

WINNIPEG'S CULINARY SERIES • AROUND THE WORLD

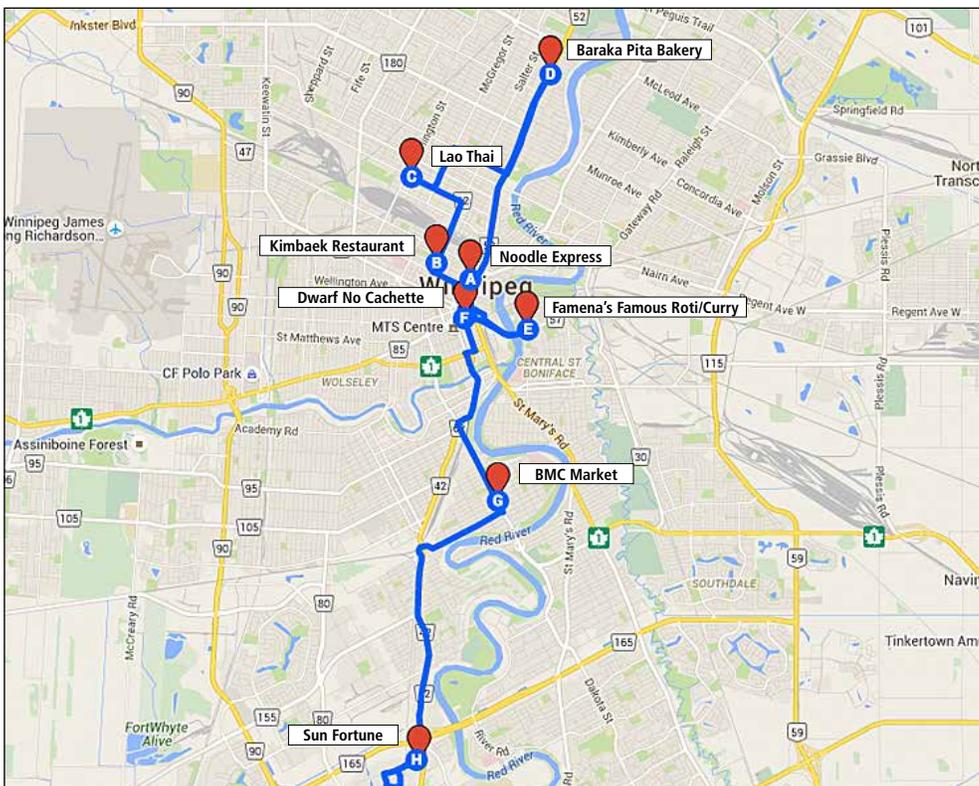
Discover Winnipeg's trend-setting food culture, our fantastic specialities and all the people behind our vibrant cuisine scene on one of these yummy treks



AROUND THE WORLD IN 8 OR 9 PLATES TRAIL

Winnipeg is a city where over 100 languages are spoken, so it should come as no surprise that a world of flavours are represented in our restaurants. Our dining scene has always had excellent ethnic hole in the walls, while new rooms have also opened in the last several years where immigrants have brought authentic dishes from their homelands.

Here are some of our city's can't-miss worldly rooms – which, ironically, are literally easy to miss because some of them are pretty hidden, being either place at the bottom of buildings, in strip malls, or at the bottom of a parking garage.



STOPS ON THE TRAIL

NOODLE EXPRESS

107-180 King Street
P 204-943-9760

KIMBAEK RESTAURANT

193 Isabel Street
P 204-942-1833

LAO THAI

763 Selkirk Avenue
P 204-589-0065 W laothaiwinnipeg.com

BARAKA PITA BAKERY

1783 Main Street
P 204-334-2004

DWARF NO CACHETTE

157 Provencher Boulevard
P 204-691-9950 W www.dwarfnocachette.net

FAMENA'S FAMOUS ROTI/CURRY

295 Garry Street
W www.famenas.ca

BMC MARKET

722 Osborne Street
P 204-415-5192

SUN FORTUNE

5-2077 Pembina Highway
P 204-269-6868 W sunfortunerestaurant.com

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NOODLE EXPRESS

Neighbourhood: Downtown

107-180 King Street

P: 204-943-9760



Noodle express.



Noodle Express.

Noodle Express is in every sense a hidden gem. It's located within a circular glass door on the bottom of the Dynasty Building in Chinatown. While there is no shortage of dim sum options in Chinatown (and south on Pembina Highway for that matter) connoisseurs are adamant that this bare bones, no frills room – which is often packed – is *the* top spot in the city for steamed buns and bowls. It's incredibly cheap too.

KIMBAEK RESTAURANT

Neighbourhood: Downtown

193 Isabel Street

P: 204-942-1833

Kimbaek-Restaurant



Soup.



Bi Bim Bop.

A couple blocks to the northwest is where you will find **Kimbaek Restaurant**. It's located in the Isabel Square strip mall and it's where all the spicy, gochugaru flavours of Korea area served in a bustling little room. Dishes of note include spicy bulgogi, gamjatang (pork bone soup), LA beef galbi (served on a sizzling plate) and what has become possibly their most celebrated dish, the Haimool Pajun – a giant egg pancake brimming with squid and vegetables.

LAO THAI

Neighbourhood: North End

763 Selkirk Avenue

P: 204-589-0065

W: aothaiwinnipeg.com

Lao-Thai-Restaurant



Lao Thai.



Vegetable fried rice.

Continuing north over the tracks at Arlington Street is **Lao Thai**. It doesn't look like much from the outside, but it delivers massive flavours in a tiny setting. Family run by the affable Laotian Boonthajits (the mum does the cooking, the son does everything else) this place has awesome, authentic dishes like souk gai – a tangy clear Laotian soup that is seriously addictive; Thome Yam – an aromatic soup with straw mushrooms and green beans; and Seen-Hang – a dried pork (sort of like jerky) that is seasoned with lemongrass. They also have a pretty rad version of vegetable fried rice served with Laotian-style fried chicken.

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BARAKA PITA BAKERY

Neighbourhood: Downtown

1783 Main Street

P: 204-334-2004



Chef Rami Aboumrad.



Pita pocket goodness.



Creating the pita.

If you were to keep driving north then swing a right toward Main Street you'd find yourself at **Baraka Pita Bakery** where Lebanese cuisine – served up by an incredibly friendly family – comes right out of their open-flame natural gas oven. Their popular pita pockets are folded and baked right before your eyes while their chicken shawarma and beef donair are as good as it gets; the meats are cut right from the spit, the garlic sauce is out of control delicious, and the Persian pickles are the tangy in the best way possible.

DWARF NO CACHETTE

Neighbourhood: St. Boniface

157 Provencher Boulevard

P: 204-691-9950

W: www.dwarfnocachette.net



Dwarf no Cachette.



If you were to head back down Main Street and over to St. Boniface you could find yourself in surely Winnipeg's most unique restaurant. Located on Provencher Boulevard, **Dwarf no Cachette** takes kawaii (cute in a Japanese context) to a whole new level. As the name indicates there are dwarfs hidden all over the place; Tuesday is Maid Café day (where the servers dress as maids and do dance routines – not in a kinky way, so get your mind out of the gutter); they have a gift shop filled with cool Japanese stuff; all the menus are handmade like a scrapbook; and the food, well it's just as you'd get in Tokyo (where owners Takekuni and Yasuko Akimoto are from). The ramen is rich and ideal on a winter's day while their okonomiyaki and takoyaki pair perfectly with an ice-cold Kirin.

FAMENA'S FAMOUS ROTI/CURRY

Neighbourhood: Downtown

295 Garry Street

W: www.famenas.ca

From there, go across the Esplanade Riel to downtown's most unassuming restaurant – which is literally sandwiched between the entry and exit of a spiralled parking garage. You could easily walk past **Famena's Famous Roti/Curry** and not know it, where it not for the enchanting smells permeating from the place. As the name would suggest, curries are the name of the game here. The owners Famena and Mohammed are from Guyana and do great work with ox tail and goat, stuffing rotis to the size of small footballs. It's also a fun spot to sit up at the counter (which is the only option) and chat with owners and regulars, many of who are from the West Indies.

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BMC MARKET

Neighbourhood: South Osborne

722 Osborne Street

P: 204-415-5192



BMC Market.



Fresh tacos.

From there take a drive down Osborne to **BMC Market** where Betty and her husband Rigoberto, who both come from Morelia, Mexico, make real deal tacos – no cheese or sour cream, just slow braised meats topped with onion and cilantro (3 for \$5 or \$6, so pun intended). Betty makes all the tortillas by hand to order, they have a great beer selection that includes Negra Modelo, and you can also pick up great ingredients from Mexico. Plus, they are simply lovely people who have become adored in the South Osborne neighbourhood.

SUN FORTUNE

Neighbourhood: South

5-2077 Pembina Highway

P: 204-269-6868

W: sunfortunerestaurant.com

sunfortunerestaurant



Finally, continue all the way south down Pembina Highway toward the University of Manitoba and Investor's Group Field, for its here, in a vast strip mall, that some sublime Hong Kong style fare at **Sun Fortune** awaits. The large circular tables at this place are always filled with families devouring hot pots and all manner of fried rice. We are especially enamoured with their Peking duck which is served in the traditional way with crispy skin crapes followed by stir-fried lettuce wraps.

A LA CARTE APPETIZING AROMA BATTERED BUTTERY CLASSICAL COMFORT FOOD CREAMY DASH DECADENT DEGLAZE DELECTABLE DELIGHTFUL EAT EARTHY EDIBLE ENTICING ENTRÉE FIERY FLUFFY FRAGRANT FRESH FULL-BODIED GARLICKY GLAZED GOOEY HEARTY HEAVENLY HORS D'OEUVRE HOT ICY INFUSED INTENSE INVITING JUICY JULIENNE KICK KOSHER LAYERED LEMONY LIP-SMACKING LUSCIOUS MARVELOUS MASHED MELTING MINTY MIXED NATURAL OOZING ORGANIC PECK PICKLED PIPING RARE REFRESHING RICH SALTED SCRAMBLED SCRUMPTIOUS SEARED SEASONED SMOKEY SPICY SPIRITED SUGAR-COATED SWEET TANGY TANTALIZING TART TASTY TEMPTING VANILLA VELVETY WARM WELL-DONE WHIPPED YUMMY ZESTY

NEED SUGGESTIONS ON WHERE TO EAT WHEN YOU'RE IN TOWN?

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GOODEATS@PEGCITYGRUB.COM

OR FOLLOW US ON TWITTER

@PEGCITYGRUB.



ABOUT PEG CITY GRUB

Here's the thing about eating: It's a lot of fun. We've been told food should be local, organic and good for you. Fair enough, but above all I want my food to taste great.

My quest? To help visitors and locals find the best food in Winnipeg and dish up the goods in 400 words or less.

Peg City Grub is a Tourism Winnipeg initiative, providing culinary tourists a guide showcasing where to eat in Winnipeg.