



**EXPERIENCE
BRAMPTON**

BRAMPTON

FOOD GUIDE

Food is a Gateway to Exploring Culture

- SECOND EDITION -



**Eat Where the
Locals Eat**

**Black Foodie
Recommendations**



**Suresh Doss
Food Tours**



Tour the Tastes of the World in Our City

As one of Canada's most diverse cities, Brampton offers a unique culinary experience rich in quality tastes with flavours from around the globe.

Our food scene is a collection of hidden gems that have been around for decades, new restaurants serving tastes of home for newcomer residents, and innovative entrepreneurs fusing together cultures and traditions to create delicious modern dishes.

If you're looking to explore some of the tastiest spots across the city, recommendations from celebrity chefs, food influencers, and residents will show you just that.

Top picks include a take-out roti shop that opened its doors 35 years ago and has expanded into a production kitchen supplying over 30 restaurants in the GTA with fresh rotis daily. Additional gems include a Caribbean restaurant where the jerk chicken is cooked in an oil drum in front of the restaurant and a burger shop that has been around since 1965 attracting celebrities on a regular basis.

There is truly something for everyone to indulge in. Brampton residents love to explore and enjoy the abundance of diverse culinary offerings in the city and we hope you will too!

CITY OF BRAMPTON STRATEGIC COMMUNICATIONS, CULTURE AND EVENTS

2 Wellington St. W.
Brampton, ON L6Y 4R2
experiencebrampton.ca

VISITOR INQUIRIES

905.874.3601
tourism@brampton.ca

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Alternative formats available by request.

ON THE COVER

Cover

Village of India Sweets,
Hakkalicious Restaurant, Alima's Roti/Joel Din



WELCOME

Message from the Mayor

On behalf of Brampton City Council, welcome to our city!

Brampton is one of Canada's most diverse cities and our culinary offerings provide a unique culinary experience rich in authentic tastes with flavours from around the globe.

Our dishes offer curious travelers and residents the opportunity to indulge in new cuisines and a taste of home. From Brampton's best breakfast spots to our finest international cuisine eats, the options are truly endless and incredible.

We are pleased to present the second edition of the Brampton Food Guide that offers a local perspective on where to eat based on feedback from hundreds of residents. 10 new entries have been added to the guide providing recommendations for visitors and foodies to "eat where the locals eat."

Come out to experience Brampton's diverse culinary offerings. We promise there is a delicious food adventure for every palate!

PATRICK BROWN
Mayor, City of Brampton



1 EAT WHERE THE LOCALS EAT

The City had hundreds of Brampton residents share their favourite places to get food around the city. These top 10 picks include some of the tastiest places across Brampton. Check them out!



FANZORELLI'S RESTAURANT AND WINE BAR

Searching for delicious authentic Italian cuisine? Look no further! Fanzorelli's is conveniently located in downtown Brampton, steps away from the Rose Theatre. Suitable for families, date nights, corporate events and special occasions with private dining rooms available.

50 Queen St. W.

fanzorellis.ca

905.450.9752

@fanzorellisrestaurant

JOHN'S FAMILY RESTAURANT 1

Locals adore this spot that serves up all the classics seasoned with love. Breakfast portions are generous, made with fresh ingredients served by friendly staff. The eggs benedict is top pick among locals.

1 Fisherman Dr.

johnsfamilyrestaurants.com

905.840.8888



HAKKALICIOUS 2

Serving Hakka Chinese cuisine from two Brampton locations, residents cannot get enough! A large menu offering both vegetarian and non-vegetarian options has locals visiting regularly to satisfy all their spicy food cravings.

10671 Chinguacousy Rd. Unit

B-3 (take-out) and 110 Great

Lakes Dr. Unit 121 (dine-in)

hakkalicious.ca

905.495.3001/ 905.790.0611

@hakkaliciousrestaurants

WOK OF FAME 3

Established in 2011, Wok of Fame is Brampton's first buffet with a live cooking bar. With over 170 buffet options consisting of seven sections offering sushi, live cooking, entrée dishes, soups, salads, desserts, and beverages; locals love that there is something to satisfy every palate.

7700 Hurontario St. Unit 602

wokoffame.ca

905.230.1318

@wokoffamebuffet





1

GEMS HOUSE OF JERK 1

When craving Caribbean food and hearty portions, a top pick for locals is Gems House of Jerk. Open for breakfast, lunch and dinner, residents rave about the jerk chicken with rice and peas, oxtail gravy, curry goat, and escovitch fish.

20 Gillingham Dr. and
9980 Airport Rd.

gemsjerk.ca

905.453.6454/ 905.494.0944

@gemsjerk

SWEET PALACE

When in search of Indian-style home cooked meals, Sweet Palace is the place to be. The casual setting and fresh food have made it a local favourite. Samosas and dal makhani are must have items!

1098 Peter Robertson Blvd. Unit 15

sweetpalace.ca

905.790.1777

BRAR'S

Looking for a buffet with hundreds of options? Brar's is a top pick with hundreds of tasty options, open for both lunch and dinner; they offer Indian street food such as Pani Purri and an extensive selection of decadent desserts.

199 Advance Blvd. Unit 11, 140
Great Lakes Dr. Unit 126, and
2969 Bovaird Dr. E. Unit 1

brars.com/restaurant/#/menu

905.799.1625/ 905.789.8887/

905.790.0330

@brarsfoodculture

THAT ITALIAN PLACE

Southern Italian family recipes served up with a modern flair, known for their quality ingredients and excellent customer service making this family restaurant a favourite for locals. You will not be disappointed with their pizzas and pastas!

470 Chrysler Dr. Unit 31-33

thatitalianplace.ca

905-451-5552

@thatitalianplacebrampton

LE KOCHI

Specializing in Southern Indian cuisine specific to the state of Kerala, Le Kochi has quickly become a local Brampton favourite. Repeat customers praise the excellent customer service and delicious home-style cooking.

20 Dewside Dr. Unit 10

lekochi.ca

905.789.9998

@lekochicanada

MT. VESUVIO'S RISTORANTE 2

This has been a local favourite for over 40 years! Some popular items include their wood burning oven pizzas and exquisite pastas. Vesuvio's spectacular service leaves you feeling like part of their family.

91, George St. S.

mtvesuviosristorante.com

905.459.0511

@ristorante_vesuvios



2



SURESH DOSS

Food and Drink Writer,
Producer and Director

Brampton's downtown food scene continues to evolve at breakneck pace, with exciting new food entrepreneurs serving delicious tastes of the world in tiny settings. In one walkable tour, you can sample the best of what Brampton has to offer - global tastes from vibrant personalities.
@Suresh

Downtown Brampton

LA FAVORITA

A small convenience and snack store with big spirit. Step in and you will immediately feel transported to Latin America, from the aisles stocked with classic Latin pantry staples, to the prepared foods and sauces in the fridges. This is the kind of place that presents new discoveries with each visit. Stop in for empanadas—the owners curate up to five styles from all over Latin America! Try them with the house made hot sauce.

18 Queen St. W.

finderschoice.com/lafavorita
905.460.1346

QUEEN GYPSY

This bohemian themed restaurant has quickly become an institution in the City. What started off as a stand at the Farmers' Market is now a restaurant, where locals go for a taste of Eastern European cooking paired with a well thought-out craft drink selection. The laid back boho vibes set the tone for classic home-style cooking and warm service.

10 Main St. S.

queengypsybrampton.ca
905.457.2001 / @queen.gypsee

LITTLE SHOP 1

Home to the best grilled cheese sandwiches and homemade soups in Brampton, this hidden gem is located in Garden Square. Their menu changes daily offering guests new delicious options on a regular basis. Be sure to give the jalapeño popper sandwich a try!

1 Theatre Lane

[facebook.com/littleshopoficecream](https://www.facebook.com/littleshopoficecream)
905.454.0101 / @littleshopbrampton

SEGOVIA COFFEE

This award winner Independent Cafe is at the heart of coffee culture in Brampton. Roasting 100% Arabica beans from the Segovia-Matagalpa Mountains in Nicaragua, where the unique climate and soil conditions give the coffee a distinct chocolate note. Pair your favourite espresso drink or brew of choice with empanadas, home-made cookies, or delicious cakes.

8 Queen St. E.

segoviacoffee.ca
905.456.3131 / @segoviacoffee



It is widely recognized that Brampton is one of the most multicultural cities in Canada. Take a drive down Kennedy Road and you'll see this firsthand, as strip malls host thriving independent businesses run by immigrant communities. If there is one road you need to eat through to get a real taste of Brampton's bustling food scene, this is it.

Kennedy Road

VINAYAGAR VILAS

Brampton is home to a sizable Sri Lankan community, so you'll see a few Tamil restaurants on Kennedy Road. This is where locals go for a taste of vegetarian and vegan cooking. There's no shortage of things to try from short eats (stuffed fritters), vegetarian curries and even home-style string hoppers.

85 Kennedy Rd. S. Unit 31

vinayagarvilas.webstarts.com
905.796.2411 / @vinayagar.vilas

CHE THUY NGA BANH MI 2

In this small family-run plaza spot, you'll find some of the best Vietnamese banh mi sandwiches outside of South East Asia. French style baguettes are used, with all the stuffings made in house, from the cured meats to the pickled vegetables. The husband-and-wife team also make an assortment of Vietnamese rice-based desserts.

143 Clarence St. Unit 7

905.451.8080 / @chethuynghabanhmi

YARL DOSA CORNER

One of Brampton's long standing restaurants, Yarl is a staple amongst locals seeking South Indian cooking. This vegetarian place specializes in dosas, rice



crepes crisped on a large griddle and served with an assortment of veggie dips and chutneys.

83 Kennedy Rd. S. Unit 10

yarldosa.com
905.455.4473 / @yarldosa

PEPPER SHACK

This is a must stop for a taste of home-style Caribbean cooking, from jerk chicken to pepper shrimp. Run by a husband and wife team, look for daily specials like crawfish cooked in spices, or jerked fish. The sides are not to be missed. Limited seating so it's best for takeout.

143 Clarence St. Unit 14

135 Main St. N. Unit 2

905.216.9468 / @pepper_shack

VILLAGE OF INDIA SWEETS 3

You can't crawl through Brampton without visiting a Desi sweet shop. This one is my favourite, a crowd pleaser known for an assortment of milk and sugar based treats. The selection can be overwhelming but you'll find the staff very helpful. Order an assorted box and enjoy it with some hot chai.

114 Kennedy Rd. S.

villageofindia.ca
905.450.3333 / @thevillageofindia

Suresh Doss is a food, drink, travel writer based out of Toronto. His essays on food and drink can be found through a variety of radio, print and online channels for the last 19 years. Suresh is the food guide for CBC Toronto Metro Morning, where he highlights various places to eat throughout the GTA and beyond. He regularly runs food tours throughout the GTA, aimed at highlighting multicultural suburban pockets.



EDEN HAGOS

Founder BLACK FOODIE

Brampton is packed with so many African and Caribbean gems. I find that many of the restaurants here offer home style food and menu items that are difficult to find elsewhere — it's almost as if I've stepped into a grandmother's kitchen bursting with mouth-watering aromas. I love that I'm always welcomed like family. It's truly an experience that makes you feel like you've stepped into another world. If you want the best puff puff, porridge or jerk, a trip to Brampton is a must!

@edenthefoodie @blackfoodie.co

FOOD
TOUR

BLACK FOODIE Guide to Brampton

SOUPERLICIOUS

If you're craving a hearty bowl of soup, head over to Souperlicious, an efficient shop serving Caribbean staples like corn soup and cow foot soup with pumpkin and spinners — small cylindrical dumplings that spin around in soup broth as they cook. Pro tip: swing by on Saturday to pick up an order of conch soup.

380 Bovaird Dr. E.

905.840.3197 / @souperlicioushq



XAYMACA RESTAURANT

Move over jerk chicken, Jamaican seafood has more than enough to offer! To fill up on the Island's pescatarian offerings, visit Xaymaca Restaurant, a family-owned business that features items like brown stew salmon — a rich dish with complex layers of flavour, red snapper served with escovitch — a tangy medley of pickled vegetables and spicy pepper shrimp.

30 Kennedy Rd. S.

xaymacarestaurant.com

905.874.8128 / @xaymacarestaurant

RD'S SOUTHERN BBQ 1

Brampton's best-kept secret is RD's Southern BBQ, also known Creole Bucanier. It's one of the few Southern spots in Ontario that serves jambalaya, gumbo, and shrimp po' boys done right. Whatever you order, add a to-go cup of sweet tea to your feast for a true taste of the South.

71 Rosedale Ave. W. Unit 5

rdsbbq.com

905.670.2255 / @rdsbbq



KEJJIS

For those seeking a true taste of Nigeria, comfort can be found at Kejjis. This busy restaurant serves up traditional dishes like efo riro, a savoury vegetable stew and smoky jollof rice but are best known for their flaky meat pies (filled with beef, chicken, or veggies) that sell out almost every day.

5 McMurphy Ave. N. Unit 8

kejjis.com

905.874.8444 / @kejjis

FOOD
TOUR



MJ'S BBQ & SUYA 2

MJ's BBQ is a great spot for suya, one of the essential Nigerian foods you must try before you die. A grilled street food consisting of beef cubes marinated in a blend of peanuts, chilli peppers, ginger and spices, suya hits the spot in every way. If you're really hungry, order it with a side of jollof.

361 Parkhurst Sq. Unit 5

mjsbbqandsuya.com

905.494.1003 / @mjsbbqandsuya



DON'S CARIBBEAN JERK

Don's Caribbean Jerk is known throughout Brampton for big flavours and filling dishes.

All of their spices and ingredients like scallions, pimento and scotch bonnet peppers are sourced directly from Jamaica, so order their home style jerk dinner and then treat your sweet tooth to their coconut drops, peanut cake or sweet potato pudding.

3078 Mayfield Rd. Unit 17

Donscaribbeanjerk.com

905.970.1717 / @donscaribbeanjerk

3MS AFRICAN CARIBBEAN MARKET 3

True foodies know that the strongest relationship you should have is with your local grocer. If you're into diving into West African cuisine, get friendly with 3m's Grocery Store. Here you can find ingredients like custard powder, fufu, and palm oil as well as the sublime agege bread, a loaf of cloud-like goodness that'll make anyone's day.

5 McMurphy Ave. N. Unit 7

Facebook.com/3msafrican

caribbeanmarket/

905.455.4500 / @the3msafricanmarket

JUNIOR'S JAMAICAN JOINT

For a crash course in Jamaican essentials, try Junior's Jamaican Joint. Not only do they serve traditional drinks like peanut punch and Irish Moss, a condensed milk drink made with seaweed, their menu also features ackee and saltfish (Jamaica's national dish!) and delicious BBQ fried chicken. Feeling adventurous? Go for the Mannish Water, a rich goat meat soup.

333 Fairhill Ave.

jrsjamaicanjoint.com

905.495.6617 / @juniorsjamaicanjoint



BRAMPTON EATS

2

3

FOOD
TOURKIEFER
NAZARETH

Founder Mr. Social Eats

I LOVE burgers to a point that I might just be obsessed! A burger is a well-balanced meal with a variety of flavour and I am proud to say that the restaurants in Brampton do it well. As an influencer in the hospitality industry, my eyes are always searching for 'The Best'. Here are my top burger joints in the city.

Why Kiefer loves eating in Brampton:

Growing up in Brampton, I've had the opportunity to eat at many restaurants within the city. As a food influencer, the one thing I can say is that I love eating in Brampton because of the diversity. I have had the opportunity of tasting flavours from all over the world without stepping out of my city!

@mrsocialeats

Brampton Burger Tour



THE BURGER BROS

This is my go-to spot! They not only make great beef burgers and chicken sandwiches but now they've added seafood to the mix too. They have burgers that are so juicy that your reaction to taking one bite...is to take another. Quality ingredients, grilled to perfection and served with a smile. Absolutely delicious. They are the essence of a great burger!

73 George St. S.

theburgerbros.ca

905.216.3663 / @theburgerbros.ca



GLADIATOR BURGER

A new burger joint who knows what they are doing. Every time I step foot into Gladiator Burger I am overwhelmed by the monstrous burgers they make. They are serving some of

the most delicious and gourmet burgers in the City. Constantly adding new and mouth watering items to the menu.

16 Lisa St.

gladiatorburger.ca

905.216.0666 / @gladiatorburger

THE WORKS

Trendy, creative and just an explosion of flavour in every bite. The Works amazes me with the creativity and the combination of flavours they use in their burgers. Your first reaction... 'WOW' every single time. The perfect spot to take a date, catch up with friends or bring the family to enjoy a night out. Re-created. Re-imagined. Re-crafted.

8 Queen St. E.

worksburger.com

905.456.1200 / @theworks_brampton

THE BRISKIT 1

A hidden gem that will blow you away and have you dreaming about their food constantly. Although they mostly serve sandwiches, I felt like they needed to be included because they are truly underrated! They make every item with love and care and you can really taste it in their food. Gourmet slow-cooked sandwiches (GSCS) that you need to try!

160 Wilkinson Rd.

thebriskit.com

905.455.9444 / @briskitgscs



HOLY SHAKES 2

Gourmet Fusion Milkshakes. There is no place like Holy Shakes in the City. For someone with a pretty big sweet tooth, they satisfy all my cravings. With over 60 different menu items, they have me coming back over and over again so I can try them all. From gourmet fusion milkshakes to freak shakes to cookie dough jars... they will have you addicted.

10 Gillingham Dr. Unit 113

2880 Queen St. E. Unit 3

holyshakes.ca

905.497.8573 / @holyshakesontario

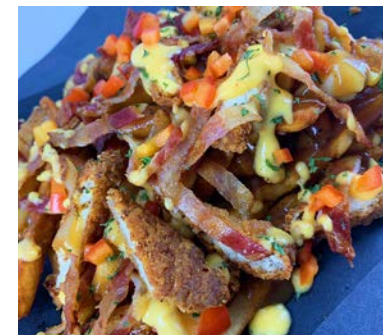
TONINO'S PIZZERIA
AND PANINI

Authentic Italian food. Tonino's fresh ingredients, professional staff and spectacular customer service make you feel like you are part of the family, being served mouth-watering Italian classics.

10088 McLaughlin Rd.

toninospizza.ca

905.495.7737 / @toninospizzeria



FOOD FIGHT BBQ BAR

At Food Fight BBQ, they specialize in authentic slow smoked BBQ with a Toronto twist! Brisket, ribs, poutines and ridiculous burgers - they always bring the heat, go by to join the fight!

100 Maritime Ontario Blvd.

foodfightbbq.com

905.799.5959 / @foodfightbbq

ANDRIA BARRETT

Nutritionist

Why Andria loves eating in Brampton: I'm all about food. As a nutritionist, I love experimenting with ingredients and flavours and introducing new foods to my clients. You can find just about every type of ingredient and spice in the city of Brampton. The food scene in Brampton is very diverse and delicious. Here's a list of some of my favourite places.

@TheAndriaBarrett



KIRAN RAI

Actor and Creative Director

Why Kiran loves eating in Brampton:

Every time you step into the city, it's a chance to explore any cuisine from around the world. What makes Brampton even more special is fusion food, mixing cultural dishes together - creating an entirely new experience.

@kay__ray



TINNEL'S 1

When I need a patty, this is where you can find me. They have chicken, beef and vegetable patties spiced just right. Paired with a large salad and I'm good to go. The patties are comprised of an exclusive mixture including fresh herbs, spices and the famous spicy Scotch Bonnet peppers. They also offer jerk chicken, oxtail and curried goat meals.

39 Kennedy Rd. N.
tinnelspatties.com
905.454.8882 / @tinnelspatties

ONYXX SPORTS BAR & GRILL

Here, it's all about the portions and they have the BEST wings in the City. Dragon stout BBQ wings are my favourite. This locally owned restaurant is a little bit Caribbean and a little bit bar food. Great place to watch the basketball playoffs too.

70 Maritime Ontario Blvd. Unit 79
onyxxsportsbar.com
905.458.6699 / @onyxxsportsbar

NINE18

The food is great, the price is good and they have great ambiance. Restaurant NINE18 is complete with a wraparound, covered, heated terrace overlooking the luxurious Turnberry Golf Club, with a full service bar and lounge and landscaped garden terrace tent that was voted best patio in Brampton. Whether you are looking for a quick bite, an evening out or dessert and coffee by the fireplace, NINE18 is the perfect spot!

10100 Heart Lake Rd.
nine18.ca
905.500.0918 / @nine18restaurant

DANFORTH FOOD MARKET

This is THE place to shop for groceries from the Caribbean. King fish, breadfruit, plantain, thyme, yellow yam and all the spices to remind you of being in the Islands. Danforth Food Market stocks a wide variety of Caribbean, Barbadian, Jamaican, Trinidadian and Guyanese food as well as food from other Caribbean islands.

144 Kennedy Rd. S.
danforthfoodmarket.com
289.298.0399 / @danforth_food_market



NEW CHINA GARDEN

The vegetarian manchurian is so delicious - you won't want to put it down. Add that with chilli paneer and it is the perfect place to try Hakka food. They specialize in Indian Style Hakka Chinese Cuisine and have been serving the community for over 10 years. Their cooks prepare dishes that are guaranteed to intrigue your taste buds. They pride themselves with exceptional service and excellent presentation.

200 County Court Blvd. Units 8-9
newchinagarden.ca
905.796.7988

ALIMA'S ROTI AND PASTRY 2

I LOVE their doubles - it's the right amount of sweet and spicy. A great place to try authentic Caribbean food. Alima's is a favourite destination for people in the Greater Toronto Area, and way beyond, who appreciate authentic Caribbean Roti and Pastry. They are a take-out service, offering Roti Wraps,

Parathas, Dhalpuris and an impressive array of Guyanese and Trinidadian pastries and traditional loaf breads.

13 Kenview Blvd.
alimas.ca
905.791.7684 / @alimasrotiandpastry

KHALSA PIZZA

Khalsa has the BEST veggie pepperoni pizza I've ever had! They have vegan options as well. It is a family owned business established in 2008.

470 Chrysler Dr.
khapsapizza.com
905.799.1800 / @khapsapizza

ANTICA OSTERIA

If you're looking for a great dine-in experience, this hidden gem is the perfect spot for a date night. There are lots of seafood pastas and Italian classics like Osso Bucco.

3088 Mayfield Rd.
anticaosteria.ca
905.495.5555 / @anticaosteriarestaurant

JASON ROSSO

Chef

Why Chef Jason loves eating in Brampton:

I've been fortunate enough to travel to many places in the world, and without fail I always say the food of this cuisine is better in Brampton. We are fortunate to have so many authentic world cuisines.

@jasonrosso

HAVIAH MIGHTY

Artist

Why Haviah loves eating in Brampton:

Brampton is an ideal place to eat, both for the sake of convenience and the variety it offers. As someone who is in need of gluten-free, vegetarian options, there is a great amount of choices within the city of Brampton, especially in comparison to the many places that I've travelled to.

@haviamighty



KING TANDOORI

Known for grilled fish and succulent tandoori meats, King Tandoori is one of Brampton's most popular restaurants. The family owned franchise has two locations in the City. Everything is made-to order using imaginative recipes and the chef's years of culinary experience in Chandigarhand Punjab.

207 Rutherford Rd. S., 107 Kennedy Rd. S., and 499 Main St. S.

kingtandoori.com

905.463.2000 /

@kingtandoorirutherford

TOSHI SUSHI 1

This authentic Japanese restaurant located in Brampton is widely known for its famous homestyle teriyaki and generous servings of sushi.

107 Gillingham Dr. Unit 107

toshijapanese.wordpress.com/

905.451.1428



THINUSHA

This simple eatery serving Sri Lankan cuisine draws long takeout lines filled with those craving heat and flavour. Sri Lanka was a trading port for the Dutch, Malay and Arab populations, thus its cuisine integrates roasted spices and coconut milk with non-native ingredients. It's also known for sweet relishes, pickles, bitter melon and heavily spiced, thinner curries.

107 Kennedy Rd. S.

905.454.4224 / @thinusha_takeout

ROYAL KABOB

Afghani food is well known for tender meats and kebabs, and milder Middle Eastern spices. Many dishes use dried fruits and nuts, and are served with rice, all adding to a mix of textures and fragrances. Flavours are influenced by Indian chillis, saffron, garam masala, pepper and Iranian coriander and mint.

284 Queen St. E.

905.450.9924 / @Royalkabobafghan

COPPER BRANCH 2

An entirely vegan menu with gluten-free options. Discovered this spot in Quebec and was excited to get a Brampton location shortly after. They've got smoothies, flavourful bowls, soups and tacos, basically something for whatever mood you are in.

46 Peel Centre Dr. Unit B

eatcopperbranch.com

905.791.6464 / @copperbranchbrampton



FRESHLY THAI

The food is fresh and flavourful, and the staff are polite. A family run business bringing authentic vegan friendly and gluten free Thai food to Downtown Brampton! Known for their pad Thai, red curry, and coconut rice.

48 Queens St. W.

freshlythai.com

905.453.1515 / @freshlythai



PEPPER ON THE SIDE ROTI AND DOUBLES

If you like roti and doubles, this is the spot! Their menu brings the warmth of West Indies to the heart of Brampton. This family owned business has thoughtfully curated recipes and unique house-blends of curries and spices that have been passed down from generation to generation.

10671 Chinguacousy Rd.

pepperontheside.com

905.497.4189 / @Pepperontheside

NOODLES TO GO

Really tasty, quick, enjoyable, and gluten-free/vegetarian options. They've also got dim sum and family meal specials.

3068 Mayfield Rd.

noodlestogo.ca

905.970.9988



ROYCE LI

Pastry Chef and High School Teacher

Why Chef Royce loves eating in Brampton: Brampton is filled with hidden gems that give me the opportunity to explore cuisines from all over the world. I especially like that there are so many independent businesses, which give us the opportunity to support our local community when dining out.

@royce_li

CHEF RICK MATHARU

Chef Owner of Rick's Good Eats

Why Chef Rick loves eating in Brampton:

Eating in Brampton is an adventure! You can travel the world on an authentic culinary experience without ever leaving this beautiful city.

@rickmatharu @ricksgoodeats



ANNALAKSHMI

This South Indian vegetarian eatery has endless options of savoury and healthy vegetarian delights. In addition to its specialty, crispy crepe-like dosas, Annalakshmi serves rice and lentil-based pancakes and fritters such as uttapam, vada and idlies accompanied by coconut and tomato chutneys.

10086 Hurontario St. Unit 3

annalakshmi.ca

905.230.3672 / @al.annalakshmi

POS BUENO!

Pos Bueno! is a Mexican restaurant and bar that has its origins in the state of Aguascalientes, Mexico. The menu offered at Pos Bueno! includes a variety of traditional dishes from different areas of Mexico.

53 George St. S.

posbuenorestaurantbar.com

647.767.0464 / @posbuenomexicanfood



SALVADORIAN GRILL

Salvadorian Grill is a vendor at the Brampton Farmers' Market. You'll find them Downtown on Saturdays all summer long, serving up delicious pupusas topped with pickled cabbages and salsa, quesadillas, burritos all made fresh to order and other Salvadorian specialties. The family-run business is a favourite for local shoppers and vendors alike. They do catering too.

@salvadoriangrill

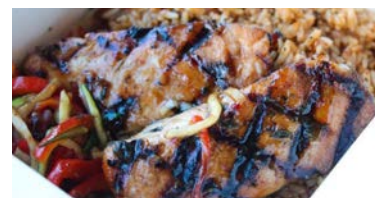
RADICA'S HOT AND SPICY 1

Radica's features amazing dishes from Trinidad and Tobago. Traditional Indian dishes include rotis and doubles. This year, a full line of Trini Chinese dishes was added at the new location in Brampton in the move from Unit 2 to Unit 3. Must tries are the doubles, the boneless goat roti, the pepper lamb and the pepper shrimp.

263 Queen St. E. Unit 3

radicas.com

905.487.0888 / @radicashotandspicy



GET GRILL

Get Grill combines the sweet flavours of Asian cuisine with bold African chillis to bring about a one-of-a-kind menu option we call Afro-Asian. Come in today and try one of our very flavourful wraps... We promise a taste for every palate!

7910 Hurontario St.

getgrill.com

905.497.2211 / @getgrill

PHO DAU BO 2

Pho Dau Bo is a family operated franchise known for their famous Vietnamese noodle soup, a rich and savoury beef broth served over noodles and your choice of meats. Their menu also includes bún, which means vermicelli noodles; that are usually served with grilled pork, alongside a vegetable medley of cucumber, pickled radish/carrot, fresh lettuce, mints, and of course fish sauce!

20 Gillingham Dr. Unit 610

phodaubobrampton.com

905.796.9992 / @phodaubobrampton

GUDDU'S CHILLI CHICKEN

Guddu's Chilli Chicken proudly serves Indian Style Hakka Chinese cuisine in Brampton for over 10 years. Chilli Chicken Dry, Manchurian Veggie and our Veggie Hakka Noodles are known for their traditional Hakka comfort food flavours and spices.

205 Van Kirk Dr. Unit 3

chillichicken.ca

905.846.5060



SONNY'S DRIVE IN

Sonny's Drive In offers only the BEST, from the award winning 'Fresh Cut Fries' to their legendary Onion Rings. Sonny's is one of the last Ma & Pa places to offer a charcoal-broiled hamburger! Established in 1965, Sonny's Drive In has been a destination favourite ever since!

21 Kennedy Rd. N.

sonnys-drivein.com

905.459.8744

FOOD MAP INDEX

ID	RESTAURANT NAME	GRID	ID	RESTAURANT NAME	GRID
EAT WHERE THE LOCALS EAT (PAGE 4)			36	BRISKIT GSCS	I5
1	FANZORELLI'S RESTAURANT AND WINE BAR	F3	37	HOLY SHAKES	F3
2	JOHN'S FAMILY RESTAURANT	F2	38	HOLY SHAKES - 2	L3
3	MT. VESUVIO'S RISTORANTE	F4	39	TONINOS PIZZERIA	E2
4	WOK OF FAME	F5	40	FOOD FIGHT BBQ	M3
5	GEM'S HOUSE OF JERK	F3	ANDRIA BARRETT (PAGE 14)		
6	GEM'S HOUSE OF JERK - 2	L3	41	ONYXX SPORTS BAR & GRILL	M3
7	HAKKALICIOUS	E2	42	DANFORTH FOOD MARKET	H4
8	HAKKALICIOUS - 2	I2	43	TINNELS	G3
9	BRAR'S	J5	44	RESTAURANT NINE18	H2
10	BRAR'S - 2	I2	KIRAN RAY (PAGE 15)		
11	BRAR'S - 3	L3	45	CHINA GARDEN	G5
12	ITALIAN PLACE	L3	46	ALIMA'S ROTI AND PASTRY	N5
13	LE KOCHI	J2	47	KHALSA PIZZA	L3
14	SWEET PALACE	L2	48	ANTICA OSTERIA ITALIAN EATERY	G0
SURESH DOSS (PAGES 8-9)			JASON ROSSO (PAGE 16)		
15	LA FAVORITA	F3	49	KING TANDOORI	G4
16	QUEEN GYPSY	G4	50	KING TANDOORI - 2	H4
17	SEGOVIA COFFEE	G3	51	KING TANDOORI - 3	F4
18	LITTLE SHOP OF ICE CREAM	G3	52	TOSHI SUSHI	F3
19	YARL DOSA CORNER	G4	53	THINUSHA	G4
20	PEPPER SHACK	G4	54	ROYAL KABOB	H3
21	PEPPER SHACK - 2	F3	HAVIAH MIGHTY (PAGE 17)		
22	CHE THUY NGA	G4	55	COPPER BRANCH	J4
23	VINAYAGAR VILLAS	G4	56	FRESHLY THAI	F3
24	VILLAGE OF INDIA SWEETS	H4	57	PEPPER ON THE SIDE	E2
EDEN HAGOS (PAGES 10-11)			58	NOODLES2GO	G0
25	SOUPERLICIOUS	G2	ROYCE LI (PAGE 18)		
26	XAYMACA RESTAURANT	H4	59	POS BUENO	F4
27	RD'S SOUTHERN BBQ	F3	60	ANNALAKSHMI	F2
28	KEJJIS	F3	61	ANNALAKSHMI - 2	P4
29	MJ'S BBQ & SUYA	M4	62	RADICA'S HOT AND SPICY	H4
30	DON'S CARIBBEAN JERK	G0	RICK MATHARU (PAGE 19)		
31	3MS AFRICAN CARIBBEAN MARKET	F3	63	SONNY'S DRIVE IN	G3
32	JUNIOR'S JAMAICAN JOINT	D2	64	GET GRILL	F5
KIEFER NAZARETH (PAGES 12-13)			65	PHO DAU BO	F3
33	THE BURGER BROS	F4	66	GUDDU'S CHILLI CHICKEN	F2
34	GLADIATOR BURGER	I4			
35	THE WORKS	G3			

TOP
4

THE BEST OF BRAMPTON BITES

JAMIE'S CRACKED CORN 1

Using large, GMO-free kernels with fewer husks, Jamie's Cracked Corn gets popped in real kettles, in small batches.

jamiescrackedcorn.com

647.767.2676 / @jamiescrackedcorn

MACARONZ 2

A Pastry Shoppe and Tea Salon specializing in French Macarons, French inspired pastries and afternoon tea.

macaronz.com

647.929.5932 / @macaronz



4

SALEM'S LOTT SCARY 4 HOT SAUCES

Created by Brampton based musician Jeff Salem, these award-winning gourmet hot sauces are all gluten-free, vegan, dairy free, nut free, low sodium and low sugar. Jeff gained knowledge from his global travels to create a line of tasty hot sauces that have just the right amount of kick. Check out his pitch on the 2020 season of Dragon's Den.

sailemshothotsauces.com

416.564.9802 / @sailemshotshotsauces

TROPIX JAMAICAN 3 COCONUT DROPS

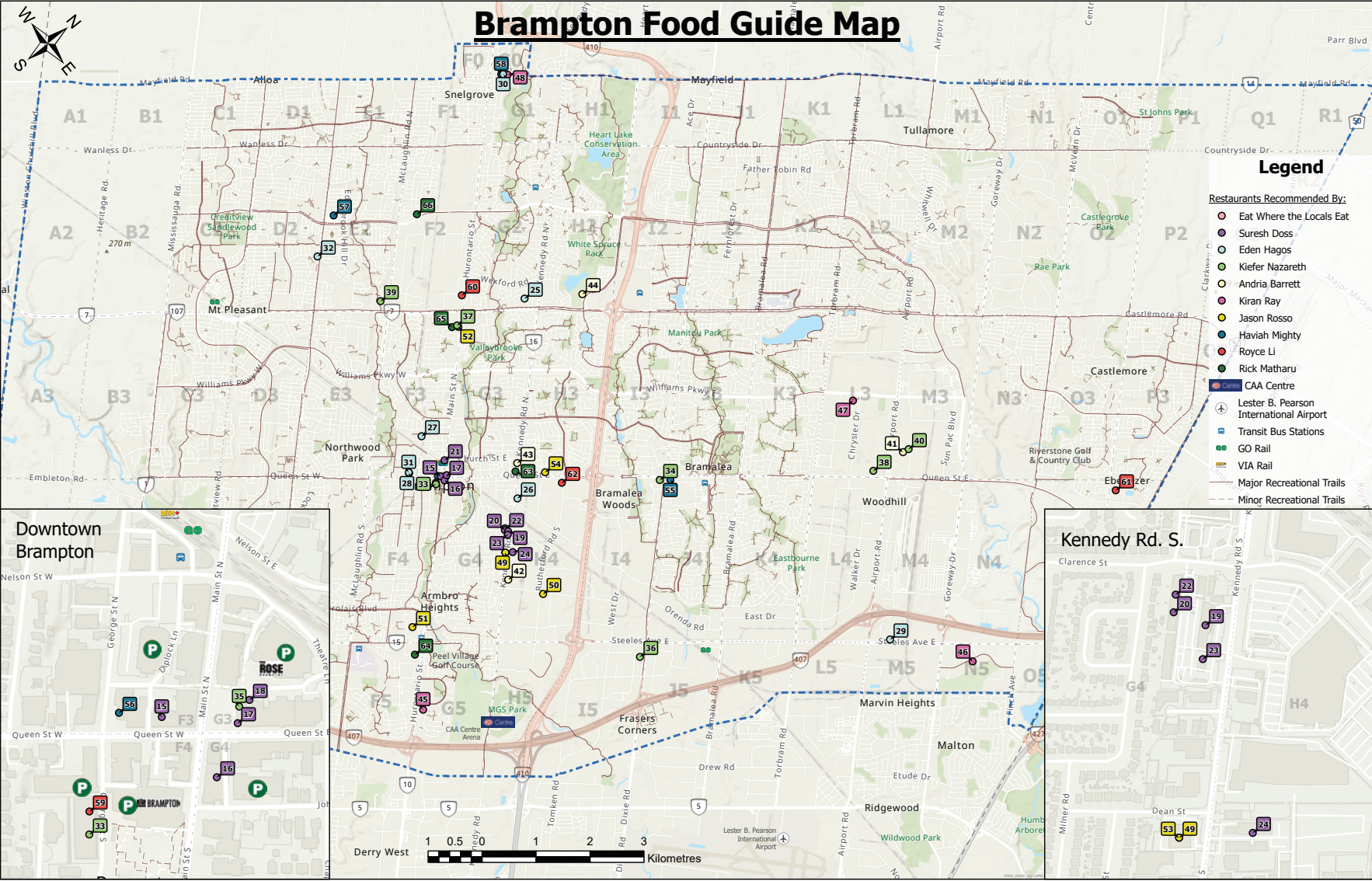
Tropix Jamaican Coconut Drops are a vegan and gluten-free snack made from fresh coconuts. They are available in an array of flavours such as chocolate, pumpkin seed, and cranberry.

tropix.ca

416.873.6808 / @tropix.coconutdrops

VILLAGE OF INDIA SWEETS





EXPERIENCE
BRAMPTON

BEHIND THE SCENES

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Alima's Roti
and Pastry



Pepper Shack

Alternate formats available upon request.