

RESTAURANTS // IN MANAWATŪ

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With 150+ ethnicities and rich farmland, Manawātū serves up a vibrant mix of global flavours and fresh local fare. From fine dining to brew pubs, it's a hidden foodie gem.



Location



Open Days



Website



Maximum
Group Size

LUNCH STOPS OFF SH1

Located halfway between Wellington and Taupō, the region of Manawātū offers exceptional places to stop for a refreshing break and meal.



THE WOOLSHED CAFE



2861 State Highway 1,
Sanson



Open 7 days



www.woolshedcafe.co.nz



20

Escape to The Woolshed Cafe, a spacious countryside haven offering a relaxing dining experience with impeccable service. This versatile venue caters to groups of all sizes, ensuring everyone's needs are met without compromise.

Whether you're seeking a peaceful rural retreat for a delicious meal or a convenient pit stop on your journey, The Woolshed Cafe welcomes you with open arms. Indulge in their diverse menu, enjoy the charming ambiance, and create memorable moments in this rustic gem.



AWASTONE



143 Ruahine Road,
Mangaweka



Open 7 days



mangaweka.co.nz/cafe



70

Nestled on the banks of the stunning Rangitikei River, Awastone Cafe is a hidden gem along SH1. This licensed riverside haven offers more than just delicious food and coffee. Enjoy scenic views from the quiet garden patio, explore nearby walking trails, or embark on thrilling river adventures. With its friendly service and picturesque setting, Awastone Cafe is the perfect pit stop to refresh and recharge during your journey.



FLAT HILLS CAFE



5733 State Highway 1



Open 6 days



www.facebook.com/flathills



100

Discover Flat Hills, a family-friendly oasis on State Highway 1 in the beautiful Rangitikei. This charming country cafe offers more than just delicious homemade meals and excellent coffee. Parents can unwind while children explore the expansive play area, featuring a bouncy castle and maze. Enjoy ample indoor and outdoor seating with access to friendly farm animals you can feed and observe. Don't miss their famous custard squares, mouthwatering lamb burgers, and hearty big breakfasts. Flat Hills is the perfect pit stop for families seeking relaxation, fun, and tasty treats on their journey.



THE DUKE'S ROADHOUSE



2 Koraenui Street,
Mangaweka



Open 6 days, closed
Tuesday



www.facebook.com/thedukesofsandwich

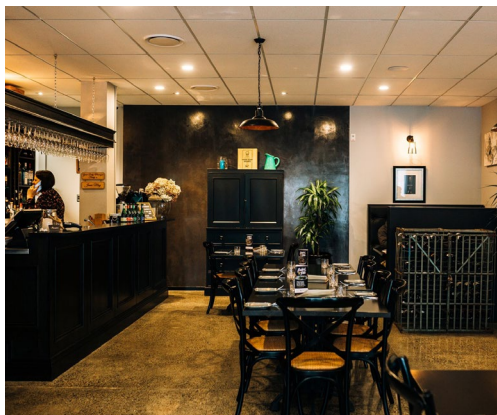


[Enquire here](#)

The Duke's Roadhouse in Mangaweka is the perfect pit stop on your North Island journey. This charming café offers a diverse menu featuring hearty burgers, homemade pies, fluffy pancakes, and vegetarian options to satisfy every palate. With its welcoming atmosphere, friendly service, and commitment to using fresh, local ingredients, The Duke's provides more than just a meal. Enjoy delicious food, great coffee, and a moment of relaxation before continuing your adventure.

GROUP DINING

Manawatū offers a great range of dining options for groups of varying sizes, with a focus on fresh gourmet New Zealand cuisine and warm kiwi hospitality.



AMAYJEN



17 Victoria Avenue,
Palmerston North



Open 6 days, for
breakfast and lunch



www.Amayjen.co.nz



[Enquire here](#)

Amayjen, a culinary jewel in Palmerston North, celebrates New Zealand's finest ingredients. Chef-owner Andrew May, a Beef + Lamb Ambassador, crafts visually stunning dishes bursting with flavor. His modern techniques transform local produce into exquisite creations, earning the restaurant a Cuisine Good Food Awards 'hat'. Open for breakfast, lunch, and dinner, Amayjen offers a sensory feast for any occasion, complemented by a carefully curated wine list.



NERO RESTAURANT



36 Amesbury Street,
Palmerston North



Open Tuesday to Sunday
from 5pm



Nerorestaurant.co.nz



55

Experience culinary mastery at Nero Restaurant, where Chef Scott Kennedy, a Beef + Lamb Platinum Ambassador, crafts an award-winning menu. His innovative approach to New Zealand's finest beef and lamb shines through in flavorful contemporary dishes. Nestled in a stunning 1918 Victorian home, Nero offers a memorable dining experience with its commitment to local, seasonal ingredients and bold flavors. Indulge in Scott's expertly prepared creations, showcasing the best of Manawatū's produce.



THE STRONG ROOM



52 Fergusson Street,
Feilding



Open Wednesday -
Sunday



www.thestrongroom.co.nz



[Enquire here](#)

The Strong Room, a Feilding icon, offers a versatile dining experience in a historic former bank building. This popular local spot combines restaurant, bar, and event space under one roof, catering to various occasions. With its range of dining styles and welcoming atmosphere, it's the go-to destination for both locals and travelers. Enjoy delicious food and drinks while soaking in the relaxed ambiance, whether you're seeking a casual meal or planning a special event.



THE FAT FARMER

-  52 Fergusson Street, Feilding
-  Open Wednesday - Sunday
-  thefatfarmer.co.nz
-  [Enquire here](#)

The Fat Farmer, a culinary gem in Palmerston North's Hokowhitu Village, offers a unique dining experience. This locally owned restaurant blends rustic charm with contemporary elegance, featuring an open floor plan and cozy nooks. Known for its exceptional sharing plates, craft beers, and cocktails, The Fat Farmer delivers distinctive modern cuisine using locally sourced ingredients. With its European-inspired ambiance and innovative menu, it's a must-visit for food enthusiasts.



LITTLE SAVANNA

-  45-47 Princess Street, Palmerston North
-  Open 7 days
-  littlesavanna.co.nz
-  25

Little Savanna brings South African flavors to Manawātū using finest New Zealand produce. This unique restaurant caters to all tastes, from meat lovers to vegetarians, with gluten-free options. The team creates unforgettable dining experiences, offering generous portions, delectable dishes, and impeccable service in a beautiful atmosphere. From flame-grilled meats to fresh seafood, every dish showcases both cultures. Book your table for a taste of South Africa in Palmerston North.







BREW UNION

-  39-41 Broadway Avenue and 78 King Street, Palmerston North
-  Open 7 day
-  www.brewunion.co.nz
-  36

Brew Union, Palmerston North's local restaurant, bar, and brewery, offers delicious onsite-brewed beers alongside craft beverages from independent New Zealand breweries. The establishment boasts a vast gin selection, wood-fired pizzas, and elevated pub fare. Focusing on local producers, Brew Union provides great service in a welcoming atmosphere. It's popular for casual dining and special occasions, appealing to beer enthusiasts and food love.



NOSH

-  175 Cuba Street, Palmerston North
-  Open Wednesday - Sunday
-  <https://bit.ly/noshrestaurant>
-  40

Nosh Restaurant, nestled in Distinction Palmerston North Hotel, offers a sophisticated dining experience in the heart of the city. The talented culinary team crafts a blend of local and international cuisine using the finest Manawatu produce. Open for breakfast and dinner, Nosh presents traditional dishes with a modern twist. Enjoy their delectable à la carte menu, paired with an excellent wine selection, in an elegant, contemporary setting.

GROUP DINING - GLOBAL CUISINE

Manawātū is home to more than 150 cultures, so we are spoilt for choice when it comes to global cuisines. These options are well set up for group dining, and are all firm local favourites.



ARRANGED MARRIAGE



32B The Square,
Palmerston North



Open Tuesday - Saturday



www.arrangedmarriage.co.nz



[Enquire here](#)

Arranged Marriage Restaurant brings authentic Kerala cuisine to Palmerston North. This sophisticated eatery offers a modern sanctuary of tantalizing Southern Indian flavors and aromas. Since its inception, the restaurant has remained committed to providing an authentic dining experience at affordable prices. Indulge in unique dishes like fish pollichathu, Kerala mango fish curry, and traditional dosas, all crafted with fresh, local ingredients and aromatic spices.



HARU



19 Broadway Ave,
Palmerston North



Open Monday - Saturday



www.facebook.com/harujapanese



[Enquire here](#)

Haru Japanese Restaurant, a culinary gem in central Palmerston North, offers an authentic dining experience in an elegant, inviting atmosphere. The extensive menu caters to all tastes, featuring traditional favorites and innovative creations. Complement your meal with their carefully curated cocktails, sake, or fine wines. Don't miss the Kaiseki Ryori, a traditional multi-course Japanese dinner. Haru's commitment to quality and attention to detail makes it a must-visit for Japanese cuisine enthusiasts.



TASTY RESTAURANT



700 Main Street,
Palmerston North



Open 7 days



www.facebook.com/tastyPN



[Enquire here](#)

Tasty Restaurant in Palmerston North offers an authentic Chinese dining experience in a cozy, intimate setting. Perfect for romantic dinners or family gatherings, this BYO-friendly establishment serves a diverse menu of traditional Chinese dishes and vegetarian options, all cooked to order. With friendly, accommodating staff ready to provide recommendations, Tasty Restaurant promises a delightful culinary journey through Chinese cuisine in a welcoming atmosphere.



CHINATOWN



156 Cuba Street,
Palmerston North



Open 7 days



facebook.com/chinatown.pn



[Enquire here](#)

Chinatown Restaurant in Palmerston North offers an authentic Chinese dining experience. The fully licensed establishment serves delicious à la carte meals and popular Yum Cha with over 50 handmade items. Favorites include BBQ honey pork, dumplings, and lemon chicken. With its diverse menu, welcoming atmosphere, and all-you-can-eat buffet options, Chinatown promises a satisfying culinary journey, drawing locals and visitors alike, especially for Sunday Yum Cha.



GOLDEN TIME RESTAURANT & BAR



649 Main Street,
Palmerston North



Open 7 days



[www.
goldentimerestaurant.
co.nz](http://www.goldentimerestaurant.co.nz)



[Enquire here](#)

Golden Time Restaurant & Bar on Palmerston North's Main Street offers an authentic Chinese culinary experience. Famous for its daily Yum Cha and diverse menu, this local gem caters to all tastes. With a function room and banquet options, it's perfect for gatherings and events. Generous portions and friendly service make Golden Time a favorite. Don't miss their seafood fried rice and succulent lamb ribs for a satisfying meal.



YEDA



78 Broadway Avenue,
Palmerston North



Open 7 days



Yeda.co.nz



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Yeda offers fresh, authentic cuisine crafted by skilled Thai chefs. Most dishes, including Pork Buns, Chicken Curry Puffs, Pork Gyoza, and Vegetable Spring Rolls, are made from scratch on-site, along with their sauces. The menu caters to various dietary needs, featuring Vegetarian/Vegan, Gluten-Free, Halal, and Dairy-Free options. Yeda combines traditional flavors with local produce, ensuring a delightful dining experience.

**To find more restaurants visit
ManawatuNZ.co.nz/taste**



[ManawatuNZ.co.nz/taste](https://www.manawatuNZ.co.nz/taste)

WEBSITE //
MANAWATUNZ.CO.NZ

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