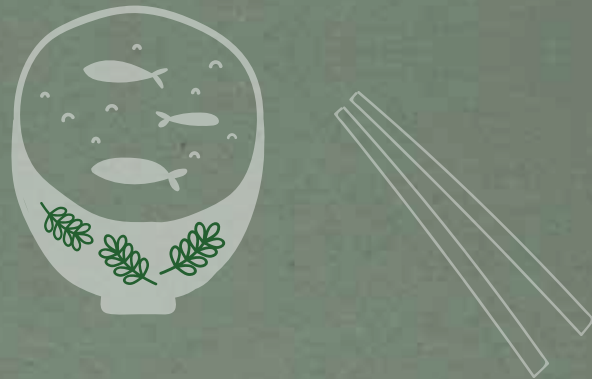


# MELLOW FIELDS RESTAURANT

沃田旅店 中餐廳



MELLOW FIELDS  
HOTEL



成就大事 從細微之處做起

堅持理念 便是進步的關鍵

豐潤的味蕾填滿我們的心房

走進了沃田旅店

如同回到了自家的廳堂

聞到金湯濃香 玉葉美菜

這皆是根植於全台342家農漁會豐饒直送的產物

也是沃田的起家厝

我們的和煦與好客

期許您親自來體驗



### 《MIT季節嚴選》

稻秧熟已收，穗根細叢叢，種子稻收成，從土地到餐桌，民以食為天的概念，吃的好，吃的飽，也是一門學問。

旬當季，食本味，沃田辦桌提供新鮮的食材，為顧客們烹調產地直送的菜餚，價格實惠並品嚐到新鮮、健康又滿足您口腹之慾。

運用不同的食材特色料理，讓臺灣每個縣市鄉鎮的農特產品特色鮮活起來，更顯珍貴樸實。

沃田不定期和臺灣各地農漁會合作，將新鮮食材作成就可吃到營養美味料理；從產地到餐桌，共享鮮食。

良好輕鬆的用餐環境，共邀三五好友或親友們一同放慢腳步，多作停留，好好吃飯，悠閒地享受農漁業的藝術生活。

合菜 SET Menu  
コース料理

NT\$5,999+10% / 10位 / 10 person

NT\$3,599+10% / 5位 / 5 person

軟絲 / 飛魚卵香腸 / 海蜇皮

基隆區漁會軟絲 / 新港區漁會飛魚卵香腸 豬腸衣產地：台灣

Squid/Fish Egg Sausage/Spicy Jellyfish

沃田白切雞

台東放山雞

Special Boiled Chicken

紅燒肉筍乾

豬肉產地：台灣

Braised Pork with Dried Bamboo Shoots

金沙燴豆腐

非基因改造

Fried Slices Pumpkin with Salted Egg Yolk

樹子蒸鮮鱸魚

彌陀區漁會鱸魚

Stamed fish with Taro Seafood

圓籠蒸白蝦

產銷履歷白蝦

Boiled Shrimp

芋頭米粉湯

豬肉產地：台灣 大甲區農會芋頭

Rice Noodle with Taro Seafood Soup

季節炒時蔬

桃園市農會有機蔬菜

Stir Fried Organic Vegetables

酥炸芋頭丸

豬油產地：台灣 澎湖縣農會蛋黃芋丸

Fried Dumplings Taro

時令鮮果碟

各農會當令水果

Seasonal Fruit Platter

每位附池上香米飯一碗

Each person gives a bowl of rice

Chef's Special

## 主廚推薦

シェフのおすすめ料理

來自臺灣各地農漁會直送的新鮮美味，  
特色招牌菜，嚴選好味道！

Fresh and delicious food from Taiwan's farmers and fishermen. Special signature dishes, strict selection of good taste!

### 鮮蝦冬粉煲

NT\$ 430

Prawns with Vermicelli Pot

### 咖哩雞肉煲 產地：台灣

NT\$ 360

Stir Fried Shredded Beef and Green Pepper

### 沙茶牛肉煲 產地：澳洲

NT\$ 530

Braised Beef with Barbecue Sauce in Casserole

### 杏菇牛肉煲 產地：澳洲

NT\$ 530

Beef Hot Pot with King Oyster Mushroom

### 咖哩牛肉煲 產地：澳洲

NT\$ 530

Beef Curry in Casserole

### 三杯豆腐煲

NT\$ 280

Pan-Fried Tofu with wine, sesame oil and soy sauce

### 麻辣水煮牛肉煲 產地：澳洲

NT\$ 530

Braised Beef with Spicy Sauce in Casserole

### 薑蔥魚球煲

NT\$ 480

Fish Pot with ginger and green onion



## Appetizer

# 前菜精選

### 前菜

敞開味蕾的開關，讓前菜的鮮甜引您入宴。

Open your taste and let the sweetness of the appetizer bring you into the feast.

#### 涼拌海蜇皮

NT\$ 220 / 400

Spicy Jellyfish

#### 飛魚卵香腸

豬腸衣產地：台灣  
新港區漁會

NT\$ 250 / 480

Flying Fish Egg Sausage

#### 香滷豬腱

NT\$ 340

Spiced Pork Tendon

#### 蜜汁杏鮑菇

NT\$ 250 / 480

King Oyster Mushroom with Honeydew

#### 香滷牛腱

產地：澳洲

NT\$ 360 / 680

Spiced Beef Tendon

#### 五味軟絲

基隆區漁會

NT\$ 340 / 620

Boiled Cuttlefish with Special Sauce

#### 香烤烏魚子

新竹區漁會

NT\$ 750

Mullet Roe with Green Onions and Garlic Slices

## Shrimp

# 鮮蝦菜餚

### エビ料理

選用臺大海洋研究所鄭俊明博士所研發出的藍藻蝦，利用益生菌養出的健康無毒藍藻蝦肉質鮮甜口感緊實。以特殊養殖技術保持藍藻蝦的最佳狀態，使蝦子常保健康；秉持綠活健康，使用無藥物與無抗生素食材，並現撈直送蝦子的香甜與鮮美風味。

Cyanobacteria shrimp developed by Dr. Junming zheng from the institute of Oceanography , National Taiwan University were selected. The Shrimp He feeds are healthy, non-toxic cyanobacteria cultured with probiotics which had a fresh, sweet and firm taste. The best state of cyanobacteria shrimp is maintained by special breeding techniques to keep the shrimp healthy. Adhere to the green living health, use no drugs and no anti - raw vegetarian materials, and straight out of the dish shrimp sweet and delicious flavor.

### 白灼鮮蝦

NT\$ 320 / 600

Boiled Shrimp

### 避風塘蝦

NT\$ 360 / 600

Fried Shrimp with garlic Chips

### 蒜泥蒸蝦

NT\$ 380 / 720

Garlic Steamed Shrimps with Garlic Sauce

### 腰果蝦仁

NT\$ 450

Fried Shrimp with Cashew Nuts

### 鳳梨蝦球

NT\$ 450

Pineapple Shrimp Balls

### 醬皇鮮蝦

NT\$ 360

Sauteed Shrimp with Hot Spicy Sauce

### 滑蛋蝦仁

NT\$ 360

Scramble Eggs with Shrimps

## Fish

# 魚品餐點

### 魚料理

沃田旅店為的鮮魚絕對產品直送，新鮮甘甜！每一道料理的原料都經過採購部門的嚴格選購與廚房師傅精心烹煮，絕頂美味，讓您吃了念念不忘。

We used fresh fishes absolute product straight delivery, fresh sweet! The raw materials of each cuisine are strictly purchased by the purchasing department and the kitchen master Carefully cooked, extremely delicious, let you eat never forget.

#### 乾煎鯖魚 基隆區漁會

NT\$ 250 / 單片

Pan-fried Mackerel

#### 乾煎虱目魚 彌陀區漁會

NT\$ 280 / 單片

Pan-fried Milkfish

#### 糖醋魚片 彰化區漁會

NT\$ 420

Fried Fresh Fish With Sweet and Vinegar Sauce

#### 清蒸鱈魚

NT\$ 420

Stamed Codfish

#### 豆酥鱈魚

NT\$ 440

Stamed Codfish with Crispy Bean

#### 鱸魚 清蒸/糖醋/香茅醬 彌陀區漁會

NT\$ 750

Sea Bass (Steamed/Sweet and Sauce/Lemongrass Paste)

#### 龍虎斑 清蒸/泰式檸檬 彌陀區漁會

NT\$ 1200

Tiger Grouper Fish(Steamed/Sweet and Vinegar Sauce/Thai Style)

## Seafood

# 海鮮餐點

### 海鮮料理

沃田旅店為維護環境與資源的珍惜，使用無藥物與無抗生素食材，並現撈直送活體鮮魚，保有魚肉的香甜與鮮美風味。

In order to protect the environment and resources, wuda hotel USES non-medicated and non-raw vegetarian materials, and sends live fresh fish to preserve the sweet and delicious flavor of fish.

#### 薑爆小卷 (季節性料理)

NT\$ 360 / 660

Fried Neritic Squid with Ginger

#### 白灼小卷 (季節性料理)

NT\$ 340 / 620

Boiled Neritic Squids

#### 丁香花生

NT\$ 320 / 600

Stir Fried Baby Fishes and Peanuts

#### 塔香文蛤 產地:台灣

NT\$ 320 / 600

Stir Fried Clams with Basil Leaves

#### 三杯嫩中卷

NT\$ 360 / 680

Three-cup Squids

#### 蒜香中卷

NT\$ 320 / 600

Deep Fry Squid with Garlic

#### XO醬炒花枝

NT\$ 360 / 660

Stir-Fried Calamari with X.O Sauce



## Chicken

# 雞肉菜餚

### 雞肉料理

無毒環保與人士共生的放山雞，在天然環境下生長，於廣大放牧場奔馳，悠閒的生活環境在大自然中，使肉質鮮美、口感軟嫩，結實並富有彈性！

In non-toxic environmental protection and human soil symbiosis of the walking chicken, they live in the natural environment, running in the vast range of pasture, and their leisurely living environment in nature, make the chicken's meat more delicious, soft, strong and elastic!

#### 宮保雞丁 產地:台灣

NT\$ 330 / 600

Kung Pau Chicken

#### 腰果雞丁 產地:台灣

NT\$ 350 / 680

Stir Fried Chicken Cubes with Cashew Nuts

#### 沃田白切雞 產地:台灣

NT\$ 530 / 1000

Special Boiled Chicken

#### 蔥油白切雞 產地:台灣

NT\$ 530 / 1000

Special Boiled Chicken with Scallion Oil

#### 三杯放牧雞 產地:台灣

NT\$ 560 / 1020

Fried Chicken with Wine Sesame Oil and Soy Sauce

#### 豆豉雞丁 產地:台灣

NT\$ 360 / 700

Sauteed Chicken with Black Bean Sauce

#### 脆皮椒鹽雞 產地:台灣 (需兩天前預訂)

NT\$ 1120

Mellow Fields Crispy Chicken / Please place the order at least two day in advance

## Pork

# 豬肉菜餚

### 豚肉料理

台糖安心豚是最高等級的豬肉，全臺第一家建制完整豬肉生產履歷，然而豬肉是國人消費最多的肉品，我們特以嚴選肉品，為食材把關，在友善關懷健康的同時，也滋養我們的身體。

Taiwan Sugar ~ Safety Pork is the highest grade pork, it is the first in Taiwan to have established the comprehensive pork traceability; with pork being the most widely consumed meat product in Taiwan, we ensure the quality of the meat products with stringently selected meat products, thereby nourishing our body while caring for the health.

#### 生爆鹽煎肉 產地:台灣

NT\$ 380 / 700

Simmer Pork with Dried Bamboo Shoots

#### 紅燒肉筍乾 產地:台灣

NT\$ 420 / 780

Braised Pork with Dried Bamboo Shoots

#### 蒜泥白肉 產地:台灣

NT\$ 380 / 700

Slice Pork Belly with Garlic Soy Sauce

#### 醬香回鍋肉 產地:台灣

NT\$ 380 / 700

Fried Sliced Pork and Cabbage with Black Chili Sauce

#### 鳳梨咕咾肉 產地:台灣

NT\$ 460 / 880

Sweet and Sour Pork

#### 椒鹽豚肉燒 產地:台灣

NT\$ 490 / 900

Pork with Salt and Pepper

#### 醬爆松阪豬 產地:台灣

NT\$ 460 / 880

Stir-Fried Pork Neck with X.O Sauce

#### 西芹炒松阪 產地:台灣

NT\$ 460 / 880

Stir-Fried Celery with Pork Neck

BeeF

## 牛肉菜餚

### 牛肉料理

來自斗南鎮農會的臺灣本土安心牛肉，以農會獨家調配的安全飼料以及農會自給作物(紅蘿蔔、馬鈴薯)飼養牛隻，肥育出肉質優且富含油花的國產牛肉，具備「鮮甜、口感佳」的特色。不施打生長激素且無灌水、無用牛肉黏肉劑的組合肉，安全零污染更都有經過獸醫檢驗合格，符合安全衛生之標準作業程序。

The local Taiwanese beef from Dounan town agricultural association is raised with the exclusive safe feed prepared by the agricultural association and the self-sufficient crops of the agricultural association (carrot and potato). The fattened domestic beef with excellent meat quality and rich oil flowers has the characteristics of "fresh sweet and good taste". The combination meat without growth hormone, without irrigation and with beef glue has passed veterinary inspection and conforms to the standard operating procedures of safety and health.

#### 蠔油牛肉 產地：澳洲

NT\$ 530

Stir Fried Slices Beef with Oyster Sauce

#### 滑蛋牛肉 產地：澳洲

NT\$ 530

Stir Fried Shredded Beef and Green Pepper

#### 蔥爆牛肉 產地：澳洲

NT\$ 530

Stir Fried Slices Beef with Green Onion

#### X.O 醬炒牛肉 產地：澳洲

NT\$ 530

Sauteed Beef with XO Sauce

#### 白灼牛肉 產地：澳洲

NT\$ 530

Boiled Beef with Sauce

#### 豆干炒牛肉 產地：澳洲

NT\$ 530

Sauteed Beef with Beancurd

Local-Style

## 風味料理

鄉土料理

沃田推薦風味好料，嚴選臺灣在地好味道！

Mellow Fields Hotel recommended good flavor, strict selection of Taiwan  
in the good taste!

金沙南瓜 里港鄉農會

NT\$ 330 / 600

Slices Pumpkin with Salted Egg Yolk

金沙豆腐 非基因改造豆腐

NT\$ 280 / 500

Stir Fried Tofu with Salty Eggs Savce

紅燒香菇豆腐 非基因改造豆腐  
新社區農會香菇

NT\$ 280 / 500

Braised Tofu with Mashroom

三杯豆腐煲 非基因改造豆腐

NT\$ 280 / 500

Pan-Fried Tofu with wine, sesame oi; and soy sauce

海鮮豆腐煲

NT\$ 380 / 660

Mixed Seafood and Tofu

客家小炒 非基因改造豆腐

NT\$ 350 / 620

Hakka Stir-Fry with dried Squids and slied pork and dried tofu sliced

## SOUP

# 湯品

## スープ

無論飯前飯後，品嚐一碗熱呼呼的養身湯品，不僅能夠補充身體所需的營養部份湯品還能有輔助體內食療。

No matter before and after meal, taste a bowl of hot soup to nourish the body, not only can supplement the body needs the nutrition part of the soup to taste but also can have auxiliary body food therapy.

### 蒜頭蛤蜊湯 荖桐鄉農會蒜頭

NT\$ 360

Clams with garlic soup

### 蛤蜊野菇雞 雞肉產地:台灣

NT\$750

Clams mushrooms chicken soup

### 鳳梨苦瓜雞湯 豬肉產地:台灣

NT\$750

Chicken Soup with Pineapple and Bitter Gourd

### 山藥枸杞排骨湯 豬肉產地:台灣

NT\$450

Yam Soup with Sparerib and Chinese Wolfberry

### 剝皮辣椒雞湯 雞肉產地:台灣

NT\$ 750

Rice Noodle Soup with Taro Seafood

### 海鮮芋頭米粉湯 豬肉產地:台灣

NT\$ 620 / 1000

Rice Noodle Soup with Taro Seafood

### 芋頭米粉湯 豬肉產地:台灣

NT\$ 460 / 850

Rice Noodle Soup with Taro

Vegetarian

## 素食料理

ベジタリアン料理

強力推薦，嚴選臺灣在地蔬食，品嚐好味道！

Strong recommendation, strict selection of local vegetables in Taiwan,  
taste good!

### 塔香茄子煲

NT\$ 350

Stew Aubergine with Basil

### 鹹蛋苦瓜

NT\$ 300

Sitter Melon with Salted Eggs

### 鹹蛋南瓜

NT\$ 340

Sliced Pumpkin with Salty Egg

### 素燒珍菇豆腐 非基因改造豆腐

NT\$ 300

Braised Tofu with Mushrooms

### 塔香杏鮑菇

NT\$ 340

Stir Fried King Oyster Mushroom with Basil

### 甜豆炒杏鮑菇

NT\$ 340

Stir-Fried Snap Peas with King Oyster Mushrooms

### 羅漢素齋

NT\$ 320

Buddha's Delight

### 豆豉炒三絲

NT\$ 320

Stir Fried Bean Sprouts, Carrots & Fungus

Vegetarian

# 素食料理

ベジタリアン料理

強力推薦，嚴選臺灣在地蔬食，品嚐好味道！

Strong recommendation, strict selection of local vegetables in Taiwan,  
taste good!

## 有機季節時蔬

NT\$ 250 / 480

Stir Fried Organic Green Vegetables

## 野菇扒娃娃菜

NT\$ 340 / 620

Stewed with Mushrooms with Baby Cabbage

## 百菇枸杞湯

NT\$140/盅

Mushrooms Soup with Chinese Wolfberry

## 山藥紅棗菌菇湯

NT\$180/盅

Yam Soup w/t Red Date and Mushroom

## 什錦素炒飯

NT\$ 260

Vegetarian Stir Fried Rice

## 什錦素炒麵

NT\$ 260

Vegetarian Stir Fried Noodle

rice/noodle

## 單點主食

### 麵/飯料理

沃田旅店特選台東池上米，配上主廚特製的各式飯、麵點，獨特的風味令人難忘，吃進師傅的心意也吃進滿滿健康。

the Chihshang rice is specially selected by the hotel, with various kinds of rice and noodle dishes specially prepared by the chef.

白飯 池上鄉農會池上米

NT\$ 20 / 碗

Steamed Rice

松坂豬油拌飯 大安區農會產銷履歷飛天豬

NT\$ 190 / 碗

Boiled Sliced Pork Rice with Lard and Yolk

沃田特製炒飯

NT\$ 250

Mellow Fields Fried Rice

蝦仁炒飯

NT\$ 270

Shrimps Fried Rice

什錦炒麵 豬肉產地:台灣

NT\$ 260

Assorted Fried Noodle

海鮮炒米粉 豬肉產地:台灣

NT\$ 260

Assorted Fried Rice Noodle

炒河粉 (牛/豬)

NT\$ 260

Stir-fried rice noodles (with beef or pork)

海鮮湯 (麵/米粉)

NT\$ 260

Seafood soup (with noodles or vermicelli)



DESSeRT

## 甜點

デザート

甜點師傅以精心製作的當季健康水果作為食材，甜而不膩口，獨特風味令人難忘。

The pastry chef takes the seasonal healthy fruit as the food material, which is sweet but not greasy, and its unique flavor is unforgettable.

酥炸芋頭丸 豬油產地:台灣

NT\$160(4粒) / 280(8粒)

Deep-Fried Taro Balls

酥炸鮮奶小饅頭

NT\$140(4粒) / 260(8粒)

Deep-Fried Milk Bread

黑金奶黃流沙包

NT\$180(4粒) / 320(8粒)

Charcoal Salted-Egg custard Bun, steamed

花開富貴綠豆糕

NT\$160(4粒) / 280(8粒)

Mung Bean Cake

## DRINKS

# 飲品

### ソフトドリンク

精選台灣各地農會出產的健康飲品，好喝又解膩，搭配各式菜餚最對味！

TSelected health drinks produced by farmers associations all over Taiwan, delicious and greasy, with all kinds of dishes the most right!

#### 礦泉水

NT\$ 30 / 瓶 (600ml)

Mineral Water

#### 可口可樂

NT\$ 35 / 瓶 (330ml)

Coca-Cola

#### 蘋果西打

NT\$ 100 / 瓶 (1250ml)

Apple Sida

#### 東方美人茶 峨嵋鄉農會

NT\$ 100 / 瓶 (960ml)

Drienral Beauty Tea

#### 仙草茶 關西鎮農會

NT\$ 100 / 瓶 (960ml)

Herbal Tea (Chinese Mesons)

#### 美粒果

NT\$ 100 / 瓶 (960ml)

Juice

## VEGETABLE

# 鮮蔬料理

### 野菜料理

特選具有產銷履歷的蔬菜，並使用當季食材以減少碳排放量。在愛護地球的同時我們提供各類新鮮蔬菜，以合理價位，讓您品嚐到最新鮮的菜餚風味。

Select vegetables with a proven track record and use seasonal ingredients to reduce carbon emissions. While caring for the earth, we provide all kinds of fresh vegetables at a reasonable price, so that you can taste the freshest cuisine flavor.

#### 魚香茄子煲 二水鄉農會

NT\$ 280 / 480

Stew Aubergine with Minced Pork

#### 清炒高麗菜 桃園市農會有機蔬菜

NT\$ 220 / 400

Stir Fried Cabbage

#### 有機季節時蔬 桃園市農會有機蔬菜

NT\$ 250 / 450

Stir Fried Organic Vegetables

#### 鮮菇水蓮 美濃區農會

NT\$ 250 / 430

Stir Fried White Water Snowflak Stems and Mashroom

#### XO醬炒青花

NT\$ 300 / 560

Stir Fried Broccoli with X.O Sauce

#### 絲瓜炒蛤蜊 中埔鄉農會絲瓜

NT\$ 330 / 580

Stir Fried Loofah and Clams

#### 絲瓜炒吻仔魚 中埔鄉農會絲瓜

NT\$ 320 / 580

Stir Fried Loofah with Baby Anchovy

## ALCOHOL

# 酒類

### アルコール

嚴選西班牙有機葡萄酒，經橡木桶儲放，達到酸與甜的平衡，  
讓您喝出品味，更喝出健康！除此之外還有臺灣金牌啤酒，樣  
樣都適合搭配沃田辦桌的各式佳餚。

Carefully selected Spanish organic wine, stored in oak barrels, achieves  
the balance between sour and sweet, making you taste and drink  
healthy! We also have Gold medal Taiwan Beer It is suitable for all kinds  
of dishes at our Mellow Field's restaurant.

#### 金牌啤酒 台灣菸酒公賣局

NT\$ 100 / 瓶 (600ml)

Gold Medal Taiwan Beer

#### Viento Aliceo紅酒 西班牙有機葡萄酒

NT\$ 880 / 瓶 (750ml)

Viento Aliceo Red Wine

飲酒勿開車，未滿十八歲者，禁止飲酒  
本場所不販賣酒予未滿十八歲者