

Gourmet Tour of Ishigaki Island

石垣島・美食巡旅

環遊全島盡情享受,吃遍“石垣島美食”之全面導覽



Presents

吃遍 石垣島!!

由石垣島特産推廣隊介紹的
石垣島名店和特産!



Eat your way around Ishigaki Island!

Famous shops and specialty products that have been recommended
by the "Promotion Squad" for Ishigaki Island's specialties.

Complete "Ishigaki Island Food" Guide to fully enjoy the culinary pleasures as you tour around the island.

eat! eat! eat!

非賣品

石垣島美食巡旅

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方便旅行時,實用的常用日語會話
Convenient for your travels! Useful Japanese phrases.

<p>〇〇〇在哪裡? Where is 〇〇〇?</p> <p>〇〇〇はどこですか?</p>	<p>到〇〇〇還需要多久? How many minutes does it take to 〇〇〇?</p> <p>〇まであと何分かかりますか?</p>	<p>免費的嗎? Is it free of charge?</p> <p>無料ですか?</p>	<p>需要收費嗎? Is there a charge for this?</p> <p>有料ですか?</p>	<p>在哪裡可以兌換貨幣? Where can I change my money?</p> <p>兩替はどこですか?</p>
<p>請提前〇分鐘 Can it be brought forward by 〇 minutes?</p> <p>〇分早めたいです</p>	<p>請再延長〇〇分鐘 Can I extend for 〇〇 minutes?</p> <p>あと〇〇分延長したいです</p>	<p>公用電話在哪裡? where can I find a public phone?</p> <p>公衆電話どこですか?</p>	<p>這是什麼? What is it?</p> <p>これ何ですか?</p>	<p>這個多少錢? How much is it?</p> <p>これ、幾らですか?</p>
<p>這個可以吃嗎? Is it edible?</p> <p>これは食べられますか?</p>	<p>還有嗎? Is there more?</p> <p>もっとありますか?</p>	<p>我想吃〇〇 I'd like to eat 〇〇.</p> <p>〇〇が食べたいです</p>	<p>請再來一碗(一杯) Can I have a second helping?</p> <p>おかわりをください</p>	<p>這個燙嗎? Is it hot?</p> <p>これは熱いですか?</p>
<p>甜嗎? Is it sweet?</p> <p>甘いですか?</p>	<p>辣嗎? Is it spicy?</p> <p>辛いですか?</p>	<p>這個我不能吃 I cannot eat this.</p> <p>私はこれは食べられません</p>	<p>請給我熱水 Can I have a cup of hot water?</p> <p>お湯をください</p>	<p>請給我小碟子。 Please give me small plates to serve food.</p> <p>取り分ける小皿をください</p>
<p>好熱 It is hot.</p> <p>暑いです</p>	<p>好冷 It is cold</p> <p>寒いです</p>	<p>我肚子痛 I have a stomach ache.</p> <p>お腹が痛いです</p>	<p>我迷路了 I'm lost.</p> <p>道に迷いました</p>	<p>我遺失了〇〇 I lost 〇〇.</p> <p>〇〇を失くしてしまいました</p>



Luxury Islands

沖繩本島
Okinawa Main Island

台北 Taipei

距離台北大約55分鐘

距離那霸大約1個小時

八重山諸島
[Yaeyama Islands]

与那国島
Yonaguni Island

鳩間島
HATOMA Island

小浜島
Kohama Island

石垣島
Ishigaki Island

竹富島
Taketomi Island

黑島
Kuro Island

由布島
Yubu Island

新城島
Aragusuku Island

波照間島
HATERUMA Island

西表島
IRIOMOTE Island

擁有海底遺跡，並以可以釣到旗魚而著名
A diver's dream, famous for underwater ruins, plus superb swordfish angling.

佈滿美麗繁星的寂靜島嶼。
Tranquil, romantic island with an enchanting, star-filled night sky.

原始的大自然所包圍之日本秘境
A virtually unexplored wonderland of pristine nature.

紅瓦屋簷的房屋
魅力無限的人氣離島。
Charming, traditional red-tiled houses adorn this popular, isolated island.

Clearer and bluer seas than the main Okinawa Island are alone enough to make anyone eager to tour Ishigaki Island. Tourism here has been developed along with the other Yaeyama Islands.

Beautiful seas and mountains seem to make the clear waters even bluer and brighter. The natural charm of Ishigaki Island is enhanced by the dramatic contrast of sea and mountains. People who are drawn by nature will find much to love in the Yaeyama Islands. The islands, which include Ishigaki, are filled with so many attractions that visitors will never tire of discovering and rediscovering them over and over again.

美麗的大海以及將大海襯托得更為蔚藍的蒼綠群山。石垣島的魅力正是由於這大海與群山的對比而完全展現。被自然之美所吸引前來的遊客，再次被八重山(※)群島所深深吸引。使遊客想一去再去的神奇魅力。包括石垣島的八重山群島都充滿了

比沖繩本島更清澈蔚藍的大海。僅僅如此，連同石垣島在內的八重山群島之旅就能使遊客感到心滿意足。



※八重山(方言稱做“YAIMA”)由石垣島、竹富島、與那國島等10個有人島及周邊零星的無人島所構成，是距離台灣最近的日本島嶼群。
*Yaeyama (in the local dialect “Yaima”) refers to the Japanese islands closest to Taiwan, consisting of 10 inhabited islands such as Ishigaki, Taketomi and Yonakuni, along with other uninhabited islands.

八重山魚板

Yaeyama boiled fish paste

八重山魚板在沖繩各地都很有名氣，廣受好評，是日本傳統的魚類加工品。其秘訣在於獨特的風味。

“柔軟的口感”及“完全展現食材的美味”

正是這兩大要素使八重山魚板擁有超人氣。

八重山魚板並不是加水攪拌魚漿

而是用雞蛋且“盡可能使用較多的魚肉，以保留其美味”

這一製作方法是其特點。

然後油炸後瞬間將魚的鮮味鎖住，變得更加美味。

Yaeyama Kamaboko (steamed fish paste), a traditional Japanese food, is served with pride as one of the most popular dishes throughout Okinawa. Its distinct flavor and popularity are due to its “soft texture” and a “taste that takes full advantage of its ingredients.” The secret to its savory goodness is a process that “leaves as much of the fish meat as possible to create a delicious taste” by using a whole egg instead of water to dilute the minced fish and then sealing in the luscious flavor by deep frying the paste in hot oil.



Yaeyama SOBA

八重山麵



使用小麥粉而非蕎麥粉製成的麵，柴魚高湯為主要湯底。

略帶黃色的麵上放上細切後的八重山特產

“八重山魚板”及豬肉，這是標準吃法。

就如同不可或缺的配角，充分地襯托出主角的麵以及湯底而不搶其風采。

越喜歡麵就越為這滋味所著迷。

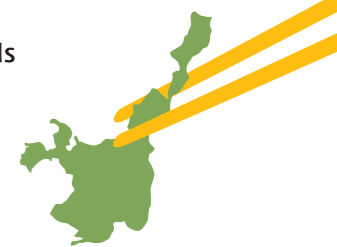
完全符合這種比喻的家鄉料理正是“八重山麵”。

撒上石垣島當地胡椒HIBA-CHI好好品嚐！

The noodles are made from wheat flour instead of buckwheat and the soup is garnished with dried bonito stock. Yaeyama’s specialty, “Yaeyama Kamaboko”, steamed fish paste, and pork are added to the perfectly cooked yellowish noodles. Both ingredients are finely shredded and complementary, enriching the taste of the noodles and broth. If you are among the legions of noodle lovers you will definitely be hooked by the taste of Yaeyama Soba Noodles. “Supremely delicious” perfectly describes this local culinary delight. Enjoy Yaeyama Soba Noodles with the islands’ locally produced pepper called “HIBA-CHI”.

石垣島特產之 雙雄

2 of the greatest specialty products of Ishigaki Islands



不吃不可
特產“八重山麵”以及
“八重山魚板”

Absolute musts are
Yaeyama Soba and Yaeyama
boiled fish paste!

在石垣島，有象徵著八重山群島而大受歡迎，並以“八重山”冠名的特產。其名為“八重山麵”和“八重山魚板”。沒吃過這些就談不上吃過石垣島美食。

On Ishigaki Island you will encounter many products bearing the name “Yaeyama”, the name beloved by the people of these fascinating islands. Two not to be missed are Yaeyama Soba Noodles and Yaeyama Kamaboko, the special steamed fish paste. You cannot discuss Ishigaki’s cuisine without experiencing them!

廣銷世界的日本品牌牛基本上都是來自於石垣島。
大自然所養育出的上等牛肉,是觀光石垣島時,
不可不吃的佳品!

Great news for those who love barbecued meat! Prime Ishigaki beef, produced locally, is the equal in taste to the most famous brands of Japanese beef!

The majority of famous, world-class Japanese beef actually comes from Ishigaki Island. Its fine delicacy is of top quality, gently nurtured by Mother Nature, that you owe to yourself to enjoy while visiting.

日本最最奢華的 B級美食

但價格也很公道♡

The best in Japan?
"B" Gourmet quality!
And reasonably priced!

石垣牛 牛丼

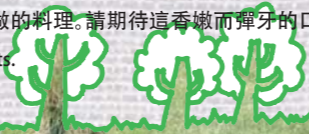


日本的大眾美食—奢侈的使用了石垣牛肉的牛丼,請享用!
Enjoy a beef bowl, a Japanese favorite,
made even more sumptuous by Ishigaki beef.

石垣牛的
TECCHAN 定食



TECCHAN定食是使用牛的內臟所做的料理。請期待這香嫩而彈牙的口感!
Tecchan Set meal features beef giblets.
Enjoy its succulent taste!



對於喜歡烤肉的你,告訴你一個好消息!
石垣島出生的石垣牛
相對日本其他品牌牛,
其美味都有過之而無不及。

石垣牛

Ishigaki beef



肉! 肉! 肉!
石垣島的石垣牛是
頂級美味!

Meat! Meat! Meat!
Ishigaki Beef from
Ishigaki Island has
the finest taste!



咚!
這就是石垣牛。



Wow!
This is beef is
from
Ishigaki beef!



A genuine delicacy!

頂級美味!

優良肉質
是來自於優質環境所
孕育而成。

Great beef raised in
a healthy environment.

你吃過
石垣牛了嗎?

Have you experienced
"Ishigaki beef"?

泡盛

Ishigaki island Awamori!

泡盛指的是沖繩的地方酒。
Awamori is Okinawa's local sake.

泡盛約有500年的悠久歷史，在昔日沖繩還是琉球王國統治的時代，就被中國和日本視為珍貴的貿易品。將黑麴菌均勻撒在蒸過的白米上待其發酵。此黑麴菌正是孕育出泡盛獨特風味的美酒要素，發酵方式為集中一次的「全麴發酵」。泡盛的原料是白米，不使用任何添加物釀造的蒸餾酒。主要使用泰國米。

Awamori has a history of over 500 years. When Okinawa was still known as the Ryukyu Kingdom, Awamori was an important export to Japan and China.

石垣島有6家泡盛酒釀酒廠。

難得到石垣島來，不妨帶幾瓶石垣島當地銘酒回去喝看看？

There are 6 Awamori breweries in Ishigaki Island.
You came all the way to Ishigaki Island, why not try local brand sake?

池原酒造所 Ikehara brewing place
玉那霸酒造所 TamaNaha brewing place
仲間酒造所 Nakama brewing place



高嶺酒造所 Takamine brewing place
八重泉酒造 Yaesen brewing place
請福酒造 Seifuku brewing place

沖繩地方酒，泡盛通常以泰國米作為主要原料，但也有推出石垣島產的米製成的泡盛，其名為「琉球泡盛冠鷲」。傳統的製作方法以使用當地稻米製作出的泡盛有不同的風味以及醇厚的味道，是作為伴手禮的佳品。

'Thai rice' is usually used as the main ingredient in Awamori, which is Okinawa's local sake. However, Awamori produced from Ishigaki's rice is also sold. Called "Ryukyu Awamori Crown Eagle", it is a fine sake that uses locally produced rice and a traditional processing method for a different, full-bodied taste. It is perfect as a souvenir or as a gift.

Limited brand sold at Ishigaki Airport.



米

Rice

石垣島是著名的稻米產地。
受惠於溫暖的氣候，
是日本最早收成稻米的區域之一。

石垣島到了四月左右稻穗成熟，
田地被染成金黃色
在五月至六月左右開始發售，
即可享受到這一年的美味新米

Ishigaki is also famous as a rice-producing region. The warm weather makes for the earliest rice harvest in Japan.

On Ishigaki, rice grains ripen around April and the paddies turn golden from May to June when newly harvested crops are available for purchase so that you can enjoy delicious, new rice!



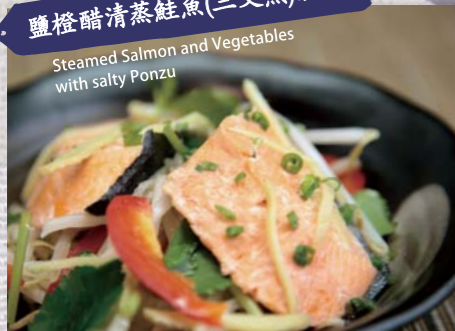
柴魚山藥佐三杯醋

Bonito and Chinese Yam with a mixture of vinegar, soya sauce and sweet rice wine



鹽橙醋清蒸鮭魚(三文魚)蔬菜

Steamed Salmon and Vegetables with salty Ponzu



石垣島橙醋能保留肉、魚、蔬菜的美味且加以提味。

Ishigaki's Ponzu can fully heighten the flavor of meat, fish or vegetable dishes without overwhelming the natural taste of the ingredients.

話說橙醋是無油的哦。

Island Ponzu

(Japanese sauce made primarily of soy sauce and citrus juice)

島橙醋

難得的石垣島美食。
要品嘗就要連同
“石垣島橙醋”一起品嘗。

你有沒有曾經因為美味的肉、魚，使用了不好的調味料而感到失望的經驗呢？為了不影響當地料理的美味魅力，試用看看石垣島當地生產的“島橙醋系列”吧？橙醋在日本是廣為人知的調味料，經常用來作為火鍋醬料。石垣島橙醋人氣的秘訣在於“直接喝也不會被噏到”的這種柔和滋味。經過嚴格挑選的黑糖、香橙(沖繩金桔)等當地素材之外，不添加化學調味料、酸味料、增色劑等，著實能夠感受到飽含製作者心意的好滋味。

Long awaited Ishigaki Island feast! If you're going to experience it, why not try it with "Ishigaki Island Ponzu"?

Have you ever had an experience when a dish just didn't do justice to good meat or fish because the right condiments are missing? Well, why not try 'Island Ponzu Series', produced on Ishigaki to ensure the enjoyment of local cuisine? Ponzu is a very common condiment in Japan usually used for hot pot dishes as a sauce. The key to the popularity of Ishigaki Island's Ponzu is its mild taste that is easy to enjoy. A lot of thought goes into its preparation with choice locally produced brown sugar and Shekwasha, a tangy native citrus. No artificial seasonings, additives or colorings are ever used.



石垣島產 香辛料

From Ishigaki Island
Spices

說到沖繩麵不可或缺的香料，就是“KO-RE-GU-SU”（將辣椒泡在泡盛中製成的香辛料）。說到八重山麵不可或缺的香料，就是“HIBA-CHI”（島胡椒）。前往世界各國的旅行者，當他聞到該地香辛料的香味當下，才有著實到達該國的感覺，因此香辛料的存在與其土地是何等密不可分。聞到“HIBA-CHI”時，便知道來到了石垣島。在石垣島有很多此類香辛料的材料。“HIBA-CHI”“島辣椒”“月桃的果實”“BOTANBOFU（別名：長命草）”等，在亞熱帶氣候下生長培育的香料特別受歡迎。使用方法也各式各樣。對於喜歡烹飪的各位來說是一定非取得不可的好素材。

When it comes to a spice that is indispensable to Okinawa's noodles, it has to be 'ko-re-gu-su', which is Awamori imbued with red chili. But the spice that is indispensable to Yaeyama Soba Noodles is 'HIBA-CHI', the island's home-grown pepper. Many world travelers say that they really feel they are in a foreign country "when the aroma of the local spices is sensed." This demonstrates that local spices are integral to the local culture. For Ishigaki it might be when you inhale the aroma of 'hipa-chi'. Ishigaki Island is rich in raw materials that can be utilized as spices, especially those that are cultivated by taking advantage of the sub-tropical climate, such as 'HIBA-CHI', the island's red chili, seeds of shell ginger, and 'Botanboufu', or peucedanum japonicum. These spices are popular because they are so versatile, and are essential for those who love cooking!

Pepper of the Island "HIBA-CHI"
For flavoring Yaeyama Soba Noodle!

Seeds of the shell ginger
An ideal alternative to bay leaves for flavoring meat dishes such as curry or stew.



島胡椒 "HIBA-CHI"
增加八重山麵的香味!



月桃的果實
代替月桂樹 (laurel) 更名為咖喱、燉菜、肉料理增添香味，是再合適不過了!

使用方法

- 撒在麵上
- 稍微撒一點在咖啡中更添香味!

How to use

- add to noodle dishes
- a dash to coffee enhances the aroma



說到八重山特產便是黑糖
八重山是代表沖繩的
黑糖的原產地。



If you had to name only one specialty product of Yaeyama it would definitely be brown sugar. Yaeyama represents one of Okinawa's major brown sugar production centers.



西表島的黑糖能與石垣島上各種素材完美結合，也更能突顯黑糖自身美味，是非常出色的黑糖。

另外，黑糖在製作時即使使用的是相同原料，同等分量，並且同樣時間的狀況下，也仍會因為當日的氣溫以及濕度，而使得成品有所差異。

這種差異機器無法判斷需依靠人工。打開火，慢慢攪拌，等見到鍋子裏黑糖表面煮沸時，在最適當的時間將火關掉。這真是非常需要耐性的工作。

在我們的黑糖產品中，很受歡迎的“生薑黑糖”是在鍋中攪拌到“表面軟綿綿的”膨脹起來好像是花朵綻放的樣子時便是美味的“生薑黑糖”已經完成囉。就好像製作派的生麵糰在發麵膨脹一般。有了這種花開的狀態便是說明美味“生薑黑糖”已經完成的最好證明。剛出鍋的味道格外美味。能夠品嚐到這種美味或許是黑糖店家的特權。如果讓各位也能夠品嚐到此種美味該是多好。

How brown sugar is made

黑糖製造過程

- 1 放入原料
- 2 計算原料量
- 3 炊煮 (200°C / 15分)

- 1 Inspect the materials
- 2 Measure the ingredients
- 3 Boil to steaming (200 °C for 15 minutes).



4 攪拌

4 Churn well

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品嘗者的感想

“能感受到濃郁的生薑風味，
在口中散開慢慢的溶化，
真是好吃得不得了！”

A word from someone who enjoyed Yaeyama brown sugar:

“It's very tasty, with a strong ginger flavor that feels like it's melting in your mouth.”



"The Yaeyama Islands is the Mecca of brown sugar"

"It is not an overstatement to say that making brown sugar is to make the best use of the islands' climate. Four out of eight brown sugars authorized by the Okinawa Brown Sugar Association are produced here in the Yaeyama Islands. One of the more famous Yaeyama brown sugars is produced on Iriomote Island. The outstanding characteristic of Iriomote's brown sugar is its slight tartness. It is this tangy flavor that gives it a wholly original taste."

“八重山群島是黑糖的發源聖地”
也可以把製作黑糖解釋成
“有效利用八重山群島風土物產”。
被沖繩縣黑糖協會認定的八種黑糖中，
有四種就是在八重山群島。
八重山群島的黑糖中有名的
是西表島產的黑糖。
西表島黑糖的特徵是略帶有
“些微的苦味”，
這種苦味被評為更能展現出
黑糖原本的美味。

石垣島黑糖加工廠商 下地先生
一直使用當地黑糖製作黑糖點心，
便向他詢問了八重山黑糖的魅力。



We asked Mr. Shimoji, an island confectionary maker who uses locally produced brown sugar, what makes Yaeyama's brown sugar so desirable ...

石垣島 美麗島屋
代表 下地 寬正



八重山黑糖 = $\frac{4}{8}$

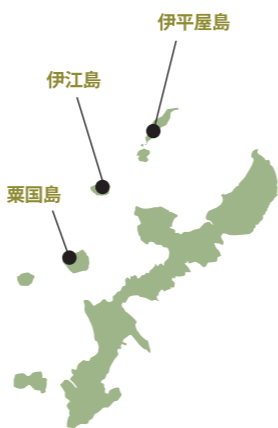
沖繩八種黑糖中有四種來自八重山群島。

沖繩黑糖僅僅使用甘蔗作為原料
在沖繩的各個離島有製作生產。

Okinawan brown sugar is only made from sugar cane
grown on each island.

Yaeyama Brown Sugar = $\frac{4}{8}$

4 out of 8 Okinawa brown sugars are
produced in the Yaeyama Islands.



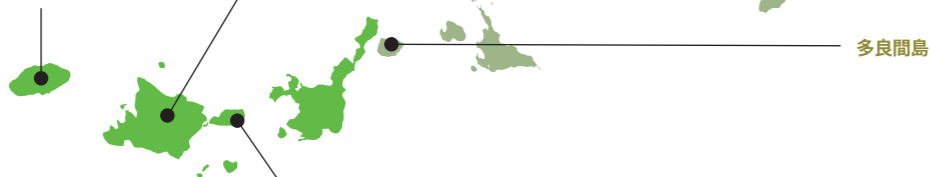
西表島 Iriomote Island

保留著黑糖本來的
獨特苦味而廣受好評!
Popular and distinctive with
natural brown sugar tartness.

与那国島 Yonaguni Island

以易在口中融化,
甜味濃郁而有名!

Famous for a taste that melts
in the mouth with a divine
sweetness!



波照間島

Hateruma Island

不會太甜,
百吃不厭的好滋味!

A not too sweet taste that
you'll never tire of!

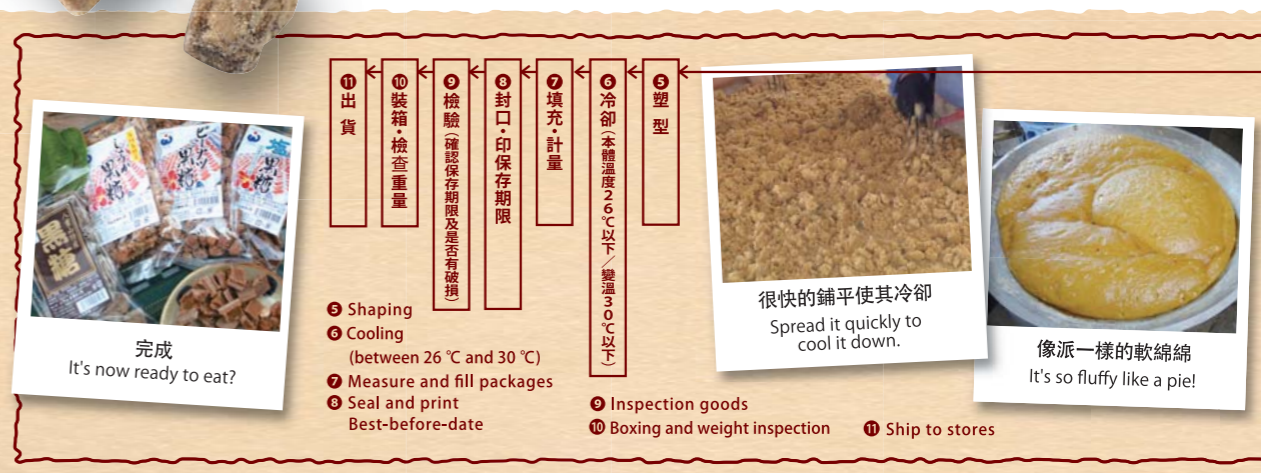


小浜島

Kohama Island

融化於口中的
香醇滋味!

Melts in the mouth with
a mild flavor.



Brown sugar from Iriomote Island is outstanding for the way it complements the goodness of various Ishigaki produced ingredients while still asserting its distinctive taste as brown sugar. Interestingly, the finish of the brown sugar is influenced by the temperature and humidity of the moment, even if it is made with the exact same ingredients and processing time. It's a difference that cannot be measured by a machine but can be sensed by its taste.

Heat in an iron pot full of raw ingredients, stirring constantly until the surface of the mixture starts to boil then remove it from the heat. It is a painstaking process. One of the popular confections we make is 'Ginger Brown Sugar'. When the mixture rises like a flower while stirring it is a sign that yummy 'Ginger Brown Sugar' is ready. (It can also look like puffed up pie dough.) When that happens it means that delectable 'Ginger Brown Sugar' is ready to eat. The taste of fresh brown sugar is remarkable! We are privileged to be able to enjoy freshly made brown sugar and wish everyone could have a chance to taste it!

七人本舖

We the mocha fellows

我們是摩卡一族

就像永遠的偶像一樣存在著
It is like an eternal idol.
Only available in Ishigaki Island.

從小時候開始就沒變過，
奶油和蛋糕的絕妙滋味。
It has an exquisite taste of the cream
and sponge that hasn't changed
since I was a child.

看著孩子們吃，忍不住的要求著
“也給爸爸吃一口”。
When my children are eating it
I can't help but ask,
“May I have some, too?”

就喜歡這個。
I love it!

也推薦這個！
名品MARIYA奶昔



Also highly recommended
- the famous Mariya Shake!

所謂摩卡？

石垣島老字號甜品舖的招牌糕點。
觀光客幾乎不知道，只有當地人才知道的超級美味糕點。
那就是“摩卡”

What is Mocha?

It is a Japanese treat that is the signature feature of a long-established store on Ishigaki Island. This uniquely delicious treat is familiar to locals but little known to tourists. Discover what 'mocha' is.

大清早，在離島碼頭
大大的咬一口摩卡蛋糕。
啊~是多麼幸福的時刻。

The first thing in the morning,
I have a bite of "Mocha" at Ritou Terminal.
Oh what a happy moment!

“不會太甜並且
有別於一般膩口的奶油”
“略帶咖啡的香氣
散發著柔和滋味的蛋糕”

“Not too sweet yet
not too sophisticated,
it has a smooth taste with
a slight aroma of coffee.”

在石垣島 愛不釋手 超人氣甜點！

Close up of the sweets that
are loved by the people of
Ishigaki Island!

就算是男生也很
喜歡甜食♡
Men also love this sweet!



Ishigaki Island Moromi Pork

MOROMI 豬

石垣島

滋味柔和且濃郁
這就是美味的秘訣。
那是源於石垣島品牌豬。



On Ishigaki Island there is a ham and sausage shop called "No. 15". When you enter the shop the first thing you see is the shop's symbol – a cute automobile. The car is a Subaru "360" that swept into popularity among Japanese people. In "No. 15" all the pork used in their products is produced on Ishigaki. The local type of hogs, known as 'Moromi' hogs, are raised in the mild climate of Ishigaki Island with special care. They are pampered by being fed moromi, the by-product of the Awamori manufacturing process that is rich in nutrients like citric and amino acids. Moromi helps to make the meat tender and full flavored, with sweet fat. Added to the pork in "No. 15's" sausages are carefully blended spices, brown sugar, and sea salt, all produced in the Yaeyama Islands, making them renown for their tender succulence.



除了MOROMI豬之外，使用八重山的黑糖以及香辛料，鹽等製作而成的十五番地火腿、香腸，也以爽口好滋味而廣受歡迎。

「MOROMI豬」是在石垣島暖和的氣候以及由釀造泡盛過程當中所衍生出來的副產品

「MOROMI（酒粕）」（含有檸檬酸及氨基酸等營養元素）所做的飼料精心養育而成的。柔和且滋味厚實的肉質以及帶有甜味的五花是其特徵。



The secret of its flavorful, delicate taste lies in Ishigaki's brand of pork.

火腿·香腸

Ham sausage

石垣島有一家火腿香腸店叫做「十五番地」。

進入店鋪首先映入眼簾的是象徵本店的可愛小車。

這輛車就是在日本風靡一時的SUBARU"360"。

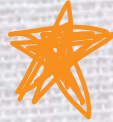
這十五番地的所有產品都使用石垣島產的豬肉。

所使用的是當地的品牌豬「MOROMI豬」。

「MOROMI豬」是在石垣島暖和的氣候以及由釀造泡盛過程當中所衍生出來的副產品

「MOROMI（酒粕）」（含有檸檬酸及氨基酸等營養元素）所做的飼料精心養育而成的。柔和且滋味厚實的肉質以及帶有甜味的五花是其特徵。

Best favorite
Local eateries



Moromi Pork Fillet Cutlet set
MOROMI豬排飯定食
¥1,500 (Tax in)~



只有這道料理
稍微貴一些些，
不好意思ne~
Sorry!
Only this is expensive.

一口咬下去油脂的甜味在口中擴散開來，
這是好吃得不得了！
One bite and the sweet, juicy flavor
thrills your taste buds! "To die for!"

Miso Soba Noodle set
味噌麵定食
¥950 (Tax in)~



味噌味的八重山麵。會讓你上癮的好滋味！
Yaeyama Soba Noodle in Miso.
The taste you can get hooked on!



紅樹

石垣市美崎町4-9

【營業時間】

午餐 早上11:30-下午14:00 (L.O下午15:00)

晚餐 晚上17:30-晚上22:00 (L.O晚上23:30)

P 有

P33:MAP D-3



餐廳 美CHURA

石垣市新川2360-3

【營業時間】

午餐 早上11:30-下午14:00 (L.O下午15:00)

晚餐 晚上17:30-晚上22:00 (L.O晚上23:30)

P 無

P33:MAP F-2

Cutlet
炸豬排定食 ¥700 (Tax in)~

使用石垣島當地豬肉所料理而成的豬排
加上特產八重山麵分量十足的套餐！

A generous portion set featuring
a pork cutlet of high quality,
Ishigaki produced pork along with
famous Yaeyama Soba Noodles!

放假日我來幫忙的

I lend a hand on
my days off.



不是 LOTTE 而是 TIGERS 的粉絲??

Are you a Tigers fan??? Not a Lotte fan???



吃遍當地所 有餐館！

YOU WIN
with local eateries!

1
Best favorite
Local eateries

2
Best favorite
YAEYAMA SOBA

在石垣島有很多便宜又
實惠的大眾餐廳。
價格公道且分量足的當地餐館
一起來吧！

人氣午餐特輯

Check out
special edition lunches!!



推薦!
Recommended!

On holiday your heart can be filled - but your wallet might be empty before you know it.
Not to worry! There are many local eateries on Ishigaki Island where you can delight in
food with reasonable prices.

Discover the local eateries, where prices are modest and portions are generous!

※這是2013年10月的價格隨著消費稅的提高，價格也會有所調整。還敬請見諒。



Dining Bar Bum's

石垣市大川261
【營業時間】晚上5:00-凌晨5:00
【定休日】無

P 無

P33:MAP D-3

Moromi Pork Cutlet Sandwich 炸MOROMI豬排三明治

¥1,050 (Tax in)~

麵包中夾上厚厚的豬排。
絕妙的好滋味!
A veritable slab of pork
between slices of fresh
bread makes for
a hearty taste treat!



MOROMI 豬排

¥1,575 (Tax in)~

肉質厚實分量十足!
肉汁滿溢的好滋味!
Generous portions with lots of meat!
Delicious with plenty of gravy!



生薑燒豬肉定食 ¥500 (Tax in)~

超級下飯的好滋味。
還加上八重山麵!
It goes well with rice.
It also comes with
Yaeyama Soba Noodle!



紅豆冰 ¥200 (Tax in)~

作為餐後甜點
將將好!
Perfect for a dessert!



簡單美味



NAKAYOSI 食堂

石垣市新榮町26-21
【營業時間】早上11:30-晚上19:00
【定休日】星期三

P 有

P33:MAP E-2

大份量咖哩 ¥980 (Tax in)~

從炸豬排、漢堡、雞蛋到雞肉。
滿滿配料的特大號咖哩口慾滿分!
Pork cutlets, burgers, eggs and even chicken!
With so many ingredients,
Jumbo Curry is extremely filling!



吃得完嗎?
Can be eaten up?



石垣島的
Bruce Willis(布魯斯·威利)
鹽野先生
The Bruce Willis of
Ishigaki Island,
Mr. Shiokawa

好厲害! 超大! 50cm
It is very large. 50cm

家庭式料理店 FURUSATO 食堂

石垣市真榮里270-1
【營業時間】午餐 早上11:00-下午15:00
晚餐 晚上17:00-晚上23:00
【定休日】星期二

P 有



P33:MAP A-2



軟骨咖哩麵 ¥700 (Tax in)~

由咖哩專賣店所料理
加入豬排的咖哩風味八重山麵。
Curry flavored Yaeyama
Soba Noodle with
spare rib made by
a curry specialist.



P33:MAP D-2



AMURITA 食堂

石垣市石垣415-3
【營業時間】
午餐 早上11:00-下午15:00 (L.O 下午14:30)
晚餐 晚上18:30-晚上21:30 (L.O 晚上21:30)

P 有



我們愛八重山麵

介紹不為人知的
八重山麵名店！

Explorer
Yaeyama's
hidden Soba
Restaurants.



¥700(Tax in)~



油炸藍鸚鵡魚
Fried Ibaru Cha Fish



請多吃一點啲~

Nankotu So-ki Soba (Pork Sparerib Noodle)

軟骨麵 ¥600(Tax in)~

覆蓋碗口一半以上的大豬排給人十二分的滿足！
名品炸魚定食也是不可不說的珍品！

Satisfaction comes with delectable spareribs smothering more than half the bowl! And the acclaimed Fried Fish Set is an excellent menu item not to be missed!

P33:MAP F-2



いのーず (INO-ZU)

石垣市新川2325-1
【營業時間】早上11:00~
(售完為止 只有在午餐時間營業)

P 有



Sanmainiku Soba (Pork Rib Noodle)

三層肉麵

¥500(Tax in)~

這家店除了超人氣的關東煮之外
麵也是有過之無不及的佳品！
關東煮和八重山麵。
兩種都品嚐一下吧！

This restaurant is actually famous for 'Oden', which is a combination of various ingredients stewed in a soba flavored soup. But their soba noodles are also an excellent and popular dish quite as good as their celebrated 'Oden'. Oden and Yaeyama Soba Noodles – the adventurous, enjoy them both!



P33:MAP D-3



メンガテー
(MENGATE)

石垣市美崎町10-19
【營業時間】晚上17:00-22:00
或者到凌晨3:00
【定休日】星期日+不定期休息

P 無



P33:MAP C-2



まつむとぅ家
(MATUMUTU YA)

石垣市登野城685-8
【營業時間】早上11:30-晚上19:00
【定休日】星期二

P 無

A-SA Soba (Seaweed Soba)

海苔麵

¥700(Tax in)~

散發著帶有海岩風味的沖繩海苔
"A-SA", 連最後一滴都想要喝完它
這就是這家店最自豪的湯

A soup proudly made with Okinawan seaweed called 'A-SA' has the magnetic aroma of the sea that you will savor to the very last drop.



Gyu - Soba (Beef Noodle) (Big Size)

牛肉麵(大碗) ¥700(Tax in)~

"牛肉麵" 石垣島數一數二的人氣店。
滿滿分量的牛肉, 可以盡情享用

One of the most popular restaurants for 'Beef Soba Noodles' on Ishikigi Island. You will definitely enjoy a generous portion of beef.



P33:MAP B-2



Umbrella
小吃店

石垣市平得120-11
【營業時間】
午餐 早上11:30-下午15:00
晚餐 晚上18:00-晚上22:00
【定休日】不定期休息

P 有

我們的牛肉麵
份量可是很
足夠的喔!



Tokusei Nankotu So - Ki Soba (Pork Sparerib Noodle)

特製軟骨麵

¥650(Tax in)~

八重山麵上放上大分量煮到軟嫩軟嫩的豬軟骨
和自家農田栽培生產的咖啡
都能在這與當地緊密相聯的名店中品嚐到。

A famous restaurant favored by locals where you can sample Yaeyama Soba Noodles endowed with a lavish serving of collagen rich pork cartilage cooked until it brims with mouth watering flavor. A cup of home-grown coffee crowns this feast!



自家農田栽培
石垣島產咖啡
Locally cultivated
Ishigaki Jima Coffee.



當地的高中生也時
常來光顧呢!



P33:MAP B-3

ニライカナイ
(NIRAI KANAI)
石垣市真栄里191-5
【營業時間】早上11:00-下午14:00左右
(湯賣完便結束當日營業)
【定休日】星期三

P 有

Soba Set

八重山麵定食

¥700(Tax in)~

清澈且爽口的湯, 高雅的美味。
珍貴的綠藻麵也很受歡迎。

The sophisticated taste of the rare chlorella soba noodle is the secret to this light, clear soup's popularity.



夏川里美媽媽
開的店!



※這是2013年10月的價格隨著消費稅的提高, 價格也會有所調整。還敬請見諒。

年度活動表

- 1月下旬預定 石垣島馬拉松【石垣島】
- 1月下旬預定 春節的大拔河【黑島】
- 2月上旬預定 山猫馬拉松【西表島】
- 2月中旬預定 十六日節【各地】
- 2月下旬預定 黑島牛節【黑島】
- 2月下旬預定 千葉羅德海洋隊春季棒球營
- 3月中旬 八重山海灘開放【石垣島】
- 4月中旬 SANIZU (浜下)【各地】
- 4月中旬預定 鐵人三項比賽【石垣島】
- 4月下旬 船浮音樂祭【西表島】
- 5月上旬 鳩間島音樂祭【鳩間島】
- 6月上旬預定 潛水節石垣島【石垣島】
- 6月中旬 海神祭・龍舟競賽【各地】
- 6月中旬 上原周末節【西表島】
- 7月上旬預定 國際旗魚釣魚大賽【與那國島】
- 7月上旬預定 ORION 啤酒節【石垣島】
- 7月中旬預定 石垣港港口節【石垣島】
- 8月上旬預定 大原節【西表島】
- 8月中旬預定 南之島的星節【石垣島】
- 7月~8月左右 豐年祭 (PU-RI)【各地】
- 8月下旬 SO-RON (孟蘭盆節)【各地】
- 8月下旬 MUSA-MA【波照間島】
- 8月下旬 ITASIKIBARA【各地】
- 8月下旬預定 海灘藝術節【西表島】
- 9月~10月左右 結願節 (KITUGAN)【各地】
- 9月中旬 TUBARA-MA 大賽【石垣島】
- 10月下旬預定 CHURASAN 節・小浜節大賽【小浜島】
- 10月~11月左右 節祭 (SIGHI)【各地】
- 11月上旬預定 石垣島節【石垣島】
- 11月上旬預定 日本最西端與那國島一周馬拉松【與那國島】
- 11月~12月左右 MACHIRI【與那國島】
- 11月下旬 取種子節 (TANADUI) 奉獻藝術【竹富島】



The northernmost tip of Ishigaki Island, Hirakubosaki

Paradise in the north

Hirakubosaki is a cliff poised on a cape at the northernmost part of Ishigaki. Drive straight out from town and you will witness a breathtaking scene, where the East China Sea communes with the Pacific Ocean. In front of you is spread enchanting beauty where layers of brilliant bluish hues are manifested by the melding of the seas. It is the sort of place where the caressing sea breezes will make you wish that time would stand still so you could gaze forever at the panorama. The northern cape of Ishigaki Island will surely make you believe in Paradise!

北方樂園。
石垣最北的斷崖海角
——平久保崎。
從市區開車沿著一條公路
就到達東海及太平洋的交界處，
就是這裡。
眼前展開一片藍色調層層
堆疊的大海，美得難以言喻。
清新海風令人沉醉，
讓人眺望這廣闊美景不想離開。
在石垣島的最北端
有著如同樂園般的海角。

石垣島的最北端 平久保崎

05



04



03



01



02



08



07



06

01.鹽味仙貝

鬆脆的口感，
加了鹽的絕妙點心

Salt Rice Cracker

A tasty, crunchy treat with an
exquisite balance of sweetness
and saltiness.

02.紫蕃薯醬

鮮豔的紫色蕃薯醬。
最適合搭配麵包與優酪乳！

Red Sweet Potato Jam

Bright purple potato jam.
Perfect with bread or yogurt!

03.夜空的石垣島調味料

黑糖以及鹽，MOROMI醋等完全
使用當地素材的調味料

Night Sky Ishigaki Island Dressing

Made with special attention to
locally produced products such
as brown sugar, sea salt, and
malt vinegar.

04.青木瓜 "島人醬菜"

使用木瓜所醃製的小菜。
有著嘎吱嘎吱脆脆的口感

**Green Papaya
Shimanchu Pickles**

Pickles made from papayas. It
is delicious with a unique
crunchy texture.

05.GREMORE

使用石垣島綠藻所製成的營養
補品。最適合蔬菜攝取不足的人

GREMORE

A supplement made with
chlorella produced on Ishigaki
is perfect for those who lack
vegetable intake.

**06.石垣的鹽金楚糕
烤巧克力**

餅乾般的點心。
烤出充滿香味的好滋味。

**Salt Chinsuko (Okinawan
sweet) baked chocolate**
Biscuit-like snack baked with
an aromatic finish.

07.紅芋派塔

使用石垣島當地的紫蕃薯。
請享受這鬆軟紫蕃薯的美味

Purple Sweet Potato Pie Tart

It is made from purple sweet
potatoes produced on Ishigaki
Island. You can enjoy purple sweet
potatoes' unique pleasant taste.

**08.石垣島香草茶
(太陽之茶/月之茶)**

使用石垣島當地的香草所製成的
香草茶。有著複雜香氣的茶葉

**Ishigaki Island Herbal Tea
(Sun Tea/Moon Tea)**

Herbal tea made from Ishigaki
Island grown herbs with an
especially rich flavor.

09.百香果飲料

充滿濃郁的百香果風味。
加上水和碳酸水，請品嘗！

Passion Fruit Drink

Full of rich passion fruit flavor.
Enjoy with water or sparkling water!



15

14



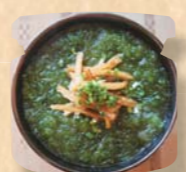
10



09



11



13



12

**10.百香果・鳳梨果醬**

請享用這擁有酸味，甜味香氣的果
實作為素材而製成的果醬。

Passion Fruits / Pineapple Jam

A jam that takes advantage of
the natural tastes of the fruits,
magnifying the pleasures of
tartness and sweetness.

11.島豬 Goro Goro

以大量的石垣島當地豬肉所製做的
配菜。配上粥和麵條也相當美味。

Island Pork "Goro Goro"

A hefty portion of Ishigaki Pork
for rice that also enhances rice
porridge or noodles.

**13.乾麵的醬汁
(芝麻/島辣椒/梅子)**

乾麵所使用的醬汁。
無油健康美味。

**Sauce for Karasoba
(noodle without soup)
(sesame / Island red chili/plum)**

Sauce that is used for noodle
without soup. Since it is oil-free,
it has a healthy taste.

14.HABU (蛇) 酒

把HABU (蛇) 放在泡盛中而製成
的HABU酒是元氣來源！

Habu Snake Liqueur

"Habu Snake Liqueur", which is
made with Habu snake soaked
in Awamori, is a source of
energy!

**12.SAYOKO老閩娘
手工製作的(開口笑)**

混合小麥粉和砂糖後油炸，沖繩版
的甜甜圈。很適合當作零食來吃！

Sayoko's home made Sata Andagi
Okinawan donuts made with
flour and sugar mixed together
and deep fried to golden
perfection. Great for a snack!

15.MINSA-包(綿織品)

傳統工藝也很興盛的石垣島。
包含八重山特有的MINSA-花紋

Minsah Bag

Traditional handicrafts flourish
on Ishigaki Island. You will find
'Minsah', a textile traditional to
the Yaeyama Islands.

石垣島的土產
Souvenirs of Ishigaki Island

土特產店
GO!

想買什麼
石垣島
美麗島屋



P33:MAP D-3

石垣市美崎町三番地
Tel: 0980-84-1752

Here you can purchase
crunchy snacks, seasoned
just right with healthy sea salt.

不僅限於石垣島特產，也歡迎詢問當地私房景點的相關情報。

SHOP



廠家直營八重山傳
統魚板專賣店

金城蒲鉾店

石垣市新榮町73-9
[TEL] 0980-82-3084
[營業時間] 早上7:00-晚上18:00
[定休日] 1月1~3日
[停車場] 3台
[信用卡]

產品種類非常豐富，
請各種味道都品
嚐看看~!



[HP] <http://www.kanbukuya.com/>
P33:MAP E-2

SHOP



味道純正不膩口的
火腿・香腸店鋪

石垣島火腿・香腸十五番地

石垣市新榮町15-6
[TEL] 0980-87-8686
[營業時間] 早上10:00-晚上19:00
[定休日] 星期日
[停車場] 無
[信用卡]

店家自豪的
火腿及香腸，
自用送禮兩相宜!



[HP] <http://www.15bancho.com/>
P33:MAP D-2

SHOP



黑糖商品
一應俱全

石垣島 美麗島屋

石垣市美崎町3番地
[TEL] 0980-84-1752
[營業時間] 夏季 早上9:30-晚上22:00
冬季 早上9:30-晚上21:00
[定休日] 無
[停車場] 無
[信用卡]

說到黑糖，
就是這裡!



[HP] <http://石垣黑糖.com/>
P33:MAP D-3

將石垣島特產以及觀光情報
推展到世界各地
並與當地緊密結合的事業團體
那就是
“石垣島特產推廣隊”



SHOP



八重山麵的
老字號製麵廠

金城製麵所

石垣市美崎町8-11
[TEL] 0980-82-4332
[營業時間] 早上7:00-晚上19:00
[定休日] 1月1日
[停車場] 無
[信用卡] 無
[HP] <http://www.kinjoseimen.com/>
P33:MAP D-3

細長的丸麵發源於
本製造所，
請務必品嚐看看!



SHOP



日本唯一
的
橙醋專賣店

FUTABAYA本舖

石垣市大川270-2
[TEL] 0980-87-0228
[營業時間] 早上10:00-晚上19:00
[定休日] 星期日
[停車場] 無
[信用卡]

順口廣受
好評的橙醋!



[HP] <http://www.futabaya.net/>
P33:MAP D-3

SHOP



香辛料 & 香草
就交給我們吧!

石垣島
海nomono 山nomono

石垣市字桃里165-413
[TEL] 0980-86-7757
[營業時間] 早上9:00-晚上17:00
[定休日] 日曜日
[停車場] 3台
[信用卡] 無
[HP] <http://www.umiyama.org/>
P33:MAP A-4

將農家特有的
佳餚介紹給您!



SHOP



老街的
西點店

那霸麵包店

石垣市新榮町70-12
[TEL] 0980-82-3889
[營業時間] 早上9:00~晚上21:00
[定休日] 無
[停車場] 無
[信用卡] 無
P33:MAP E-2

當地人也愛吃的
日式甜點，
選購伴手禮時的
最佳選擇



名產「摩卡蛋糕」及
「AngelBrown蛋糕」為
本店的招牌商品!

平田觀光



石垣市美崎町1番地 石垣港離島碼頭內
[TEL] 0980-82-6711

[營業時間] 早上7:30-晚上18:30

[定休日] 無

[停車場] 收費:石垣港離島碼頭專用停車

[信用卡] VISA

[HP] <http://www.hirata-group.co.jp/>

P33:MAP D-3

八重山觀光的
禮賓接待服務

觀光

南no美麗花HOTEL MIYAHIRA



石垣市美崎町4-9

[TEL] 0980-82-6111

[定休日] 無

[停車場] 有

[信用卡] VISA

[HP] <http://www.miyahira.co.jp/>

P33:MAP D-3

離島碼頭旁的
渡假村

飯店

HOTEL Royal MarinPalace石垣島



石垣市新川2459-1

[TEL] 0980-84-3102

[定休日] 無

[停車場] 有

[信用卡] VISA

[HP] <http://www.royalmarinepalace.com/>

P33:MAP F-2

公寓式海濱酒店

飯店

工廠



川満養豚

石垣市新川2357-185

[TEL] 0980-87-7020

[營業時間] 早上9:00-晚上18:00

[定休日] 星期日

[停車場] 3台

[信用卡] 無

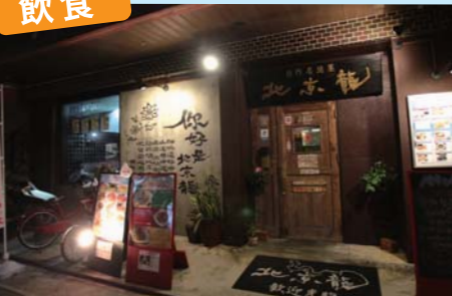
P33:MAP F-2

在島上其他餐廳也可品嚐到。
來到石垣島時一定要嚐嚐看。



請品嚐石垣島產的
品牌豬

飲食



北京龍

石垣市美崎町9-12

[TEL] 0980-87-8108

[營業時間] 晚上17:00-凌晨24:00

[定休日] 星期三

[停車場] 無

[信用卡] VISA

[HP] <http://blog.goyah.net/p-dragon/>

P33:MAP D-3

口味獨特，
豐富多變的料理等著您品嚐。



沖繩料理與中華料理的結合！
來到美崎町時請務必品嚐看看！

飲食



石垣牛專門店 ISHINAGIYA屋

石垣市大川43番地

[TEL] 0980-83-9929

[營業時間] 午餐 早上11:30-下午15:30

晚餐 晚上17:00-晚上22:30 (L.O晚上22:00)

[定休日] 無

[停車場] 11台

[信用卡] VISA

[HP] <http://www.ishinagiya.com/>

P33:MAP C-2

嚐嚐看吧！
吃了就知道

說到石垣牛，
就在這裡！



SHOP



七人本舖

石垣市美崎町1番地 石垣離島碼頭內

[TEL] 0980-83-0105

[營業時間] 早上6:30-晚上18:00

[定休日] 無

[停車場] 付費:石垣離島碼頭內專用停車場

[信用卡] 無

P33:MAP D-3

推薦只有在這裡才能喝到的
MARIYA奶昔!!

從甜點到魚板，
在港邊就能吃到石垣島美食！

工廠



八重泉酒造

石垣市字石垣1834番地

[TEL] 0980-83-8000

[營業時間] 早上9:00-下午17:00

[定休日] 土、日、1月1日~3日

[停車場] 可停多台車

[信用卡] VISA

[HP] <http://www.yaesen.com/>

P33:MAP F-1

工廠位於能一覽
石垣島景色的山丘上，
靜待您大駕光臨。

在優良環境下製作的
石垣島銘酒・泡盛



SHOP



石垣市特產銷售中心市場店(總店)

石垣市大川208

[TEL] 0980-88-8633

[營業時間] 早上10:00-晚上19:00

[定休日] 1月1日、國曆8月15日于蘭盆節前後

[停車場] 有※指定停車場(藏元停車場)

有消費的顧客可享受
一小時免費停車(不限金額)

[信用卡] VISA

[HP] <http://www.ishigakinotokusan.com/>

P33:MAP D-2

有很多當地的特產!



歡迎到本店、位於YUGURENA商店街
請慢慢逛並享受購物的樂趣!



想要了解當地活動情報,就由在地的我們為您介紹

