

Eating Out

Whether it's a pre-show meal, a special lunch trip or sweet treats, Bankstown has some of the best restaurants, cafes and delis in the west - and at great prices! So do yourself a favour and take time to allow for a meal on your next trip to a UTP event.

Here are some of our favourites for friendly service and fantastic food:

Amesia Continental Groceries

Shop 40, Compass Centre, North Terrace

This fragrant spice emporium is dominated by the centre aisle piled high with pyramids of spice mixes and individual spices. There's also a great range of Middle Eastern and Greek dry goods, olives, oils and pulses. The stall out front features seasonal delicacies, such as figs, apricots and grilled corn. A must for the dedicated cook.

Cafe Amoura

141 Bankstown City Plaza

UTF staff love its local Café, their friendly and welcoming place. There are a variety of snacks, sandwiches and coffee to choose from, we highly recommend the foccaccias and a flat white.

Pho An Restaurant

27 Greenfield Parade

The owners proclaim this Bankstown institution is the biggest pho house in the world, and many agree it's the best. Vietnamese Australians travel from all over Sydney for a fix of their favourite pho. And in the tradition of Vietnamese restaurant signage - An's famous neon sign reads So Pho, So Good.

Bankstown Lebanese Restaurant

7 Greenfield Parade

A great little restaurant offering simple, traditional Lebanese food. Eat in or take away, it's great value - the felafel roll is our top pick for an on-the-run, healthy budget meal (\$3).

El Bahsa Sweets

288 Chapel Road South

If we're talking institutions, the El Bahsa takes the cake - literally. One of the finest pastry shops in Sydney, then El Bahsa family are legendary sweet makers. Their pastries, biscuits and scented Turkish delights are irresistible - buy them by the kilo and spread the love.

Hai Yen

61 Bankstown Old Town Plaza (ph: 9790 1608)

Great noodles, interesting stir fries and a highly recommended seafood hot pot. Unfortunately, not open at night, but well worth a lunch trip.

Olympic Continental Delicatessen and Butcher

41 Bankstown Old Town Plaza

Originally opened by Peter Karpouzis in 1956, his daughter Joanne now runs this smallgood heaven. A smokehouse out the back still produces many of the smallgoods, including clobassi, frankfurts, kransky, ham and bacon. There's also freshly butchered meats. Olympic leg ham has been a staple of UTP Christmas lunches for the last few years, while family members regularly place sausage orders.

Pho Pasteur

295 Chapel Road (ph: 9790 2900)

Well, of course, you have to try the pho, but they also specialise in broken rice dishes, such as with spare ribs, and the prawns on sugar cane sticks are delicious. A bit more intimate than An Restaurant, the UTP team is divided between Pasteur and An in the "best pho" stakes.

Sindbad Bakery

Shop 4/2-10 Restwell St

This is our favourite Lebanese pizza shop. Delicious manoush, crust topped with Lebanese herb and spice mix, and lahmacun, topped with spiced minced lamb, sausage or haloumi. Breakfast, lunch or dinner. Mmmm...

Summerland (Lebanes Restaurant)

457 Chapel Road (ph: 9708 5107)

(may need to book, especially Fri and Sat nights)

One of the best Lebanese restaurants in Sydney, a trip to Summerland is a bit more up-class than your average UTP outing - usually reserved as a treat for visiting guests. Lots of delicious food that seems to never stop arriving at your table. Take an empty belly and lots of friends.

Titanic Sweets Café

49 Rasymond Street

Open late, the Titanic serves, arguably, the best Spiced Arabic (Lebanese) coffee in Bankstown. They offer a wide range of pastries, their house-made ice cream and chocolates. Nargiles (water pipes) are also available.

But wait there's more...

That's just a small sample of what's available. If you have time for a bit of grocery shopping, there are also vegetable and fish markets selling quality produce at prices that would make any IGA manager hang their head in shame.

Some information about restaurants above has been edited from the Bankstown Food and Restaurant Guide reproduced with kind permission of Bankstown City Council.