

Taste Taiwan | Travel Through Flavor

Taiwanese cuisine is a harmonious blend of Minnan, Hakka, and indigenous traditions, infused with influences from around the world. Here, food isn't just something you eat—it is part of everyday life. From bustling street stalls to refined dining, every bite reflects the island's history, creativity, and warm hospitality.

- ✦ [A Guide to Taiwan's Food \(Taiwan Tourism Bureau\)](#)
- ✦ [A Taster's Guide to Taipei \(Taipei Travel\)](#)

Classic Delicacies

Discover the iconic dishes that made Taiwan famous around the world.



拍攝者：劉景堯；製作單位：交通部觀光署

Xiao Long Bao (Dumplings)

Juicy, delicate, and filled with hot broth, these dumplings are a must-try. Set one on your spoon, poke a small hole to release the steam, add a slice of ginger and vinegar, and enjoy.



拍攝者：張智傑；製作單位：交通部觀光署

Beef Noodle Soup

Often called Taiwan's comfort food classic, this dish features tender braised beef served in a rich herbal or clear broth with chewy noodles and pickled greens.



圖片來自 freepik

Bubble Tea (Boba)

Born in Taiwan and loved worldwide, bubble tea blends fresh tea, milk, and tapioca pearls (boba), with sweetness and ice level customized exactly to your taste.

Night Market

When night falls, the food scene comes alive. Night markets are the best place to experience local flavors and everyday Taiwanese culture.

Gongguan Night Market

Right across from the conference venue near NTU, this market is popular with students and known for snacks like bubble tea, Gua Bao (Taiwanese Hamburger), and scallion pancakes.

👉 [Explore Gongguan Night Market](#)

Shilin Night Market

One of the largest and most famous night markets in Taipei, this market is packed with food stalls selling everything from giant fried chicken cutlets to oyster omelets.

 [Explore Shilin Night Market](#)


MICHELIN Guide Taiwan


Looking for something more upscale? Taiwan's dining scene includes MICHELIN-starred restaurants and Bib Gourmand favorites offering excellent food at great value.


 [Visit MICHELIN Guide Taiwan](#)

Dietary-Friendly Dining


Whether you're vegan, Halal, or gluten-free, Taiwan makes it really easy to grab a meal.

 **Muslim / Halal Dining** : Certified [Halal restaurants](#) and [Muslim-friendly dinings](#) are available near NTU.

 **Kosher Dining** : Information on [Kosher meals and culinary facilities](#) is available in Taiwan.

 **Vegans** : Taiwan is one of the most vegetarian-friendly countries in the world, with options ranging from buffet-style to fine dining. [View Guide](#)

Souvenirs

 **Souvenirs** : Bring home a taste of Taiwan with popular local treats and specialties.