

Traditional Food Directory - Hobart

Specialty Grocery Stores	Address	Contact details	Additional information
TASpice Shop	204 Elizabeth Street, Hobart	P: (03) 62313991 F: (03) 62313991	Red or pink rice, rosewater, bitter gourd, sumac, cassava root, chirua, teff, asafetida, mace and specialized Nepali, Bhutan and Indian spices. There is an ordering book in store also. Home delivery is available. Bus stop 3 and 4, Elizabeth Street. Opening hours: Mon-Thurs 10am-6pm Fri 10am-5pm Sat 1030am-5pm Sun 1030am-230pm
Spice World	Shop 10, Bank Arcade, Hobart	P: (03) 6231 6270 F: (03) 6267 2654	Fresh turmeric and galangal, herbs and spices, sumac, chirua, millet, asafetida, mace, cracked wheat, maize, pulses, beans and flours. Large number of items can be ordered also. http://www.spiceworld.com.au/ Online shop. Bus stop on Elizabeth Street. Mon-Fri 08.30-6.00pm, Sat 0900-4pm. Sun closed.
Wing and Co	6 Russell Crescent, Sandy Bay	P: (03) 6234 5887 F: (03) 6223 5265 E: hobart@wingandco.co.au	Cooking utensils, fresh Asian greens, frozen dumplings and spring roll wrappers, rice, mustard oil, mace, taro, daikon radish and tamarind leaves. www.wingandco.com.au Opening hours: Mon-Sat 9am-6pm, Sun 10am-4pm. Public transport on

			Sandy Bay Road.
Chinese Emporium	42 Main Road, Moonah	P: (03) 6228 9408	Maize, chirua, millet, red rice, legumes, asafetida, mace, rosewater, okra, sweet potato and cassava leaves, bitter gourd, plantain and taro. 9am-6pm daily. Public transport on Main Road
Sandy Mart Korean Grocery	Shop 3/48 King St. SANDY BAY (next door to Dome cafe)	P: (03) 6224 7545	Opening hours: Mon-Sat 9am-9pm Sun 9am-5pm
African and Middle Eastern Shop	4 – 7/73 Main Road, Moonah	P: (03) 6228 9518 F: (03) 6278 7402	9am-530pm, no home delivery Public transport on Moonah Main Road. Plantain, Tamarind, Taro, Custard Apple, Okra, Sweet potato and Cassava leaves, Maize, Sorghum, Millet, Red Palm Oil, FuFu, Dry banana, Molkia, Vimto, Cassava Flour. Rosewater.
The South African Shop (importers)	190 Argyle St Hobart	P: (03) 6231 4858	
Green Grocers			
Stokes and Hammond	10 Tasma Street, Hobart	P: (03) 6234 3754 F: (03) 6234 1418	Fresh turmeric and galangal, other fruit and vegetables.
A-One Fruit Market	382 Main Road, Glenorchy	P: (03) 6272 1665 F: (03) 6273 0452	Ghee, daikon radish, broad beans, dal legumes and Asian green vegetables. Opening hours: Mon-Fri 8:30am-5:30pm; Sat 8:30am-4pm; Sun 10am-3pm http://www.aonefruitmarket.com.au/contacts.html Public transport at the Glenorchy Bus depot.
Midlands Fruit Market	Corner Midland Highway and Weily Park Road, Bridgewater	P: (03) 6263 7899	
Howarth Garden Centre	469 Rokeby Road,	P: (03) 6247 9570	Fresh fruit and vegetables, online store available

	Howrah		www.howarthgardencentre.com.au
Hill Street Grocer	109 Hill Street, West Hobart	P: (03) 6234 6849 F: (03) 6234 6147 E: admin@hillstreetgrocer.com .	Fruit, vegetables, meats and wholefoods. Online ordering and home delivery. www.hillstreetgrocer.com
Raw Natural Grocer	118 King Street, Sandy Bay	(03) 6224 7774	
Wholefoods			
City Organics	34 Criterion Street, Hobart	P: (03) 6231 1465	Organic groceries, maize, sorghum, chickpea flour, asafoetida, rosewater, legumes, daikon radish, amaranth, custard apple, sweet potato and cassava leaves. Home delivery (cost involved) and online ordering. www.cityorganics.com.au Opening hours: Mon-Fri 9am-6pm Sat 10am-5pm, closed Sun
The All Organic Shop	341 Elizabeth St, North Hobart	P: (03) 62349090	
Tas-Saff Spices	PO Box 156, Cygnet 7112	P: (03) 6295 1921	
Eumarrah Wholefoods	39 Barrack Street, Hobart, TAS 7000	P: (03) 6234 3229 F: (03) 6234 3268	Bulk goods including beans, lentils, cereals, flour and organic fruit and vegetables. Opening hours: Mon-Fri 9am-6pm Sat 9am-4pm www.facebook.com/EumarrahOrganicNaturalFood
Live Life	358 Macquarie Street, South Hobart		Large range of organic and bulk foods.
Bio-Distributors Organic wholesalers	Will do bulk mail order to individuals	(03) 6491 1439	www.biodistributors.com.au/plist.php
Supermarkets			
Coles	246 Sandy	P: (03) 6234 3291	Open 7am-midnight, home delivery

Supermarket	Bay Road, Sandy Bay		Sweet potato leaves, turnips, okra, Asian green vegetables, ghee.
Woolworths Supermarket	57 King Street, Sandy Bay	P: (03) 6211 6611	
Woolworths Supermarket	192 Newtown Road, Newtown		Home delivery available. Custard apple, pomegranate, barley, maize, mustard oil, ghee and turnip.
Coles Supermarket Newtown	Newtown		Daily 7am-10pm No home delivery Watercress, daikon radish, frozen broad beans, custard apple, okra, pomegranate, millet, cracked wheat and ghee.
Halal Meats			
Vermeys Quality Meats	180 Sandy Bay Road, Sandy Bay	P: (03) 6223 6378	
Greene Quality Meats	116b King Street, Dynnyme	P: (03) 6234 8887	
Nice and Fresh	54-56 Gormanston Road, Moonah	P: (03) 6278 8999	
Tasmanian Meat Wholesalers	173 Campbell Street, Hobart	P: (03) 6234 3511	Halal goods will be ordered from the mainland on request (need to ask for Halal)
Tasmanian Independent Wholesalers - Nebulo	Macquarie Wharf Number 2, Port Tower Building, Evans Street, Hobart	P: (03) 6234 8118 E: nebulo@bigpond.net.au	You need to request for the Halal products. Unfrozen, fresh supplies will be ordered from the Mainland and can be picked up 2 days later. Enter the building through the roller door and make enquiries at the office.
Halal Helpline			www.halalhelpline.org
Markets			
Island Markets	54-56 Gormanston	P: (03) 6273 7918	Halal meat, fresh vegetables including good variety of Asian

	Road, Moonah		greens. Opening hours: Wed-Sun 9am-4pm www.islandmarkets.com.au
Showgrounds Markets	2 Howard Road, Off the Brooker Highway, Glenorchy	P: (03) 6272 6812	Opening hours: Sunday 8am-2pm Bus from the City to Stop 23 on Main Road, Glenorchy.
Tas Farm gate markets	Melville Street Outdoor carpark, Hobart	P: (03) 6234 5625 E: info@tasfarmgate.com.au	Sun 9am-1pm http://www.tasfarmgate.com.au/home.html Public bus on Elizabeth Street. Watercress, turnips, okra, Asian green vegetables.
Salamanca Market	Salamanca Place, Hobart	P: (03) 6238 2843	Sat 0830am-3pm http://www.salamanca.com.au/

Halal Restaurants			
Ali's Asian Cafe	Shop 117 Charles Street, opposite Target	0418 531 047	Halal Indian, Malay and Vegan food. Catering also available.
Saffron Restaurant	15 Hunter Street (on the waterfront), Hobart	P: (03) 6231 4150 F: (03) 6231 4170	www.thesafron.com.au You will need to request Halal meals. North Indian food.
Flavour of India	196 Macquarie Street, Hobart	P: (03) 6223 5733 F: (03) 6223 5744	www.flavourofindia.com.au You will need to request Halal meals. North Indian food.
Regional and mail order			
Asian Grocery Store	Online store	http://www.asiangrocerystore.com.au/	Range of Asian products available to order online.
Going Nuts	St Helens Online also	www.goingnutshealth.com.au/the-lost-seed/index.html	Grains, spices, and also seeds for growing vegetables and fruits (many unusual) Online orders.
Hillbarn	Delivery to Launceston, Windermere, Georgetown, Scottsdale,	http://www.hilbarn.com/	Delivery of fruit and vegetable boxes (in two sizes) to various points. Home delivery also available.

	Perth and Hobart.		
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DISCLAIMER: The Department of Health and Human Services does not endorse or promote the above businesses, nor is this document a form of advertising. The purpose of the document is to provide information to service providers working with communities of migrant and refugee backgrounds on potential food outlets which supply traditional/familiar foods.

If you know of a food business that could be included in the directory, or to make changes to the existing information, then please complete this form and post, fax or email to:

Community Nutrition Unit – Traditional Food Directory

Department of Health and Human Service

GPO Box 125 Hobart, 7001

Email: Community.Nutrition@dhhs.tas.gov.au

Fax: (03) 6222 7252

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