

Alcoholic Drinks	Origin	Time	Description	Source	Page
Alcohol			Active ingredient	TOS: 64	26
Aldebaran Depth Charges		TOS	Mixed Drinks	TOS: 23	12
Altair Water		TOS	Carbonated from underground springs	TOS: 17	168
Altairian Devil		TOS	Named for creature that floats in bottle	TOS: 64	26
Antarean Brandy		TOS		TOS: 24	52
Argelian 9-Layer Cocktails		TOS		TOS: 16	8
Argelian Ale		TOS	Causes nausea when drunk with other alc.	TOS: 65	82
Bass	Earth	TOS	Beer	TOS: 64	26
Bloodwine		TNG		CT: 2	155
Boacan Brandy	Boaca VI	TOS		TOS: 46	45
Canopian Brandy		TOS		TOS: SM	9
Cetian Cooler		TOS		TOS: 22	8
Dinartian 'Poison'		TOS		TOS: 16	177
Duhlitan Twist		TOS	Served with various degrees of spiciness	TNG: C	295
Dzelian Coffee		TNG		V: 9	99
Elysian Ale		TOS		TOS: 61	55
Ferrin's Dark		TNG		CT: 2	155
Gamzain Wine		TNG		TNG: 47	68
Geeza	Patrian	TOS	Wine; briny	TOS: 69	30
Ghiachan Brandy		DS9		DS9: 16	97
Greel	Romulan	TNG	Romulan beer	TNG: TR	178
Jibetian Ale		TNG		CT: 2	155
Kavit Wine	Romulan	TOS		FOP	52
Kebo			Active ingredient	TOS: 64	26
Kesatian Ale	Kesat	VOY		TV: R	
Maratekken Brandy		TOS		TOS: 56	1
Nestafarian Brandy		TNG		TNG: I2	232
New Californian Beaujolais	Centaurus	TOS	Wine	TOS: 42	33
Qrokhang			Catullan Liquor	ST: VI	225
Relen Tea	Vulcan	TOS		TOS: S	89
Ridley Cabernet		TOS	2158 expensive year	TOS: 77	68
Rigelian Bloodwine	Rigel	TNG		DS9: 22	89
Rigellian Wine		TOS		TOS: 20	227
Rigellian Whiskey		TOS		TOS: 46	230
Riskelian Mescal		TOS	Red Nova Brand	TOS: 34	41

Romulan Ale	ch'Havran	TNG	Made from kheh and Ch'Havranssu	CT: 2	155
Sabora			Active ingredient	TOS: 64	26
Saurian Brandy		TOS		TOS: 46	55
Scott's Whiskey	Patrian	TOS	Named for Montgomery Scott	TOS: 69	38
Timshel Coffee	Timshel	TOS	Aromatic coffee	TOS: 80	21
Torlan Wine	Bajoran	TNG	Smells like sweet vinegar	ST: CP	179
Trigelian Tea	Rigelian	TOS		TOS: 82	42
Trixian Bubble Juice		TNG		TNG: 47	68
Tulaberry Wine	Ferengnar	TNG		TNG: 40	37
Gellian Vitz		TOS		STL7	73
War nog	Klingon	TNG		DW: 2	232

Non-Alcoholic Drinks	Origin	Time	Description	Source	Page
Altai Water	Altair	TOS		TOS: 34	97
Antarean Glow Water		TOS		DS9: TT	73
Bajoran root tea	Bajoran	TNG		TNG: I2	122
Banchu Tea		TNG		TNG: STG	233
Berggren Berry	Rimillia	TOS	Wine; difficult to harvest prior to turning	TOS: 77	68
Cetia Laliska		TOS	Smells like garlic and vinegar, purple, thick	TOS: 81	51
Chai		TOS		TOS: 66	1
Glakh	Romulan	TOS		ENL	207
Kasa Juice	Vulcan	TOS		TOS: 20	147
Kenan Root Extract	Rimillia	TOS	Root Beer	TOS: 77	120
Khizr	Klingon	TOS	Coffee-like	TOS: 26	216
Ocampan Cream Punch		TNG		V: 9	8
Raktajino	Klingon	TNG	Coffee-like	DS9: TT	39
Stasis Water		TOS	Bottled water	TOS: 42	5
Tarkelean Tea		TOS		DS9: TT	73
Thirellian Mineral Water		TOS		TLY	44
Thirellian Mint Tea		TNG		TNG: STG	233
Trannin Leaf Tea	Klingon	TNG	Stops growth of Symmetrist Virogen	STA	64
Venusian Fruit Cider		TNG		TNG: DH	246
Wampus Milk	Timshel	TOS	Modifies to meet drinkers' nutritional needs	TOS: 80	175
Food	Origin	Time	Description	Source	Page
Andorian Pizza	Andorian	TOS		TOS: 20	26
Anwoa Sprouts	Vulcan	TOS		ENL	182
Argelian Mocha Sorbet		DS9		DS9: 16	186

Bajoran Honey	Bajor	TNG	Delicacy in the Iconian Empire	TNG: 48	134
Bloodworm Stew		TOS		TTM	6
Bregit Lung	Klingon	TNG		DW: 2	233
B'Stella		DS9		DS9: 16	246
Budz Bitz	Rimillia	TOS		TOS: 77	120
Cargil Mussels	Rigelian	TOS		TOS: 82	42
Cerian Cherries		TOS		TOS: 51	25
Challik Fruit	Obsidian	TOS		TOS: VF	144
Chfera Stew	Trill	DS9		DS9: 16	96
CHON	Earth	TOS	Material used to in food replicators circa 2260	TOS: 53	246
Crustamer Egg Paste	Ruffam	TOS	Secretd by live crustamers	TTM	148
Demma	Orion	TOS	Extreme aphrodisiac	TOS: 34	26
Denethan Bloodbladder		TNG		V: 9	8
Dro-Fowl		TOS		TTM	148
Duck Lu-se-te		TOS	Similar to duck alaorange	TOS: TFA	96
Elasian Cloud-Apple Pie	Elas	DS9		DS9: 16	100
Eldarine		TOS		TTM	15
Fetran Sauce		VOY		TV: R	
Fimaldian Mushrooms		TOS		TTM	15
Gagh	Klingon	TNG		DW: 2	226
Grapok Sauce	Klingon	TNG	Condiment	DW: 2	233
Heart of Targ	Klingon	TNG		V: DOH3	5
Hlai, Baked	Romulan	TOS		TOS: 35	27
I'danian Spice Pudding		TNG		DS9: TS	30
Iced Vulcan Fruits	Vulcan	TOS		ENL	182
JibellianFudgecake		VOY		TV: R	
Jumja sticks		TNG		TNG: TR	197
Kalafruit	Vulcan	TOS		ENL	175
Kaza	Patrian	TOS	Green and orange citrus; tart red flesh	TOS: 69	29
Kazl syrup	Klingon	TNG		DS9: 22	254
Khizr	Klingon	TOS	Hot-spicy soup	TOS: 26	174
Kreyla	Vulcan	TOS	Crisp Biscuits	TOS: 20	28
Ktarian Eggs		TOS		TNG: STG	212
Leola Root		VOY		TV: R	
Liak Root	Obsidian	TOS		TOS: VF	141
Liyaka		TOS		TTM	15

M'lu	Vulcan	TOS		TOS: 53	213
Maj'ra		TNG	Oblong, violet colored fruit with tart taste	TNG: Ins	7
Mazantine Sauce		TOS		TTM	148
Melastin Crayfish		TOS		TTM	148
Nardhorn		TOS		TTM	148
Nargah Eggs	Merkaan	TOS	Bright red yolks	TOS: 56	188
Ndalj	Arcturus	TOS	Confection that is poisonous to Klingons	TOS: 26	209
Palko Fruit	Nevisian	TOS	Citrus with purple and white slices; both combined make a powerful nerve toxin	TOS: 81	19
Paracreme Sauce		VOY		TV: R	
Patastorian Beef Patties		TOS		TTM	148
Persaba Fruit	Klingon	TOS		TOS: 26	175
Pipius Claw	Klingon	TOS		TOS: 66	180
Plomik Soup	Vulcan	TOS		TOS: VF	266
Pomfrit	Klingon	TOS	Fruit	TOS: 26	93
Redfruit	Bajoran	DS9		DS9: 16	197
Rigellian Husk		TOS	Cooked seed pods of the Whispering Smith	TOS: 64	71
Roast Smeerp	Nevisian	TOS		TOS: 81	42
Romboid Protein Cakes		TOS		TTM	148
Rokey Blood Pie	Klingon	TNG		V: DOH3	5
Romulan Chili	Earth	TOS	Material used to in food fabrication	TOS: 53	246
Ropeg pie	Klingon	TNG		DW: 2	260
Rougath	Klingon	TNG		TNG: DH	169
S'latami	Romulan	TOS		TOS: 24	218
Saurian Brandy Vinegar		TOS		TTM	15
Sashkas	Romulan	TOS	Vegetable	TOS: 26	111
Sea-Dollop		TOS		TTM	15
Serpent Worm	Klingon	TOS		TOS: 66	180
Spiced Kahla Bread	Romulan	TNG		TNG: DH	115
Spliat	K'Vin	TNG	Poisons cooked in flesh	TNG: 12	47
Steigel	Brellian IV	TOS	Crumbly white cracker made from a rather unappetizing source	TOS: 34	139
Susu Jam	Iconian	TNG		TNG: 48	134
T'krouma	Romulan	TOS		TOS: 24	218
T'Miirq Soup	Vulcan	TOS		ENL	182
Tabekh	Klingon	TOS	Condiment; contains arsenic	TOS: 50	159

Taqq	Andorian	TOS		TOS: 66	58
Tellarite Linguini	Tellarite	TOS		TOS: 20	26
Terra-Nut Souffle		VOY		TV: R	
Timshel Grapes	Timshel	TOS	Filled with a sweet nectar	TOS: 80	37
Tolik	Vulcan	TNG	Fruit	V: 9	43
Tono'pak berries	Vulcan	TOS		TOS: 82	34
Urri soup with kaizis sprouts		TOS		TOS: 87	103
Uttaberry Lollipop		TNG		TNG: 47	107
Vris	Kyrosian	TOS	Moldy Neelot	TOS: SM	60
Wafer Fruits	Vulcan	TOS		ENL	182
Wallenchian Loopbeans		TOS		TOS: 42	60
Whitefang Steaks	Klingon	TOS		TOS: 16	112
Wikki Fruit		VOY		TV: R	

Games/Martial Arts	Type	Time		Source	Page	Origin
4d Chesscube	Chess Variant	TOS	Chess gme that incorporates phased and hidden pieces	TOS: 18	14	Federation
Antigrav Lifting	Weight Lifting	TOS	Small weights that can be heavily increased	ST: CP	130	
B'Thoon	Martial Art	TNG	Form of fencing with lighted batons	TNG: Im2	182	Betazed
Bagap	Strategy	TOS	Similar th chess played with slaves	STL7	89	Klingon
Capoeira	Martial Art	TOS	Brazilian martial art	TOS: 66	48	Earth
Cha	Word Game	TOS	"Game of the Word"; variants include the Basal Game, Klin trade patois, and cha Damyath / Sim're At cha' (Master's Game / Loser's Game)	TOS: 25	12	Vulcan
Choctoq	Strategy	TNG	Strategy game with Tiles	TNG: AGT	119	Andorian
Dag-Jumag	Martial Art	TOS		TOS: 66	48	Tellarite
Dancefighting	Martial Art	TOS		TOS: 66	48	Orion
Dom-Jot		TNG		TNG: 48	110	
Dyson		TNG	Three-dimensional sphere version of Othello	TNG: 12	10	
Escrima	Stickfighting	TOS		TOS: 66	46	Earth
Fastball		TOS		TOS: 53	176	
Freefall Polo		TOS		TTM	8	Federation
Frimble	Betting Game	TNG	Watching Paint Dry	IQ	97	Sraticon IV
Gwyddbwyll				TOS: 50	223	

Kalto	Logic	VOY	Place 3-D pile of sticks into sphere	TV: R		Vulcan
K'asumi	Martial Art	TOS	Vulcan martial arts, green belt (modest), scarlet belt (master)	TOS: 5	46	Vulcan
Ke-Tarya		TOS	Martial Art	TOS: VF	292	
Ke-tar-yatar	Vulcan	TOS	Ancient Martial Art	TOS: VF	292	
Kershu		TOS	Martial Art	TOS: 38	67	
Klin zha	Strategy	TOS	Forms: Open,Clouded, Ablative, Blind, Reflective	TOS: 16	61	Klingon
Klin zha Kinta	Team Combat	TOS	Lancers, Blockaders, Swifts, Vanguarders, Fliers, Fencers	TOS: 16	27	Klingon
Kotegaeshi		TOS		TOS: 17	59	Human
Lan-dovna	Martial Art	PTOS	One-Handed Strangulation	TOS: 44	154	Vulcan
Latrunculo	Strategy	TOS		TOS: 16	27	Romulan
Littlejon	Quarterstuffs	TOS		TOS: 63	68	Federation
Llaekh-ae'rl	Martial Art	TOS	Romulan martial art "Laughing murder"	TOS: 18	157	Romulan
Low Gravity Gymnastics		TOS		TTM	8	Federation
Null G Ball		PTOS		TOS: 44	79	Federation
raLk'jo bat'telh	Martial Art	TOS	Ancient bat'telh martial art	TNG: TR	84	Klingon
Riseaway	Anti-gravity Handball	TOS		TOS: 63	10	Federation
Roladan Wild Draw	Card Game	TNG		DS9: EM	232	Federation
Sheepshead	Card Game	TOS		TOS: 63	69	Federation
Tal-Shaya	Martial Art	PTOS	Vulcan unarmed combat; breaking of the neck	TOS: S	364	Vulcan
Tsungu	Strategy	TOS	Klingon game similar the Chinese Chess; one versatile piece is called the cami	TOS: 26	52	Klingon
Varago		TOS	Rimillian game involving throwing items	TOS: 77	159	Rimillia
Vari-grav Gymnastics		TOS	Gymnastics variant that used differing gravity fields	TOS: 51	70	Delta IV
V'asumi	Martial Art	PTOS	Non-deadly practice form of K'asumi, between Warrior Brothers	TOS: 5	46	Vulcan
Yome	Strategy	TOS	Played with geometric shapes on several levels	TOS: 33	100	Akkallan
Xuan Nam	Skill	TOS	Game played by telekinetics using suspended balls; a Xuan Nam cube mimics the effect using anti-grav devices	TOS: 26	100	Estryllian

Instrument	Origin	Time	Source	Page
Bahtain	Romulus	TOS	Three-stringed instrument	TOS: P 25

CompuSynthesizer		TOS		TOS: 19	38
Ka'athyra	Vulcan	TOS		TOS: P	85
Lyrette	Vulcan	TOS		TOS: 19	21
Lytherette	Vulcan	TOS		TOS: 20	171
Plekt	Romulus	TOS	Twelve-stringed instrument	TOS: P	25
Sessica	Edos	TOS	Flute: certain sessicas are played only for certain songs or events	STL4: TI	10
Sonsfilian Feather-Lye		TOS		TOS: 56	12
The'el	Romulus	TOS	One-stringed instrument	TOS: P	25
Tlakyr	Vulcan	TOS	Obsolete instrument	TOS: P	49
Tra'am	Romulus	TOS	Similar to a piano	TOS: P	66