding Dist., Tainan City

Steamed rice cake receives the highest acclaim among all the traditional culinary arts of Zhonglun Village, and "U Rice Cake", using ancient methods, has insisted on hand-making such snacks out of rice only. His exquisitely prepare Nine-layer Rice Cakes are fragrant, chewy but never excessively sweet. The double-flavored rice cake, and return well-known product of Uncle Rice Cake, is made from glutinous rice and Japonica rice blended with red beans and taro to create two flavors. One can never have enough of the every-changing taste and chewiness of this heavenly dessert.

