

THE BANKSTOWN FOOD & RESTAURANT GUIDE

PROUDLY BROUGHT TO YOU BY
BANKSTOWN CITY COUNCIL



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*from pho
to falafel
- and then
some*

**BY HELEN GREENWOOD
& JOHN NEWTON**

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asian

Best Value Supermarket
32 Centro Bankstown
9708 2288 **Map ref 7**

This huge grocery store also boasts an impressive array of fresh fruit and vegetables at good prices at the front.

vietnamese

Thanh Long Fruits & Vegetables
Shop 6 TK Arcade 316 Chapel Road
Bankstown
9796 7754 **Map ref 11**

We'll stick our necks out and say this is the best fruit and veggerly in Bankstown. Everything is in good nick and well cared for. The service is amazing. We went to buy rambutans, and were surprised when the assistant changed the ones we had chosen: these are better quality, she said. She was right. Later, Vietnamese contacts confirmed we were right about it. In season you'll find all the varieties of mangoes, both green and ripe, the aforementioned rambutans, longans, lychees, even dong dongs, a small hard green fruit (eaten tart with salt and chilli). Above the counter are fresh coffee beans and rum butter, and out the back is a small selection of fruity drygoods: dried longans, tamarind soup base. The greens, as you'd expect, are also excellent.

1. Duy Linh
Shop 55 Bankstown City Plaza
9791 6467 **Map ref 12**

2. Thien Huong
Shop 56-57 Bankstown City Plaza
9790 2150 **Map ref 12**

3. Nhut Than
59 Bankstown City Plaza
9707 4237 **Map ref 12**

These three grocery stores and greengrocers are cheek by jowl on Bankstown Plaza. The owners of the first two are northern Vietnamese; the last is owned by south Vietnamese who also speak Chinese. They offer similar produce but one will have small green mangoes and the others might not. With their similar offerings, there are still daily variations in quality and price so we suggest you cruise all three before making a decision

lebanese

Bankstown Lebanese Bakery
& Mixed Business
287 Chapel Road Bankstown
9708 3976 **Map ref 5**

Though the quantities here are smaller than Abu-Salim, the quality is equally good.

Golden Nights Restaurant
1st Floor 10-12 Restwell Street
Bankstown
9790 5555

Map ref 13

To call this a restaurant is to seriously undersell a Bankstown institution. Yes, there is good food – mezes on the tables as you arrive and more and more rolling out through the night.

But the place is actually somewhere between a nightclub and a dance hall. A vast room, with silver and gold striped ceiling in imitation of a luxury tent, has long tables packed with beautifully dressed and coiffed Lebanese girls, their mothers, fathers, grandparents, brothers and cousins. On the stage is a loud and tight Middle Eastern band belting out driving music all night long. Guest singers take the stage and, much later, there is occasionally a belly dancer. Long lines of dancers join hands, the girls moving rhythmically, the men dancing together with elaborate steps. It's enormous fun and we strongly recommend at least one visit to Golden Nights, preferably with a large table of uninhibited friends. Friday and Saturday nights only till 4am (you'll need to book) or ask about functions.

Hadla
222 South Terrace
9790 6886

Map ref 14

Slurp up the best Lebanese ice cream in town (the wild berry is a must) until midnight most nights, and until 1am in the summer. See also Cakes Bread and Sweets

Titanic Sweets Café
49 Raymond Street Bankstown
9708 3688

Map ref 23

Puff on the nargile (water pipe) or drink cardamom-scented Lebanese coffee; nibble on cakes, chocolates or ice cream as late as you like in the summer time or until around midnight during the rest of the year.



lebanese/middle eastern

Gebran

175 Wattle Street Bankstown

9707 3044

Map ref 27

Some of the finest Lebanese food in Sydney was served the last time we went to this lively place off the beaten track in a shopping enclave. From mezes to mains, every dish showed the hand of a careful and skilful chef in the kitchen. The customary bowl of vegetables in the centre of the table was exceptionally fresh, and the little bowls of soujouk (spicy sausage), hommos, labneh and baba ganouj are among the best examples we've found in Sydney. So too is the kibbeh nayeh in two versions, with and without burghul and its accompanying toum (garlic and olive oil sauce). The meal was rounded off with a huge platter of char grilled meats – chicken, beef, kofta (minced meat kebabs), and samke harra, whole boned snapper in a sauce of coriander, onion garlic and chilli. The oud player (Friday and Saturday only) keeps the vibe up, and if you know the (Arabic) words, you're welcome to sing along.

Sindbad Bakery

Shop 4/2-10 Restwell Street

Bankstown

9796 3165

Map ref 19

This is one of the large handful of 'Lebanese pizza' joints scattered around town, and, in our opinion, one of the very best. There are two words you need to know if unfamiliar with this style of pizza. The first is manoush, which means a crust topped with za'atar, a Lebanese herb and spice mixture containing, among other things, thyme, sumac and sesame seeds. It's the breakfast pizza and is addictive. Second is lahmacun (pronounced lahmajoun), a base topped with spiced minced lamb and a choice of vegetables, soujuk (spicy sausage) or simple and luscious haloumi cheese. Try it with the refreshingly sour Lebanese tamarind soft drink or Grandpa's ayran, a salty yoghurt drink.

Summerland

457 Chapel Road Bankstown

9708 5107

Map ref 21

After more than 30 years in Punchbowl, this famous, family-run restaurant (by Ali and Fouad Sayed, with Ali in the kitchen) moved to Bankstown in 2003, but nothing has changed. The fantastic food still arrives in waves and we strongly suggest you try this place in the company of at least six people – the more the merrier. There is a belly dancer on Friday and Saturday nights.