

## Eat Street

Also known as **Church Street**, this is Parramatta's main dining strip – and it's a veritable hub of activity. By day it's a great place for a relaxed al fresco lunch with family, friends or work mates.

At night, join the boisterous parade of people spilling out of the crowded restaurants and cafés. The energetic buzz is infectious.

This lively strip serves as a great introduction to Parramatta's menu. It's mostly a Mediterranean and Middle Eastern vibe along here, but Eat Street also boasts some excellent steak houses as well as noodle bars if you're in the mood for cheap and cheerful.

Good food, great venues and a fantastic atmosphere – be part of it!



Funky Mars Hill Café is the place to go for organic coffee, handmade chocolate, scrumptious cakes and slices, and comfy old lounges. You can even play a board game.

### IN THEIR WORDS:

*'For me the café is much more than a business. From the start our philosophy was about being an alternative and creating a space where people could hang out. We're very open to sharing what we know about coffee.'*

*Some of our customers end up doing work experience here. Some call it their second lounge room!*

– Kevin Crouse, Proprietor Mars Hill Café

## Make mine a fine wine

**Phillip Street** east is upmarket central. A popular drawcard for the corporate crowd and gourmands alike, the menus from the restaurants spread along this dining precinct feature innovative dishes paired with superb wine selections.



Courtney's Brasserie has cemented itself as one of Parramatta's finest dining establishments – it's regularly listed in the Sydney Morning Herald Good Food Guide. And owner and chef Paul Kuipers ensures Courtney's remains a leader in innovative dining.

### IN THEIR WORDS:

*'Our philosophy behind the restaurant and our food is that we directly support farmers in the Sydney Basin and surrounds by buying our produce from them. Our menu is decided daily, and each dish features seasonal produce available at the time.'*

*We are composting our waste and use this for growing some of our own produce for the restaurant. We also look at what is sustainable in farming, and try to do our bit for the environment.'*

– Paul Kuipers, Owner/Chef Courtney's Brasserie

## Word of mouth!

Enjoyed your culinary and cultural experiences in and around Parramatta? Then let your friends know.

There's something very generous hearted about letting those you love know about good places to eat and the great food experiences you've had.

I ate at...

and I loved...

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For more information on eating options in Parramatta pick up the latest copy of the Parramatta Dining Guide from the Parramatta Visitor Information Centre, call 1300 889 714

or go to [www.discoverparramatta.com](http://www.discoverparramatta.com)

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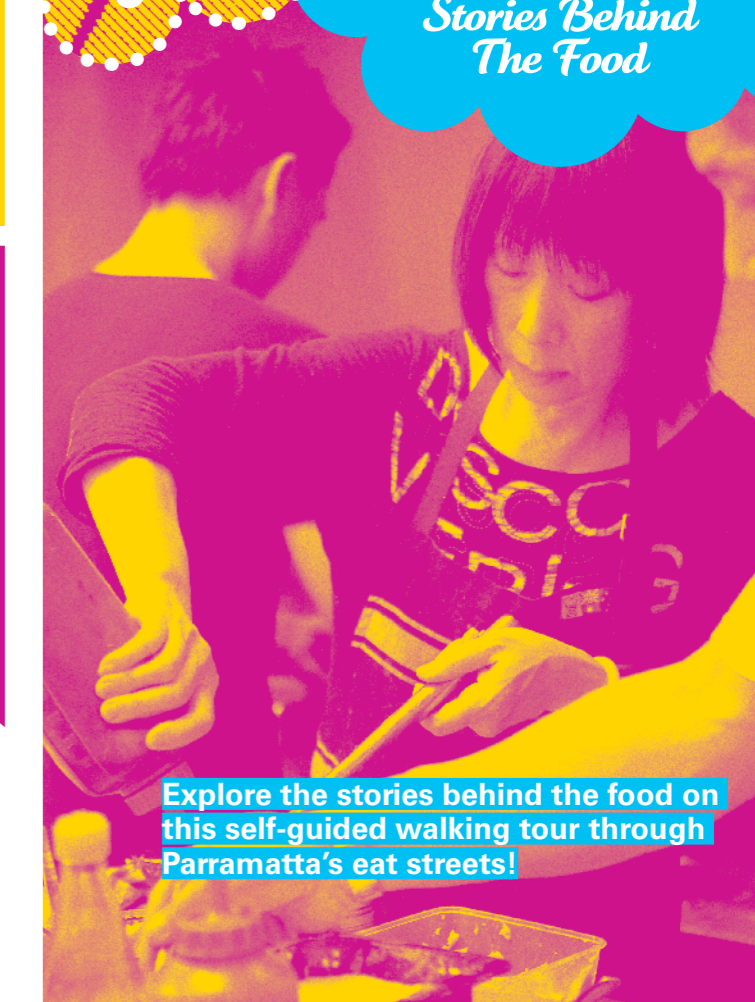


Australian Government  
Department of Resources  
Energy and Tourism



# Cultural Bites

Stories Behind The Food



Explore the stories behind the food on this self-guided walking tour through Parramatta's eat streets!



## Parramatta's culinary delights reveal the city's diverse cultures. Discover the stories behind the food.

Parramatta's eateries whip up an eclectic array of dishes – and the enormous diversity of fare to be sampled lets you connect directly with the many cultures that have made their mark here.

There's everything from the cheapest of delicious eats in fast noodle bars to fine wining and dining experiences in establishments that have staked their reputations on doing things differently. And the stories behind the food are all part of the experience.

Make sure you explore some of the quieter, out of the way streets and laneways too. You never know what 'cultural bites' await you.

Happy eating!



### From bungalows to biryani

India comes to Parramatta in the thriving town centre of **Harris Park**. Here's an impressive array of restaurants, sweet houses, spice shops and grocery stores where you can stock up on lentils, basmati rice and pappadums – and immerse yourself in all the colour and pizzazz of Indian culture. This part of the city has long drawn on influences from the Indian sub-continent.

At night many of Harris Park's eateries are impressively lit, creating a magical atmosphere in this busy strip!

As far back as the earliest years of the colony, many farmhouses in the area adopted the shady verandahs of India's bungalows – while today migrants bring all the scintillating flavours of their homelands to the streets of Parramatta.



### Sugar and spice

Parramatta is not short of dedicated sweet shops offering sugary mouthfuls from all over the world.

Suss out Sea Sweet on Church Street. You'll think you're in Beirut!

Here you'll find **baklava** and a range of other syrupy Lebanese goodies as well as a tempting array of tiny **truffle cakes**. The original Fruit Cocktail made with kashta is worth trying too!

If Greek and European pastries are more to your liking, you may not be able to walk past

Sweet Street Patisserie on George Street without succumbing to the temptations of their **pastries** and handmade ice-creams.

And why not explore the city's numerous **chocolate** cafés! See if you can choose your favourite. It won't be easy.



### By George, it's the real deal!

Authenticity is the name of the game along **George Street**. This is where you'll find some of the yummiest South-east Asian food out of... well, South-east Asia!



In recent years, an influx of Thai and Vietnamese chefs have joined those already cooking up Japanese, Chinese, Korean, Singaporean and Malaysian culinary storms.

Temasek has become something of a Parramatta institution. Squeezed into an unassuming arcade alongside the Roxy, this always-lively eatery draws dedicated foodies from right across Sydney.

It might get a little hectic at times, but this is the place to go if you're keen to try the genuine hawker-style Malaysian and Singaporean dishes that ensure Temasek keeps on being listed in the Sydney Morning Herald Good Food Guide.

### IN THEIR WORDS:

*'I've always loved food. It must be in the genes! My mum's a very good cook, and so was my grandfather. He had a food stall in Singapore in the 1960s, and Mum was a chef in a garment factory in the 1970s. I was always watching them cook, and observing how the street hawkers made their dishes.*

*There have been many changes in Parramatta since I opened Temasek in 1992, but I still believe in serving good food at prices people can afford.'*

– Susan Wong, Owner/Chef Temasek Restaurant