

DISCOVER SAINT JOHN  
and the Towns by the Bay



YOUR OFFICIAL COMMUNITY-CURATED HANDBOOK ON:

# Food and Drink



Saint John Ale House  @portcitydelicious

[SJTOWNSBYTHEBAY.COM](http://SJTOWNSBYTHEBAY.COM)

# THE BIG FIVE



Looking for directions? **Scan here** with the camera on your phone so we can show you the way!



**Saint John City Market**  
 Saint John  
 @nicolereidphotography

**Area 506 Waterfront Container Village**  
 Saint John  
 @sjxposed



**Seafood chowder at the St. Martins Sea Caves**  
 St. Martins @rinermo



**Market Square Boardwalk**  
 Saint John  
 @tracey.fisher.ginger



**Uptown Saint John**  
 Over 80 bars and restaurants in a 10-block radius  
 @amybarrettckay

You gotta try it!

# ten things to get in your belly

**1 Fresh doughnuts at the Village Square Bake Shop**  
 271 River Valley Dr., Grand Bay-Westfield

**2 Korean popcorn chicken at Kim's Fry Time**  
 174 Hampton Rd., Quispamsis

**3 Spicy pork at the Northern Chinese Kitchen**  
 24 Coburg St., Saint John

**4 Fresh oysters at Grannan's Seafood & Grill**  
 1 Market Square, Saint John

**5 Wood-oven pizza at Pomodori Pizza**  
 83 Hampton Rd., Rothesay

**6 Dulse from Slocum & Ferris**  
 Saint John City Market, 47 Charlotte St., Saint John

**7 Homemade ice cream at Bella's Traditional Ice Cream**  
 87 Germain St., Saint John

**8 Crêpes at the Common's Crêperie**  
 11 Hampton Rd., Rothesay

**9 Smoothies at Station 33 Cafe & Yoga**  
 33 Railway Cres., Hampton

**10 Lobster roll at The Caves Restaurant**  
 82 Big Salmon River Rd., St. Martins



LOCALS KNOW BEST

# What's your favourite...

## Spot for drinks?

@reenywallace

I love scoring a seat on the patio at Happinez. When the sun is setting on a warm summer's night it's heaven.

**Michelle Hooton**, Chef/Owner, Italian by Night

## Coffee spot?

Garden Grove in Rothesay is a must stop for meetings in the Valley, and in uptown Saint John we are blessed with amazing places like Catapult Coffee that can hold their own in any big city in the world.

**Jesse Vergen**, Owner, Ale House Group

@purple\_violet\_prince

## Quick lunch?

@daniebranch

One of my new favourite spots for a quick lunch is Le Simply Bistro on the East side of Saint John. They've got some healthy meal options made with fresh & real ingredients – not to mention great coffee!

**Lindsay Clifford**, Moosehead Breweries

## Fine dining spot?

When my husband and I want a special night out, we love the incredible food at Italian by Night. When we go out with our teens for a special family dinner, our favourite is Splash Thai Cuisine and I think we all order the same favourite dishes every time!

**Danielle Timmons**, Partner, Aquila Tours

@katelynnmcCarthy

## Brunch Spot?

@annielemonsugar

My wife Sarah, daughter Nova and I can often be seen getting brunch at the Queen Square Farmers Market on Sundays. We love supporting our local farmers, crafters and food stands! Falafels, dumplings, coffee and lemonade are our go-to every time.

**Keith Broome**, Owner, VEGolution

## Craft beer?

I would say my favourite craft beer is Foghorn, and I like to enjoy it when it is on tap at Uncorked Tours in the City Market. When it's not on tap there, I like to go to the Foghorn Taproom in Rothesay where I'm guaranteed to find all that I desire.

**Kim Steele**, Owner, East Coast Bistro

@provecanada

## Date night?

@canadiandisneymom

Sherry and I love to start our evenings out with a drink at Uncorked Tours in the Saint John City Market. Then we walk down to Cask and Kettle for a beer and a bite – the tap list is always changing and they pay great attention to the food.

**Dave Forestell**, Former owner, Slocum & Ferris

## Family dinner?

I love to take my family to Thandi. They make delicious food, served up by wonderful people and have a very cozy atmosphere.

**Alex Haram**, Owner, Let's Hummus

@katebraydon

## Patio?

@christina\_mhunter

When it comes to tipping back a pint on a patio in Saint John, my three go-to spots are definitely the Saint John Ale House, Pepper's Pub, and Britt's Pub & Eatery, Rockwood.

**Shane Steeves**, Brewmaster, Hammond River Brewing

## Girl's night?

For a girls night out on the town I love a pre-dinner drink at Hopscotch – they make a mean Manhattan. For dinner, Italian by Night, always. Their food is so fresh and delicious, they cater to all dietary needs, and the ambiance can't be beat. After dinner I like to slip down to Five and Dime: they always play the best music.

**Jessica Newhouse**, Co-owner/Operator, Garden Grove Café

@katebraydon



# yummy saturdays

IN SAINT JOHN

- 1 Morning**  
Pick up a delicious treat from The Saturday Bakery at East Coast Bistro or head to The Art Warehouse for a mimosa while people watching on Prince William Street.
- 2 Brunch**  
Britt's patio for coconut French toast.
- 3 Afternoon**  
Enjoy a flight of local wine, beer or spirits at Uncorked Tours in the historic Saint John City Market.
- 4 Dinner**  
Neapolitan-style pizza from Pomodori Pizza, and craft beer from Picaroons General Store, conveniently located next door.
- 5 Nightcap**  
Soak in the ambiance at Hopscotch Whisky Bar with a flight of whisky.



- 1 Morning**  
Grab a coffee to go at Roticana Coffee in Market Square.
- 2 Lunch**  
After some exploring head to the coolest little alley for a salad from Marci's Salads.
- 3 Afternoon**  
Enjoy a pint while throwing some axes at Woodchucks Axe Throwing.
- 4 Dinner**  
Vegetarian or not, everyone will leave satisfied from VEGolution.
- 5 Nightcap**  
Craft beer and vinyl grooves at Five and Dime.





# LOCAL FLAVOURS

# café culture



**Station 33 Cafe & Yoga**

📍 Hampton  
📱 @keepinitrealstate\_



**Epoch Chemistry Coffee**

*(seasonal)*  
📍 Saint John  
📱 @epochchemistry



**Catapult Coffee & Studio**

📍 Saint John  
📱 @stomilson



**Shipyard Cafe (seasonal)**

📍 St. Martins  
📱 @chloedallon



**The Art Warehouse**

📍 Saint John  
📱 @sarahgtariq



**Roticana Coffee**

📍 Saint John  
📱 @roticanacoffee



**JavaMoose**

📍 Saint John  
📱 @javamoosecoffee



**Garden Grove Cafe**

📍 Rothesay  
📱 @swebbcampbell



# LOCAL FLAVOURS

# craft beer heaven



**Loyalist City Brewing Co.**

📍 Saint John  
📷 @beardzbeerz



**Picaroons General Store**

📍 Saint John  
📷 @radiozach



**Moosehead Small Batch Brewery**

📍 Saint John 📷 @katie\_bee123



**Gridiron Brewing**

📍 Hampton  
📷 @gridironbrewing



**Long Bay Brewery**

📍 Rothesay  
📷 @katie\_bee123



**Gahan House Port City**

📍 Saint John  
📷 @lauraoland



**Cask & Kettle Irish Gastropub**

📍 Saint John 📷 @nicolevair



**Foghorn Brewing Company**

📍 Rothesay 📷 @shhiloh



**Hammond River Brewing Company**

📍 Rothesay 📷 @joaniedespres



**Big Tide Brewing Co.**

📍 Saint John  
📷 @thecasualdrinker



**Hampton Brewing Co.**

📍 Hampton  
📷 @hamptonbrewingco



# farmers markets



**Saint John City Market**

📍 Saint John  
📷 @bobkeays4



**Saint John Night Market**

📍 Saint John  
📷 @discoversaintjohn



**West Side Market**

📍 Saint John 📷 @westsidemarketsj



**Brundage Point Weekly Market**

📍 Grand Bay-Westfield  
📷 Erin Lukie



**Queen Square Farmers Market**

📍 Saint John 📷 @bebesforever



**St. Martins Farmers Market**

📍 St. Martins  
📷 @st-martins-farmers-market

## LOCAL FLAVOURS



**Kingston Farmers Market**  
 Kingston  
 @katie\_bee123



**Quispamsis Farmers Market**  
 Quispamsis  
 @quispamsisfarmersmarket



**Lupine Market**  
 Hampton  
 @lupine.themarket

# “must tries,”

## IN THE TOWNS BY THE BAY

**In the Towns by the Bay we grow, and make, great ingredients.**

Whether you're shopping for a picnic, looking for tips when navigating local menus, or planning the dinner party of all dinner parties, consider the following – you can't find these amazing ingredients more fresh or more tasty than you'll find them here.

These ingredients are best enjoyed seasonally.

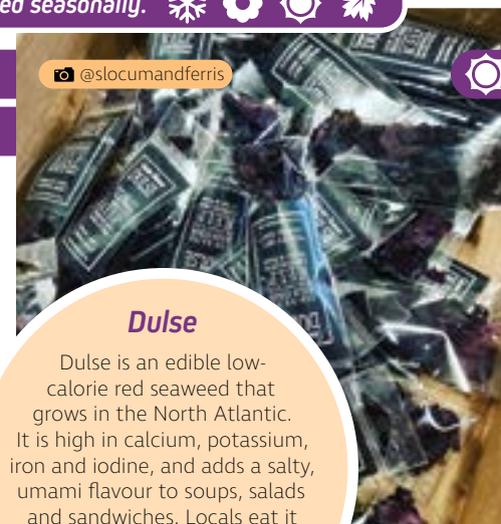


@kathykaufeld



### Lobster

Fresh or cooked, you'll find these beautiful crustaceans for sale **direct from local suppliers and fishmongers, or at local grocery stores.** The lobster fishery is seasonal, so prices will vary.



@slocumandferris



### Dulse

Dulse is an edible low-calorie red seaweed that grows in the North Atlantic. It is high in calcium, potassium, iron and iodine, and adds a salty, umami flavour to soups, salads and sandwiches. Locals eat it like chips from the sea! You can **purchase dulse at the Saint John City Market.**



@saintjohnfoodie

### Salmon

The Saint John region is home to Cooke, one of the world's largest producers of farmed Atlantic salmon. **At the Saint John City Market,** you can find salmon a whole lot of ways, including local favourite: candied salmon...which will change your salad game forever.





@workinpants



### Fiddleheads

These gorgeous green curli-ques are only available fresh in Spring, and are available at a variety of local vendors. Give them a wash, steam them up like you would broccoli, and have them with butter and lemon. Delish.



Pete Stoddart



### Smelt

Fresh smelt are a cold-weather harvest for fishers around the province. Pan-fried with flour and butter, some rank them right up there with lobster and scallops on the tasty-scale. Look for them on winter menus.



@shop.juniper



### Maple Syrup

New Brunswick produces 3 million kilograms of maple syrup each year, making us the third largest producer in the world. That means Maplelicious – late winter/early spring – is a special time. The great news is that maple syrup keeps for as long as it takes you to slurp it up. Artisanal vendors of the delicious stuff can be found throughout the region and are worth the try.



@kingofcaviar



### Sturgeon Caviar

Acadian Sturgeon and Caviar Inc., located on the Kingston Peninsula, produces locally harvested and farmed sturgeon products, including salty and delicious fresh caviar. You can buy their products at their location, at the Saint John City Market or Kingston Farmers Market. They also offer tours and tastings!



### Blueberries

Head out on the road in New Brunswick in any direction, and you are probably going to pass a blueberry barren. Our fresh local berries are a summer crop, and are typically smaller and more flavour-packed than their bloated American cousins. Available from roadside stands to the biggest supermarkets, fresh New Brunswick blueberries find their way onto summer menus around the province.

@katie\_bee123



# JUMPING OFF POINTS



@jilledgecombe

### Grand Bay-Westfield ► Kingston Peninsula

From Grand Bay-Westfield, use the ferry at the Brundage Point River Centre, and then head up the northern side of the Kingston Peninsula, and you'll find Yip Cider/Mackay Orchard, a lovely spot to stop and sample delicious cider.



### Saint John ► The Rossmount Inn

From Saint John, head west along the shore to St. Andrews. Just before you arrive in town you'll pass the Rossmount Inn on your right – which many call the finest restaurant in the province. Order the tasting menu. You're welcome.

@mandiepitre



@yasye

### Saint John ► Pennfield

From Saint John, head west along the coast with an empty belly, and stop at mom and pop roadside haunts Ossie's Lunch (try the seafood platter), Jonesies Take Out & Diner (mmmm burgers and milkshakes) and Comeau's Seafood (clams, clams and more clams). Be sure to plan a stop at McKay's Wild Blueberries, too.



### Quispamsis ► Dunhams Run

From Quispamsis, take the Gondola Point Ferry over to the Kingston Peninsula and hang a right. After a short drive you'll find yourself at the best Saturday farmers market in the region. Continue across the peninsula to the other side, and you'll find Dunhams Run Estate Winery, where you can sample delicious vino while walking amongst the grape vines.

@teeamij