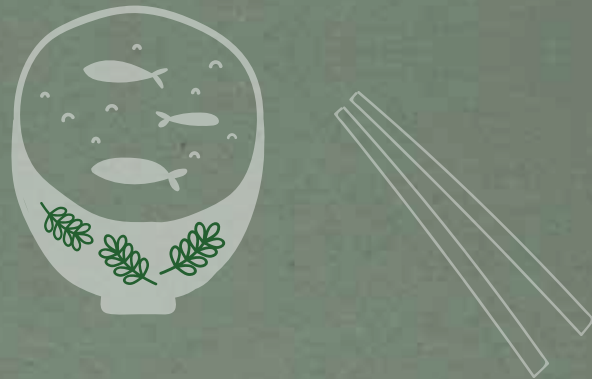


MELLOW FIELDS RESTAURANT

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

新菜上市

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