



未来长崎 COCOWALK

MIRAI NAGASAKI COCOWALK

4·5F 美食街 Gourmet floor

◎营业时间 /11:00~23:00 hours/11a.m.-11p.m.

长崎市茂里町1-55 1-55 Morimachi

Tel.095-848-5509 http://cocowalk.jp/

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

1 The House of World Gourmet Aletta 环球美食

[自助餐 buffet]

4F Tel.095-801-5245

“用品尝美食来环游世界”是本店的概念。每个月都会举办以世界各地的饮食作为主题的饮食节，很值得品尝。

It is a buffet restaurant where customers can enjoy the cuisine of the hotel chef in the open kitchen. The food fair and menu change monthly.



2 米饭和长崎美食 [日本菜 Japanese cuisine]

竹村商店

Rice and Nagasaki delicious foods

Takemura Shouten

4F Tel.095-848-1711

长崎的老字号“竹村商店”的第三代。热腾腾的米饭和长崎本地美食一起享用的餐厅。

Takemura Shouten is a well-established restaurant. It provides steaming delicious rice and Nagasaki local dishes.



3 文字烧·日本杂烩煎饼 [铁板烧 Teppanyaki]

优乃华

Monjayaki and Okonomiyaki

Uonohana

4F Tel.095-801-5563

提供“九州风味文字烧”的福岡发祥的餐厅。根据精选食材的不同组合，您能品尝到创新的文字烧。这里的日本杂烩煎饼和铁板烧也是很有人氣的。

Uonohana is from Fukuoka, and provides Kyushu style Monjayaki. Okonomiyaki and Teppanyaki are also very famous.



4 印度菜 比世奴 [印度菜 Indian Cuisine]

Indian Cuisine Bishnu

4F Tel.095-801-8738

用窑窑烘烤出的口感糯糯的饼，使用了数十种香料烹任的20种以上的咖喱，正宗的印度料理。深受女性顾客喜爱的女士套餐999日元。

There are more than 20 types of curry which are made with a dozen kinds of spices. You can enjoy truly Indian Cuisine here. Among the many attractive menu items includes a ladies set for 999 yen.



5 五岛乌冬面 Goshima [五岛乌冬面 Goto Udon]

Goto Udon Goshima

4F Tel.095-801-5767

在悠久的历史传统中诞生了“五岛乌冬面”。面条里拌有山茶油所以有滑滑的有咬劲的口感，配以飞鱼高汤一起吃是本店的特点。

Goto Udon has a long tradition and history. The noodle ingredients include camellia oil, which give it a smooth taste. Flying fish broth is a feature of Goto Udon.



6 牛丸 [汉堡肉饼·牛排 Hamburger and steak]

Gyumaru

4F Tel.095-801-4338

肉汁丰富的汉堡肉饼和用烤箱烤出的酥派玉米浓汤是本店最有人气的菜肴。午餐套餐1,100日元~

The famous dishes of Gyumaru are the juicy hamburger steak and corn potage pie that is baked in the oven. Lunch starts from 1,100 yen.



7 波波啦妈妈 [新鲜意大利面 fresh spaghetti]

Popolamama

4F Tel.095-801-5174

本店的特色是刚刚煮熟了的有着糯糯的口感的新鲜意大利面。如此新鲜的生意大利面的种类有50种以上！

The texture of this fresh spaghetti is very tender after boiled. There are more than 50 kinds of items using fresh spaghetti. The menu items start from 390 yen.



8 [百分百荞麦面 100% buckwheat flour noodles]

素屋 Motoya

4F Tel.095-846-1208

只使用了100%荞麦粉的十割荞麦面专卖店。十割荞麦面的风味和咽下时的感觉，丰富的素材制作的蘸料都是很值得品尝的。刚炸出炉的天妇罗和创作料理也值得推荐。

Motoya soba is a type of thin noodle made from 100% buckwheat flour. Fragrant noodles with a rich soup stock create a perfect flavor. The deep fried Tempura and other original dishes are also recommended.



9 [日本菜·甜品 Japanese cuisine, and sweets]

中之茶屋 重笼 Nakanochoya Jyuro

4F Tel.095-814-0535

在长崎被称为日本料理的名店。能够在这里品尝到前“NADA万”厨师长的时令怀石料理。

Jyuro is a well-known restaurant of Japanese cuisine in Nagasaki. You can enjoy seasonal flavors of Kaiseki cuisine (Japanese cuisine) by the ex-chef of Nadaman.



10 浜胜 Hamakatsu

[炸猪排 Pork cutlet]

5F Tel.095-842-8152

刚炸出炉的炸猪排就不用说了，味噌汤可以从红或者白味噌中挑选，卷心菜也可以选择片状或是丝状，饭也可以选择白米饭还是大麦饭，各种不同的搭配也是一种乐趣。

Hamakatsu is a very famous restaurant of pork cutlets. The pork cutlet set is served with rice or wheat rice, shredded or square cut cabbage, and dark brown or light brown miso soup. It is fun to choose what kind of side dishes you want.



11 芒果咖啡 Mango Café

[民族特色菜 Asian food]

5F Tel.095-865-8883

传统泰国料理店的味道在这里可以轻松品尝到。本店不仅有泰国料理，还有像华夫饼等受到泰国年轻人欢迎的甜品也是种类丰富。

You can enjoy the taste of the traditional Thai restaurant here. The waffle and sweets are popular among children. Inside, the restaurant has a resort-style atmosphere.



12 [日本菜·铁板烧 Japanese cuisine and Teppan-yaki]

浦上荷尔蒙 Urakami Hormone

5F Tel.095-894-8312

被称为“大肠之王”的本店自豪的丸肠在热腾腾的铁板上精心烤制后加上特制的味噌酱后品尝。

Grilled cow's intestines are cooked on a teppan (iron hot plate) and served with a special Miso sauce. The famous lunch special is the Nikumaru set.



餐饮区 & 咖啡馆

Food court and Café

1F ◎卡米尔法式(甜点) Patisserie Camille (sweets)

2F ◎美仕唐纳滋(快餐) Mister Donut (fast food)

◎星巴克咖啡(咖啡馆) Starbucks Coffee (coffee store)

3F ◎丸龟制面(快餐)

◎Ringer Hut(长崎什锦汤面)
◎胡椒厨房(快餐)
◎麦当劳(快餐)
◎Gindaco章鱼烧(快餐)
◎食其家(快餐)
◎浪漫球(饮料·甜点)
◎年糕咖啡(咖啡馆)

Sanuki Udon Marugame Seimen (fast food)

Ringerhut (Nagasaki Champon)
Pepper Lunch (fast food)
McDonalds (fast food)
Tsukiji Gindaco (fast food)
Sukiya (fast food)
Romando Roll (drinks and sweets)
Mochitto Café (rice cakes and coffee)



JR 长崎站大厦 / JR Nagasaki building

AMU PLAZA 长崎

AMU PLAZA Nagasaki

5F 餐厅 营业时间 / 11:00 ~ 23:00 (L22:15) / Restaurant 11a.m. ~ 11p.m. (last order 10:15p.m.)
1F 长崎土特产街道 营业时间 / 8:30 ~ 20:00 / Nagasaki Souvenir Street 8:30a.m. ~ 8p.m.

长崎市尾上町 1-1/1-1 Onouemachi
 Tel. 095-808-2500 <http://www.amu-n.co.jp/>

Map **P77-A-3** JR 长崎站周边地区
 Nagasaki JR Station Area

正宗印度菜 MILAN

Indian Restaurant Milan

5F Tel. 095-808-1582

品尝用炭窑烤出的馕, 勾起您食欲的香辣味咖喱, 在这个舒适的空间里享用正宗的印度料理。

[印度菜/Indian food]



Milan has been popular for years in Nagasaki. Spicy fragrances increase the guest's appetite. Please enjoy your time, having home-made Indian dishes in a spacious atmosphere.

广东·台湾菜 皇上皇

Canton·Taiwan cuisine Koujoukou

5F Tel. 095-808-1502

在来自台湾、厨师经历35年的老资格厨师长管理下的正宗广东·台湾菜餐厅。不使用罐头食品和事先做好的菜肴。点菜后当场烹饪。

[长崎什锦汤面·炒面·中国菜/Champon, Saradon, and Chinese food]



Koujoukou is a Canton and Taiwanese cuisine restaurant which is operated under the expertise of a 35 year veteran chef from Taiwan. There is no pre-made or packaged food; every dish is cooked to order.

乐雅乐

Royal Host

2F Tel. 095-808-1234

◎营业时间 7:00 ~ 次日 2:00 / hours 7a.m. - 2a.m.

从店内的窗口可以看到海鸥广场和JR站台。工作日的午餐套餐非常经济实惠。

[餐厅/Restaurant]



You can overlook Kamome square and Nagasaki station from the window of the restaurant. It has a lunch menu with reasonable weekday prices.

韩国家庭菜 尚高韩家

Korean Homemade cuisine Chegoya

5F Tel. 095-895-7373

◎最后点餐时间 22:30 / Last order 10:30p.m.

尚高韩家是一家顶级韩国家庭料理餐厅。请一定品尝一下被有名艺人和文化人称为“虽然辣但是非常好吃”的尚高韩家自豪的美食。

[韩国菜/Korean food]



Chegoya is a well-known Korean restaurant in Japan with shops located from Hokkaido to Okinawa. Please come and try the Korean cuisine.

实动手打乌冬 杵屋

Jitsuen Teuchi Udon Kineya

5F Tel. 095-808-1503

不吝惜时间和手工精心制作的手擀的自家制面条。请一定品尝一下糯糯的口感的乌冬面滑滑和使用了时令食材的季节美食。

[乌冬面·荞麦面/Udon and Soba]



The delicious homemade noodles take time to be carefully made. Please try the dishes which have springy textured noodles and seasonal ingredients.

鱼菜屋 朝次郎

Sakanaya Asajiro

4·5F Tel. 095-818-3356

在长崎本地捕获的生鲜和精选蔬菜作为素材,把素材的潜质发挥到及至烹饪出的料理和多彩的酒类一起享用的日式居酒屋。

[居酒屋/Japanese Izakaya]



Asajiro uses fresh fish and vegetables which are selected carefully. It is a Japanese Izakaya with many types of foods and liquors.

[海鲜日本菜·盖浇饭·茶泡饭/Japanese seafood, rice bowls, and Chazuke rice in tea]

鱼儿家族 杂鱼屋

Osakana Kazoku Zakoya

5F Tel. 095-832-2020

本店对于用自己公司的卡车直接运送的海鲜,烹饪的定食、盖浇饭和茶泡饭的新鲜度很有自信。晚餐时就可以享用海鲜和酒类的居酒屋了。



Zakoya is confident about the freshness of its ingredients that are used on its menu. Many kinds of liquors are selected carefully from all over Japan.

鱼屋回转寿司 寿司活

Sakanaya no Kaitenzushi Sushikatsu

5F Tel. 095-808-1501

因为从鱼市场和渔协直接采购的时令海鲜,所以这里的寿司材料非常新鲜!



Sushikatsu is a conveyor belt sushi restaurant. All the seafood is purchased from the fish market and fishermen's cooperative association directly.

Afternoon Tea 茶室

Afternoon Tea Tearoom

2F Tel. 095-808-1270

将美味的红茶放在正中间,四周围着甜点和意大利面,在这个舒适的空间里享受您的下午茶时间和这里贴心的服务。



This shop provides tea in pots, sweets, hot bread from the oven, sandwiches, and pasta. Please enjoy a wonderful teatime with delicious tea at Afternoon Tea Tearoom.

定食屋 百菜旬

Teishokuya Hyakusai Shun

5F Tel. 095-808-1504

由精选食材制作的菜肴和米饭、酱菜、味噌汤都非常美味。用釜烧出的米饭有白米饭和深受女性欢迎的杂谷饭可供选择。



Hyakusai Shun is particular about its ingredients of rice, pickles, and miso soup, which are provided with the customer's set menu.

意大利菜 Capricciosa

Capricciosa Trattoria & Italia

5F Tel. 095-818-2355

有意大利南部小餐厅气氛的休闲意大利菜餐厅。店内插画有意大利的街景,还可以眺望长崎港。菜肴的话从比萨、意大利面到肉·鱼种类十分丰富多彩。



Capricciosa specializes in Italian cuisine where one can enjoy the feeling of southern Italy. You can overlook Nagasaki Port from the windows in the restaurant. An Italian cityscape is pictured inside. The diverse cuisine includes meat, fish dishes, pizza, and pasta.

咖啡馆&酒吧 Umino

Café & Bar Umino

5F Tel. 095-829-4607

◎最后点餐时间 22:30 / Last order 10:30

本店是长崎最早的“Torys 酒吧”,于1955年开店。自家烘焙的咖啡使用了酿造铭酒时使用的“黎明之水”。冰淇淋和鲜奶油的制作方法一直继承至今。



Umino is the first cafe bar in Nagasaki, since 1955. Pure water is used to make delicious drip-coffee. Umino continues to make ice cream and fresh cream as they did in the old days.

驿

Umaya

5F Tel. 095-808-1512

使用精选素材炭烤的串烧,咬上一口味道浓厚,肉汁丰富。还有店家自豪的荞麦面,面条的咬劲和风味充分体现了二八荞麦面的特点。



Umaya roasts Yakitori (Japanese spit-roasted chicken) which has a heavy taste, and where the gravy overflows after one bite of it. In addition, Japanese soba is made from 80% buckwheat flour.

Papas 咖啡馆

Papas Café

1F Tel. 095-808-0884

每天换新的意大利面和红烩牛肉盖浇饭等套餐菜单,纯手工蛋糕也是很值得品尝。



Mr. Taro Aramaki designed the interior decorations of Papas Café, including the tables and chairs. Their daily menu includes dishes such as the pasta set and Hayashi rice set.



長崎おみやげ街道

WELCOME TO NAGASAKI

长崎土特产街道 Nagasaki Omiyage Kaidou

汇集了长崎土特产的礼品区域 Nagasaki Souvenirs

[日式・西式点心 / Japanese and western confectioneries]

白水堂 Hakusuidou

[5F] Tel. 095-808-1100

创业于1887年，由日式点心为基础制作的寿桃卡斯特拉蛋糕、鲤鱼点心、西式点心受到县内、县外顾客好评的百年老字号。



Kihachi Shimomizu founded Hakusuidou in 1887. It is a long-established shop which sells Japanese soft fresh sweets and confectioneries. The most popular is Peach castella.

长崎猪肉包 桃太吕

Nagasaki Butaman Momotaro

[5F] Tel. 095-808-1155

自从1960年创业以来人气一直不减的猪肉包店。柔软的包子皮使用了无漂白国产小麦粉，馅料使用了长崎优质猪肉和国产洋葱，制作出的清爽的味道。



Momotaro is a famous shop that sells Butaman (steamed buns with minced pork filling) since 1960. The bun uses domestic non-bleached wheat. The filling is made of onion and Nagasaki pork.

岩崎本舗

Iwasaki Honpo

[5F] Tel. 095-808-1135

严选五花肉配以密制酱料炖煮。用柔软的馒头皮夹着入口即化的东坡肉就是长崎东坡肉包了。既花时间又花手工的美味。



Iwasaki Honpo selects pork carefully and braises it in their secret sauce to take off the oiliness. The tender braised pork is a great match with the steamed bun.

勇鱼

Isana

[5F] Tel. 095-827-0038

可以品尝到您想要的美食（真空包装）。长崎名产的乌鱼子、鱼糕、东坡肉等品种齐全。



Isana provides whale meat in a vacuum-packed bag which is easy for delivery. Many famous Nagasaki souvenirs are available, such as fish-paste, and braised pork in a steamed bun.

Marunaka 本舗

Marunaka Honpo

[5F] Tel. 095-808-1138

工作经历 30 年以上的老资格工匠制作的纯手工鱼糕。因为不使用任何合成防腐剂，所以有着“安全的味道”。



The expert craftsmen who make this fish-paste have more than 30 years experience. All the ingredients exclude preservatives.

土特产 角屋

Omiyage Sumiya

[1F] Tel. 095-808-3833

九十九岛煎饼、麻花、茂木枇杷果冻等点心，长崎什锦汤面・炒面等长崎引以为豪的乡土美味。



This select souvenir shop sells Nagasaki famous products. Please enjoy the flavors of Nagasaki such as Kujukushima island's rice crackers, Yori-yori (Chinese sweets), Mogi loquat jelly, Champon, and Saraudon.

文明堂总本店

Bunmeido Souhonten

[日式・西式点心 / Japanese and western confectioneries]

[1F] Tel. 095-808-0002

有着润滑的甜味、“地道的味道”的蛋糕就是长崎文明堂总本店的卡斯特拉蛋糕了。正宗长崎卡斯特拉蛋糕的美味绝对不容错过。



The golden baked color on the Castella (sponge cake) is made by a pastry chef who follows traditional procedures. Nagasaki Bunmeido Souhonten provides the taste of genuine Castella.

松翁轩

Shookon

[日式・西式点心 / Japanese and western confectioneries]

[1F] Tel. 095-808-1127

创业于1681年一直继承至今被称为长崎卡斯特拉蛋糕的起源。明治时代，第8代店主开发出了巧克力风味的“巧克力卡斯特拉蛋糕”，至今人气不减。



Shookon has been serving Castella (sponge cake) since 1681. The eighth baker of the Meiji Period made “Choco raate” (chocolate latte flavor sponge cake), and it is still a very popular souvenir.

DRAGON DeLi

DRAGON DeLi

[进口食品・杂货 / Imported food and goods]

[1F] Tel. 095-808-1125

汇总了长崎具有代表性的土特产。长崎什锦汤面发祥地的“四海楼”的长崎什锦汤面・炒面，元祖“高野屋”的乌鱼子，玻璃制品、彩色玻璃的小玩意都十分齐全。



Dragon Deli is a souvenir shop which sells “Shikairou Champon”, “Takanoya dried mullet roe”, stained glass, and accessories from Nagasaki.

卡斯特拉本家 福砂屋

Castella Honke Fukusaya

[日式・西式点心 / Japanese and western sweets]

[1F] Tel. 095-808-2938

1624 年创业的福砂屋，当时从葡萄牙人手里学到了蛋糕的制作方法，现在也是纯手工制作，保存了创业当时的味道。作为卡斯特拉蛋糕的本家一直保持着传统的味道。



This is a well-established shop of Castella since 1624. They learned how to make it from the Portuguese. The pastry chef uses the traditional way of baking Castella.

果秀苑 森长

Kashuen Moricho

[日式・西式点心 / Japanese and western confectioneries]

[1F] Tel. 095-808-1128

为了让您方便地食用，香草、抹茶、巧克力风味的卡斯特拉蛋糕都切成片后独立包装。使用谏早产大米制作的“森长米花糖”等，注重传统和技术是味道丰富的点心。



There are many flavors of Castella, such as honey, Japanese green tea and chocolate at this shop Kashuen Moricho. Each piece of the sliced sponge cake is packed in a way that is easy to eat.

长崎 Tanaka

Nagasaki Tanaka

[海产品・咸鱼干 / Sea products, salted dried fish]

[1F] Tel. 095-808-1129

长崎捕获的时令海鲜急速冷冻后的“长崎物语”是代表长崎的土特产之一。特别是五岛列岛近海捕获的新鲜度很高的海鲜经过一个晚上的风干后制成的鱼干和五岛海胆都是非常美味的海味，深受欢迎。



The “Nagasaki Tawaramono” (processed seafood product) is a famous local souvenir. The seafood was caught around the area of Nagasaki. The sea urchin and fish are particularly fresh and delicious because they were caught near the Goto islands.