

用舌尖去品尝长崎引以为豪的海味
一起品尝厨师们精湛手艺下的美味佳肴

Nagasaki is proud of its seafood
Let's enjoy dishes made with Japanese chefs' excellent cooking techniques

日本菜

Japanese Food

-  有会说普通话的服务员
Chinese speaking staff available
-  有会说英语的服务员
English speaking staff available
-  店里有简体字菜单
Simplified Chinese menu available
-  店里有繁体字菜单
Traditional Chinese menu available
-  店里有英语菜单
English menu available

L0=最后点菜时间 / last order

1 いな さ やま 稲佐山観光ホテル

稻佐山观光酒店 Inasayama Kanko Hotel

☎095-861-4151
Map P74-B-1 稻佐山地区
Mt. Inasa Area

在客房内边欣赏美景边享用美味佳肴
酒店位于以世界新三大夜景为豪的稻佐山的半山位置。您可以在客房里边眺望夜景，边品尝卓袱料理，是一种奢华的享受。您不仅可以品尝到厨师长秘制的味噌酱烤出的绝品无斑箱鲀，还可以享用到时令食材的美味佳肴。

Fine dining in private room with a spectacular view
Inasayama Kanko Hotel is located halfway up Mt. Inasayama. You can enjoy one of The World's Top Three Night Views in Inasayama Kanko Hotel. It is a luxurious hotel where you can enjoy one of Shippoku Cuisine with a spectacular view from the room. The Executive Chef arranges seasonal ingredients like grilled Boxfish with a secret miso sauce.

推荐菜 Recommendations

- 无斑箱河鲀和鲸鱼的卓袱料理 ¥8,400
Boxfish and Whale Shippoku Cuisine
- 长崎和牛和鲷鱼的会席料理 ¥7,350
Nagasaki Beef and Sea Bream Cuisine

 需要预约 reservation required



地址 长崎市曙町 40-23 停车场 70 辆
营业时间 11:30 ~ 21:00 休息日 无
交通 从 JR 长崎站步行大约 7 分钟
座位 250 位

Address: 40-23 Akebonomachi
Parking: 70
Hours: Daily 11:30a.m. - 9p.m.
Distance: 7 min drive from Nagasaki Station
Seats: 250

2 料亭・御宿 坂本屋

料亭・日式旅馆 坂本屋 Ryoutei Ryokan Sakamotoya

☎095-826-8211
Map P78-B-1 县厅・海边地区
Prefectural office, Bay Area

请在包间里品尝卓袱料理

因为坂本屋内全部是包间，所以可以在包间里品尝卓袱料理。虽然是历史悠久的料亭，但是中午的卓袱料理还是很实惠的。绣球花卓袱套餐的话，从餐前酒开始包括鱼鳍汤、生鱼片、东坡肉等 12 道菜，总共 3,150 日元。里院和沿着走廊流动的浅溪的潺潺流水声等日本建筑的“美”也是值得欣赏的。

Enjoy Shippoku Cuisine in a private Japanese style room

All rooms are private Japanese style rooms in Sakamotoya. It is a restaurant with a long history, though the lunch menu sets are at a reasonable price. The Aisai Shippoku set includes 12 items and only costs 3150 yen. There is an artificial river from the corridor to the yard, and a typical Japanese style house.

推荐菜 Recommendations

- 午餐卓袱料理 ¥3,150~
Lunch Shippoku Cuisine
- 晚餐卓袱料理 ¥7,350~
Dinner Shippoku Cuisine

 需要预约 reservation required



地址 长崎市金屋町 2-13 停车场 36 辆 需要事前预约
营业时间 11:30 ~ 13:00 / 17:30 ~ 19:30
休息日 无 交通 从五岛电车站步行大约 5 分钟
座位 15 个包间 (2 位~)、宴会厅 (最多容纳 70 位)
* 如果想坐椅子请在预约时说明

Address: 2-13 Kanayamachi
Parking: 36 (reservation required)
Hours: Daily 11:30a.m. - last order 1p.m., 5:30p.m. - last order 7:30p.m.
Distance: 5 min walk from Gotomachi tram stop-28
Seats: 15 private rooms (min 2 persons), banquet hall (max 70 persons)
* For western style tables-and-chairs, please let us know when making reservations.

3 なが さ き しつ ぽく はま かつ 长崎卓袱 浜勝

长崎卓袱 浜胜 Nagasaki Shippoku Hamakatsu

☎095-826-8321
Map P75-C-4 浜町地区
Hamamachi Area

一个人也 OK！轻松悠闲地品尝卓袱料理
不需要预约，一个人也可以品尝到“漫游卓袱料理”。虽说是单人份但是从鱼鳍汤、生鱼片三色拼盘、东坡肉、到甜品都样样齐全。让您体会到卓袱料理的魅力，并能大饱口福。使用对马岛的根绪石烤制的石烧甜鲷鱼也值得一尝。

Please feel free to come in to Hamakatsu.
Shippoku Cuisine is available with no minimum order
“Bura-bura Shippoku Cuisine” can be enjoyed with no minimum order, without reservation. Included in the elite Shippoku Cuisine are Ohire (fish fin soup), three types of sashimi, braised pork, and Umewan (sweet red bean soup). The Stone-grilled Sea Bream Set is also recommended. The Stone of Neo, Tsushima Island, is used for cooking.

推荐菜 Recommendations

- 漫游卓袱料理 ¥3,570
Bura-bura Shippoku cuisine
- 荷兰商馆长卓袱料理 ¥7,350
Shippoku Kapitan (Captain) course



地址 长崎市锻冶屋町 6-50 停车场 无
营业时间 11:30 ~ 20:30 / 休息日 无
交通 从思案桥电车站步行大约 5 分钟
座位 200 位 (12 间包间)

Address: 6-50 Kajiyamachi
Parking: N/A
Hours: Daily 11:30a.m. - last order 8:30p.m.
Distance: 5 min walk from Shianbashi tram stop-34
Seats: 200 (12 private rooms)

4 料亭 一力 いち りき
料亭 一力 Ryoutei Ichiriki

☎095-824-0226
Map P75-C-2 浜町地区
Hamamachi Area

创业于1813年，恍如感觉到当时的爱国志士的呼吸一般。

长崎历史最悠久的“料亭 一力”位于“龟山社中”附近。将当时出岛的西餐改良创新后的“想咲圆桌料理（10,500日元・另外收取服务费）”是只有百年老店才有的传统与创新菜式。

Founded in 1813, feel the atmosphere of patriots from the late Edo period

It is the first luxurious traditional restaurant "Ryoutei" in Nagasaki. Sousaku tafel(table) cuisine (10,500 yen per person, excluded service charges) is an arranged western cuisine served at Dejima during the Edo period. It is innovation combined with tradition, a creative cuisine developed in this long established restaurant.

推荐菜 Recommendations

- 姬重卓袱料理（仅限于午餐）.....¥2,625
Himeju Shippoku cuisine (lunch only)
- 卓袱料理.....¥10,500（另外收取服务费）
Shippoku cuisine (excluded service charges)



地址 长崎市諏访町 8-20 停车场 5辆
营业时间 12:00 ~ 13:30L、17:00 ~ 19:30L
休息日 不定期
交通 从公会堂前公共汽车站步行大约 10 分钟
座位 8 间包间

Address: 8-20 Suwamachi
Parking: 5
Hours: 12p.m. - last order 1:30p.m. 5p.m. - last order 7:30 p.m. Irregular holidays
Distance: 10 min walk from Kokaidomae bus stop
Seats: 8 private rooms

5 史跡料亭 花月 か げつ
史迹料亭 花月 Historic Ryoutei Kagetsu

☎095-822-0191
Map P76-C-2 思案桥・铜座地区
Shianbashi, Doza Area

创业于1642年・长崎县指定史迹料亭折中于和式、西式、中式格调的卓袱料理是被文人墨客、诸藩文人和华侨们喜爱的乡土料理。现在依然感觉得到长崎丸山影子的史迹料亭・花月，因为明治维新的志士们的光临而闻名于世。

Founded in 1642, Ryoutei Kagetsu is a historic site designated by Nagasaki Prefecture

Shippoku cuisine is a harmony of Japanese, Chinese, and Western dishes. It is a local specialty food of Nagasaki loved by writers, artists, and Chinese visitors. Kagetsu is a famous restaurant with a long and honorable history. Many patriots of the Meiji Restoration visited and thoroughly enjoyed this restaurant.



地址 长崎市丸山町 2-1 停车场 6辆（需要事前预约）
营业时间 12:00 ~ 14:00L、18:00 ~ 20:00L
休息日 不定期（一般星期二休息）
交通 从思案桥车站步行大约 8 分钟
座位 12 间包间

Address: 2-1 Maruyamamachi
Parking: 6 (reservation required)
Hours: 12p.m. - last order 2p.m. 6p.m. - last order 8p.m.
Irregular holidays (mostly Tuesdays)
Distance: 8 min walk from Shianbashi tram stop-34
Seats: 12 private rooms

推荐菜 Recommendations

- 卓袱料理特价午餐.....¥10,080~
Shippoku cuisine service course lunch
- 卓袱料理特价晚餐.....¥13,860~
Shippoku cuisine service course dinner
- 卓袱料理.....¥18,900~
Shippoku cuisine full-course

需要预约 reservation required

6 長崎和食 草花洛 そう から く
长崎日本菜 草花洛 Nagasaki Japanese cuisine Soukaraku

☎095-823-9313
Map P75-C-4 浜町地区
Hamamachi Area

享受长崎特有的传统料理

草花洛是从招牌菜“鲷鱼的盐釜烧”到用长崎特有的烹饪方法制作的时令菜肴的创新日本料理店。长崎天妇罗（1,200日元）、长崎凤鸡炸鸡（780日元）等等，让您轻松地品尝到长崎的家乡菜，这也是它的魅力之一。

Please enjoy Nagasaki traditional dishes

Including the famous dish 'Baked Sea Bream in a Salt Crust', you can taste the creative Japanese cuisine with seasonal ingredients. With dishes such as Nagasaki tempura (1,200 yen) and Nagasaki deep fried chicken 'Go-ren' (780 yen), Nagasaki local dishes will fascinate you, and are readily available.



地址 长崎市锻冶屋町 5-78 停车场 无
营业时间 11:30 ~ 14:00、17:00 ~ 21:30L
休息日 不定期
交通 从思案桥车站步行大约 5 分钟
座位 餐桌 8 位、柜台 8 位、包间 5 间（2 位 ~ 50 位）

Address: 5-78 Kajiyamachi
Parking: N/A
Hours: 11:30a.m. - 2p.m. 5p.m. - last order 9:30p.m. Irregular holidays
Distance: 5 min walk from Shianbashi tram stop-34
Seats: 8 table seats, 8 counter seats, 5 private rooms (2 to 50 persons)

推荐菜 Recommendations

- 鲷鱼的盐釜烧.....¥5,250
Baked Sea Bream in a Salt Crust
- 河鲀套餐.....¥8,000
Fuku (Puffer fish) course

需要预约 reservation required

7 長崎ホテル 清風 せい ふう
长崎大酒店 清风 Nagasaki Hotel Seifu

☎095-861-8181
Map P74-B-2 稻佐山地区
Mt. Inasa Area

日出、夜景……眺望闪耀的长崎

长崎大酒店的全部客房都是面向大海的绝景酒店。最上层的展望餐厅是最值得推荐的，让您感动的长崎全景尽收眼底。因为从 JR 长崎站前有接送的巴士（需要预约），所以大家庭和团体客人都可以放心使用。

View the beautiful sunrise and brilliant night view of Nagasaki Seifu is a superb hotel with all rooms having ocean views. The recommendation is the restaurant on the top floor where you can enjoy a panoramic view of Nagasaki. Shuttle buses for families and groups from Nagasaki station are available (reservation required).



地址 长崎市大鸟町 523 停车场 35 辆 需要事前预约
营业时间 11:30 ~ 13:00L、17:30 ~ 20:00L
休息日 无
交通 从 JR 长崎站步行大约 10 分钟
座位 70 桌（日式榻榻米最多容纳 200 位、椅子・餐桌最多容纳 350 位）

Address: 523 Ootorimachi
Parking: 35 (reservation required)
Hours: Daily 11:30a.m. - last order 1 p.m. 5:30 p.m. - last order 8 p.m.
Distance: 10 min drive from Nagasaki station
Seats: 70 (A Tatami mat room with a max 200 persons, Western rooms with a max 350 table seats)

推荐菜 Recommendations

- 午餐.....¥1,600~（8 位以上）
Lunch (min 8 persons)
- 卓袱料理.....¥4,200~（2 位以上）
Shippoku cuisine (min 2 persons)
- 卓袱料理（包间）.....¥5,250~（4 位以上）
Shippoku cuisine in private rooms (min 4 persons)

◎ 会席料理也是相同的价格
*Japanese Kaiseki (full-course) cuisine is provided at the same price

需要预约 reservation required

8 料亭 橋本

料亭 橋本 Ryoutei Hashimoto

☎ 095-825-2001
Map P77-C-1 新大工地区
Shindaiku Area

享受四季美景的纯日本式料亭

以樱花出名的纯日本式料亭，它的庭院很值得一看。压轴景色是秋天的红叶和胡枝子，春天的樱花放灯夜景就是这里的压轴好戏了。

Enjoy the great views of all four seasons at this traditional Japanese Ryoutei

Ryoutei Hashimoto is located at a famous cherry blossom viewing place. The Japanese traditional yard presents different views of the changing seasons. You can enjoy the "Hashimoto taste" with carefully selected ingredients.



推荐菜 Recommendations

- 卓袱料理・会席料理 (午餐・晚餐) ... ¥13,860~
Shippoku cuisine, Kaiseki cuisine Lunch or dinner
- 卓袱料理 (午餐) ... ¥8,000~
Shippoku cuisine Lunch
- 会席料理 (午餐) ... ¥10,000~
Kaiseki cuisine Lunch
- 卡罗维发利会席料理 (午餐) ... ¥6,500
Karuru Kaiseki cuisine Lunch

* 价格内包含了消费税和服务费 * 午餐 4 位以上开始供应
* Taxes and service charges included, lunch min 4 persons

需要预约 reservation required

地址 长崎市川町 1-4-5 停车场 4 辆 需要事前预约
营业时间 12:00 ~ 15:00、17:00 ~ 22:00
休息日 不定期
交通 从新中川町电车站步行大约 3 分钟
座位 包间 7 间、大厅 150 位 (椅子座位 90 位左右)

Address: 1-4-5 Nakagawamachi
Parking: 4(reservation required)
Hours: 12 p.m. - 3 p.m. 5 p.m. - 10 p.m. Irregular holidays
Distance: 3 min from Shin Nakagawa-Machi tram stop-41
Seats: 7 private rooms, banquet hall for 150 (90 table seats)

10 酒菜処 のさ庵

酒菜处 Nosa 庵 Restaurant Nosaan

☎ 095-824-0031
Map P75-C-4 浜町地区
Hamamachi Area

想过一个有点儿奢华的夜晚吗?

招牌菜是有着鲜美高汤和口感鲜嫩的水菜的美味鲸鱼火锅。朱漆的圆桌、精心挑选的器皿、精致的拼盘等等，口味和氛围都深受女士们的好评。

Spend a luxurious night here!

The special dish is a hot pot dish of potherb mustard and whale meat with soup stock. The vermillion-lacquered table, selected dishes, fine arrangements, taste, and ambiance are attractive especially by female guests.



推荐菜 Recommendations

- 和风膳 ¥1,580
Japanese set
- 特色烟熏拼盘(晚餐) ¥1,050
Homemade smoked dishes (dinner only)
- 鲸鱼脚啫啫火锅(晚餐・2 位以上) ¥2,500/位
Whale harihari pot (dinner only, min 2 persons) per person

地址 长崎市锻冶屋町 6-54 停车场 无
营业时间 11:30 ~ 14:00L、17:00 ~ 23:00L
休息日 无
交通 从思案桥电车站步行大约 3 分钟
座位 150 位 (柜台10位、包间14间)
Address: 6-54 Kajiyamachi Parking: N/A
Hours: Daily 11:30a.m. - last order 2 p.m. 5p.m. - last order 11 p.m.
Distance: 3 min walk from Shianbashi tram stop-34
Seats: 150 seats (10 counter seats, 14 private rooms)

9 長崎老舗料亭 富貴楼

长崎老舗料亭 富貴楼 Nagasaki's old-established Ryoutei Fukuro

☎ 095-822-0253
Map P77-A-1 新大工地区
Shindaiku Area

在历史文物中享受不同级别的瞬间
有着接待贵族和皇宫官员用餐的历史。既是文物又是纯日式料亭。一边感受它凛然的风格，一边品尝卓袱料理，真是别有一番风味。中午的迷你卓袱料理也很值得推荐。

A special moment at an important cultural site

Fukuro is a registered tangible cultural property of Japan. Many aristocracies and dignitaries visited this traditional Japanese style restaurant during its long and continued history. Experience Shippoku cuisine in a dignified environment.



推荐菜 Recommendations

- 卓袱料理 ¥11,340~¥25,200
Shippoku cuisine
- 迷你卓袱料理 (只限于午餐) ¥6,300
Mini Shippoku cuisine (lunch only)

地址 长崎市上西山町 5-4 停车场 有 (根据来店顺序)
营业时间 11:30 ~ 20:00L 休息日 不定期
交通 从諏访神社电车站步行大约 3 分钟
座位 全部都是包间 8 间，椅子座位 (最多容纳 80 位) 可

Address: 5-4 Kaminishiyamamachi
Parking: Av. in order of arrival
Hours: 11:30a.m. - last order 8p.m. Irregular holidays
Distance: 3 min walk from Suwajinja-Mae tram stop-39
Seats: 8 private rooms, 80 table seats

11 和食 よひら

日本菜 Yohira Japanese cuisine Yohira

☎ 095-824-3450
Map P76-B-2 思案桥・铜座地区
Shianbashi, Doza Area

店名源于长崎市花“绣球花”的季节语“四葩”
从思案桥往里走，这座有着 140 年历史的带有街门的建筑就会出现在您的眼前。总共有 17 间包间，每一间都有自己的风格。在这里品尝的长崎日本料理，它不同级别的享受就不需要太多的解释了。

The seasonal word "Yohira" is a local Nagasaki city plant, the Hydrangea

You can see the stately gate of 140-year-old architecture when entering the interior from Shianbashi. There are 17 private rooms which have individual layouts. Enjoying Nagasaki Japanese cuisine in this historical environment is exceptional.



推荐菜 Recommendations

- 季节笼盛套餐(午餐) ¥1,890~
Seasonal basket (lunch)
- 会席料理“珊瑚”(晚餐) ¥5,250~
Kaiseki Cuisine "Coral" (dinner)
- 酒菜套餐(晚餐) ¥5,250~
Sakana course (dinner)

地址 长崎市船大工町 5-7 停车场 无
营业时间 11:30 ~ 14:00、17:00 ~ 21:30L
休息日 无
交通 从思案桥电车站步行大约 5 分钟
座位 160 位 (柜台 6 位、包间 17 间 (2 ~ 50 位))
Address: 5-7 Funadaikumachi Parking: N/A
Hours: Daily 11:30a.m. - 2 p.m. 5p.m. - last order 9:30 p.m.
Distance: 5 min walk from Shianbashi tram stop-34
Seats: 160 seats (6 counter seats, 17 private rooms 2 to 50 persons)

12 創作料理と鉄板焼 秋月

ガーデンテラス長崎ホテル&リゾート あきづき

庭院露台长崎酒店度假胜地 创作菜和铁板烧 秋月

Garden Terrace Nagasaki Hotel & Resorts Japanese Kaiseki and Teppan-yaki Akizuki

☎095-864-7772

Map P74-A-2 稻佐山地区
Mt. Inasa Area

从料理和街景中体会长崎的历史

到了夜晚，视线的前方就是璀璨的长崎夜景。在这个和夜空融为一体的空间里，您可以品尝到当地的蔬菜和岩峰的铁板烧。一边眺望孕育了长崎饮食文化的街景，一边品尝卓袱料理真是别有一番风味。

Sense the history of Nagasaki with these dishes and cityscape

Nagasaki has sparkling night views after sunset, and the lights from houses and street lamps join the sky. Enjoy locally produced vegetables and Iki beef on an iron hot plate. Enjoy Shippoku cuisine with beautiful night views.

推荐菜 Recommendations

- 卓袱料理 ¥12,000、¥15,000
Shippoku cuisine (内含消費税和服务费)
- 铁板烧晚餐 ¥6,000
Teppan-yaki (hot plate) dinner (内含消費税和服务费)

*Taxes and service charges included



地址 长崎市秋月町2-3 中心露台2楼 停车场 100 辆

营业时间 11:00 ~ 14:00L、17:00 ~ 21:00L

休息日 无

交通 从 JR 长崎站步行大约 10 分钟

座位 53 位 (柜台 9 位、餐桌 20 位、日本榻榻米 24 位)

Address: Center Terrace 2F, 2-3 Akizukicho Parking: 100

Hours: Daily 11a.m. ~ last order 2p.m. 5p.m. ~ last order 9 p.m.

Distance: 10 min drive from Nagasaki station

Seats: 53 seats (9 counter seats, 20 table seats, 24 tatami mat seats)

13 鮨ダイニング 天空

ガーデンテラス長崎ホテル&リゾート てんくう

庭院露台长崎酒店度假胜地 寿司厨房 天空

Garden Terrace Nagasaki Hotel & Resorts Sushi Dining Tenku

☎095-864-7717

Map P74-A-2 稻佐山地区
Mt. Inasa Area

用长崎海鲜制作的创新菜

盐、柚子胡椒等等根据不同的素材来蘸不同的调味料，这样的话更能体会到素材本身的鲜味。午餐的“箱重寿司膳”中包含了五岛乌冬面、茶碗蒸、7 贯寿司和日式甜品总共 6 道菜。

Nagasaki fish served in a variety of arrangements

The Chef seasons the ingredients with salt, pepper, or citrus paste with the aim to enhance the dishes' delicate flavors. The lunch "Hakouji sushi zen" includes Goto Udon (noodles), Chawan-mushi (a savory custard cup), 7 Nigiri-zushi (hand rolled sushi) and Japanese sweets.



地址 长崎市秋月町2-3 别馆 停车场 100 辆

营业时间 11:00 ~ 14:00L、17:00 ~ 21:00L

休息日 无

交通 从 JR 长崎站步行大约 10 分钟

座位 30 位 (柜台12位、包间3间 (2 ~ 18位))

Address: Annex, 2-3 Akizukicho Parking: 100

Hours: Daily 11a.m. ~ last order 2p.m. 5p.m. ~ last order 9 p.m.

Distance: 10 min drive from Nagasaki station

Seats: 30 (12 counter seats, 3 private rooms (2 to 18 persons))

推荐菜 Recommendations

- 箱重寿司膳 (只限于午餐) ¥3,000
Hakouji sushi zen (lunch only) (内含消費税和服务费)
- 菖蒲 ¥8,000
Ayame (内含消費税和服务费)

*Taxes and service charges included

14 割烹 こじま

割烹 Kojima Kappo Kojima

☎095-827-1696

Map P76-B-1 思案桥・铜座地区
Shianbashi, Doza Area

用心的纯手工的味道

本店使用了长崎当地收获的蔬菜、海鲜会由 7 位厨艺精湛的厨师为您烹调。有长崎河鲀的“河鲀鱼套餐”(2 位以上・需要预约)，还有长崎特产的涮鲸鱼火锅也非常美味。在优雅的包间里享受美味佳肴也是一件很值得高兴的事。

Heartfelt, handmade

Kappo Kojima has seven expert chefs who arrange Nagasaki local ingredients and provide dishes to Nagasaki locals, businessmen and tourists. The "Fugu course" (from 2 persons, reservation required) which uses Nagasaki-caught puffer fish, and "Kujira Shabu-shabu" (thinly sliced whale meat boiled quickly in a simmering pot) are famous.

推荐菜 Recommendations

- 厨师长推荐套餐 ¥5,250~
The Chef's special course
- 涮鲸鱼套餐 ¥6,300
Kujira Shabu-shabu course
- 东坡肉定食 ¥1,050
Braised Pork set
(另有 8 种定食) (Other 8 Sets are available)
※套餐 2 位以上开始供应 Courses are available from 2 persons.



地址 长崎市铜座町 14-14 停车场 无

营业时间 11:30 ~ 14:00、17:00 ~ 21:00

休息日 不定期

交通 从观光电车站步行大约 3 分钟

座位 70 位

Address: 14-14 Dozamachi

Parking: N/A

Hours: 11:30a.m. ~ 2 p.m. 5p.m. ~ 9p.m. Irregular holidays

Distance: 3 min walk from Kanko-Dori tram stop-33

Seats: 70

15 坂本屋別館 長崎三昧

坂本屋別館 长崎三昧 Sakamoto Ya Bekkan Nagasaki Zanmai

☎095-826-8211

Map P78-B-1 县厅・海边地区
Prefectural office, Bay Area

享受东坡肉糯糯的让人陶醉的口感

花两天时间慢慢炖煮的东坡肉是本店的招牌菜。从汤、温泉鸡蛋、到餐后甜品都包含在内的东坡肉盖浇饭 (860 日元)、竹叶蒸饭也很美味的东坡肉套餐，只有在老字号才能提供给您的服务，一定让您大饱口福。

Gently braised pork

It takes two days to cook their braised pork, "Kakuni don" (braised pork bowl, 860 yen) is served with clear soup, Onsen Tamago (a boiled egg cooked in hot spring water) and dessert. Please enjoy the warm-hearted service and old history of Nagasaki Zanmai.



地址 长崎市金屋町 2-4 停车场 36 辆

营业时间 11:00 ~ 14:30L

休息日 星期日、国定假期

交通 从五岛町车站步行大约 5 分钟

座位 椅子座位 28 位、包间 2 间

Address: 2-4 Kanayamachi

Parking: 36

Hours: Mon-Sat exc. Natl. holidays 11a.m.-last order 2:30p.m.

Distance: 5 min walk from Goto-machi tram stop-28

Seats: 28 seats, 2 private rooms

推荐菜 Recommendations

- 东坡肉日式盒饭 ¥1,180
Kakuni Meshi Ju (braised pork rice box)
- 东坡肉膳 ¥1,480
Toubani Zen (braised pork set)

16 海鮮市場 長崎港

ながさき こう

海鮮市場 長崎港
Seafood Market Nagasakikou

出岛码头店
Dejima Wharf branch
☎ 095-811-1677
Map P78-A-2 县庁・海辺地区
Prefectural office, Bay Area

新地店
Shinchi branch
☎ 095-895-9179
Map P76-C-1 新地・出岛地区
Shinchi, Dejima Area

長崎駅前店
Nagasaki Ekimae branch
☎ 095-823-1550
Map P77-B-2 JR 長崎站周边地区
Nagasaki JR Station Area

新鲜的海味在“长崎港”里大集合！
分量充足的生鱼片盖浇饭很有人气。

招牌菜是奢侈地使用了长崎近海和产地直接运送的海鲜制作的盖浇饭。被大量的海鲜盖住后几乎看不到下面的米饭，从视觉和味觉上都是绚烂豪华的。人气菜单有三文鱼、鲑鱼、金枪鱼、海胆、鲑鱼子等犹如“海洋的宝石箱”般的海鲜盖浇饭。其他还有本地海鲜拼盘（2~3人份）2,940日元（包含消费税），寿司和鲸鱼，呼子・野崎的鲑鱼等等，汇总了长崎鲜美的海鲜。从旅游景点出发的话，交通十分方便的出岛、JR长崎站、新地3家店铺，请一定来海鲜的天堂・长崎亲身体验一下！

Freshly caught seafood in Nagasakikou
“Kaisendon” A generous serving of seafood topped on a bowl of rice

Famous dishes include the seafood “Donburi” (bowl of rice with seafood on top) which uses the inshore freshest seafood from Nagasaki. The popular “Kaisendon” includes salmon, cuttlefish, tuna, sea urchin and salmon roe, just like a “Jewel Box” from the sea. The local raw fish sushi assortment (for 2 to 3 persons) at 2,940 yen, includes whale and cuttlefish from Nomosaki or Yobuko. Three branches (Dejima Wharf branch, Shinchi branch, Nagasaki Ekimae branch) are easy to access and close to Nagasaki tourist sites. Please come and experience the fresh texture of this colorful seafood, because Nagasaki is the heaven of sea creatures.

推荐菜 Recommendations

- 海鲜盖浇饭 Kaisendon (Seafood bowl) ... ¥1,680
- 本地盖浇饭 Jigendon (local specialty bowl) ... ¥1,575
- 高级海胆盖浇饭 Tokyu Union (Extra fine Sea Urchin bowl) ... ¥1,890

- 北海盖浇饭 Hokkaidon (Northern seas bowl) ... ¥1,995
- 鲑鱼生鱼片(整条) Cuttlefish sashimi ... ¥2,100~



出岛码头店
地址 长崎市出岛町 1-1 出岛码头 1 楼
停车场 有
营业时间 11:00 ~ 22:00L
休息日 无
交通 从出岛电车站步行 2 分钟
座位 80 位

Dejima Wharf branch
Address: Dejima Wharf 1F, 1-1 Dejima-machi
Parking: Av.
Hours: Daily 11 a.m. - last order 10 p.m.
Distance: 2 min walk from Dejima tram stop-30
Seats: 80

新地店
地址 长崎市铜座町 3-15 小川大楼 1 楼
停车场 无
营业时间 11:00 ~ 22:00L
休息日 无
交通 从新地客运中心步行大约 5 分钟
座位 73 位

Shinchi branch
Address: Ogawa building 1F, 3-15 Dozomachi
Parking: N/A
Hours: Daily 11 a.m. - last order 10 p.m.
Distance: 5 min walk from Shinchi bus terminal
Seats: 73

長崎駅前店
地址 长崎市大黒町 7-4
停车场 无
营业时间 11:00 ~ 14:00、17:00 ~ 22:00L
休息日 星期日
交通 从长崎站前电车站步行大约 2 分钟
座位 50 位

Nagasaki Ekimae branch
Address: 7-4 Daikokumachi
Parking: N/A
Hours: Mon- Sat 11 a.m. - 2 p.m. 5 p.m. - last order 10 p.m.
Distance: 5 min walk from Nagasaki Eki-Mae tram stop-27
Seats: 50

17 とんかつ 浜勝 本店

はま かつ

炸猪排 浜胜总店 Tonkatsu Hamakatsu Honten

琳琅满目的美味可以供您选择

创业 50 年的炸猪排专卖店。“什锦炸排定食”是最值得推荐的人气 NO.1 的定食套餐。炸里脊排、炸鸡排、荷兰炸排、奶油可乐饼和浜胜人气炸排的组。挑选白米饭或者大麦饭，卷心菜也可以挑细丝或者片状等等，“挑这挑那”也是一种乐趣。

A delicious menu you can choose from Hamakatsu has a 50 years history, and the recommendation is the “Variety set” served with a pork cutlet, chicken cutlet, and cream croquette. You can enjoy many popular deep fried dishes at one sitting. The set is served with rice or wheat rice, shredded cabbage or square cut cabbage, and it is fun to choose what kind of side dishes you want.

推荐菜 Recommendations

- 什锦炸排定食 Variety Set ¥1,390



地址 长崎市银冶町 1-14 停车场 无
营业时间 11:00 ~ 23:00 休息日 无
交通 从思案桥电车站徒步大约 5 分钟
座位 63 位、柜台 10 位

Address: 1-14 Kajiyamachi
Parking: N/A
Hours: Daily 11 a.m. - 11 p.m.
Distance: 5 min walk from Shianbashi tram stop-34
Seats: 63 table seats, 10 counter seats

18 新鮮食彩市むら

いち

新鲜食彩 市 mura Shinsen Shokusai Ichimura

☎ 095-838-6011

Map P79 东长崎地区
Higashi Nagasaki Area

窗外的橘湾、奢侈的河鲑鱼套餐最具人气
一年间无论什么时候都能够品尝到的河鲑鱼“福祿大餐”，从河鲑鱼的生鱼片到炸河鲑鱼、河鲑鱼什锦火锅、河鲑鱼泡饭还有餐后甜品都包含在内一共 5,250 日元。有可以看到橘湾的座位，一边看海景一边享受时令海鲜真的是很幸福。晚餐的套餐从 4,200 元起（需要预约）。

You can see Tachibana bay outside from the windows. The luxury puffer fish course is popular The “Fuku Course” (5,250 yen) includes puffer fish served many ways, such as sashimi, deep fried, and in stew. It is great entertainment to have a seafood meal overlooking Tachibana bay. The dinner course starts from 4,200 yen (reservation required).

推荐菜 Recommendations

- 鲸鱼拼盘 Whale sashimi ¥2,200
- 每日午餐 Daily lunch ¥710



地址 长崎市 KAKI 道 1-1-34 停车场 30 辆
营业时间 11:30 ~ 14:00L、17:00 ~ 21:00L
休息日 星期二

交通 从县营公共汽车 KAKI 道桥站步行大约 1 分钟
座位 餐桌 18 位、柜台 6 位、包间 6 间 (2 ~ 40 位)
Address: 1-1-34 Kakidou Parking: 30
Hours: Daily exc. Tue. 11:30 a.m. - last order 2 p.m. 5 p.m. - last order 9 p.m.
Distance: 1 min walk from Kakidouhashi bus stop
Seats: 18 table seats, 6 counter seats, 6 private rooms (from 2 to 40 persons)

19 天ぷら・割烹のだ

天妇罗・割烹 Noda Tempura Kappo Noda

☎095-828-7787

Map P75-C-4 浜町地区
Hamamachi Area

散发着时令香味的最高级天妇罗

虾使用的是天然对虾、蔬菜使用的是品质优良的时令蔬菜。这里的天妇罗能够吃出素材原有的甜味和鲜味来。花间用文火慢慢炖煮的牛舌西式浓汤（2,625日元）非常值得推荐。

Nagasaki seasonal ingredients are used to cook the best Tempura

Japanese tiger prawn and seasonal vegetables are deep-fried in batter; this method brings out the original sweetness from ingredients. Stewed Japanese beef (2,625 yen) is also a popular recommendation.



推荐菜 Recommendations

- 天妇罗套餐 ¥5,250
Tempura cuisine
- 西京烧鲷鱼 时价
Saikyo-yaki (grilled with miso bean paste made in Kyoto) sea bream at the current price.
- 推荐套餐 ¥8,400
The Chef's special course

地址 长崎市鍛冶屋町 6-24 停车场 无

营业时间 12:00 ~ 13:30L、17:00 ~ 22:00

休息日 星期日

交通 从思案桥电车站步行大约 5 分钟

座位 柜台 8 位、包间 2 间（2 ~ 20 位）

Address: 6-24 Kajiyamachi Parking: N/A

Hours: Mon-Sat 12p.m. - last order 1:30 p.m. 5p.m. - 10p.m.

Distance: 5 min walk from Shianbashi tram stop-34

Seats: 8 counter seats, 2 private rooms (2 to 20 persons)

20 いけ洲居酒屋むつ五郎

鱼池居酒屋 Mutsu 五郎 Ikesu Izakaya Mutsugoro

☎095-826-6560

Map P77-A-1 新大工地区
Shindaiiku Area

天然・新鲜活鱼居然能如此鲜美

店内有一个很大的鱼池，里面游着长崎当地的天然海鲜。点菜之后，马上会从鱼池里挑选海鲜当场宰杀所以新鲜程度完全不一样。其中数“活鲑鱼生鱼片”和“长崎野母崎竹荚鱼生鱼片”最值得推荐。

The freshest natural delicious fish

Nagasaki local fishes are in a big water tank. The chef slaughters the fish after the customer orders. The richly flavorful fish is different from frozen ones. The most famous dishes on the menu are "cuttlefish sashimi" and "Nomon Horse Mackerel sashimi". Please enjoy the pleasant texture and distinctive flavor.



地址 长崎市八幡町 9-8 停车场 有

营业时间 11:00 ~ 13:30、17:00 ~ 21:30

休息日 无

交通 从諏访神社电车站步行大约 5 分钟

座位 柜台 14 位、包间 6 间，最多容纳 100 位

Address: 9-8 Yahatamachi Parking: Av.

Hours: Daily 11a.m.-1:30p.m. 5p.m.-9:30p.m.

Distance: 5 min walk from Suwayjinja-Mae tram stop-39

Seats: 14 counter seats, 6 private rooms, max 100 persons

推荐菜 Recommendations

- 活鲑鱼(整条) ¥2,400 ~
Cuttlefish sashimi
- 长崎野母崎竹荚鱼生鱼片(整条) ¥2,400 ~
Nomon Horse Mackerel sashimi

21 ゆうき寿司

Yuuki 寿司 Yuuki Sushi

☎095-824-2807

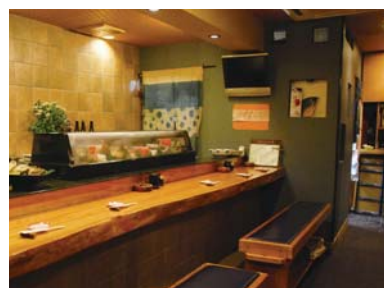
Map P76-B-1 思案桥・铜座地区
Shianbashi, Doza Area

在这里能够品尝到新鲜的海鲜和展现厨师手艺的寿司

常客特别多的老字号寿司店。柜台里摆放了长崎近海捕获到的海鲜，有着常年经验的厨师用他精湛的手艺和新鲜的海鲜捏出的寿司别有一番风味。还有牛里脊肉的陶板烧等等，五岛牛的料理也很值得品尝。

Fresh fish sushi made with great skill

Yuuki Sushi has many regular customers. The Nagasaki local fish are displayed behind a glass box on the counter. Expert sushi chefs make delicious "Nigiri-zushi" (hand-rolled sushi). Yuuki Sushi also provides Grilled beef fillet served on a porcelain plate.



地址 长崎市铜座町 15-19 停车场 无

营业时间 18:00 ~ 次日 2:00

休息日 不定期（一般为星期日）

交通 从观光通电车站步行大约 3 分钟

座位 35 位（柜台 12 位、日式榻榻米 23 位）

Address: 15-19 Dozomachi Parking: N/A

Hours: 6 p.m.-2 a.m. Irregular holidays (mostly Sundays)

Distance: 3 min walk from Kanko-Dori tram stop-33

Seats: 35 seats, 12 counter seats, 23 Tatami mat seats

推荐菜 Recommendations

- 鲸鱼拼盘 ¥2,000 ~
Whale meat sashimi
- 牛里脊肉陶板烧 ¥2,100
Gyuhire Toubanyaki (Grilled beef fillet on a porcelain plate)

22 吉宗

吉宗 Yosso

☎095-821-0001

Map P75-B-3 浜町地区
Hamamachi Area

创业 140 多年，受到长崎人经久不衰地喜爱在全国享有盛名的“元祖茶碗蒸”的百年老字号。配有 11 种山珍海味的特制茶碗蒸和三色蒸寿司在这里被叫做“御一人前”，是本店的招牌菜。用木牌敲打出响声来迎接客人是从以前就流传下来的迎接方式。

Continued to be loved by Nagasaki locals for 140 years

Yosso is well known all over Japan, and is the first restaurant to sell "Chawan-mushi" (a savory custard cup). The "Goichininmae" is the standard set menu which has 11 ingredients from the mountains and the sea inside of the Chawan-mushi, and three-colored steamed sushi. Yosso staff hit wood tags to welcome customers when they arrive.



地址 长崎市浜町 8-9 停车场 无

营业时间 11:00 ~ 20:00L 休息日 元旦

交通 从观光通电车站步行大约 2 分钟

座位 1 楼 桌子 7 桌、柜台 6 位

2 楼 小厅 20 ~ 30 位、大厅 40 ~ 50 位

Address: 8-9 Hamanomachi Parking: N/A

Hours: 11a.m. - last order 8p.m. exc. a New Year holiday

Distance: 2 min walk from Kanko-Dori tram stop-33

Seats: 1F: 7 table seats, 6 counter seats
2F: small private room (20 to 30 persons), large private room (40 to 50 persons)

推荐菜 Recommendations

- 鲭鱼寿司 ¥1,050
Battera (Mackerel sushi)
- 茶碗蒸套餐 ¥1,785
Chawan-mushi set

23 割烹 ひぐち 浦上本店

割烹 樋口 浦上本店 Kappo Higuchi Urakamihonten

☎095-844-5522

Map P79-B-3 JR 浦上站周边地区
Urakami JR Station Area

创业 58 年来深受长崎人的喜爱
它平易近人的价格和味道一直都没有改变
长崎人说道“樋口”时，有很多人会说“从我父母这一辈就开始吃了”。它深受喜爱的原因是因为每天都从鱼市场采购最新鲜的本地鱼，创业于 1955 年日积月累的美味。它的价格也是很平易近人的。东坡肉、长崎天妇罗、虾土司、长崎的美味在一顿饭里都能够品尝到的卓袱御膳（1,774 日元），价格实惠。距离 JR 浦上站非常近。

58 years of history in Nagasaki

Keep the same taste as the old times, at reasonable prices
Higuchi is a well-liked Kappo Japanese cuisine restaurant known by local people. Shippoku cuisine (1,774 yen) includes braised pork, Nagasaki tempura, *Hatoshi* (Shrimp toast) and more. Higuchi is located near the Urakami Station which is very easy to access.

推荐菜 Recommendations

- 长崎御膳 ¥1,459
Nagasaki Gozen
- 时令生鱼片拼盘 (3 ~ 4 人份) ¥2,089
Sashimi set (3 to 4 persons)



◎卓袱御膳 1,690 日元 (含消费税 1,774 日元)
Shippoku Gozen 1,690yen (1,774incl. Tax)
地址 长崎市岩川町 1-10 停车场 有
营业时间 11:00 ~ 21:20L 休息日 无
交通 JR 浦上站附近、浦上站前电车站附近
座位 300 位 (柜台 23 位、大厅 120 位、宴会最多容纳 140 位)
Address: 1-10 Iwakawamachi Parking: Av.
Hours: Daily 11a.m. - last order 9:20 p.m.
Distance: 1 min from Urakami Station or Urakami Eki-Mae tram stop-22
Seats: 300 seats (23 counter seats, banquet hall 120 seats max 140 persons)

24 和モダン 今かご

日本摩登菜 今笼 Wa modern Imakago

☎095-821-6358

Map P75-C-4 浜町地区
Hamamachi Area

悠闲地度过长崎的精髓时刻

本店位于崇福寺附近。比起传统的日本料理这里使用了时令的食材，用最美味的烹调方法做出了创新的菜肴。在午餐时段也可以品尝到这里的美味。有 6 种让人赏心悦目的午间套餐可以供您挑选。

Enjoy your stay in Nagasaki

Imakago is located on the street of Sofukuji-dori. The tastiest seasonal ingredients are used to make their creative cuisine. You can enjoy visually vivid and pleasing dishes with excellent flavors from lunch time. There are 6 types of changing lunch sets from season to season.

推荐菜 Recommendations

- 今笼套餐 (午餐) ¥2,100
Imakago Ju (lunch box)
- 今笼膳 (午餐) ¥1,300
Imakago Zen (lunch set)
- 今笼会席 (晚餐) ¥3,500 ~
Imakago Kaiseki (full-course dinner)



地址 长崎市锻冶屋町 6-25 Amity 崇福寺通 1 楼
营业时间 11:30 ~ 14:00L、18:00 ~ 21:30L
休息日 不定期 停车场 无
交通 从思案桥电车站步行大约 5 分钟
座位 28 位 (柜台 8 位、包厢 18 位)
Address: Amity Sofukuji-dori 1F, 6-25 Kaijiyomachi Parking: N/A
Hours: 11:30a.m.-last order 2 p.m. 6p.m.-last order 9:30p.m. Irregular holidays
Distance: 5 min walk from Shianbashi tram stop-34
Seats: 28 seats (8 counter seats, 18 box seats)

25 日本料理 縁粹

日本菜 缘粹 Japanese cuisine Ensui

☎0120-201-888

Map P75-B-2 浜町地区
Hamamachi Area

在长崎的老式街屋里品尝时令佳肴

坐在日式榻榻米上欣赏里院的风光，店内的深处保留了原有的仓库坐席，本店是保留了长崎古风街屋风情的日本料理店。午餐时间有价格实惠的御膳从 840 日元起，晚上的宴会从 3,000 日元起。

Seasonal ingredient flavors in a Nagasaki old style house

Ensui is a reformed warehouse restaurant, and customers can sit on Tatami seats and overlook the courtyard. You can feel the old Nagasaki townscape in Ensui. Lunch is available at reasonable prices from 840 yen. Kaiseki Dinner is from 3,000 yen.

推荐菜 Recommendations

- 缘会席 ¥5,000
En Kaiseki
- 粹会席 (需要预约) ¥7,000
Sui Kaiseki (reservation required)



地址 长崎市银屋町 2-12 停车场 无
营业时间 11:30 ~ 14:00L、17:00 ~ 20:00L
休息日 无
交通 从厩桥电车站步行大约 5 分钟
座位 包间 10 间 (2 ~ 50 位)
Address: 2-12 Ginyamachi Parking: N/A
Hours: Daily 11:30a.m.-last order 2p.m. 5p.m.-last order 8p.m.
Distance: 5 min walk from Nigiwaibashi tram stop-37
Seats: 10 private rooms (2 to 50 persons)

26 喜助うどん

喜助乌冬面 Kisuke Udon

☎095-825-9745

Map P77-B-1 新大工地区
Shindaiku Area

细面和微甜高汤的“长崎乌冬面”

本店位于諏访神社的脚下的新大工商业街内。本店的乌冬面是细圆的面条，有点微甜的高汤是这里的特色。为了吃到只有这里才有的“长崎乌冬面”而来的祖孙三代的常客很多。

Thin Nagasaki Udon noodles served in a sweet stock soup

Kisuke Udon is located on Shindaiku-Machi shopping street near Suwa Shrine. Only in Kisuke can you try this specialty Nagasaki Udon. There are many fans coming to dine with parents and children from three generations.

推荐菜 Recommendations

- 牛蒡乌冬面 ¥500
Gobo (burdock) Udon
- 炸鸡定食 (配有迷你乌冬面) ¥700
Karage (Deep fried chicken) set with mini Udon
- 猪排饭 (配有迷你乌冬面) ¥780
Katsu don (Pork cutlet bowl) with mini Udon



地址 长崎市新大工町 5-15 停车场 无
营业时间 10:00 ~ 20:00 休息日 无
交通 从新大工町电车站步行大约 3 分钟
座位 84 位 (柜台 8 位)
Address: 5-15 Shindaikumachi Parking: N/A
Hours: Daily 10a.m.-8p.m.
Distance: 3 min walk from Shindaiku-Machi station tram stop-40
Seats: 84 seats (8 counter seats)