

International Foods

Asian	Laochaleune Asia Food Market 6 Charles St. W., Kitchener 519.743.2639
Caribbean	LN International Food Market 145 King St. E., Kitchener 519.743.5882
European	Nougat Bakery and Delicatessen 600 Queen St. S., Kitchener 519.570.1303
German	Fiedler's of Kitchener 197 King St. E., Kitchener 519.745.8356
Greek	Acropolis Bakery 22 Ontario St. N., Kitchener 519.745.2121
Indian	Onkar Foods & Spices 500 Glenforest Blvd., Waterloo 519.746.3659
Italian	Vincenzo's 740 Belmont Ave. W., Kitchener 519.741.1437
Korean & Japanese	Korean and Japanese Grocery 510 King St. W., Kitchener 519.569.7199
Latin	American Latina Variety 331 King St. W., Kitchener 519.571.8082
Middle Eastern	Kishki Halal Food Market 200 Highland Rd. W., Kitchener 519.576.5262
Portuguese	Peixaria Micaelense 640 Queen St. S., Kitchener 519.743.2349
West Indies	OK's Tropical Supermarket 2399 Kingsway Dr., Kitchener 519.896.0679

Shopping

Housewares

- Ikea
1065 Plains Rd. E., Burlington 905.681.4532
1475 The Queensway, Etobicoke 416.646.4532
- Zeller's
70 Bridgeport Rd. E., Waterloo 519.885.4220
- *Ontario Seed Home Hardware
16 King St. S., Waterloo 519.886.2990

Clothing

- *Bonnie Togs—Children's
15 King St. S., Waterloo 519.886.7800
- *Paul Puncher Men's Wear
20 Regina St. S., Waterloo 519.888.7999
- *Andie's—Women's Clothing
94 King St. S., Waterloo 519.746.4379

Bookstores

- *Mysterious Affair
120 King St. S., Waterloo 519.747.8050
- *Words Worth Books
100 King St. S., Waterloo 519.884.2665
- KW Bookstore
308 King St. W., Kitchener 519.742.1261

Malls

- *Waterloo Town Square Mall 75 King St. S., Waterloo
- Conestoga Mall 550 King St. N., Waterloo
- Fairview Park Mall 2960 Kingsway Dr., Kitchener

Resale

- *Twice is Nice/Twice the Man
33 Erb. St. W., Waterloo 519.747.1199

Beer, Wine, Liquor

- *LCBO
115 King St. S., Waterloo 519.886.4970
- The Beer Store
70 Weber St. N., Waterloo 519.885.6930



Shopping and Restaurants

- Restaurants
- Groceries
- Housewares
- Clothing
- Bookstores
- Specialty/International Foods



31 Caroline Street North
Waterloo, Ontario N2L 2Y5

P 519.569.7600
F 519.569.7611
www.perimeterinstitute.ca

Groceries

Local Food Producers

Purchasing food from local producers supports the community and reduces environmental impact. For the freshest, best-tasting food, buy local!

Farmers' Markets

St. Jacob's Market

Weber St. N. and Farmers' Market Rd.

St. Jacobs 519.747.1830

Your Kitchener Market

300 King St. E., Kitchener 519.741.2287

Foodlink Waterloo Region

www.foodlink.ca

This nonprofit organization links farmers, producers, and consumers in the area. Check out the Buy Local! Buy Fresh! map available free at the public libraries.

Specialty Stores

T&J Seafoods

26 Elm St., Kitchener 519.578.3080

David's Gourmet

36 Northfield Dr. E., Waterloo 519.747.0300

179 King St. W., Kitchener 519.749.0300

Imported foods, olives, cheese, breads, and meals

The Natural Food Market

75 Bridgeport Rd. E., Waterloo

519.884.1811

Wheat-free, gluten-free, and sugar-free products

The Poultry Place

RR 1, St. Jacob's 519.664.3090

Free-range, drug-free poultry from local farms

*Eating Well Organically

104 King St. S., Waterloo 519.883.0734

Organic foods, including local meats and dairy.

Homefield Organics

Supermarkets

Sobey's 94 Bridgeport Rd. E., Waterloo

519.885.4170

Zehr's 50 Erb St. W., Waterloo 519.886.4900

*Valu-mart 75 King St. S., Waterloo

519.884.5511

*Indicates a business within walking distance of PI

Restaurants

Kitchener-Waterloo offers a wide variety of cuisines in all price ranges. Here are just a few recommendations from the PI community. More information about restaurants in the area can be found at:

www.downtownkitchener.ca

www.uptownwaterloobia.com

www.kwrestaurants.com

Breakfast (Saturday and Sunday only)

*The Duke of Wellington Pub

33 Erb St. W., Waterloo 519.886.9370

Bagels

City Café and Bakery

175 West Ave., Kitchener 519-570-3558

Coffee and Pastry

*Café 1842

59 King St. N., Waterloo 519.886.3350

Vegetarian Menu

*Zen Garden

51 King St. N., Waterloo 519.885.3205

Special Occasion

*Sole Restaurant and Wine Bar

83 Erb St. W., Waterloo 519.747.5622

Drinks on the Patio

*Barley Works

59 King St. N., Waterloo 519.886.3350

Live Music

*Jane Bond

5 Princess St. W., Waterloo 519.886.1689

Hidden Gem

*Yukiko's Café and Bistro

30 William St. W., Waterloo 519.576.9424

Greek

Acropolis Bakery

22 Ontario St. N., Kitchener 519.745.2121

Indian

*Masala Bay

3B Regina St. N., Waterloo 519.747.2763

Japanese/Sushi

Ye's

103 King St. W., Kitchener 519.568.7566

Korean

Korean BBQ

265 King St. E., Kitchener 519.568.7111

Latin

Boa Nova Rodizio Grill House

6 Charles St. W., Kitchener 519.745.1321

Pizza

*Fratello Pizzeria

82 King St. N., Waterloo 519.886.7278

Tapas

*Hannah's Tapas Bar & Lounge

2 King St. N., Waterloo 519.746.3504

Seafood

*Lucy's Seafood Kitchen

75 King St. S., Waterloo 519.885.9039

Steak

Wildcraft Grill & Bar

425 King St. N., Waterloo 519.885.0117

Vietnamese

Viet Sun

17 Erb St. E., Waterloo 519.886.8989