



AUTHENTIC
INTERNATIONAL
FOOD
PLYMOUTH



UNIVERSITY OF
PLYMOUTH

2nd Edition



This booklet has been created to show how many different places there are in Plymouth that sell authentic international food. From restaurants, cafés, bakeries to food stores and supermarkets, you'll be spoilt for choice when it comes to enjoying international food! There is such a variety of different places to visit in Plymouth, whether you're buying ingredients for cooking at home or eating out as a treat. Wherever you're from and whatever you'd like to eat, there really is something for every taste. We hope that using this booklet helps you to find some really incredible places to visit and food to eat.

1



ACHAR! INDIAN STREET FOOD

Achar bring flavours from India to the heart of Devon. You can expect to find tasty dishes such as Masala Dosa, Pav Bhaji, Pani Puri, Bhel Puri and not forgetting bespoke Thali menus made to order. All their food is 100% vegetarian. All of their chutneys and sauces are lovingly prepared by hand and all of their spices are home toasted and ground. Achar are frequently at the monthly University of Plymouth Students' Union Market Days depending on the seasons of the year. Check out their Facebook page for more details.

INDIAN

Check out their Facebook page with regards to where you find them locally to you.

 [acharstreetfood](#)

 acharstreetfood@gmail.com

2



ARRIBAS MEXICAN RESTAURANT & HAVANA BAR


Arribas Mexican Restaurant is situated in a prime location of Plymouth's historic Barbican. They serve authentic Mexican food in a wonderfully themed restaurant. The Havana Bar upstairs provides a superb venue for any celebration. With a separate bar, seating and dance floor it's a cracking choice of venue for your party.

LATIN AMERICAN | MEXICAN | TEX-MEX

**Arribas Mexican Restaurant
& Havana Bar**

56-58 Notte Street
Plymouth PL1 2AG

 [arribasmexicanplymouth](#)

 www.arribasmexican.com

3



ASIAN FOOD STORE & UNCLE J CAFE

The Asian Food Store & Uncle J Café is a local supermarket in Plymouth with a vast array of food from all over Asia. The management and staff are incredibly helpful and really accommodating. There is a lot to choose from and you can always order food in that might not be in stock. A good place to go to when shopping for ingredients to cook at home.

CHINA | INDIA | JAPAN | KOREA | MALAYSIA | PHILIPPINES | THAILAND

Asian Food Store & Uncle J Cafe/

Asian Supermarket

55 Ebrington Street

Plymouth PL4 9AA

f Asian Food Store and Uncle J Cafe

globe www.chinatown-shopping.co.uk

4



ASIA ORIENTAL

The Asia Oriental is a local supermarket in Plymouth that mainly caters for Asian and other oriental food supplies. You will find a great range of foods, snacks and drinks from China, India, Japan, Korea, Malaysia, Philippines, Thailand and many more places. There are a large variety of items to choose from and staff are really helpful and attentive. A good place to go to when shopping for ingredients to cook at home.

CHINA | INDIA | JAPAN | KOREA | MALAYSIA | PHILIPPINES | THAILAND

Asia Oriental Store Ltd

98-100 Cornwall Street

Plymouth PL1 1NF

f asiaorientalstore

5



A TASKINHA

This is a family run Portuguese Café and Store. They offer a wonderful menu of traditional Portuguese food and drink to eat in or take away. A really warm and friendly environment that welcomes everyone through their doors.

PORTUGUESE

A Taskinha

55 Union Street
Plymouth PL1 3LU

 TASKINHA

6




A TASTE OF THAILAND

A Taste Of Thailand brings you the very best of Thai hospitality and cuisine. With a reputation of authenticity and excellence, they stay true to the culinary culture and influences of Thailand. You can choose from a variety of unique dishes and also specify if you would like your dish spicy or mild.

THAI

A Taste Of Thailand

Stall No. 101/102
Plymouth City Market
127 Cornwall Street PL1 1PA

 tasteofthailandplymouth

7



@KITCHEN

AtKitchen is a great authentic Vietnamese restaurant in Plymouth. Utilising fresh ingredients with dishes made to order, Master Chef Pond seeks to bring the taste of Vietnamese cuisine to the City of Plymouth with a range of traditional dishes and beverages.

VIETNAMESE

AtKitchen Vietnamese Restaurant

Plymouth Indoor Market (upstairs)
Market Avenue
Plymouth PL1 1PS

 AtKitchenPlymouth

 www.atkitchen.co.uk

8




AUTHENTIC SICHUAN RESTAURANT

The Authentic Sichuan Restaurant puts a unique twist on Chinese food. With their infusion of the sweet and savoury, you're sure to find a dish that you'll love. They start with only the freshest ingredients to stir fry delicious melodies of tastes and colours that are sure to delight the senses. There is also a KTV room (karaoke room) for party bookings.

ASIAN | CHINESE

Authentic Sichuan Restaurant

112 Cornwall Street
Plymouth PL1 1NF

 theonlysichuan

 www.authenticsichuanrestaurant.co.uk

9



B-BAR & THAI NOODLE BAR

The B-Bar and Thai Noodle Bar is a great place to visit. Located within the Barbican Theatre, they sell authentic Thai noodles and Thai dishes served in boxes to eat in or take away. Plymouth's most theatrical watering hole features local up and coming artists and a small stage allowing for a great range of performances: from bands to comedy and poetry readings (sometimes for a small entry charge). The staff are really friendly and attentive. You can also find their food stalls at local markets in and around Plymouth.

THAI

B-Bar

95 Castle Street
Plymouth PL1 2NJ

 TheBBar

 www.b-bar.co.uk

10



CANADIAN MUFFIN CO.

The Canadian Muffin Company is a family run business that has been running for the past 17 years. It has a fantastic array of delicious muffins alongside tea, coffee and other café food to order. The muffins are freshly baked each morning.

The muffins sold are a variety of either sweet or savoury, there are plenty to choose from!

CANADIAN

The Canadian Muffin Company

172 Armada Way
Plymouth PL1 1LB

 [canadianmuffinco](https://www.facebook.com/canadianmuffinco)

11



COSTLESS WORLD WIDE FOOD STORE

The Costless World Wide Food Store sells a large variety of food, including fruit and vegetables, from all over the world. The management and staff are incredibly helpful and really accommodating. A good place to go to when shopping for ingredients to cook at home. Certified halal meat is also sold at this supermarket.

ASIAN | ORIENTAL | KURDISH | TURKISH | ARABIC | IRANIAN
AFRICAN | CARIBBEAN | EUROPEAN

Costless

18 Western Approach
Plymouth PL1 1TQ

f Costless-World-Wide-Food-Store
🌐 www.costlessworldwide.com

12



GANGES AND GURKHA

The Ganges and Gurkha Indian restaurant's menu incorporates both traditional and classical favourites with original and new dishes. Quality ingredients ensure the best possible food available for you and your friends and family. Be sure to check their range of mouthwatering specials and meal deals. They look forward to welcoming you for finest Nepalese and Indian cuisine in Plymouth. Students with a NUS card get 20% discount for eat in or take away Monday to Thursday every week.

NEPALESE | INDIAN

The Ganges and Gurkha

36 Bretonside
Plymouth PL4 0AU

🌐 www.gangesandgurkha.co.uk



GOTO JAPANESE RESTAURANT

Prepared on the premises by their own highly skilled sushi chef, Goto Japanese Restaurant offers both traditional and modern sushi dishes using only the finest, locally sourced ingredients. Their skilled chef also offers as an alternative to Sushi, classical, hot Japanese dishes that will stimulate your curiosity (and taste buds!) as well as perhaps exceeding your expectations of Japanese cuisine. Discover beautifully presented food in a friendly establishment, this restaurant is a great experience for anyone to try.

JAPANESE

Goto Japanese Restaurant

13 Southside Street
Plymouth PL1 2LA



www.hanschinatown.wixsite.com



GRECIAN TAVERNA

The Grecian Taverna has been serving exceptional Greek dishes for over 35 years. They source many of their ingredients locally and pride themselves on their locally caught fish specialty dishes. They use the highest quality ingredients at all times, ensuring their food is of an incredibly high standard while keeping a traditional authentic taste. Diners can choose from a wide range of traditional dishes accompanied by a selection of Greek wines.

GREEK

The Grecian Taverna

9 Market Avenue
Plymouth PL1 1PE



www.greciantaverna.com

15



HAKKA

Hakka's acclaimed chefs from Hong Kong promise to provide you with a variety of delicate Chinese dim sum and authentic Asian dishes following the same traditional recipe used by weary merchants along the Silk Road. The elegant and classic interior also offers a delightful place to enjoy Cantonese-style cuisine and to experience the excitement of oriental dining. Delight in beautifully presented food within an informal and friendly establishment.

CANTONESE | CHINESE

Hakka

13 Southside Street
Plymouth PL1 2LA

 Hakka.Hans

 www.hanschinatown.wixsite.com

16



HIMALAYAN SPICE

At Himalayan Spice you will enjoy delicately spiced cuisine best of the best selected from the Indian subcontinent. They use fresh spices and herbs to get their unique flavour. Every dish is freshly prepared using only the very finest quality meat, vegetables, herbs and spices. They provide a delightful dining experience to their customers in a 16th century building. They also have a large room upstairs for group bookings for special events.

INDIAN | ASIAN | NEPALESE

Himalayan Spice

31 New Street
Plymouth PL1 2NA

 www.himalayanspice.net

17




IL CAPRICCIO

Il Capriccio is a warm and friendly authentic Italian restaurant in the heart of Plymouth City Centre. They have a team of Italian chefs who prepare all the food as they would do for their own families. The heart of the operation is the chefs' love for cooking and using locally sourced fresh ingredients to make beautiful Italian food. No artificial preservatives are used and everything is cooked freshly to order. Il Capriccio aims to bring you a little bit of authentic Italy in a relaxed atmosphere at an affordable price.

ITALIAN

Il Capriccio

4 Frankfort Gate
Plymouth PL1 1QD

 [Il.Capriccio.Plymouth](https://www.facebook.com/Il.Capriccio.Plymouth)

 www.ilcapriccio.co.uk

18



KAPADOKYA

Kapadokya is an authentic Turkish restaurant situated in one of the oldest areas in Plymouth, on the historic Barbican. Sample a variety of traditional homemade Turkish cuisine made using only the freshest and locally sourced ingredients. On certain nights the restaurant has a belly dancer performing to traditional Turkish music. The beautiful décor and friendly atmosphere makes for a wonderful experience.

TURKISH

Kapadokya Restaurant

12 New Street
Plymouth PL1 2NA

 [kapadokyaplymouth](https://www.facebook.com/kapadokyaplymouth)

 www.kapadokyaplymouth.com



KOISHII

Koishii Japanese Restaurant is known for its generous portions, reasonable prices and friendly service. You can eat in or have it delivered. Koishii gives you an authentic selection of unique Japanese, sushi dishes. Experience dining in their signature sunken tatami sitting and an innovative sushi bar, eat fresh sushi and sample an array of Japanese cooking and fusion creations. Whether for a full meal or a small sushi, the staff will welcome you to Koishii.

JAPANESE

Koishii Japanese Restaurant

101 Mayflower Street
Plymouth PL1 1SD

 KoishiiJapaneserestaurant

 www.koishii-japanese-restaurant.co.uk



KUMBITES

Kumbites is based in Lifton (an hour north of Plymouth) and produces flavoursome, crafted condiments that are vegan and sugar free. Each condiment is made from fresh ingredients and using only traditional preparation methods. Their inspiration comes from tastes from around the world and especially Africa. You will often see them at local food markets and craft fairs selling their unique products, and food orders may also be made online. To find out where their next stall is either visit their website or find them on Facebook.

AFRICAN

To find out where our next stall is either visit our website or find us on Facebook.

 @Kumbites

 www.kumbites.com



KW BROTHERS ORIENTAL SUPERMARKET

KW Brothers is a family run business selling a great range of Asian and oriental foods, fresh fruit vegetables, snacks and drinks alongside Asian utensils for cooking (for example, bamboo steamers and woks). This supermarket is a good place when shopping for ingredients to cook at home. They have an oriental tea room on the premises and home delivery is available for orders over £20.

ASIAN (MOSTLY CHINESE, BUT SOME JAPANESE)

KW Brothers

25-27 Durnford Street
Plymouth PL1 3QF

f kwbrothers



LEANDRA

Leandra is an authentic Greek restaurant family run business that has been based in the centre of Plymouth for over 30 years. They have a fantastic traditional Greek menu where you will find stylish and classical surroundings, and a relaxed and friendly atmosphere, making it an ideal venue for lunch and perfect for an evening out with family and friends. Locally sourced fish and fresh market vegetables also contribute to the vast and impressive menu where there really is something for everyone. The food is beautifully presented and reservations are highly recommended.

GREEK

Leandra Restaurant

19-21 Frankfort Gate
Plymouth PL1 1QA

f LeandraRestaurant

globe www.leandrarestaurant.co.uk

23



LISBON BAKERY & RESTAURANT

Lisbon Bakery & Restaurant is an authentic Portuguese restaurant that also bakes homemade Portuguese desserts and pastries. The food is beautifully presented and the staff are incredibly helpful. A really lovely place which welcomes everyone.

PORTUGUESE

Lisbon Bakery

22-24 Frankfort Gate
Plymouth PL1 1QD

f LisbanBakeryandRestaurant

24



MAMA RITA'S KITCHEN

Mama Rita's Kitchen is a family run business. They create fresh, fragrant exotic dishes with love and dedication to deliver mouth watering food. They produce personal dishes for their customers. The staff are incredibly helpful especially with dietary requirements and are very welcoming and friendly. Mama Rita's is an expanding and experienced kitchen creating tantalising dishes with love and passion for amazingly well balanced and aromatic dishes.

AFRO-CARIBBEAN

Mama Rita's Kitchen

31 Market Avenue
Plymouth PL1 1PG

f AfroCaribbeanPot



MAXIM SUPERMARKET

Maxim Supermarket sells a large variety of food from Slovakia, Latvia, Russia, Romania, Poland and Lithuania. The management and staff are incredibly helpful and really accommodating. There are fresh goods for sale too including fruit and vegetables from around the world plus dairy and meats. A good place to go when shopping for ingredients to cook at home.

EUROPEAN | SLOVAKIA | LATVIA | RUSSIA | ROMANIA |
POLAND | LITHUANIA

Maxim Supermarket
24 Western Approach
Plymouth PL1 1TQ



MEZE GRILL

The Meze Grill is an authentic Greek restaurant making homemade traditional Greek dishes but with a contemporary twist on some street food classics. As well as a 'choose your own' tapas style menu, they have new chicken from the spit roast with a choice of sides. The restaurant offers a private exclusive bar for all of its diners: a new fresh and vibrant seating area with a quirky twist, and you can get in among the action and book one of their new chef's tables! There is also a new large function room/bar upstairs called 'Bar Uzo' that can be used to have a drink before or after your meal.

GREEK

Meze Grill
48 Southside Street
Plymouth PL1 2LD

f Meze-Grill-Bar-Uzo

 www.themezegrill.com



NAWROZ INTERNATIONAL FOOD STORE

At Nawroz International Food Store (next to the Nawroz Restaurant) you can find a selection of Kurdish and Middle Eastern food. There is a fresh meat section selling only halal meat. The store is a good place to go when shopping for ingredients to cook at home. Really helpful staff and a warm welcome when you go in.

KURDISH | MIDDLE EASTERN

Nawroz International Food Store

142-144 King Street
Plymouth PL1 5JE



NAWROZ RESTAURANT

Nawroz Restaurant does Kurdish and Middle Eastern cuisines with every order being freshly made and all of the meat dishes are halal. The food that served is unique to the South West, with dishes such as shawarma, dolma, lamb/chicken quzi, falafel, tashreeb, hummus, tandoori naan and many more. Nawroz pride themselves on making full flavoured dishes at very affordable prices. Join them for an authentic experience of the Middle East, either with friends, family or by yourself; everyone is welcome.

KURDISH | MIDDLE EASTERN

Nawroz Restaurant

142-144 King Street
Plymouth PL1 5JE

 Nawroz-Restaurant




NOODLE LOUNGE

The Noodle Lounge offers authentic Cantonese noodle dishes. A beautiful modern décor and the quality of the food are accentuated with the friendly atmosphere. If you're not sure what to order, just ask and the staff will be more than happy to advise. All the dishes are freshly prepared and beautifully presented. An experience not to be missed when in Plymouth. The Noodle Lounge also has an amazing karaoke room upstairs that is based on the rooms in China and Japan.

CANTONESE

Noodle Lounge
13 Southside Street
Plymouth PL1 2LA

 noodlelounge

 www.hanschinatown.wixsite.com/noodlelounge



RED LANTERN

Relax and enjoy good food at the Red Lantern Chinese restaurant. The restaurant offers an interesting range of reasonably priced authentic Chinese dishes using fresh ingredients sourced from local suppliers. Their head chef is happy to arrange in advance special menus to suit specific requirements. An extensive dim sum menu is available until 5pm daily. Come and discover a little piece of China in the heart of Plymouth!

CHINESE

The Red Lantern
57 North Hill
Plymouth PL4 8HB

 TheRedLanternplymouth

 www.theredlanternplymouth.com

31



POSITANO

Positano was originally a takeaway pizza and pasta place. It still continues this tradition but a restaurant has been added offering true flavour of Italian cuisine. The dishes are from every region of Italy and the restaurant specialises in veal dishes and fish, fresh from the Barbican, along with Italian wines and beer. The restaurant has been consistently excellent in service and food for more than 20 years. Friendly and helpful staff, a great experience of authentic Italian food. Booking is recommended for evening meals.

ITALIAN

Positano

36-38 Mayflower Street
Plymouth PL1 1QX

🌐 www.positanorestaurant.co.uk

32



SAMPHIRE

Samphire is a family run business that is backed by a passionate team of staff. Situated on Mayflower Street, Samphire showcases an exciting and innovate vegan cuisine in the heart of Plymouth. Their menu is full of veganised classic food, highly influenced by American cuisine. All meals are freshly made to order and if there are any special dietary requirements they will do their best to meet your needs.

AMERICAN | VEGAN

Samphire

111 Mayflower Street
Plymouth PL1 1SD

f [Samphire.Brasserie](https://www.samphirebrasserie.com)

🌐 www.samphirebrasserie.com



SUPHA'S


Supha's brings you the real taste of street food from Thailand, Vietnam, Laos, Myanmar and Malaysia. Offering something totally new for Plymouth in a very untraditional format with a bright, colourful dining area and an open kitchen. The emphasis is very much on serving up seasonal produce and sharing fresh food with street-food style cooking and strong Asian influences. There is an extensive vegetarian selection and lots of dishes are naturally gluten free too.

THAI | VIETNAMESE | MALAYSIAN | VEGETARIAN | GLUTEN FREE

Supha's Street Food Emporium

Marrowbone Slip, Unit 1
East Quay House, Sutton Harbour,
Plymouth PL4 0HX

 Suphasstreetfood

 www.suphas.co.uk



TEA & BUN

Tea & Bun is a great authentic Japanese, Taiwanese and Chinese street food café. Situated right below its sister restaurant (@kitchen), within the Plymouth Indoor Market. Utilising fresh ingredients with dishes made to order, Master Chef Pond seeks to bring the tastes of Japanese, Taiwanese and Chinese cuisine to the City of Plymouth with a range of traditional dishes and beverages, which include Raman (Japanese noodle dishes), Steamed Buns and an assortment of flavoured 'Bubble Tea'.

ASIAN | VEGETARIAN | VEGAN | GLUTEN FREE

Tea & bun

135 Cornwall Street
Plymouth PL1 1PA

 @teaandbun



TOOT

TOOT is an authentic Persian café-restaurant serving halal Middle Eastern food from midday to late at night. TOOT regularly takes part in the University's campus food markets serving their legendary Persian saffron chicken wraps; these are so popular that sometimes queues can be an hour long for the wait! TOOT offers a 20% student discount on eat-ins. The restaurant is less than a two minute walk from the University campus.

PERSIAN

TOOT Café-Restaurant

46 Mayflower Street
Plymouth PL1 1QX



www.tootonline.co.uk



VEGGIE PERRINS

Welcome to Veggie Perrins the only dedicated Vegetarian Indian Restaurant in Plymouth, specialising in an authentic Gujarati cuisine. The organisation is inspired by the Hindu principle of Ahimsa (nonviolence to all creatures), which was advocated by Gandhi. They are a family-run restaurant specialising in Gujarati cuisine, made in exactly the same way as they do at home – something that devotees of genuine Indian food appreciate. Gujarat is a state in the West of India, famous for its imaginative and subtly-spiced cuisine.

VEGETARIAN & VEGAN GUJARATI | INDIAN | PAKISTANI

Veggie Perrins

97 Mayflower Street
Plymouth PL1 1SD



www.veggieperrin.co.uk



WORLD WIDE FOOD STORE

World Wide Food store sells a variety of products from around the world. From packaged goods to fresh produce, there is a large selection to choose from. It is a great place to find ingredients to buy for cooking at home.

INTERNATIONAL

World Wide Food
138 Cornwall Street
Plymouth PL1 1NJ

 World-Wide-Foods-Plymouth




YUKISAN

Yukisan was the first Japanese restaurant in Devon, established in 2004. On their menu you can choose from sushi, yakitori, tempura, lobster, steak, fish and sashimi. To drink there are cocktails and sake as well as beer and wine. Try a set meal for the perfect introduction to Japanese food. They have three distinct dining areas: two spacious oriental dining rooms and a Japanese room furnished with traditional Japanese cushioned seats at floor level. Some areas of the restaurant can be booked privately and for special party menus are available.

JAPANESE

Yukisan Japanese Restaurant
51 Notte Street
Plymouth PL1 2AG

 Yukisan

 www.yukisan.co.uk



Zaab

Zaab is a restaurant that specialises in preparing simple authentic Thai/Asian cuisine, cooked by Thai people, who are passionate about their food. Located in the famous Plymouth Barbican, Zaab is good for groups or parties with outdoor seating. A takeaway service is also available.

THAI

Zaab Thai Restaurant

27 New Street
Plymouth PL1 2NB

f zaabnewstreet



ZEUS

Zeus restaurant specialises in authentic Greek food prepared with finesse the traditional Greek way. Family-run, they take pride in serving the best, daily sourced, local fresh fish and vegetables. Located in Plymouth city centre the recently extended dining room has disabled friendly facilities and provides a super setting and a great atmosphere at affordable prices for every occasion. They cater for large parties and corporate functions alongside specialty dining evenings. Their authentic Greek nights are always a popular occasions.

GREEK

ZEUS Greek Restaurant

150-152 Cornwall Street
Plymouth PL1 1NJ

globe www.zeusrestaurant.co.uk




ZUZIMO

ZUZIMO is an authentic tapas bar and restaurant located right next to Sutton Harbour and a close walk to the city centre, Barbican and Plymouth's Drake Circus shopping mall. Come in and relax with fresh, local & homemade dishes cooked by their chefs in styles from around the world. Vegetarian and vegan meals are available. They can accommodate up to 80 people at a time.

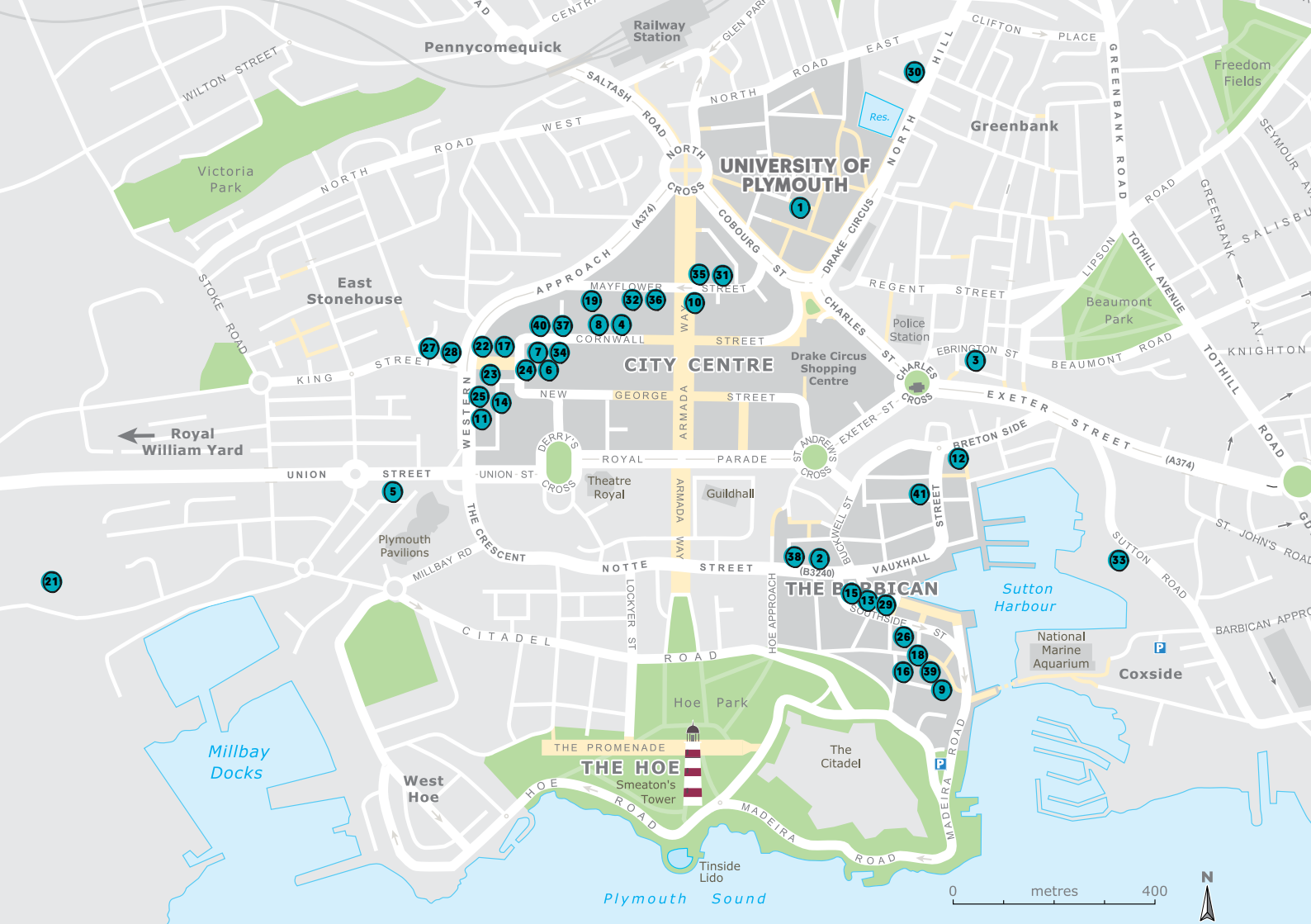
WORLD CUISINE

ZUZIMO

153 Vauxhall Street
Plymouth PL4 0DF

 www.zuzimo.co.uk





Pennycomequick

Railway Station

UNIVERSITY OF
PLYMOUTH

Greenbank

Freedom Fields

Victoria Park

East
Stonehouse

Beaumont Park

CITY CENTRE

Drake Circus
Shopping Centre

Royal
William Yard

Plymouth
Pavilions

Guildhall

THE HOE
Smeaton's
Tower

THE BARBICAN

Sutton
Harbour

National
Marine
Aquarium

Coxside

Millbay
Docks

Hoe Park

The Citadel

Plymouth Sound

0 metres 400



IMPORTANT NOTICE

The information [below] (the “Information”) is issued by the University of Plymouth (the “University”) [to its students] to assist them in choosing suitable restaurants and other eating establishments (“Restaurants”) in the Plymouth area, and for no other purpose.

The Information has been provided for information only and prepared in good faith but does not purport to be comprehensive and has not been independently verified. No representation or warranty (express or implied) is or will be made, and no responsibility or liability is or will be assumed or accepted, by the University or any of its officers, employees or agents in relation to the accuracy or completeness of this Information or any other written or oral information provided. Any such liability is expressly disclaimed. In particular (but without limitation), the inclusion of details of any Restaurants in the Information shall not amount to, or be taken or construed as, any form of recommendation or endorsement by the University of the Restaurant concerned or the quality of its food or services. Any person seeking any Restaurant or other eating establishment, whether in the Plymouth area or beyond, should make their own enquiries with regard to the establishments available and satisfy themselves that any such establishment is suitable and meets their requirements.

For the avoidance of doubt, the University shall not be liable, responsible or otherwise accountable in any way to either the Restaurant or its customers for the food or services provided by the former, for settling any issues or disputes between them, or for any other aspect of their relationship.

The University gives no undertaking to update this Information or to provide any additional information, or to correct any inaccuracies in it, and the University reserves the right (at any time, in any respect and without giving reasons), to amend or withdraw the Information.

No Information shall form the basis of any contract between the University, the proprietor or owner of any such Restaurant or other eating establishment (whether referred to in this Information or otherwise), or any customer, student or other person.







UNIVERSITY OF
PLYMOUTH



HALAL AND KOSHER FOOD PLYMOUTH 2020/21

EQUALITY



UNIVERSITY OF
PLYMOUTH

WELCOME

שלום السلام عليكم

This guide has been compiled by the Equality, Diversity and Inclusion Team, Pastoral and Spiritual Support, the Plymouth Orthodox Synagogue and the University of Plymouth Islamic Society to support our Muslim and Jewish staff and students in following Halal and Kosher food guidelines.

There are multiple stores across Plymouth and the local area stocking Halal and Kosher products and these are indicated in this guide alongside online resources recommended by the local community in sourcing Halal and Kosher food.

In addition to this guide, you can also get in touch with our Islamic or Jewish Faith Advisors at the Pastoral and Spiritual Centre by emailing jonathon.ross-mcnairn@plymouth.ac.uk.

Whilst there are not specific Kosher or Halal restaurants or supermarkets on campus, our catering teams will always do their best to help with any dietary requirements or restrictions. If you are eating on campus, be sure to ask the staff what would be suitable for Kosher or Halal diets.



As well as our faith advisors, UPSU host a range of student societies for our Muslim and Jewish students. Join a society by visiting www.upsu.com. If you have any questions, comments or recommendations then contact the Equality, Diversity and Inclusion team on equality@plymouth.ac.uk.

HALAL



SUPERMARKETS

Most supermarkets stock some Halal dry goods but the stores listed below are specialist Halal supermarkets and suppliers.

Costless

- 10-12 Western Approach, Colin Campbell Court, PL1 3EX
- 01752 220485
- A huge range of international foods and a fully-stocked Halal butchery.

Plymouth Halal

- 84 Embankment Road, PL4 9HY
- A range of Halal foods and meats

Kushiara Foods

- 80 Embankment Road, PL4 9HY
- Halal supermarket

Jabal Marra Ltd/Darul Ankar

- 15 Beaumont Road, PL4 9BA
- 07872516982

Nawroz Delivery

- 140 King Street, PL1 5JE
- Halal and Middle Eastern grocery and takeaway



ONLINE ORDERING

The University's Islamic Faith Advisers recommend online delivery from the companies listed below for any items that you cannot buy from a local Halal store.

www.mullaco.com

Delivery of HMC certified meat to all parts of the UK.

www.healthy-halal.co.uk

A wide range of Halal meats and subscription boxes with free delivery and recipe ideas.

HALAL RESTAURANTS

حلال

There are plenty of Halal restaurants and takeaways to choose from in Plymouth and the below are top recommendations from our Student Islamic society and the local community.

Aleppo (Syrian and Lebanese)

- 9 Market Avenue, PL1 1PE

Nawroz Restaurant (Kurdish)

- 142 King Street, Plymouth, PL1 5JE

Babawok (Chinese)

- 35 Bretonside, Plymouth PL4 0BB

Mombay Brasserie (Asian/Indian)

- Unit 1, Penrose House, 4 Sutton Road, Lockyers Quay, PL4 0DX

Toot (Persian)

- 43 Mayflower Street, PL1 1QX

Himalayan Spice (Nepalese)

- 31 New Street, PL1 2NA

Mesopotamia Restaurant (Middle Eastern)

- 30A Western Approach, PL1 1TQ

Galos (Peri Peri)

- 11 Market Avenue, PL1 1PE

Dunya Restaurant (Turkish)

- 10 Derrys Cross, PL1 2SH

St Judes Grill (Fish and chips)

17 Cecil Avenue, PL4 8SG

Aroma Woodfired (Pizza)

- 67C Ebrington Street, PL4 9AA



KOSHER

כשר

SUPERMARKETS

Most supermarkets stock Kosher products such as Warburton's bread, Cadbury products and 70g jars of Marmite (check the label) but they are not in a specific kosher section. You can go to www.isitkosher.uk to check items whilst you are shopping.

Sainsbury's

- Sainsbury's at Marsh Mills has a small Kosher section in their 'World Foods' aisle which stocks matzo meal, Shabbos candles, Bamba, Kosher wines, some dry goods and Kosher desserts.
- All Sainsbury's stores stock Sabra hummus which is certified Kosher, Nando's products which are certified Kosher and many Sainsbury's products are certified as Kosher such as their own-brand peanut butter.



Marks and Spencer

- Marks and Spencer sell Challah bread on Thursdays but cannot guarantee it is Kosher.

Holland and Barrett

- Holland and Barrett stock Tivall vegetarian products which are certified Kosher



Waitrose

- Waitrose in Saltash sell Kosher challah bread in their bakery

ONLINE ORDERING

The Plymouth Synagogue recommend the following online Kosher food delivery companies and you can contact Plymouth Synagogue to be included within their newsletter and bulk food orders to save money on shipping. Their email address is phccaretaker@yahoo.co.uk.

www.sabeny.com

A wide range of fresh, frozen and cupboard foods including bakery items and household products.

www.israelifooddirect.com

A huge range of Kosher products and a wide range of Israeli products available to order. They are also happy to order specialist items which may not be listed on their website.



All information in this guide is correct at the time of writing and businesses listed here are not a definitive or exhaustive list and the University of Plymouth does not endorse any business featured.

RESTAURANTS

Unfortunately there are currently no Kosher-certified restaurants in Plymouth, however there are Kosher restaurants in Bristol and Bournemouth.

Within Plymouth, vegan restaurants such as Cosmic Kitchen, Samphire Brasserie and Veggie Perrins may meet Pareve Kosher needs. Please note that these are not certified Kosher:

Samphire Brasserie (American diner)

- 111 Mayflower Street, PL1 1SD, 01752 263116
- No animal products are used however bread may not be Kosher and Kosher wine is not available. Kitchen not certified Kosher.

Veggie Perrin's (Gujarati cuisine)

- 97 Mayflower Street, PL1 1SD, 01752 252888
- No meat, fish or eggs are used. Dairy products are present in some dishes. Bread may not be Kosher and Kosher wine is not available. Kitchen not certified Kosher.

Cosmic Kitchen (Vegan bistro)

- (Formally) Sir John Hawkins Square, Palace Street, PL1 2AY
- No animal products are used however bread may not be Kosher and Kosher wine is not available. Kitchen not certified Kosher.

The local community at Plymouth Synagogue and the University's Student Jewish Society often host meals and may be able to offer you some advice. Additionally, EatWith.com operates in Plymouth and may have Kosher or Jewish-observant friendly hosts.

