



BON APPÉTIT DAYS

No matter how desperately you want to show off your curves, remember to put a pause on any pair of pants associated with the words “slim”, “fit”, or “skinny” on Wednesdays. Wednesdays should be treated like a mid-week break, so go find a scrumptious restaurant and indulge in gastronomic magic. Forget about your calorie count for a day, and go on a culinary adventure in the East District.

“enishi” is located in a quiet alley on Leli Road. It has ten seats, two chefs, and the richest Kyoto style dipping noodles. Sitting by its long bar table and slurping away on bowls of noodles with a couple of friends feel like the most intimate exchange of words. If you are dining alone, perhaps you would find it pleasantly entertaining to secretly observe the dish selections and eating mannerisms of the people next to you.

3 [enishi] No.12, Aly. 45, Ln. 81, Sec. 2, Dunhua S. Rd., Songshan Dist., Taipei City +886-(0)2-2708-9822

Eat Drink Man Woman: “Fate has brought us to this table tonight.”

In the hot smoldering summer night, if you are craving for something sweet late at night, head straight to the East District Circle to satisfy your sweet tooth. “Swensen’s” has more than twenty ice cream flavors, so may we remind those that are indecisive to refrain from blocking the ice cream display cabinet.

14 [Swensen’s] No.109, Sec. 4, Ren’ai Rd., Da’an Dist., Taipei City +886-(0)2-2772-6174

Chungking Express: “She said she wants to try something else. 24
I guess she’s right. There are plenty of choices in men, just like food.”

At “Les Bébés Cupcakery”, you will find cupcakes in the most delicate sizes and sophisticated colors and icings. Take a bite, and we bet you will fall in love with it in just three seconds. Art could come from something rather small yet deeply touching. If you wish to give a special gift to a dear friend, they also take custom orders!

1 [Les Bébés Cupcakery] No.10, Ln.295, Sec. 1, Dunhua S. Rd., Songshan Dist., Taipei City +886-(0)2-2784-7460

Ratatouille: “Not everyone can become a great artist, but a great artist can come from anywhere.”

After the Don’s henchman empties his gun with three shots into the traitorous driver’s skull, he then breaks the tension in the air with these six little words: “Leave the gun. Take the cannoli.” “N.Y Bagels Café” offers a brunch menu around the clock, in addition to delicious burgers and pastas. This place hits the spot and satisfies our stubbornness when it comes to something good to eat. So forget the calories, capisce?

16 [N.Y. Bagels Café] No.147, Sec. 4, Ren’ai Rd., Da’an Dist., Taipei City +886-(0)2-2752-1669

The Godfather: “Leave the gun. Take the cannoli.” 24



Today is suitable for: Meeting up with friends.

As the Italian saying goes, “He who finds a friend, finds a treasure.”



Tip of the day: When you are with a party of four, be sure to tell the waiting staff, “we are 3+1.” The reason for using “3+1” is to avoid saying the number 4, because it is considered an unlucky number in Chinese.

