



EAT LOCAL - FRESH FOOD RESTAURANTS UNIQUE TO NANAIMO

Top Recommendations

- Dingy Dock (floating) Pub (Protection Island)
- Gabriel's Gourmet Café (Downtown)
- Penny's Palapa (fishing docks - seasonal)
- Riso Foods Inc. (Lantzville)
- SimonHolt Restaurant (North)
- The Nest Bistro (Downtown)

Suggestions for a Nice Dinner Out

- Asteras (Downtown)
- Firehouse Grill (Downtown)
- Lighthouse Bistro & Pub (Waterfront)
- Zougla Mediterranean Grill (Central)

Traditional Favourites

- Alexandra's Bistro (Central)
- Crow & Gate British Pub (Cedar)
- Mahle House (Cedar)
- Minnoz Restaurant & Lounge (Downtown)
- Modern Café (Downtown)
- Aladdin's Café (Downtown)

Suggestions for a Casual Time (Pubs & Local Breweries)

- Longwood Brew Pub (North)
- Old City Station Pub (Downtown)
- Wolf Brewing (South)
- White Sails Brewing (Downtown)

Authentic

- Delicados (Mexican - North & South)
- Ginas Mexican Cafe (Downtown)
- Huong Lan (Vietnamese - Central)
- Jalapenos Mexican Food (University)
- Kasira Fine Thai Cuisine (North)
- Kim's Korean BBQ (Central)
- Manvirro's Indian Grill (Central)
- Nori Japanese Restaurant (North)
- Saigon Kitchen (Central/North)
- Sukkho Thai (Downtown)

Bakeries, Café's & Vegetarian (Vegan/Gluten free)

- Bees Knees Café (Downtown)
- The Buzz Coffee House (Central)
- Coco Café (Cedar)
- Eve Olive (North)
- Mon Petit Choux (Downtown)
- Nanaimo Bakery (Central)
- Power House Living Foods (Downtown & North)
- The Vault Café & Live Music (Downtown)

*Physicians are
Nanaimo's Heartbeat!*