



區域：龍潭、楊梅、新屋、中壢

名聞遐邇的客家美食

最多客家人口的桃園，是臺灣客家菜的美食勝地。從早期農稼需要大量體力，每餐又香、又油、又鹹的口感，發展迄今更注重養生與創新的料理。全臺知名的客家餐廳如八方圓、老頭擺、摸油湯、大江屋…等，泰半集中在桃園，除了客家人口最多的新屋、楊梅、龍潭、中壢等地，桃園市也有不少美味的客家菜。最受行家們推薦的梅干扣肉、客家小炒、客家土鵝、薑絲大腸、白斬土雞，令老饕們懷念不已的客家爛土鯽魚，更是來此必點。



老頭擺客家菜 Lao Tou Bai Hakka Restaurant

大江屋客家餐廳 Da Jiang Wu Restaurant

Area: Longtan, Yangmei, Xinwu, Zhongli

Widely acclaimed Hakka cuisine

Having the country's largest Hakka population, Taoyuan is a Mecca of Hakka cuisine. It has evolved from the delicious and slightly greasy and salty food that ensured that all farmers were stamina-charged, to the healthy, innovative art of gastronomy today. Most of Taiwan's famous Hakka restaurants are Taoyuan-based, including Taoyuan City and Greater Taoyuan. Among the most-recommended Hakka delicacies is the Golden Carp stewed in Hakka style that keeps gourmets coming back.

美食節目主持人 白冰冰

桃園的客家菜很能擄獲民眾的心，鹹湯圓、鹹水苕目，口味最好吃，閩南人也愛吃，客家小炒則是男人的下酒菜。

Bai Bing-bing, TV cooking show host

The salty tangyuan and salty mitaimu are the two best-tasting Hakka dishes Taoyuan is famous for. While Hakka stir-fries is a fantastic side dish to go with beer!



白冰冰

大陸風味的眷村菜

區域：龜山、八德、中壢

桃園的眷村菜，起源自國軍遷臺後，來自外省的移民落腳在桃園龜山、中壢、平鎮等地的眷村，好手藝的廚師、媽媽們開起小館營生，也開啟桃園眷村菜的新頁。蘇、川、閩、粵、浙、湘、徽、魯等八大菜系的傳統菜色，和廚師自行變化而出的美味，總令行家們讚賞不已。其中，有多家分館的好大大陸風味餐館、中壢的一張桌麵館和龍潭松葉園都是箇中翹楚，京味的河北肉絲拌大白和天津燒餅、川味的口水雞、湘菜的湖南剁椒魚頭等，多樣的眷村美食令人垂涎。



一張桌麵館 One Table Noodle Shop

好大大陸風味餐廳 Hooal Chien Chesev Restaurant

Area: Guishan, Bade, Zhongli

Military dependants' cuisine prepared Mainland-Chinese style

Taoyuan's military dependants' cuisine was introduced by immigrants retreating to Taiwan from various Chinese provinces along with the Nationalist army. They formed communities in the Guishan, Zhongli and Pingzhen areas, where the eateries started by skillful chefs and livelihood-seeking housewives ushered in a new era for this emerging food category. Connoisseurs are impressed with how the military dependants created an innovative mixture of cooking styles from different provinces of China.

美食作家 王蓉蓉

光陰的故事、舌尖的記憶、桃園眷村媽媽們魔術般的巧手，總能將平凡食材化成滿桌的美味佳餚，而「家」正是眷村菜色裡最重要那個的味兒。

Wang Rong-rong, food writer

The good old days of military dependants' villages bring back memories. With a magical touch, the housewives turned commonplace ingredients into delicacies unique to the communities.



王蓉蓉



老賊壽司 Laozei Sushi



石潭活魚餐廳 Shi Yuan Fish Restaurant

MICHELIN 區域：龍潭、大溪

石門活魚

百種吃法嚐新鮮

民國53年石門水庫完工後，因活魚肥美及各式料理方法深獲行家的推崇，帶動了周邊石門活魚餐廳的榮景，也成為桃園地方美食一大特色。石門活魚以大頭鰱、草魚、烏鰂等魚種為主，肉質細嫩鮮美。活魚餐廳原本多集中在十一份的佳安西路，逐漸延伸至文化路，有活魚街的美名。從基本的「豆瓣活魚三吃」，演變成近

兩百種吃法，形成一種特有的活魚美食文化，吸引許多老饕們前來嚐鮮。此外，當地水質良好，三坑老街入口雜貨舖，可買到新鮮活蝦，還有打鐵坑雞寮雞，活魚現烤新鮮美味。

Area: Longtan, Daxi

100-plus ways of eating Shihmen fresh fish

After the Shihmen Reservoir was completed in 1964, the perfectly fatty fish caught in its surroundings gained popularity among food connoisseurs. A cluster of fish-specialty restaurants therefore emerged nearby, forming the now renowned "Fresh Fish Street". The first such restaurant "Kingland Fresh Fish" and its followers began with the initial "3 ways of eating fish" to nearly 200 recipes today, turning it into a distinctive "fresh fish" culinary culture. The annual Shimen Fresh Fish Festival never fails to lure crowds of gourmets. Thanks to its crystal-clear ground water which is perfect for clam or fish farming, this area is renowned for delicious seafood that is freshly-caught and instantly cooked.

美食作家 吳恩文

石門在地優質食材加上餐飲業多年的堅持和努力，是石門活魚至今令我念念不忘的美好滋味。

Andy Wu, food critic

The locally produced premium ingredients processed by dedicated caterers give the Shihmen Fresh Fish its unforgettable taste.



吳恩文

區域：中壢、平鎮

極致境界的滇緬異域美味



雲南館 Yunnan Restaurant

七彩雲南 Zhunan

名聞遐邇的滇緬菜，其發展歷程與眷村菜類似，民國三、四十年代隨著六軍團來臺駐紮在中壢龍岡的部隊，許多為雲南人及其眷屬。為了生活他們在忠貞市場周邊賣起家鄉美食，久而久之名聲不脛而走，米干、豌豆粉、月亮蝦餅、椒麻雞、過橋米線…等異域美味，讓此處成為臺灣滇緬菜最大集中地。深具代表性的滇緬餐館，包括雲南館、大鬍子、唐記、云滇、九旺(國旗屋)、米斯樂、桃園雲泰館等，不分平日、假日滿滿皆是熱門路的饕家，道地又帶有新意的滇緬料理，滿足了色香味意形養的美食極致境界。

Area: Zhongli, Pingzhen

Ultimate exotic delicacies from Yunnan and Myanmar

Taoyuan's Yunnan and Burmese food gained national reputation in a way similar to the military dependants' cooking. During the 1940s and 1950s, many people and their dependants followed the Sixth Regiment of Nationalist army from Yunnan to settle in Zhongli's Longgang area. Seeking a livelihood, they started to sell food from their hometowns around the Zhongzhen Market that gradually gained reputation over time, turning this area into the country's largest concentration of Yunnan and Burmese eateries. Packed with experienced food-lovers all week long, these restaurants present the ultimate perfection in visual, olfactory, taste and nutritional value.

觀光行銷局長 李紹偉

在桃園，這來自異域的美食，有歲月的深度，有人文的味道，酸甜辣滋味的熟識感，每一口都是深深的感動。

Li Shao-wei, chief of Taoyuan County's Tourism Promotion Bureau

Historically and culturally significant, the exotic cuisine in Taoyuan makes each bite incredibly impressive.



李紹偉



源平土產 Orange Chicken Restaurant

源平土產 Orange Chicken Restaurant

源平土產 Orange Chicken Restaurant

漁人碼頭海鮮 Fisherman's Wharf Seafood Restaurant

饕家力薦

區域：桃園、中壢、大溪

創意料理&台菜海鮮

桃園的創意料理與台菜海鮮，在美食界赫赫有名，因多族群與菜色的融合，提供創意料理的發表舞台。歷史悠久的台菜，烹調水準深獲行家、遊客的激賞，桃園的摸油湯遠近馳名，錯過鐵定扼腕。創意料理名店大溪嘟嘟美食館、蘆竹張家土雞城、中壢義斯特義式創意料理絕不能錯過。竹圍和永安漁港一年四季豐富的魚鮮，海港直送的鮮味，清蒸、豆豉、油蔥、快炒、油爆、碳烤、煲湯…等，讓老饕讚不絕口。



高平海產 Gaoxing Seafood Restaurant

摸油湯 Mo You Tang

飛米子 Feimizi



lonely planet MICHELIN

遠近馳名

老街美食、金牌好店

濃濃古味的大溪及三坑老街美食精彩絕倫，百年歷史小吃店門前總大排長龍。大溪老街姚茶館、溪友緣風味料理、百年油飯、里長孃碗粿、達摩麵店、大溪豆干、振聲軒月光餅，還有三坑老街裡多樣選擇、好吃到爆的客家菜包，滋味令人懷念，中壢火車站前三角店、劉媽媽客家菜包也不遑多讓，值得嚐嚐。中壢特色美食牛肉麵，台味、川味口感大PK，全臺還開分店。桃園隱藏版美食化身的「金牌好店」，歷經專家評選出線，網路搜尋找好料，更有一種難得的美味旅行樂趣。



姚茶館 Yao Tea House

大溪豆干 Taiwan Tchi Ta Tang

振聲軒 Huang Pork Knuckle

Area: Taoyuan, Zhongli, Daxi

Highly recommended creative, Taiwanese-style seafood cuisine

Taoyuan is famous for creative cooking and Taiwanese-style seafood; it provides opportunities to showcase innovative dishes by transforming ethnic diversity into culinary art. One fine example is Taoyuan's Mo-Yu-Tang, widely acclaimed among food connoisseurs and tourists for its time-honored, skillfully prepared Taiwanese dishes. Also, the abundant seafood delivered from Zhuwei and Yongan Fishing Ports all year round is praised by gourmets no matter how they are cooked.

桃園藝人 王中平

桃園的台菜是很令人懷念的料理，要吃當地口味、當地食材，每道台菜都有它的精神、氛圍和價值。

Wang Zhong-ping, entertainer from Taoyuan

The Taiwanese food prepared Taoyuan-style is simply unforgettable. With local dishes made from local ingredients, each dish represents a particular set of philosophy, ambiance and values.



鴨肉扁 Peng's Duck Meat



雞鴨風味豆腐花 The Soft Bean Curd of Mama Lai

百年油飯 Hundred Years Glutinous Rice



溪友緣風味料理 Xi You Yuan Delicacies

Gold-medalist restaurants display culinary arts on old streets

Daxi and Sankeng Old Streets' century-old snack stores are often queued with tourists. Daxi Old Street is famous for its tea shops, sticky rice, rice pudding, dried bean curd, and moon cakes. The heavenly Hakka steamed buns are among the array of memorable snacks available in the alleys of Sankeng Old Street. In the search of secret delicacies, these old street gold medalist restaurants were selected by food critics. The event offered a rare and fun-filled gastronomic journey as participants scrounged the Internet for recommendable dishes.



吳麗梅家莊 Zhong Long Lukewarm Farm

松葉園 Pine Leaf Restaurant



松葉園 Pine Leaf Restaurant

區域：中壢、觀音、龍潭、大溪、復興

視覺與味覺同享的庭園餐廳

桃園的庭園餐廳多半位於風景區附近，觀音有以素食聞名的水來青舍和吳厝楊家莊，大溪的TINA廚房、復興角板山的瑞士鄉村、七號公路，中壢的禪園、龍潭的一等賞、老爸的後花園等，令美食家推崇的飲食逸趣和優美景致，美食與美景結合的慢活主義，在桃園充分展現。

Area: Zhongli, Guanyin, Longtan, Daxi, Fuxing

Visual and gastronomical extravaganzas at garden restaurants

Taoyuan's garden restaurants are mostly in the proximity of scenic areas, such as the vegetarian Shui-Lai-Qing-She and Zheng Long Leisure Farm (Guanyin); TINA (Daxi); Highway No. 7 (Mt. Jiabao); Swiss Countryside Farm Ranch(Mt. Jiabao); Zen Garden (Zhongli); Best of Tea Garden and Daddy's Back Garden (Longtan). Boasting culinary arts recommended by connoisseurs and breath-taking scenery, such eateries have made Taoyuan an embodiment of slow-life.

偶像歌手 Hebe

桃園庭園餐廳的料理十分美味，而且還是很多偶像劇拍攝的場景，一定要來逛逛。

Hebe, pop singer

The garden restaurants in Taoyuan are must-visits because they provide heavenly food and also backdrops for many soap operas.



田馥甄

區域：復興

山林野味原鄉美食饗宴

桃園擁有全臺最多的泰雅族原住民人口，北橫公路沿線，自三民到拉拉山，包含角板山、小烏來、羅浮、下巴陵、拉拉山等聚落，都有傳統又美味的原住民美食，食材皆是取自山林的野菜。拉拉山上的水蜜桃和鱒魚，角板山、小烏來的段木香菇、桂竹筍與綠竹筍，筍芽的高冷蔬菜，還有泰雅原住民最愛食用的刺蔥、馬告，變化出奧妙的菜色。如清谷餐坊的清蒸魚、馬瀨小吃的脆煎魚、泰雅灶腳的炒山豬肉、納桑麻谷的馬告淋土雞、景仁山莊的手腕鹹豬肉等，演繹出原住民經典美食饗宴。

Area: Fuxing Township

Indigenous cuisine made from the gifts of the mountains

Taoyuan boasts the country's largest Atayal population stretching along the North Cross-Island Highway, serving traditional and tasty tribal dishes. They use natural ingredients from the mountains: peaches and trout from Mt. Lala, log mushrooms and bamboo shoots from Mt. Jiabao and Xiao Wulai, vegetables growing in Yeheng and many other gifts of the land to create an intriguing and iconic menu unique to the tribal culture.



馬瀨小吃 Ma Lai Eatery

清谷餐坊 Qing Gu Restaurant

泰雅灶腳 Taya Kitchen

美食作家 江映瑛

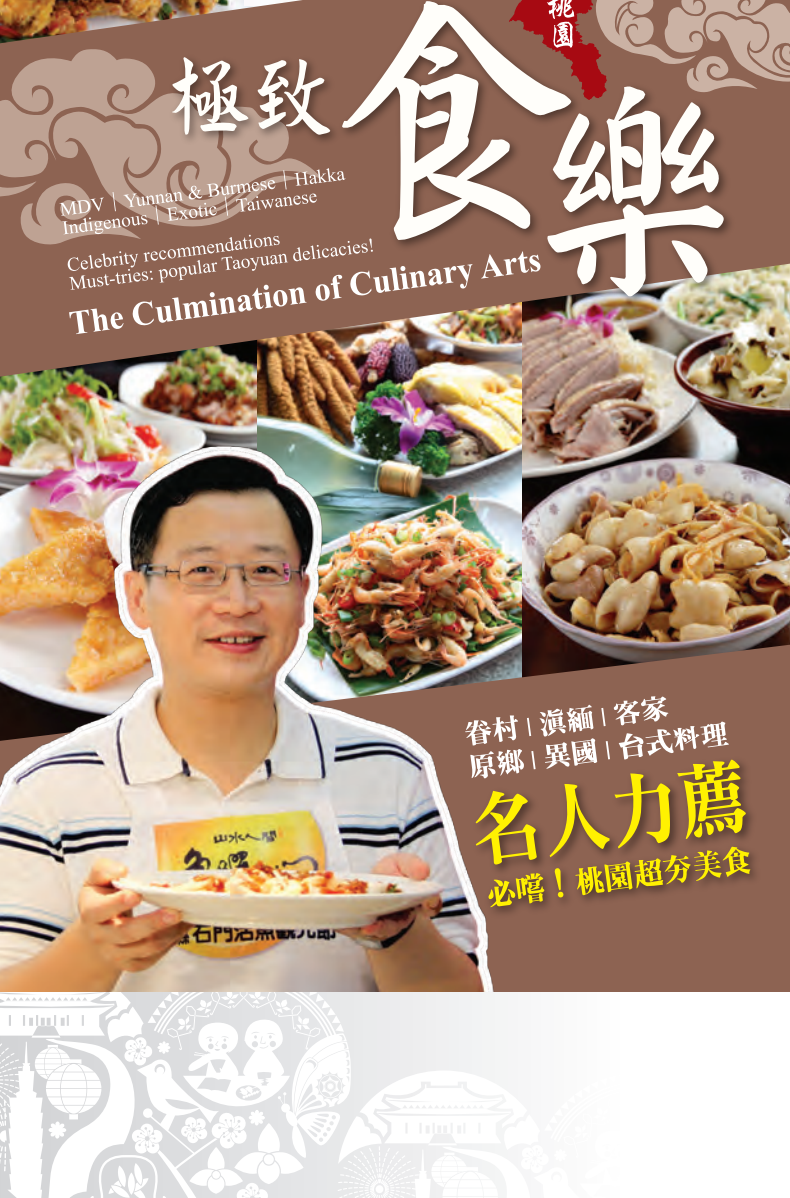
桃園的原鄉美食比較重食材原味，所有食材都來自大自然，要吃多少就採多少，不管海產和蔬菜都是活的、新鮮的，絕無經過冰箱冷藏。

Jiang Ying-yao, food writer

Taoyuan's indigenous cuisines prefer 100% natural ingredients; whether seafood or vegetables, all are picked and cooked fresh, without the need for refrigeration.



江映瑛



The following information is compiled from the data collected from the respective township offices and from media reports, and is for reference only. Due to the different business hours of the stores, please telephone first before visiting.



平鎮市 / Pingzhen City

1	官路缺鴨肉店 Guan Lu Que Goose Restaurant	0937814735
2	綠風草原餐廳 Green Breeze Prairie	03-4928205
3	蒙卡迪藝術餐廳 Meng Ka Di Art Restaurant	03-4570296
4	雲南館 Yunnan Restaurant	03-4608287
5	阿美米干 A-May Noodle	03-4567399
6	七彩雲南 Seven Color Yunnan	03-4506907

7	阿婆麵店 Apo Noodles	03-4664177
8	煮北米斯魯米干 North Thai Meisile Rice Noodles	03-4651119
9	忠貞馬家涼麵 Zhongzhen Ma's Cold Noodles	03-4560440
10	阿珍米干 Azhen Rice Noodles	03-4664948
11	雲南人家 Yunnan Ren Jia	03-4369966

