



葉侖卉 Michel Cason 經營者與行政主廚

Mianto艾果豐用無奶蛋，無蜂蜜，無酒精與無化學添加物的低碳環保全植物性創意多國料理搭配時尚設計，讓貴賓們有不同凡響的蔬食體驗。



套餐組 SET MEALS

Set A \$ 588

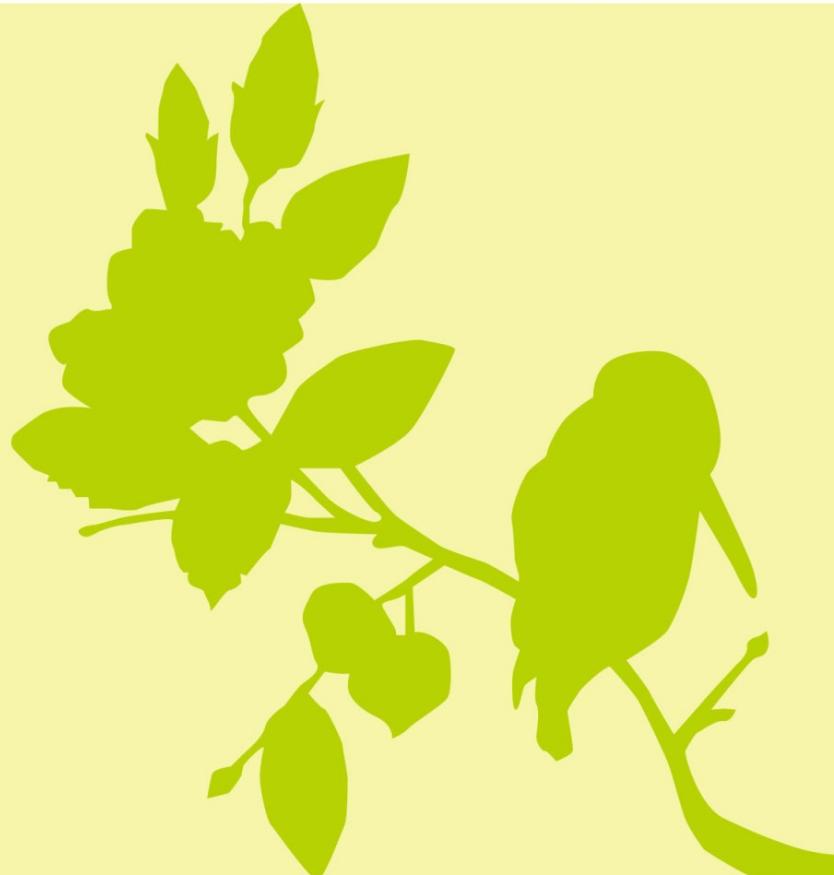
- 1 當日湯品 Soup of the Day p6
- 2 主餐A 任選 Any Set A Main Course p8~p14
- 3 當日驚喜甜點 任選一 Dessert /Choose 1
巧克力旦糕，南非奶酪布丁派 Chocolate Cake / South African Mylktart
蘋果派 Apple Strudel
當日冰淇淋 Ice Cream of the day
- 4 小杯飲品選一 Beverage Choose 1 (small)
覆盆莓與蔓越莓綜合果汁 Raspberry and Cranberry Juice
蘋果汁 Apple Juice
美式咖啡 冰或熱 Black Coffee Hot or Cold
當日茶品 Tea of the day
卡布奇諾 Cappuccino

點B套餐主餐需加50元，披薩需加80元
Order Set B Main Course +\$50 Pizza +\$80

內用餐點均酌收10%服務費
Prices exclude a 10% service fee



套餐組 SET MEALS



Set B \$ 728

1 當日湯品 Soup of the day p6

2 任一菜單的開胃菜 Any Appetizer p5~p7

3 主餐任選 Any Main Course p8~p23

(披薩最多加選 3 種配料)

4 當日驚喜甜點 任選一 Dessert /Choose 1 p25

提拉米蘇 Tiramisu

蘋果派 Apple Strudel

巧克力旦糕，南非奶酪布丁派 Chocolate Cake / South African Mylktaart

當日冰淇淋 Ice Cream of the day

5 任一飲料 Any Beverage p25

若選無酒精酒類與 Special Beverages+\$49 p26
特調飲料+49元



艾果豐

I go home.....

MIANTO

TAIWAN

Vegan Cuisine

純素 無奶蛋 無五辛 無蜂蜜

2015年 澳洲頒發最佳亞洲美食餐廳

2015年 *華山文創-美食台北*受邀第一家純素食餐廳
媒體雜誌的陸續報導不勝枚舉，特此感謝之意！！

無上師電視台

SupremeMasterTV

東風衛視

Azio TV

單身行不行

聯立媒體

TVBS

台灣是我家

三立電視台

SET

台灣亮起來

民視無線台

FTV

國光幫幫忙

大愛電視台

Da-Ai TV

中國郵報

The China Post

台北時報

Taipei Times

中央廣播電台

RTI

中時電子報

The China Times



★ 內用餐點均酌收10%服務費

Prices exclude a 10% service fee

★ 禁帶外食，若帶外食(含蛋糕飲料等)入內，酌收500元

No outside food allowed. Charge for outside food \$500 per item



Set B



義式普伽塔 Bruschetta

開胃菜 APPETIZERS

法國切片麵包搭配新鮮番茄，
義式香料與初榨橄欖油烘烤而成

Freshly Baked Bruschetta made with Tomato,
Olive Oil and Italian Herbs

\$ 183



Set A
Set B



每日湯品 Soup of the day

請您詢問服務人員當日湯品

Please ask your waitron about the soup of the day.

\$ 88

Set B



庫私庫斯沙拉 Cous-Cous Salad

北非小米，青紅椒，黑桿欖，鮮番茄，黑綠桿欖

初榨桿欖油搭配義式油醋

Cous-Cous with Bell Peppers, Purple Cabbage,
Trumpet Mushrooms, Black Olives, Olive Oil and Vinegar

\$ 168

P6

Set B



焗烤蘑菇 Mushroom Escargot

雙層純素植物奶起司烘烤新鮮洋菇，搭配爆漿起司只融您口，不融您手

Now with Double Cheeze. Our Signature Dish - Fresh Mushrooms baked to perfection, topped with our housemade Soymilk Cheeze.

\$ 172



香脆烤薯塊 Baked Potato Wedges

香脆烤薯塊可搭三種口味，任您選~~~

Baked Potato Wedges with your choice of sauce

- | | |
|------------------------|--------|
| * Truffle Sauce 松露醬 | \$ 186 |
| * French Mustard 法國芥末醬 | \$ 172 |
| * Tomato 番茄醬 | \$ 168 |



燻香鮮蔬炒飯 Chef's Smoked Delight 主餐 MAINS

燻肉的炭燒味道，唇齒留香的迷戀上

台灣台東關山米，西班牙煙燻香料，煙燻素火腿丁，當季時蔬，非基改玉米

Our award winning signature rice dish. A selection of vegetables fried with
vegan ham and rice with our special imported Spanish Smoked Herbs

\$ 310



2015年台北第 9 屆國際菩提 金廚獎

P8

Set A
Set B



味蕾天貝 Tempting Tempeh

印尼傳統美食，黃豆顆粒的奶香加上軟硬交融的口感，主廚特製酸甜醬汁佐料，醃紅蘿蔔絲，台東關山米，杏鮑菇，酸甜美味 Indonesian Tempeh Marinated in sweet and sour sauce, sautéed then served with rice and a side of carrot salad.

\$ 310



田園蔬菜飯 The Original Rice

當季時蔬，杏鮑菇，新鮮番茄，日曬番茄乾，黑橄欖，義大利香料，花東米，乾辣椒，九層塔
Seasonal Vegetables, mushrooms, fresh tomatoes, sundried tomatoes and olives fried with Italian Herbs and Rice

\$ 310

P9

Set A
Set B



四川麻辣泡飯 Sichuan Spicy Rice



限冬天
WINTER ONLY

加入極辣辣椒，四川胡椒粉，當季時蔬，花東米混合炒香

A Blend of very hot chillis and Sichuan peppercorns, fused together with a selection of vegetables. Served with rice.

\$ 300



印度瑪莎拉咖哩 Chana Ma "Soul" La



小酸的番茄肉包覆著鷹嘴豆的驚喜滋味，滑出印度咖哩的曼妙舞步.....

Chickpea Curry with a selection of Indian herbs in a tomato base. Served with rice.

\$ 304

P10



菇菇義大利麵 Mushroom Deluxe

女主人葉倫卉特地到復興鄉高山採買野地生香菇
濃郁高山野菇的強烈香氣，在您的口裡蔓延開來.....
復興鄉高山野地生香菇、杏鮑菇、特製主廚植物奶油醬

We drive far away to the deep Fuxingshan Mountains to bring you
this very fragrant Shitake Mushroom, panfried with King Trumpet Mushrooms.
Served in a Creamy base with Fettuccine.

\$ 310

P11

番茄
蘑菇麵

Set A
Set B



番茄蘑菇麵 Michel's Tomato and Mushroom

義大利進口日曬番茄乾，搭配土番茄，番茄醬汁，黑橄欖圈，杏鮑菇，特製植物奶醬
推薦給喜歡酸酸甜甜口感滋味的朋友們

Fresh and Imported Italian Sundried Tomatoes, cooked with
Mushrooms and Black Olives. Served in a creamy sauce.

\$ 301



田園蔬菜義大利麵 The Original

微辣的興奮味蕾結合清爽的蔬菜滑順入口，有如鄉村微風掠過的清新.....

印度進口乾辣椒片，義大利進口日曬番茄乾，黑橄欖圈，土番茄
九層塔，杏鮑菇，搭配精選義式香料熱炒，最後再淋上義大利進口初榨橄欖油
Mushrooms Diced Fresh Tomatoes Olives and Oregano
Served in its Original Olive Oil base - no sauce

\$ 294

P12

Set A
Set B



安東尼義大利麵 Antonio's

植物奶油香甜的幸福味與火腿蛋白的交融演出 純素植物火腿，杏鮑菇，紅椒搭配自製植物奶白醬
A House Special - Vegan Ham with Red Bell Peppers Served in our secret creamy sauce

\$ 293



香辣番茄義大利麵 Arabbiatta



新鮮番茄，日曬番茄乾，辣椒，精選義大利麵條，新鮮蔬菜，九層塔
Tomato, Olives, Italian Herbs and Chilli - lots of it. We like it hot, how about you?

\$ 294

P13



Set B



主餐 (披薩) MIANTO PIZZA

9吋

任選3種配料
加任一配料加40元

主要材料是豆漿，所以是低脂！
Please note that our cheeze is made with soymilk.

\$ 399



發揮您的創意，隨意搭配組合，\$399包括9吋披薩餅，番茄泥，純素起司和任選3種配料
如下所示選擇3個配料，如果需要更多配料，價格如下所示

We believe in your individuality and hence give you the freedom to design your own pizza.
The \$399 base price includes the 9inch pizza, tomato base, vegan cheeze and your choice of 3 toppings
Choose 3 toppings as below, if you need more toppings the prices are as shown

披薩基礎底味：手工自製餅皮、香濃米起司、進口番茄醬、進口義式植物香料

以下食材可經由您的選擇，創意組裝成專屬於您的配料，
烘培出您的個人風味披薩，請開始加工吧！

Topping choices :

\$ 40  鮮肥洋菇
Mushrooms

\$ 40  玉米粒
Corn

\$ 40  杏鮑菇
King Trumpet

\$ 40  台灣鳳梨
Pineapple

\$ 40  台灣土種番茄切片
Fresh Tomato

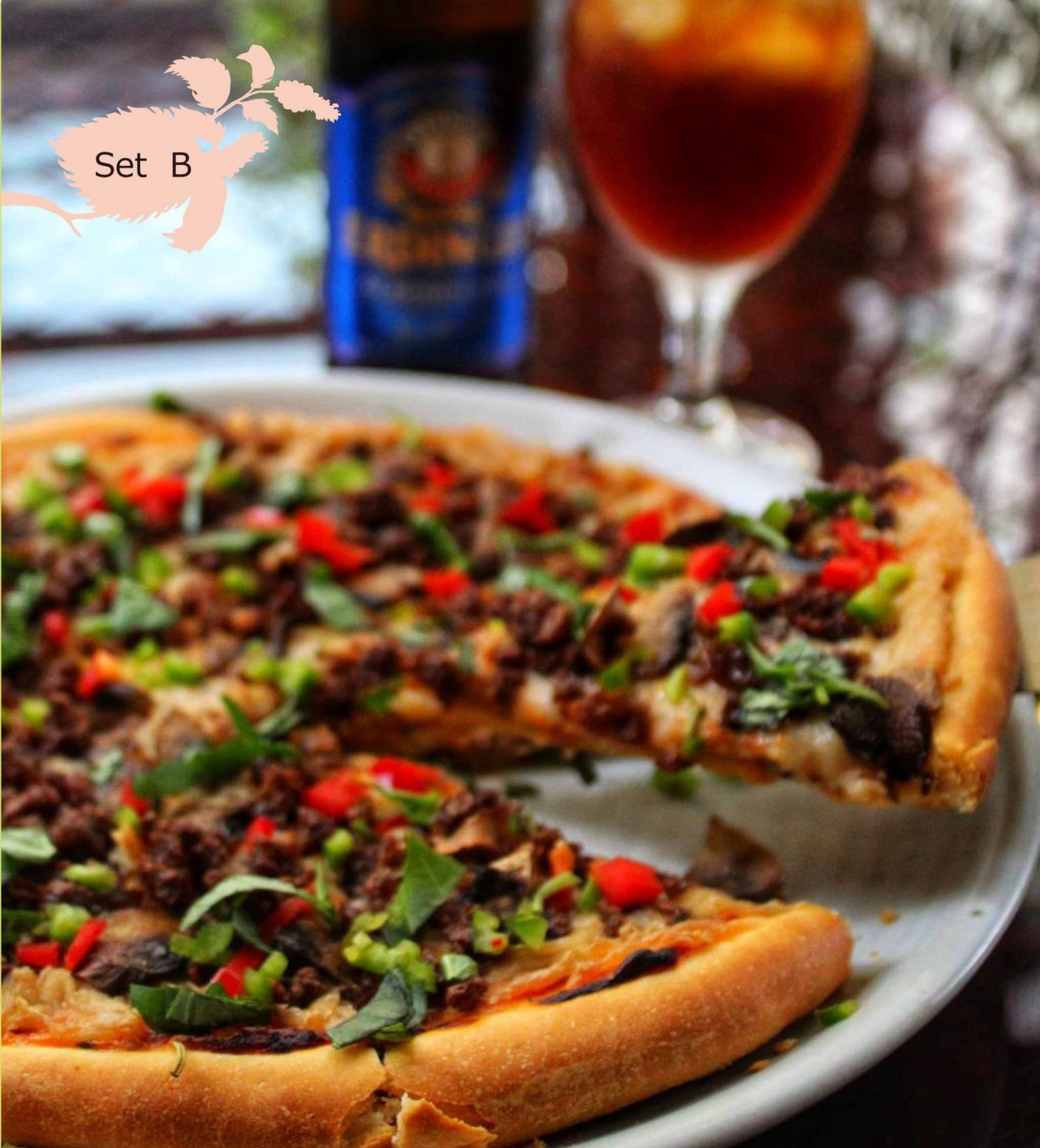
\$ 40  黑橄欖
Olives

\$ 40  萊明富植物火腿
Vegan Ham

\$ 40  九層塔
Basil



Set B



未來肉披薩 Beyond Meat Pizza

配料為未來肉，青紅椒，杏鮑菇 * 搭配套餐B，加30元

Beyond Meat, Bell Pepper, King Pao Mushroom * Set B+\$30

9吋

\$ 460

Set B



南非咖哩盒子 Bunny Chow

自製亞麻仁子吐司搭配獨門花豆酸甜咖哩醬汁！

是南非德班的傳統美食喔

內餡：特調咖哩，花豆，番茄，椰奶，香菜（附紅蘿蔔百香果沙拉）

A traditional South African dish originating from Durban.
Our own housemade Whole Wheat and Flax Bread filled
with a rich curry.

\$ 339



P17

Set B



黑松露麻油燉飯 Black Truffle & Sesame Risotto

融合喜悅，用來自東海岸的大米製成的燉飯，搭配最好的芝麻油，生薑和黑松露

A fusion delight, a risotto made with rice sourced from the East Coast, paired with the best Sesame Oil, Ginger and Black Truffle.

\$ 319



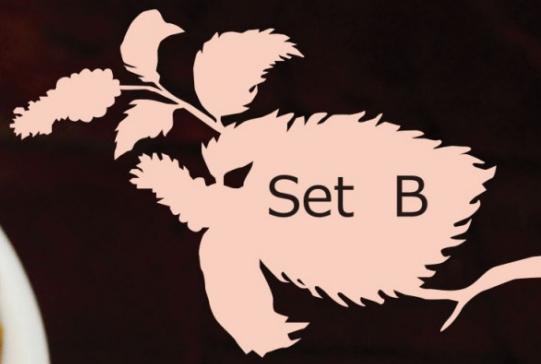
匈牙利典藏燉味 Vegan Goulash

經典匈牙利燉素肉濃郁匈牙利香料燉煮馬鈴薯與素食大豆蛋白，洋菇與番茄，

搭配青紅椒濃郁香氣誘人撲鼻 Rich in flavor and full of depth our Goulash is now a permanent feature on our menu by popular demand. Vegan protein, Paprika, Potato and a mixture of red and green peppers.

\$ 314

P18



焗烤起司麵 Baked Mac N Cheeze

焗烤起司，花椰菜，素火腿，起司醬，味道濃郁喔~~~

When I was little my mom often cooked this for us.

Macaroni Pasta mixed with Broccoli and vegan ham baked with a Vegan Cheezy Sauce.

\$ 327

焗烤千層闊麵 Baked Lasagne

焗烤千層闊麵，番茄，茄子，

胡蘿蔔，配上植物奶起司。

*需烘烤30分鐘，

每天限制為10份。

Lasagne sheets layered with
carrot in a tomato based
and eggplant.

Topped with Soymilk
Cheeze. Please note this
may take up to 30 minutes
to bake and is limited to
10 portions per day.

\$ 339





波芊妮燉飯(牛肝菌菇) Porcini Risotto

用您最喜歡的牛肝菌蘑菇製成的燉飯

A creamy Risotto made with your favorite porcini mushrooms

\$ 319

Set B



未來肉義大利麵 Beyond Meat Pasta

\$ 380



未來肉漢堡 Beyond Meat Burger

純手工自做亞麻籽麵包，搭配未來肉排

Our own handmade flaxseed bread paired with a Beyond Meat patty

* 搭配薯塊，加60元 +\$60 for Fries

\$ 390



Set B



限夏天
SUMMER ONLY

波莘妮沙拉(牛肝菌菇) *大份量

Porcini Salad

新鮮涼拌生菜葉子，使用草本牛肝菌和杏鮑菇，搭配麵包

Fresh mixed salad leafs with herbed porcini and trumpet mushroom. Served with bread

\$ 339



Set B



未來海鮮沙拉*大份量 Vegan Shrimp Salad

新鮮的沙拉葉子搭配檸檬烹調的未來海鮮，搭配麵包。

Fresh salad leafs served with vegan shrimp cooked in lemon. Served with bread

\$ 339



鷹嘴豆沙拉*大份量

新鮮沙拉葉配醃製鷹嘴豆和麵包

Fresh salad leafs served with marinated chickpeas and bread

\$ 339

ChickPea Salad



極樂飲料 Beverages

您可以選擇，進口有機豆奶或燕麥奶

Your choice of Imported Organic Soymilk or Oatley (If available)

極樂飲料

BEVERAGES

您可以選擇，進口有機豆奶或燕麥奶(另+20)
 Your choice of Imported Organic Soymilk or Oatley (If available)
 Oatley +20

COFFEE

熱 Hot / 冷 Cold

米蘭多奇若 艾果豐獨門製作/素奶油裝飾	\$ 158/\$ 168	MiantoChino House speciality, creamy coffee topped with vegan cream
黑的好咖啡	\$ 142/\$ 152	Black Coffee
原味拿鐵	\$ 158/\$ 168	Regular Latte
榛果拿鐵	\$ 162/\$ 172	Hazelnut Latte
巧克力拿鐵	\$ 162/\$ 172	Chocolate Latte

TEA

英倫玫瑰花茶 (不含咖啡因)	\$ 158/\$ 168	English Rose & Berry
當日茶	\$ 158 (只有熱飲)	Tea of the Day

OTHER

頻果原汁 進口 無糖 無化學	\$ 168	Apple Juice (imported, pressed, no added sugar)
覆盆莓 與 蔓越莓 綜合果汁 進口 無糖 無化學	\$ 168	Raspberry and Cranberry Juice (imported, pressed, no added sugar)
現打果汁	\$ 178	Freshly Squeezed/ Blended Juice

心靈甜食

DESSERTS

提拉米蘇	\$ 158	Tiramisu
蘋果派	\$ 138	Apple Strudel
南非奶酪布丁派	\$ 148	South African Mylktaart
巧克力旦糕	\$ 138	Chocolate Cake
當日冰淇淋	\$ 138	Ice Cream of the day



About our Ingredients

All our Pasta is imported from Italy and cooked with Italian Olive Oil.

All our herbs are imported from Italy and Spain.

All of our cakes, ice creams, breads ..

in fact all of our desserts are handmade right here at Mianto
And we make all of our cheeze ourselves too !

Why all the passion

Because we like to know what is in our food, and we like to add our best ingredient : love !

Here at Mianto,
we do everything with great detail,
care, attention and love,
with the best products we can find





A little bit about Mianto
What started as a small pastry shop
in 2014
quickly changed into a restaurant to
fit people's wishes.
Your table and entire store was
designed by Ed Chen.
All the paintings and sketches on
our walls is by him too .
Need a name check?
Make an appointment with him for
next time !

Menu Information

Prices exclude a 10% service fee
The minimum orders per person are
as follows:
Lunch and Dinner -
one main course per person
Afternoon Tea -
One beverage per person
Usual hours per seating :
maximum 2 hours

