

PALMY FOOD GUIDE

Discover all the deliciousness
Palmy has to offer



palmynz.co.nz



Palmy's food scene can't be missed!

With over 200 bars, restaurants, bakeries and cafés there really is something for everyone. If you crave farm to plate, Palmy is sure to be your jam. Here you'll find an abundance of foodie delights all within just a few kilometres.

From fine dining and gourmet indulgence to traditional dishes from around the world, you'll never be far from a meal that suits your taste and budget. You'll find yourself spoiled for choice by the city's diverse range of international fare. Embracing the diversity of 130 cultures, Palmy has restaurants and cafés specialising in Vietnamese, Indian, European, Chinese, Canadian, South African and a host of other cuisines.

For even more foodie places to explore visit palmynz.co.nz



BAKERIES + CAFES

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📍 Coffee on Ascot, page 12

GOOD VIBES

BAKER CAFES



RIES +

BAKER CAFES

About Thyme

- 📍 62 Napier Road
- 📌 aboutthymecoffeeshop

Allsorts Café

- 📍 515 Main Street
- 🌐 its.ac.nz/allsorts-cafe



Alexandre Patisserie

- 📍 9 Coleman Place
- 📌 AlexandrePatisserieChocolaterie

Alexandre Patisserie and Chocolaterie brings a slice of France to Palmy's city centre. With freshly baked pastries and decadent desserts, you will be spoilt for choice.

RIES +

Arrosta Coffee Roasting Co

- 📍 42 Victoria Avenue
- 🌐 arrostacoffee.co.nz

B2B Bakery

- 📍 373 Church Street
- 📌 B2BBakeryandCafe

BB's Espresso

- 📍 Level 1/127
Broadway Avenue
- ☎ 06 355 0829

BW Burger and Bakery

- 📍 334 Rangitikei Street
- 📌 breadworknz

Café 116

- 📍 116 Napier Road
- 📌 Cafe 116

Café Brie

- 📍 218 Broadway Avenue
- 🌐 cafebrie.co.nz

Café Cuba

- 📍 236 Cuba Street
- 🌐 cafecuba.co.nz

Café Esplanade

- 📍 1 Palm Drive
- 🌐 cafeesplanade.nz

Café Express

- 📍 41 The Square
- 🌐 cafeexpress.net.nz

Café Jacko

- 📍 8 George Street
- 📌 Cafe Jacko



BABCO – Brick Artisan Bread Company

📍 95 Albert Street 📌 BABCOnz

BABCO is all about great tasting food, done with integrity and finesse! They make sourdough breads, French pastries, traditional pretzels, coffee, milkshakes, soft serve, sandwiches, toasties and more! Everything is made fresh daily and from scratch.



Boho Café

📍 2 Pitama Road 🌐 bohocafe.co.nz

Only a short stroll from the river, Boho Café is the perfect place for you (and your pooch) to stop for delicious coffee, food, or a glass of wine. Open for brunch or lunch, Boho Café has a great range of meals, cabinet food and fresh baked goodies. Boho Café, your local licensed eatery, has something for everyone!

Café Royale

📍 47 The Square
📱 [CafeRoyalepn](#)

Café Zest

📍 45 Ruahine Street
📱 [CafeZest2015](#)

Cambridge Corner – Coffee Shop and Art Gallery

📍 62 Cambridge Avenue ☎ 021 056 5124

Capers Café/ Capers on Wheels

📍 247/281
Broadway Avenue
🌐 caperscafe.business.site

Coffee On The Terrace

📍 361 Broadway Avenue
📱 [CoffeeOnTheTerrace](#)



Cyclista Espresso Bar and Roastery

📍 54 George Street 🌐 cyclista.co.nz

Columbus Coffee

📍 227 Broadway Avenue
🌐 columbuscoffee.co.nz

Courtyard Café

📍 360 Albert Street
☎ 06 357 5024

Cravings Café

📍 117 Ruahine Street
f CravingsCafenz

Cuba Street Bakehouse

📍 72 Cuba Street
f Cuba street bakehouse

Coffee on Ascot

📍 35 Ascot Street
🌐 CoffeeOnAscot

Double Shotz

📍 138 The Square
🌐 doubleshotzcafe.com

Double 8 Nine

- 📍 889 Main Street
- 📍 Double 8 Nine On Main

Ebony Coffee Roasters

- 📍 208 Featherston Street
- 🌐 ebonycoffee.co.nz

Elm Café

- 📍 283 Fitzherbert Avenue
- 🌐 elmcafé.co.nz

Elm Cafe offers a relaxed atmosphere, excellent menu, and boutique wine list. There is a beautiful sheltered garden courtyard at the front of the cafe, with colourful potted plants. You can enjoy Arrosta coffee either indoors or outdoors.

Flava Nutrition Studio

- 📍 39 George Street
- 📍 FlavaNutritionStudio

Golden Tulip Bakery

- 📍 61 Broadway Avenue
- 📍 Golden Tulip Bakery
Palmerston North

Gong Cha

- 📍 102 The Square
- 🌐 gongcha.co.nz

Hungry Horse Café

- 📍 4 Botanical Road
- 🌐 HungryHorse.co.nz

Hokowhitu Café and Bar

- 📍 19 Centennial Drive
- 🌐 [manawatugolfclub.com/
cafe-and-bar](http://manawatugolfclub.com/cafe-and-bar)

JJ Café

- 📍 292 Church Street
- 📍 Jjcafenz

Knead

- 📍 186 Te Awe Awe Street
- 📍 knead.co.nz

King Café

- 📍 126 King Street
- 📍 KingCafepn



Joseph Street Kitchen

📍 55A Joseph Street 📌 JosephStreetKitchen

Hope Kitchen Café

📍 156 The Square 📌 hopevineyard.nz

Hope Kitchen Café is a place where all our profit goes back to the community. Where engaging conversations, coffee with purpose and food crafted with love are an important part of our Manaakitanga. PLUS we make the BEST date scones in Aotearoa, just saying.

La Patio Café and Bar

📍 140 Fitzherbert Ave
📌 LaPatioCafe

Moxies

📍 67 George Street
📌 Moxies Cafe
Palmerston North



LOCAL – Licensed Café & Eatery

📍 240 Broadway Ave 🌐 cafelocal.co.nz

LOCAL Café & Eatery is open for everything from breakfast and a coffee to late lunch and a sneaky wine. Yummy food made fresh on site with locally sourced ingredients from local small businesses!



Orlando Country Café & Bar

📍 748 Rangitikei Line 🌐 orlandocountry.co

Orlando Country Café & Bar, the perfect escape located just a stones throw from the city centre, offering indoor and outdoor flow overlooking the rural setting and extensive landscaping.

Open seven days to the public, the café sits along side the driving range which offers various options for your group of friends and family to socialise, hit some golf balls and enjoy a bite to eat.

O'Briens Irish Sandwich Café

- 📍 44 Broadway Avenue
- 🌐 obrienonline.co.nz

Petit Fours

- 📍 249 Cuba Street
- 📌 Petit Fours

Robert Harris Café

- 📍 87 Church Street
- 🌐 robertharris.co.nz

Rumour has it

- 📍 305 Rangitikei Street
- 📌 Rumour Has It Cafe

Son & D Bakery

- 📍 125 Botanical Road
- 📌 Son & D Bakery

Sony Café

- 📍 190 Ruapehu Drive
- ☎ 06 356 1678

Sony Bakery

- 📍 544 Ferguson Street
- 📍 170 Fairs Road
- 📍 7 Fernlea Avenue
- ☎ 06 354 9990

Sublime Coffee Roasters

- 📍 203 Cuba Street
- 🌐 sublimecoffeeroasters.co.nz

Stads Café

- 📍 737A Main Street
- 🌐 stadscafe.co.nz

The Bees Knees Café

- 📍 352 Albert Street
- 📷 the_bees_knees_cafe



Munch

📍 62 Broadway Ave 🌐 munchpalmy.net

A retro eclectic mix of decor makes Munch an exciting place to dine. Munch provides everyone with a choice, whether you're gluten free, vegan, allergic to nuts or just needing to know what is in your food. Munch is 100% gluten and nut free so there is something for everyone.



The Herb Farm

📍 86 Grove Road 🌐 herbfarm.co.nz

The Herb Farm menu is centered around local, free range and organic produce incorporating fresh herbs from the gardens. Exceptional customer service is integrated into our business and you can be assured that this is our top priority. So come and discover our slice of paradise.

The Cooperage Café

📍 723 Main Street
🌐 thecooperage.co.nz

The Coffee Club

📍 102-104 The Square
🌐 thecoffeeclub.co.nz

The Deli Coffee Shop

📍 65 Rangitikei Street
📱 [TheDeli18](#)

The Stage Door Café

📍 96 King Street
🌐 stagedoor.cafe

The Verdict

📍 32a The Square
🌐 theverdictcafe.co.nz

Wildflour Kitchen

📍 317 Main Street
🌐 wildflour.co.nz

Winter Family Bakery

📍 193 College Street 📱 [WinterBakery](#)

A woman with dark hair, wearing a vibrant red short-sleeved dress, is seated on a wooden chair. She is smiling and looking towards the camera. Her hands are resting on a silver metal tray. On the tray, there is a glass of orange juice with a slice of orange on top and a black straw, and a clear plastic cup with a white lid and a black straw. The background is a teal-colored wall. The overall scene is bright and cheerful, suggesting an outdoor bar or cafe setting.

BARS + COCKTAILS

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TAILS



BARS + COCKTAILS



Brew Union Brewing Co

📍 39-41 Broadway Avenue

🌐 brewunion.co.nz

Brew Union Brewing Co has a selection of house beers that are freshly brewed onsite. Our regularly changing feature guest beer and cider taps are sourced from a selection of independent artisanal producers from across the country. Pizzas are hand stretched and cooked to perfection in a wood fired oven.

TAILS

Brewers Apprentice

📍 334 Church Street 🌐 brewersapprentice.co.nz

CASTLE 789

📍 789 Main Street

📌 Castle 789

Rose and Crown

📍 743 Main Street

🌐 roseandcrown.co.nz

Rosie O'Grady's

📍 96 Fitzherbert Ave

🌐 rosieogradys.co.nz

Sporty's Bar

📍 215 Featherston Street

📌 Sporty's Bar

Speight's Ale House

📍 27 Grey Street 🌐 speightspalmerstonnorth.co.nz

The Speight's Ale House is a superb place for a group outing! Whether it is for a meal, drinks and nibbles in the bar or to enjoy the game on our big screen, this iconic venue is a must do for both locals and visitors.

The Albert Sports Bar

- 📍 688 Main Street East
- 📱 BAR4UNME

The Celtic Inn

- 📍 73-77 Broadway Ave
- 🌐 celticinn.co.nz

Bubbles Champagne & Wine Bar

- 📍 58 Broadway Avenue
- 🌐 bubblesbar.co.nz

Bubbles Champagne & Wine Bar is one of Palmy's favourite night spots. With a fantastic sharing plates menu and live entertainment throughout the week, Bubbles has it all!

The Cobb Hotel

- 📍 528 Main Street
- 🌐 thecobbhotel.co.nz

The Stunned Mullet

- 📍 1 The Square
- 📱 The Stunned Mullet

The Fish Cocktail And Wine Bar

- 📍 73/77 Broadway Avenue
- 📱 TheFishPN

The Workshop

- 📍 171 Fairs Road
- 📱 The Workshop, Probably the best bar on Fairs Road.



Libre

📍 9-15 George Street 🌐 libre.co.nz

Libre is Palmy's Mexican inspired restaurant and bar! Offering Mexican inspired fare including tacos, cocktails, tequila & mezcal.



RESTAURANT DINING

A photograph of a young woman with long blonde hair, wearing a black ribbed sweater, smiling and looking to her left in a restaurant setting. In the background, there is a warm yellow pendant light and a waiter's hand holding a white plate. In the foreground, a glass of water is partially visible.

URANT

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RESTAURANT DINING



Amayjen (pronounced Imagine)

📍 17 Victoria Avenue

🌐 amayjen.co.nz

Experience the perfect night out in Palmy at Amayjen. Ultra-fresh produce is prepared with expert attention to detail. It has to be seen to be believed and a perfectly chosen wine list sits alongside. Our wine list has been chosen to excite and delight our guests.

Barista

📍 59 George Street

🌐 barista.co.nz

Globe Restaurant

📍 194-200 Ruapehu Drive

🌐 globerestaurant.co.nz

RESTAURANT

Haru Japanese Restaurant

📍 19 Broadway Avenue

📱 HaruJapanese

Nero Restaurant

📍 36 Amesbury Street

🌐 nerorestaurant.co.nz

Aberdeen

📍 161 Broadway Avenue

🌐 aberdeenonbroadway.co.nz



Dejeuner

📍 44 The Square

🌐 dejeuner.co.nz



Little Savanna

📍 45-47 Princess Street 🌐 littlesavanna.co.nz

Little Savanna was created from a passion for great food and a wonderful dining experience, where the finest of New Zealand's produce is cooked the South African way – flame grilled. They pride themselves on complementing the experience with a wonderful drinks list and fantastic service. Little Savanna – one of life's little pleasures!

GAON Restaurant

📍 130 The Square 🌐 gaon.co.nz

For a do-it-yourself dining experience head to GAON Restaurant and order one of their Korean BBQ meat seats. The chef will bring a small charcoal grill to your table with a selection of raw meats and guide you through the best way to cook and flavour your meat. For an impressive dining experience from start to finish, this is the place to be.

Nosh Restaurant

📍 175 Cuba Street
f [NoshDistinctionPN](#)

Table 188

📍 2 The Square
🌐 table188restaurant.com



Provenance

📍 159 Broadway Avenue 🌐 provenancemanawatu.co.nz

Portofino Italian Restaurant

📍 155-159 Broadway Avenue

🌐 portofino.co.nz



The Fat Farmer

📍 360 Albert Street 🌐 thefatfarmer.co.nz

The Fat Farmer delivers distinctive, modern cuisine, bite upon bite. An abundance of locally sourced produce has been intricately woven into our sharing plates menu by world class chefs, providing a variety of mouth-watering temptations for even the most refined palate.



Yatai Japanese Izakaya Restaurant

📍 316 Featherston Street 🌐 yatai.co.nz

If beautiful fresh Sashimi is your thing, then go discover the authentic Japanese restaurant Yatai. The extensive choices on the menu show there's a lot more to Japanese food than just sushi and raw fish.





CASUAL DINING



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CASUAL DINING

Afghan Darbar Restaurant & Takeaway


 72 George Street  afghandarbarrestaurant.co.nz


Angkor Restaurant

 4 Coleman Place

 angkor.co.nz


Aqaba

 186 Broadway Avenue

 aqaba.co.nz


Arranged Marriage Restaurant

 32B The Square

 arrangedmarriage.co.nz


Asia Restaurant

 319 Main Street


 06 357 1165

Bangkok Thai Restaurant & Takeaway

 89 Fitzherbert Avenue


 bangkok-thai.co.nz


Bangsaen Kitchen

 108 Broadway Avenue

 bangsaenkitchenonline.co.nz


Black Pearl Café

 91 Broadway Avenue

 blackpearlcafe.co.nz

Breakers

 168-190 Rangitikei Street

 breakers.kiwi



Beaver and Bear

📍 3 Campbell Street 🌐 beaverandbear.co.nz

After working in bars and restaurants in Canada and adopting a love for Canadian cuisine, the owners of Beaver and Bear arrived home and wanted to introduce it to other Kiwis. Focusing on chicken wings and the notorious poutine, they hope to give you an experience of authentic Canadian pub fare.


Broadtop Home Cookery


📍 232 Ruahine Street
📞 06 357 6198

Café Eminem


📍 94 Broadway Avenue
📌 [CafeEminem](#)

Chada Thai

 81 Broadway Avenue

 chadathai.co.nz

Chinatown Chinese Restaurant

 156 Cuba Street


 chinatownrestaurant.co.nz

De Coree

 88 Fitzherbert Avenue



 06 354 1444

Gengy's Restaurant



 21 Broadway Avenue

 gengys.co.nz/palmy

Fast Fuel Rotisserie

 71 The Square  order.fastfuelcatering.co.nz

Golden Roast

 268 Cuba Street  goldenroast-palmerstonnorth.co.nz


Golden Time Restaurant

 649 Main Street

 goldentimerestaurant.co.nz

Hoko Sushi

 188 Te Awe Awe Street


 [HokowhituVillage](#)

Hanamizuki Japanese Restaurant

 161 The Square

 hanamizuki.co.nz

HK Express

 95 Broadway Avenue

 06 359 4868



Focal Point Cinema and Café Palmerston North

📍 223 Cuba Street 🌐 focalpointcinema.co.nz

Il Capo Pizza and Pasta

📍 194-200 Ruapehu Drive
f Il Capo Pasta & Pizzeria

Indian Flavours

📍 529 Main Street
🌐 indianflavours.co.nz

Indian Indulgence

📍 63 George Street
f IndianIndulgenc

Indian Love Story

📍 358 Albert Street
🌐 indianlovestory.nz

Indian Summer

📍 194-200 Ruapehu Drive
🌐 indiansummerhill.co.nz

Indian2nite

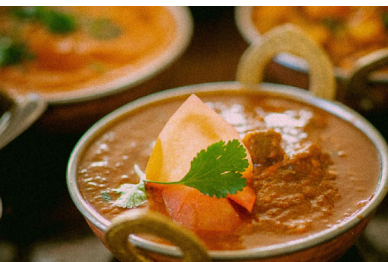
📍 22 George Street
🌐 indian2niteonline.co.nz

Joe's Garage Palmerston North

📍 38 Princess Street
🌐 joes.co.nz

Juno's Lunchbox

📍 286 Cuba Street
f Juno's Lunchbox



Little India

 157 Broadway Avenue

 littleindia.co.nz

Little India are known for their legendary Indian food dishes from North India, The Punjab. Using traditional tandoors, their naans and meat have an authentic flavour. Started as a family business, Little India is now a national success with several stores across the country, all still using family recipes.

Jimmy Cook's Kiwi Kitchen

📍 110 Fitzherbert Avenue

🌐 jimmycooks.co.nz/palmerstonnorth

Kapadokya Mediterranean & Turkish Cuisine

📍 64 George Street

f KapadokyaKebabs

LINA'S

📍 84 Fitzherbert Avenue

☎ 06 355 4915

Lone Star

📍 41-42 The Square

🌐 lonestar.co.nz

Monsoon Asian Kitchen

📍 165 The Square

f MonsoonAsianKitchen

Mr Choi Sushi

📍 364 Main Street

f ChoiSushi

Noodles 'N' Dumplings

📍 21 Coleman Place

f NoodlesAndDumplings

Namaste Bharat Indian Restaurant

📍 61 The Square 🌐 namastebharatrestaurant.co.nz

Navajo Steakhouse

📍 22-26 Fitzherbert Avenue 🌐 navajosteakhouse.co.nz

Looking for a juicy, succulent steak? Look no further than Navajo Steakhouse. Not in the mood for beef? Don't worry – there are delicious lamb, chicken, pork and seafood options there too. With an electric atmosphere and a great range of beverages available, Navajo Steakhouse is perfect place for a dinner with friends or family.

Pacha's Kebab Café

- 📍 167 Cuba Street
- 🍷 Pacha's Kebabs

Pho Nem Hanoi Home Cooking

- 📍 68 The Square
- 🍷 PhonemKiwi

Phnom Penh Oriental Delight Restaurant

- 📍 102 Broadway Avenue
- 🍷 Phnom Penh Oriental Delight

Rangra's Indian Cuisine

- 📍 1 Botanical Road
- 🌐 rangrasindiancuisine.co.nz

ReBurger

- 📍 44 Princess Street
- 🌐 reburger.co.nz

Richies Kai

- 📍 66 Broadway Avenue
- 🍷 RichiesKai

Speedway Garage

- 📍 528 Main Street
- 🌐 speedwaygarage.co.nz

Saigon Restaurant & Bar

- 📍 327 Broadway Avenue
- 🌐 saigon.nz

Sunday Roast

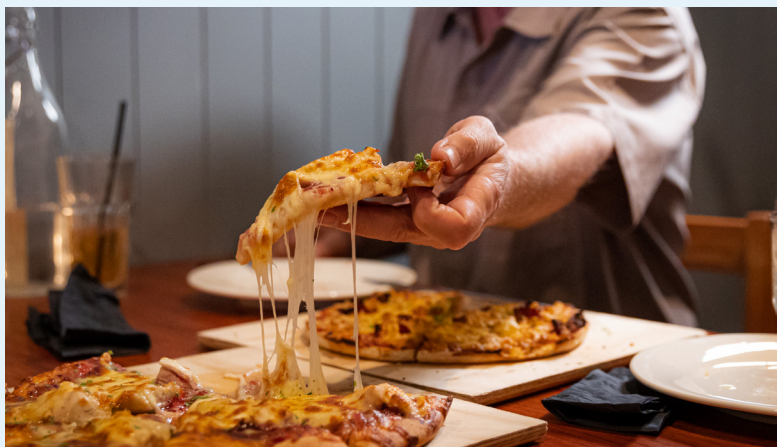
- 📍 112 Broadway Avenue
- 🍷 Sunday Roast -
112 Broadway Avenue
Palmerston North

Spicy India

- 📍 164 Albert Street
- 🌐 spicyindia.co.nz

Sushi House

- 📍 104 Rangitikei Street
- ☎ 06 353 5644



Pompeii Pizza

📍 163 The Square 🌐 pompeii.co.nz

Pompeii Pizza offers casual evening dining in a bustling atmosphere from Tuesday to Sunday. Choose from their Classic and Gourmet pizza ranges. Expect generous toppings and a flavour sensation. Your tastebuds will thank you. How about a decadent dessert pizza to satisfy your sweet tooth?



Saigon Corner

📍 54 Princess Street 🌐 saigoncorner.co.nz

Fresh and healthy modern Vietnamese eatery. We use only the freshest herbs to give you the most authentic taste of Vietnam.

Sushi House

- 📍 130 King Street
- 📌 SushiHouse130KingSt

Sushi MaMa

- 📍 108 College Street
- 📌 Sushi MaMa

Tasty Restaurant

- 📍 700 Main Street
- 📌 TastyRestaurantPalmy

Thai House Express

- 📍 70 Broadway Avenue
- 🌐 thaihousepalmy.co.nz

The Bean Café

- 📍 92 Broadway Avenue
- 📌 BeanCafe

Viva Café & Bar Turkish

- 📍 21 Rangitikei Street
- 🌐 vivacafeandbar.co.nz

Wharerata

- 📍 Main Drive Massey University
- 🌐 wharerata.co.nz

Sushi Workshop

- 📍 19 Rangitikei Street
- 🌐 sushiworkshop.online

Thai House Restaurant

- 📍 84 Fitzherbert Avenue
- 🌐 thaihouse.co.nz

Thai Orchid Restaurant

- 📍 345 Ferguson Street
- 🌐 thaiorchid.net.nz

Turkish Delight - Ali's Kebab Café

- 📍 15 Fitzherbert Avenue
- ☎ 06 355 1032

Wabi Sabi

- 📍 74 Broadway Avenue
- 🌐 wabisabi-restaurant.com

Yeda

- 📍 78 Broadway Avenue
- 🌐 yeda.co.nz



The Crafted and Co.

 thecraftandco.nz

Originally made as a side gig, The Crafted and Co. have grown into an epic catering company who do things a bit differently. You can find their food truck popping up all over the place slinging burgers, doughs and epic fried chicken. They pop up regularly at Memorial Park from 5-8pm most Thursday-Saturday. Check them out online to find where they are!

The Eatery - Downtown

A GREAT RANGE OF FRESH, DELICIOUS MEALS

Inspired by food truck culture from around the world, the Street Eatery has a range of retailers with varied, fresh, healthy menu options. All our food is prepared on site, with loads of gluten-free and vegetarian options. We've got it all - Mexican, Indian, Asian-fusion, pizzas, salads, gelato, coffee, Café food, sit down dining and takeaway options.



The Plaza Food Court

Whether you're after something spicy, sweet, healthy or comforting, The Plaza's food retailers have something for everyone. If you love Asian food, The Plaza has everything from delicious dumplings to fluffy naans. If Cafés are more your jam, The Plaza has them too! Whether you're in need of a fresh healthy meal or some fast food, The Plaza has something to suit everyone.



PALMY™