

Drinking and Dining

¥: Below RMB80/person

¥¥: RMB80-150/person

¥¥¥: Above RMB150/person

-Bars

Besides major hotel bars, these are also popular with expats:

Bavaria Bräuhaus

bā fá lì yà pí jiǔ fāng

巴伐利亚啤酒坊

Add: No. 41, Ziyou Dao, Hebei Dist.

hé běi qū zì yóu dào 41 hào

河北区自由道 41 号

Tel: 24456112

Hours: Mon-Sun: 10:00-01:00

Chinese and English menu with photos.

G² Cocktail Bar

jǐn èr diàn

锦二店

Add: No. 66, Changsha Lu, Heping Dist.

hé píng qū cháng shā lù 66 hào

和平区长沙路 66 号

Tel: 18822570002

Hours: Mon-Sun: 20:00-02:00

Chinese and English menu.

Le Procope Lounge

pǔ kòu jiǔ láng

普蔻酒廊

Add: Cross of Chengde Dao and Shandong Lu, Heping Dist.

hé píng qū chéng dé dào yǔ shān dōng lù jiāo kǒu

和平区承德道与山东路交口

Tel: 27119858

Hours: Mon-Sun: 19:30-03:00

Chinese and English menu.

O' MAHONY' S

ài ěr lán jiǔ bā

爱尔兰酒吧

Add: 1st Floor, No. 8, Minyuan Xili, Changde Dao, Heping Dist.

hé píng qū cháng dé dào mǐn yuán xī lǐ 8 hào 1 lóu

和平区常德道民园西里 8 号 1 楼

Tel: 15502297531

Hours: Tue-Sun: 18:00-24:00

Chinese and English menu with photos.

German and Spanish cuisine.

Paulaner Bräuhaus

pǔ lā nà pí jiǔ fāng

普拉那啤酒坊

Add: No. 429-431, Shengli Lu, Hebei Dist.

hé běi qū shèng lì lù 429-431 hào

河北区胜利路 429-431 号

Tel: 24468192

Hours: Mon-Sun: 11:00-01:30

Sitong Music Bar

xī táng yīn yuè jiǔ bā

昔唐音乐酒吧

Add: -1st Floor, Somerset Olympic Tower, No. 126, Chengdu Dao, Heping Dist.

hé píng qū chéng dū dào 126 hào shèng jié ào lín pǐ kè dà shà -1 lóu

和平区成都道 126 号盛捷奥林匹克大厦-1 楼

Tel: 23377177

Hours: Mon-Sun: 18:00-05:00

The Live Show

Live xiù cān tīng

Live 秀餐厅

Add: No. 83, Chongqing Dao, Heping Dist. (Main Entrance of Minyuan Square)

hé píng qū chóng qīng dào 83 hào (mín yuán zhèng mén)

和平区重庆道 83 号 (民园正门)

Tel: 23329888, 16622350666

Hours: Mon-Sun: 19:00-03:30

Chinese and English menu with photos.

WE Brewery

wèi niàng jiǔ chǎng

卫酿酒厂

Add: No. 4, Yiheli, Xi'an Dao, Heping Dist.

hé píng qū xī ān dào yí hé lǐ 4 hào

和平区西安道怡和里 4 号

Tel: 18630888114

Hours: Sun, Mon-Thu: 17:00-24:00

Fri-Sat: 17:00-02:00

Website: www.webbrewery.com

WeChat ID: webbrewery

Chinese and English menu.

-American restaurants

Blue Frog 蓝蛙

lán wā xī cān tīng

蓝蛙西餐厅

Add: No. 3009, 3rd Floor, Riverside 66, No. 166, Xing'an Lu, Heping Dist.

hé píng qū xīng ān lù 166 hào héng lóng guǎng chǎng 3 lóu 3009 hào
和平区兴安路 166 号恒隆广场 3 楼 3009 号

Tel: 23459028

Hours: Mon-Sun: 10:00-22:00

Chinese and English menu with photos.

Hard Rock Cafe Tianjin ¥¥

tiān jīn yìng shí cān tīng

天津硬石餐厅

Add: No. 56, Tianta Dao, Nankai Dist.

nán kāi qū tiān tǎ dào 56 hào
南开区天塔道 56 号

Tel: 23517625

Hours: Mon-Sun: 11:00-24:00

Website: www.hardrock.com/cafes/tianjin/

Chinese and English menu with photos.

Other ¥¥¥

xī cān tīng sī chú

西餐厅私厨

Add: 1st Floor, Unknown Space, No. 208, Machang Dao, Hexi Dist.

hé xī qū mǎ chǎng dào 208 hào qù wèi shě 1 lóu
河西区马场道 208 号去未舍 1 楼

Tel: 23443375

Hours: Mon-Sun: 11:00-20:00

Chinese and English menu with photos.

Sear Steak ¥¥¥

xǐ er niú pái

嘻 er 牛排

Add: No. 29, Changde Dao, Heping Dist.

hé píng qū cháng dé dào 29 hào
和平区常德道 29 号

Tel: 18690550336, 13652080608

Hours: Mon-Sun: 12:00-21:30

Chinese and English menu.

Smoki and Co ¥¥¥

Add: No. 83, Chongqing Dao, Heping Dist.

hé píng qū chóng qing dào 83 hào
和平区重庆道 83 号

Tel: 83122726

Hours: Mon-Sun: 11:00-22:00

Chinese and English menu.

Trolley Bar & Grille ¥¥

qiáo ní xī cān tīng

乔尼西餐厅

Add: No. 119, Commercial Section, Building 22-23, Tian Xi, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng tiān xī 22-23 hào lóu dī shāng 119

南开区宾水西道奥城商业广场天玺 22-23 号楼底商 119

Tel: 18649025175

Mon-Sun: 11:00-23:00

Chinese and English menu with photos.

-British restaurants

Browns Restaurant ¥¥¥

bó lǎng sī yīng shì cān tīng

勃朗斯英式餐厅

Add: No. 108-111, 1st Floor, West Wing of Minyuan Square, No. 83, Chongqing Dao, Heping Dist.

hé píng qū chóng qìng dào 83 hào mín yuán guǎng chǎng xī lóu 1 lóu 108-111 hào

和平区重庆道 83 号民园广场西楼 1 楼 108-111 号

Tel: 88370588

Hours: Mon-Fri: 11:00-14:00, 17:30-21:30

Sat-Sun: 10:00-22:00

Chinese and English menu with photos.

Cosy Cafe ¥

kè sī tè

客斯特

Add: C6-102, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng C6-102

南开区宾水西道奥城商业广场 C6-102

Tel: 13802013883, 13552241080

Hours: Mon-Sun: 11:00-02:00

Chinese and English menu with photos.

FISH & POTATO ¥¥

yú hé tǔ dòu

鱼和土豆

(1) Add: No. 046, 4th Floor, Mixc, No. 9, Leyuan Dao, Hexi Dist.

hé xī qū wàn xiàng chéng 4 lóu 046 hào

河西区乐园道 9 号万象城 4 楼 046 号

Tel: 83889077

(2) Add: No. 23, Floor 2nd, Heping Joy City, No. 189, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 189 hào hé píng dà yuè chéng 2 lóu 23 hào

和平区南京路 189 号和平大悦城 2 楼 23 号

Tel: 23322191

Hours: Mon-Sun: 11:00-23:00

Chinese and English menu.

-Chinese restaurants

Bai Jiao Yuan Dumplings ¥

bǎi jiǎo yuán

百饺园

(1) Add: No. 43, Pingshan Dao, Hexi Dist.

hé xī qū píng shān dào 43 hào

河西区平山道 43 号

Tel: 23526120

(2) Add: South of Nancuiping Park, No. 454, Hongqi Nan Lu, Nankai Dist.

nán kāi qū hóng qí nán lù 454 hào nán cuì píng gōng yuán nán miàn

南开区红旗南路 454 号南翠屏公园南面

Tel: 23719000

(3) Add: No. 25, Tianjie Commercial Street, Chengxiang Xi Lu, Nankai Dist.

nán kāi qū chéng xiāng xī lù tiān jiē shāng yè jiē 25 hào

南开区城厢西路天街商业街 25 号

Tel: 27337817

Hours: Mon-Sun: 11:15-14:00, 17:15-21:00

Order for uncooked dumplings available.

Chinese and English menu with photos.

Cui Heng Cun ¥¥

cuì hēng cūn

翠亨邨

Add: Inside the Tianjin Sports Center, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào tiān jīn tǐ yù guǎn nèi

南开区宾水西道天津体育馆内

Tel: 28131601

Hours: Mon-Fri: 07:00-14:00; 17:00-23:00

Sat-Sun: 07:00-14:30; 17:00-23:00

Chinese menu with pictures.

Daowei ¥¥

dào wèi

道味

Add: No. 162, Machang Dao, Heping Dist.

hé píng qū mǎ chǎng dào 162 hào

和平区马场道 162 号

Tel: 23238684, 23238312

Hours: Mon-Sun: 11:00-14:00, 17:00-21:30

Roast duck and creative cuisine.

Chinese and English menu with photos.

Din Tai Fung ㄩㄩ

dǐng tài fēng

鼎泰豐

Add: No. 6008, 6th Floor, Riverside 66, No. 166, Xing'an Lu, Heping Dist.

hé píng qū xīng ān lù 166 hào héng lóng guǎng chǎng 6 lóu 6008 hào
和平区兴安路 166 号恒隆广场 6 楼 6008 号

Tel: 59905166

Hours: Mon-Fri: 11:00-14:30, 17:00-21:30

Sat-Sun: 11:00-21:00

Website: www.dintaifung.com.cn

World-renowned dumpling restaurant.

Chinese and English menu with photos.

Gou Bu Li Restaurant (GOBELIEVE) ㄩㄩㄩ

gǒu bù lǐ dà jiǔ diàn

狗不理大酒店

Add: No. 16, Jinlong Apartment, Shuishanggongyuan Bei Lu, Nankai Dist.

nán kāi qū shuǐ shàng gōng yuán běi lù jīn lóng gōng yù 16 hào
南开区水上公园北路津龙公寓 16 号

Tel: 23371999, 23372999

Hours: Mon-Sun: 07:00-10:00, 11:00-14:00, 17:00-21:00

Tianjin traditional breakfast, stemed suffed bun and Tianjin cuisine.

Chinese menu with photos.

Guiyuan Restaurant ㄩ

guì yuán cān tīng

桂园餐厅

Add: No. 103, Chengdu Dao, Heping Dist.

hé píng qū chéng dū dào 103 hào
和平区成都道 103 号

Tel: 23397530

Hours: Mon-Sun: 11:00-14:00, 16:30-21:00

Popular local restaurant with traditional Tianjin cuisine.

Prior reservation required.

Chinese menu only.

Hai Di Lao Hot Pot ㄩㄩ

hǎi dǐ lǎo huǒ guō

海底捞火锅

(1) Add: 6th Floor, Jili Mansion, No. 209, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 209 hào jí lì dà shà 6 lóu
和平区南京路 209 号吉利大厦 6 楼

Tel: 27212301

Hours: Mon-Sun: 10:30-06:00

(2) Add: No. 1-2, Lvyin Plaza, Luneng CC Plaza, Shuishanggongyuan Dong Lu, Nankai Dist.

nán kāi qū shuǐ shàng gōng yuán dōng lù lǚ néng gòu wù zhōng xīn lǚ yīn guǎng

chǎng 1-2 hào

南开区水上公园东路鲁能购物中心绿荫广场 1-2 号

Tel: 23106225

Hours: Mon-Sun: 10:00-03:00

Hot pot.

Chinese and English menu with photos.

Hongkong Style Restaurant ㄚㄚ

yuè sè gǎng shì chá cān tīng

粤色港式茶餐厅

Add: Inside the Original County, Lingshi Lu, Jinnan Dist.

jīn nán qū lǐng shì lù lǐng shì jùn nèi

津南区领世路领世郡内

Tel: 58928888

Hours: Mon-Sun: 11:00-21:00

Afternoon teatime: 14:00-17:00

Chinese and English menu with photos.

In & Out ㄚ

yī zuò yī wàng

一坐一忘

Add: No. 1021, 1st Floor, Riverview Place, No. 238, Liuwei Lu, Hedong Dist.

hé dōng qū liù wěi lù 238 hào jiā lǐ huì 1 lóu 1021

河东区六纬路 238 号嘉里汇 1 楼 1021

Tel: 24267699

Hours: Mon-Sun: 11:00-21:30

Yunnan cuisine.

Chinese and English menu with photos.

Le Loft Fusion Restaurant ㄚ

èr lóu xiǎo yuàn

贰楼小院

Add: No. 4, Jinsong Li, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù jìn sōng lǐ 4 hào

和平区南京路劲松里 4 号

Tel: 27239363

Hours: Mon-Sun: 11:00-22:00

Chinese and English menu with photos.

Nanjing Da Pai Dang ㄚ

nán jīng dà pái dàng

南京大牌档

Add: 4th Floor, ITC Mall (International Trade Center), No. 39, Nanjing Lu, Hexi Dist.

hé xī qū nán jīng lù 39 hào tiān jīn guó mào gòu wù zhōng xīn 4 lóu

河西区南京路 39 号天津国贸购物中心 4 楼

Tel: 58689777

Hours: Mon-Fri: 11:00-14:30, 17:00-21:30

Sat-Sun: 11:00-21:30

Chinese menu with photos.

Nanshi (Southern City) Food Mall

nán shì shí pǐn jiē

南市食品街

Add: Qinghe Dajie, Heping Dist.

hé píng qū qīng hé dà jiē

和平区清和大街

Located in Nánshì (南市), this food mall is spread over 2 floors. Decorated in Chinese palace-style classic design with inter-crossing streets, providing different food stalls, shops and restaurants where you can find all the traditional Tianjin snacks, such as “Gui Fa Xiang” twisted fried dough sticks, “Gou Bu Li” buns, “Er Duo Yan” fried rice cakes and much more.

Old Tianjin Dock ¥¥

tiān jīn lǎo mǎ tóu

天津老码头

(1) Add: inside the Wudaomen, Shuishanggongyuan Dong Lu, Nankai Dist. (cross with Xiaguang Dao)

nán kāi qū shuǐ shàng gōng yuán dōng lù wǔ dǎo mén nèi (yǔ xiá guāng dào jiāo kǒu)

南开区水上公园东路五岛门内（与霞光道交口）

Tel: 58950999

(2) Add: L4-08, In City, No. 111, Youyi Nan Lu, Xiqing Dist.

xī qīng qū yǒu yì nán lù 111 hào yìn xiàng chéng L4-08

西青区友谊南路 111 号印象城 L4-08

Tel: 59199999

Hours: Mon-Sun: 11:00-14:00, 17:00-21:00

Traditional dishes, characteristic snack, breakfast food stalls.

Chinese and English menu with photos.

Salsa Public House ¥

shā shā

莎莎

Add: 1st Floor, Somerset Olympic Tower, No. 126, Chengdu Dao, Heping Dist.

hé píng qū chéng dū dào 126 hào shèng jié ào lín pǐ kè dà shà 1 lóu

和平区成都道 126 号盛捷奥林匹克大厦 1 楼

Tel: 18734339262

Hours: Mon-Sun: 11:00-14:00, 17:00-21:00

Chinese and English menu with photo.

Sappinus Restaurant ¥¥

yún shān shàn hǎo cān tīng

雲杉膳好餐厅

Add: Commercial Section, Yang Guang Apartment, Shuishanggongyuan Dong Lu, Nankai Dist.

nán kāi qū shuǐ shàng gōng yuán dōng lù yáng guāng gōng yù dǐ shāng

南开区水上公园东路阳光公寓底商

Tel: 87965333

Hours: Mon-Sun: 11:00-14:00 (lunch), 14:00-17:00 (afternoon tea)
17:00-21:00 (dinner), 21:00-23:00 (bar time)

Chinese and English menu with photo.

Sha Guo Li 𠄎

shā guō lǐ

砂锅李

(1) Add: No. 46, Jiujiang Lu, Hexi Dist.

hé xī qū jiǔ jiāng lù 46 hào

河西区九江路 46 号

Tel: 23260075

(2) Add: No. 1-118, Palm garden, west of the south section of Youyi Nan Lu, Xiqing Dist.

xī qīng qū yǒu yì nán lù nán duàn xī cè zōng lú huā yuán 1-118 hào

西青区友谊南路南段西侧棕榈花园 1-118 号

Tel: 88167765

Hours: Mon-Sun: 11:00-14:00, 17:00-21:00

Chinese menu

South Family Feast 𠄎

qián yuán

乾园

Add: No. 306, 3rd Floor, Metropolitan Plaza, No. 181, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 181 hào shì jì dū huì 3 lóu 306 hào

和平区南京路 181 号世纪都会 3 楼 306 号

Tel: 23469552

Hours: Mon-Sun: 10:50-21:30

Chinese menu with photos.

Tai Hing Restaurant 𠄎𠄎

tài xīng cān tīng

太兴餐厅

(1) Add: 01-38, 1st Floor, Tianjinwan, Capita Malls, No. 1, Nanbei Dajie, Hexi Dist.

hé xī qū nán běi dà jiē 1 hào kǎi dé guǎng chǎng tiān jīn wān 1 lóu 01-38

河西区南北大街 1 号凯德广场天津湾 1 楼 01-38

Tel: 88269460

(2) Add: No. B1029, Riverview Place, No. 238, Liuwei Lu, Hedong Dist.

hé dōng qū liù wěi lù 238 hào jiā lǐ huì B1029 hào

河东区六纬路 238 号嘉里汇 B1029 号

Tel: 24268283

Hours: Mon-Sun: 11:00-21:00

Chinese and English menu with photos.

Tai Shou Yan ¥¥

tài shǒu yàn

太守宴

Add: No. 81, Suijiang Dao, Hexi Dist.

hé xī qū suí jiāng dào 81 hào

河西区绥江道 81 号

Tel: 88360977

Hours: Mon-Sun: 11:00-14:00, 17:00-21:00

Chinese and English menu with photos.

Taiwan Restaurant ¥¥

bǎo yuè lóu tái wān cài guǎn

宝月楼台湾菜馆

(1) Add: No. 62, Chengdu Dao, Heping Dist. (cross with Guangxi Lu)

hé píng qū chéng dū dào 62 hào (yǔ guǎng xī lù jiāo kǒu)

和平区成都道 62 号(与广西路交口)

Tel: 23929595

(2) Add: No. 29, Chengxiang Zhong Lu, Nankai Dist.

nán kāi qū chéng xiāng zhōng lù 29 hào

南开区城厢中路 29 号

Tel: 27349666

(3) Add: No. 99, Qiongzhou Dao, Hexi Dist. (south gate of Renmin Park)

hé xī qū qióng zhōu dào 99 hào (rén mín gōng yuán nán mén)

河西区琼州道 99 号(人民公园南门)

Tel: 87736666, 87717777

Hours: Mon-Sun: 10:30-14:00, 17:10-21:00

Taiwan cuisine.

Chinese and English menu with photos.

Wei Ding Xuan· Jin Fu Hui ¥¥¥

wèi dǐng xuān jīn fú huì

卫鼎轩·津福荟

Add: inside the Wudaomen, Shuishang Gongyuan Dong Lu, Nankai Dist. (cross with Xiaguang Dao)

nán kāi qū shuǐ shàng gōng yuán dōng lù wǔ dǎo mén nèi (yǔ xiá guāng dào jiāo kǒu)

南开区水上公园东路五岛门内(与霞光道交口)

Tel: 58266666

Hours: Mon-Sun: 11:00-14:00, 17:00-21:00

Chinese and English menu with photos.

Xi Bei You Mian Cun ¥¥

xī bèi yóu miàn cūn

西贝莜面村

(1) Add: No. 31, Heiniucheng Dao, Hexi Dist.

hé xī qū hēi niú chéng dào 31 hào

河西区黑牛城道 31 号

Tel: 88279188

Hours: Mon-Sun: 11:00-14:00, 17:00-21:00

(2) Add: No. 21C , 4th Floor , North Section, Joy City, No. 2-6, Nanmenwai Dajie, Nankai Dist.

nán kāi qū nán mén wài dà jiē 2-6 hào dà yuè chéng běi qū 4 lóu 21C hào

南开区南门外大街 2-6 号大悦城北区 4 楼 21C 号

Tel: 87281526

Hours: Mon-Sun: 11:00-14:30, 17:00-21:00

Chinese menu with photos.

Xi He Ya Yuan Roast Duck Restaurant ㄣㄣ

xī hé yǎ yuàn kǎo yā fāng

羲和雅苑烤鸭坊

(1) Add: 2nd Floor, The St. Regis, No. 158, Zhangzizhong Lu, Heping Dist.

hé píng qū zhāng zì zhōng lù 158 hào ruì jí jīn róng jiē jiǔ diàn 2 lóu

和平区张自忠路 158 号瑞吉金融街酒店 2 楼

Tel: 58095811

(2) Add: No. L3-052, 3rd Floor, Mixc, No. 9, Leyuan Dao, Hexi Dist.

hé xī qū lè yuán dào 9 hào wàn xiàng chéng 3 lóu L3-052 hào

河西区乐园道 9 号万象城 3 楼 L3-052 号

Tel: 83887926, 83887928

Hours: Mon-Sun: 11:00-14:00, 17:00-21:00

Roast duck is not available after 13:00 and 20:00

Chinese and English menu with photos.

Youth Restaurant ㄣ

qīng nián cān tīng

青年餐厅

Add: 1st-2nd Floor, Building A, Jinwan Square, No. 48, Jiefang Bei Lu, Heping Dist.

hé píng qū jiě fàng běi lù 48 hào jīn wān guǎng chǎng A zuò 1-2 lóu

和平区解放北路 48 号津湾广场 A 座 1-2 楼

Tel: 58368081

Hours: Mon-Sun: 10:30-15:00, 16:30-22:00

Chinese and English menu with photos.

Yun Shang Qian He ㄣ

yún shàng qiān hé

云上千禾

Add: Commercial Section, Yangguang Apartment, Liangli Dao, Nankai Dist.

nán kāi qū liàng lì dào yáng guāng gōng yù dǐ shāng

南开区亮丽道阳光公寓底商

Tel: 87196123

Hours: Mon-Sun: 10:00-21:00

Yunnan cuisine.

Chinese and English menu with photos.

-Czech restaurants

Prague Restaurant ¥¥

bù lā gé cān tīng

布拉格餐厅

(1) Add: No. 83, Chongqing Dao, Heping Dist. (West Wing of Minyuan Square)

hé píng qū chóng qìng dào 83 hào (mín yuán guǎng chǎng xī lóu)
和平区重庆道 83 号 (民园广场西楼)

Tel: 83122718, 18602275415

Hours: Mon-Sun: 10:00-23:00

(2) Add: Luyinli, Luneng City, Nankai Dist

nán kāi qū lǔ néng chéng lǜ yīn lǐ
南开区鲁能城绿荫里

Tel: 23522018

Hours: Mon-Sun: 10:00-22:00

Chinese and English menu with photos.

-French restaurants

Brasserie Flo ¥¥¥

fú lóu

福楼

Add: No. 37, Guangfu Dao, Italian Style Town, Hebei Dist.

hé běi qū yì shì fēng qíng jiē guāng fù dào 37 hào
河北区意式风情街光复道 37 号

Tel: 26626688 ext. 0, 13651000419

Hours: Mon-Sun: 11:00-14:30, 17:00-21:30

Chinese, English and French menu.

CR ¥¥¥

sè kòu

色蔻

Add: Commercial Section, Building 1, Tiantao Yuan, Huandao Dong Lu, Hexi Dist.

hé xī qū huán dǎo dōng lù tiān tāo yuán 1 hào lóu dǐ shāng
河西区环岛东路天涛园 1 号楼底商

Tel: 58289966

Hours: Mon-Sun: 11:00-21:00

Chinese and English menu with photos.

IES Restaurant ¥¥

yī shí

一食

Add: 1st Floor, Unknown Space, No. 208, Machang Dao, Hexi Dist.

hé xī qū mǎ chǎng dào 208 hào qū wèi shě 1 lóu

河西区马场道 208 号去未舍 1 楼

Tel: 27860357

Hours: Tue-Sun: 10:00-22:00

Chinese and English menu.

La Fleur ¥¥

yòng xīn

用心

Add: 1st Floor, International Building, No. 75, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 75 hào guó jì dà shà 1 lóu

和平区南京路 75 号国际大厦 1 楼

Tel: 17622702195

Hours: Mon-Sun: 11:30-21:30

Chinese and English menu with photos.

La Seine ¥¥¥

sài nà hé fǎ guó cān tīng

塞纳河法国餐厅

Add: No. 50, Ziyou Dao, Italian Style Town, Hebei Dist.

hé běi qū yì shì fēng qíng jiē zì yóu dào 50 hào

河北区意式风情街自由道 50 号

Tel: 24460388

Hours: Mon-Sun: 11:30-22:30

Chinese, English and French menu.

Maxim's De Paris ¥¥¥

mǎ kè xī mǔ fǎ cān tīng

马克西姆法餐厅

Add: No. 2, Changde Dao, Heping Dist. (cross with Hengyang Lu)

hé píng qū cháng dé dào 2 hào (yǔ héng yáng lù jiāo kǒu)

和平区常德道 2 号 (与衡阳路交口)

Tel: 23329966

Hours: Mon-Sun: 11:30-14:00, 17:30-21:30

Chinese and French menu.

Nice To Meet You ¥¥¥

hěn gāo xìng rèn shí nǐ

很高兴认识你

Add: No. 278, Hebei Lu, Heping Dist.

hé píng qū hé běi lù 278 hào

和平区河北路 278 号

Tel: 23394090

Hours: Mon-Sun: 11:00-14:00, 17:00-22:00

Chinese and English menu with photos.

TEPPANYAKI ¥¥

wú tóng fǎ shì tiě bǎn shāo

梧桐法式铁板烧

Add: No. 708B, TEE MALL, Chifeng Dao, Heping Dist.

hé píng qū chì fēng dào tiān hé chéng gòu wù zhōng xīn 708B

和平区赤峰道天河城购物中心 708B

Tel: 27122702

Hours: Mon-Sun: 11:00-14:00, 16:30-21:00

Chinese and English menu with photos.

-German restaurants

Drei Kronen 1308 ¥¥¥

lù dé wéi gé 1308

路德维格 1308

Add: 1st Floor, Building 5, Jinwan Square, No. 48, Jiefang Bei Lu, Heping Dist.

hé píng qū jiě fàng běi lù 48 hào jīn wān guǎng chǎng 5 hào lóu 1 lóu

和平区解放北路 48 号津湾广场 5 号楼 1 楼

Tel: 23219199, 18622866799

Hours: Mon-Sun: 15:00-24:00

Chinese, Germany and English menu with photos.

Dublin Irish Pub ¥¥

dū bó lín ài ěr lán xī cān bā

督柏林爱尔兰西餐吧

Add: No. 62, Jiefang Bei Lu, Heping Dist.

hé píng qū jiě fàng běi lù 62 hào

和平区解放北路 62 号

Tel: 23307233

Hours: Mon-Sun: 11:00-02:00

Chinese and English menu with photos.

Paulaner Richmond Restaurant ¥¥

bǎo lái nà lǐ shì mǎn xī cān

宝莱纳里仕满西餐

Add: No. 243, Xinhua Lu, Heping Dist.

hé píng qū xīn huá lù 243 hào

和平区新华路 243 号

Tel: 23306866

Hours: Mon-Sun: 17:30-02:00

Chinese and English menu with photos.

-Indian restaurants

Alibaba ¥

ā lǐ bā bā

阿里巴巴

Add: Weihuali Complex, Tong'an Dao, Heping Dist.

hé píng qū tóng ān dào wèi huá lǐ xiǎo qū

和平区同安道卫华里小区

Tel: 23513976, 13902155094

Hours: Mon-Sun: 11:00-01:30

Chinese and English menu with photos.

Golden Fork Indian Restaurant ¥¥

jīn chā zǐ yìn dù fēng qíng cān tīng

金叉子印度风情餐厅

Add: No. 7, Qixiangtai Lu, Heping Dist.

hé píng qū qì xiàng tái lù 7 hào

和平区气象台路7号

Tel: 23357567

Hours: Mon-Sun: 10:30-15:00, 17:00-22:30

Chinese and English menu with photos.

-Islamic restaurants

1618 Muslim Mansion ¥¥¥

1618 qīng zhēn gōng guǎn

1618 清真公馆

Add: No. 16-18, Machang Dao, Heping Dist.

hé píng qū mǎ chǎng dào 16-18 hào

和平区马场道16-18号

Tel: 23738888

Hours: Mon-Sun: 11:00-14:00, 17:00-21:30

Chinese and English menu with photos.

AL Andalus Restaurant ¥

ān dá lú sī měi shí cān tīng

安达卢斯美食餐厅

Add: No. 16-108, Commercial Section, Shangjing Yuan, Original County, Jinnan Dist.

jīn nán qū hóng kàn lǐng shì jùn shàng jǐng yuán dǐ shāng 16-108 hào

津南区红磡领世郡尚景园底商16-108号

Tel: 89357032, 18526324891

Hours: Mon-Fri: 10:30-14:00, 16:30-21:30

Chinese, Arabic and English menu with photos.

Ba Yi Lao Ye ¥

bā yī lǎo ye

巴依老爷

(1) Add: No. 150, 1st Floor, AEON Mall, No. 111, Youyi Nan Lu, Xiqing Dist.

xī qīng qū yǒu yì nán lù 111 hào yǒng wàng mèng lè chéng 1 lóu 150 hào

西青区友谊南路111号永旺梦乐城1楼150号

Tel: 58710307

(2) Add: 3rd Floor, Future Square, Huajie Dao, Hedong Dist.

hé dōng qū huá jié dào wèi lái guǎng chǎng 3 lóu

河东区华捷道未来广场3楼

Tel: 24436981

(3) Add: 4th Floor, Joy City, No. 2-6, Nanmenwai Daojie, Nankai Dist.

nán kāi qū nán mén wài dà jiē 2-6 hào dà yuè chéng 4 lóu
南开区南门外大街 2-6 号大悦城 4 楼

Tel: 58100652

Hours: Mon-Sun: 11:00-22:00

Chinese and English menu with photos.

Er Duo Yan Guild Hall ㄣㄣㄣ

ěr duo yǎn huì guǎn

耳朵眼会馆

(1) Add: Cross of Chengxiang Zhong Lu and Gulou Dongjie, Nankai Dist.

nán kāi qū chéng xiāng zhōng lù yǔ gǔ lóu dōng jiē jiāo kǒu
南开区城厢中路与鼓楼东街交口

Tel: 87753333

(2) Add: No. 8, Huanhu Zhong Dao, Hexi Dist.

hé xī qū huán hú zhōng dào 8 hào
河西区环湖中道 8 号

Tel: 23335555

Hours: Mon-Sun: 11:15-14:00, 17:15-21:00

Chinese and English menu with photos.

Hong Qi Shun ㄣ

hóng qǐ shùn

鸿起顺

(1) Add: No. 120, Dazhigu Zhong Lu, Hedong Dist.

hé dōng qū dà zhí gū zhōng lù 120 hào
河东区大直沽中路 120 号

Tel: 24159821, 24159822

(2) Add: No. 668, Dagu Nan Lu, Hexi Dist.

hé xī qū dà gū nán lù 668 hào
河西区大沽南路 668 号

Tel: 28328028

Hours: Mon-Sun: 11:00-13:45, 17:00-20:30

Chinese menu with photos.

Lai Shun Cheng Restautant ㄣㄣ

lái shùn chéng fàn zhuāng

来顺成饭庄

Add: No. 366, Dagu Nan Lu, Hexi Dist.

hé xī qū dà gū nán lù 366 hào
河西区大沽南路 366 号

Tel: 23240881

Hours: Mon-Sun: 11:00-14:00, 17:00-21:00

Chinese menu.

Traditional Tianjin hot pot, with home brewed beer. This is an option with a rowdy atmosphere if you are in the mood for real Tianjin.

Muslim • Amica Restaurant ㄚ

qīng zhēn • ài měi kě cān tīng

清真 • 艾美可餐厅

Add: 5th Floor, Jili Building, No. 209, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 209 hào jí lì dà shà 5 lóu

和平区南京路 209 号吉利大厦 5 楼

Tel: 27589966

Hours: Mon-Sun: 11:00-21:00

Chinese and English menu with photos.

SOCOTRA Restaurant & café

SOCOTRA ā lā bó cān tīng

SOCOTRA 阿拉伯餐厅

Add: Cross of Pingshan Dao and Zijinshan Lu, Hexi Dist.

hé xī qū píng shān dào yǔ zǐ jīn shān lù jiāo kǒu

河西区平山道与紫金山路交口

Tel: 16600321148

Hours: 12:00-14:00, 17:00-22:00

Chinese Arabic and English menu.

Xinjiang Restaurant ㄚㄚ

xīn jiāng fēng wèi cān tīng

新疆风味餐厅

Add: 1st Floor, Junken Hotel, No. 21, Huaxing Dao, Hedong Dist.

hé dōng qū huá xīng dào 21 hào jūn kǎn bīn guǎn 1 lóu

河东区华兴道 21 号军垦宾馆 1 楼

Tel: 24329998

Hours: Mon-Sun: 11:30-14:00, 17:30-21:00

Chinese menu with photos.

Yan Bin Lou ㄚㄚ

yàn bīn lóu

宴宾楼

Add: Beside the Nongkenbona Cinema, Jin'ao Plaza, Sports Center, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào tǐ yù zhōng xīn jīn ào guǎng chǎng nóng kǎn bó nà yǐng chéng

páng

南开区宾水西道体育中心津奥广场农垦博纳影城旁

Tel: 59385555

Hours: Mon-Sun: 11:00-14:00, 17:00-21:00

Chinese menu with photos.

Zhi Re Qing Chun Halal Restaurant ㄚ

zhì rè qīng chūn huái jiù zhǔ tí cān tīng

灸热青春怀旧主题餐厅

Add: Cross of Hebei Lu and Munan Dao, Heping Dist.

hé píng qū hé běi lù yǔ mù nán dào jiāo kǒu
和平区河北路与睦南道交口

Tel: 27831999, 27832999

Hours: Mon-Sun: 10:00-21:30

Reminiscent style of 1970s. BBQ, hot pot, and fried dishes.

Suggested to go with your local friend(s).

Chinese and English menu.

-Italian restaurants and pizza

Ciao Pizza ¥¥

qiào pī sà

俏披萨

Add: No. 2, Chongqing Dao, Heping Dist. (close to Xianggang Lu)

hé píng qū chóng qing dào 2 hào (kào jìn xiāng gǎng lù kǒu)
和平区重庆道2号(靠近香港路口)

Tel: 23138188

Hours: Mon-Sun: 11:30-14:30, 16:30-21:30

Chinese and English menu with photos.

Mr. Pizza ¥

mǐ sī tè bǐ sà

米斯特比萨

(1) Add: 1st Floor, Building A, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng A lóu 1 lóu
南开区宾水西道奥城商业广场A楼1楼

Tel: 23741821

Hours: Mon-Sun: 11:00-22:00

(2) Add: Wang Jie, North Section, WOW Street, Joy City, No. 2-6, Nanmenwai Dajie, Naikai Dist.

nán kāi qū nán mén wài dà jiē 2-6 hào dà yuè chéng běi qū wàng jiē
南开区南门外大街2-6号大悦城北区旺街

Tel: 27266222

Hours: Mon-Sun: 10:00-21:00

(3) Add: 3rd Floor, AEON MALL, No. 111, Youyi Nan Lu, Xiqing Dist.

xī qīng qū yǒu yì nán lù 111 hào yǒng wàng mèng lè chéng 3 lóu
西青区友谊南路111号永旺梦乐城3楼

Tel: 58710511

Hours: Mon-Sun: 10:00-21:30

Chinese and English menu with photos.

Papa John's Pizza ¥

bàng yuē hàn bǐ sà

棒约翰比萨

Add: No. S062-1, Floor B1, Langxiang Jie, No. 88, Jianshe Lu, Heping Dist.

hé píng qū jiàn shè lù 88 hào lǎng xiāng jiē B1 céng S062-1

和平区建设路 88 号朗香街 B1 层 S062-1

Tel: 23121203

Hours: Mon-Sun: 10:00-21:00

Chinese and English menu with photos.

Paradiso Cinema Studio Italian Restaurant ¥¥

xīn tiān táng yǐng yuàn yì shì cān tīng

新天堂影院意式餐厅

Add: No. 35, Guangfu Dao, Italian Style Town, Hebei Dist.

hé běi qū yì shì fēng qíng jiē guāng fù dào 35 hào

河北区意式风情街光复道 35 号

Hours: Mon-Sun: 10:30-22:00

Chinese, English and Italian menu.

Pizza BIANCA ¥¥

pī sà bǐ ān kǎ

披萨比安卡

(1) Add: No. 23, 1st Floor, Heping Joy City, No. 189, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 189 hào hé píng dà yuè chéng 1 lóu 23 hào

和平区南京路 189 号和平大悦城 1 楼 23 号

Tel: 23322190

Hours: Mon-Sun: 11:00-21:00

(2) Add: L4-047, Mixc, No. 9, Leyuan Dao, Hexi Dist.

hé xī qū lè yuán dào 9 hào wàn xiàng chéng L4-047

河西区乐园道 9 号万象城 L4-047

Tel: 83889069

Hours: Mon-Sun: 11:00-22:00

(3) Add: No. 83, in the Minyuan Square, Chongqing Dao, Heping Dist.

hé píng qū chóng qìng dào mǐn yuán guǎng chǎng nèi 83 hào

和平区重庆道民园广场内 83 号

Tel: 83122728

Hours: Mon-Sun: 11:00-23:00

Chinese and English menu.

Pizza Hut ¥

bì shèng kè

必胜客

Add: Block A2, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng A2 qū

南开区宾水西道奥城商业广场 A2 区

Tel: 23741951

Hours: Mon-Sun: 10:30-22:00

Chinese and English menu with photos.

Pomodoro

xiǎo fān qié

小番茄

Add: 1st Floor, Block B, International Plaza, No. 211, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 211 hào guó jì shāng chǎng B qū 1 lóu

和平区南京路 211 号国际商场 B 区 1 楼

Tel: 18522778312

Hours: Mon-Sun: 10:00-23:00

Chinese and English menu with photos.

Robocook ¥ ¥

jī qì rén pī sà

机器人披萨

(1) Add: Building 1, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng 1 hào lóu

南开区宾水西道奥城商业广场 1 号楼

Tel: 58171782

(2) Add: No. 6003, 6th Floor, Riverside 66, No. 166, Xing'an Lu, Heping Dist.

hé píng qū xīng ān lù 166 hào héng lóng guǎng chǎng 6 lóu 6003 hào

和平区兴安路 166 号恒隆广场 6 楼 6003 号

Tel: 27307417

Hours: Mon-Sun: 11:00-21:30

Chinese, English and Korean menu with photos.

Venezia Club ¥ ¥ ¥

wēi ní sī yì cān

威尼斯意餐

Add: No. 48, Ziyou Dao, Italian Style Town, Hebei Dist.

hé běi qū yì shì fēng qíng jiē zì yóu dào 48 hào

河北区意式风情街自由道 48 号

Tel: 87613413

Hours: Mon-Sun: 11:00-23:00

Chinese and English menu with photos.

Japanese restaurants

CHITOSE ¥ ¥ ¥

qiān dēng shì

千登世

Add: 2nd Floor, Ningtai Plaza, No. 1, Xianguang Dao, Nankai Dist.

nán kāi qū xiá guāng dào 1 hào níng tài guǎng chǎng 2 lóu

南开区霞光道 1 号宁泰广场 2 楼

Tel: 23925786, 23920287

Hours: Mon-Sun: 11:30-14:00, 18:00-22:00

Set-menu promotion for daily lunch: RMB30-80/person.

Chinese and English menu with photos.

GebaGeba Restaurant ¥¥

GebaGeba rì běn liào lǐ

GebaGeba 日本料理

Add: No. 4, in the yard of Minyuanxili, Changde Dao, Heping Dist.

hé píng qū cháng dé dào mǐn yuán xī lǐ yuàn nèi 4 hào
和平区常德道民园西里院内 4 号

Tel: 23396673

Hours: Mon-Sun: 11:30-14:00, 17:30-22:00

Chinese, English and Japanese menu with photos.

Hua He Japanese Restaurant ¥¥¥

huā hé rì běn liào lǐ

花和日本料理

Add: 2nd Floor, Office Building A3, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng A3 xiě zì lóu 2 lóu
南开区宾水西道奥城商业广场 A3 写字楼 2 楼

Tel: 23741197

Hours: Mon-Sun: 11:30-13:40, 17:30-21:40

Chinese and Japanese menu with photos.

Kagetsu Japanese Restaurant ¥¥¥

huā yuè rì běn liào lǐ

花月日本料理

Add: 2nd Floor, Somerset Olympic Tower, No. 126, Chengdu Dao, Heping Dist.

hé píng qū chéng dū dào 126 hào shèng jié ào lín pǐ kè dà shà 2 lóu
和平区成都道 126 号盛捷奥林匹克大厦 2 楼

Tel: 23551998

Hours: Mon-Sun: 11:30-13:30, 17:30-21:30

Chinese and Japanese menu.

Oiden Restaurant ¥¥

yù yì chuán

御意传

Add: No. 18, Binshui Dao, Hexi Dist.

hé xī qū bīn shuǐ dào 18 hào
河西区宾水道 18 号

Hours: Mon-Sun: 11:30-14:00, 17:30-22:00

Chinese, English and Japanese menu with photos.

Sakura Restaurant ¥¥

yīng huā rì běn liào lǐ

樱花日本料理

Add: No. 30, Zijinshan Lu, Hexi Dist.

hé xī qū zǐ jīn shān lù 30 hào
河西区紫金山路 30 号

Tel: 23359949

Hours: Mon-Sun: 11:00-14:00, 17:00-22:30

Chinese, English and Japanese menu with photos.

Steak & Wine

yǔ shēn ròu pù

羽深肉铺

Add: Commercial Section, Langwen Mingdi (Class Dream), No. 187, Chengdu Dao, Heping Dist.

hé píng qū chéng dū dào 187 hào lǎng wén míng dī (xī dì) dǐ shāng

和平区成都道 187 号朗文名邸 (犀地) 底商

Tel: 83385251, 15722052242

Hours: 1st Floor: Mon-Sun: 07:00-23:00

2nd Floor: Mon-Sun: 11:30-14:30, 17:30-22:00

Japanese-style western cuisine.

Imported foods and wines on 1st floor, restaurant on 2nd floor.

Chinese, English and Japanese menu.

Tairyo's Teppanyaki ¥¥¥

dà yú tiě bǎn shāo

大渔铁板烧

(1) Add: No. 28, 4th Floor, North Section, Joy City, No. 2-6, Nanmenwai Dajie, Nankai Dist.

nán kāi qū nán mén wài dà jiē 2-6 hào dà yuè chéng běi qū 4 lóu 28 hào

南开区南门外大街 2-6 号大悦城北区 4 楼 28 号

Tel: 58100217

(2) Add: B1 Floor, Epicure Garden, Yanlord Landmark, No. 137, Dongmalu, Nankai Dist.

nán kāi qū dōng mǎ lù 137 hào rén héng zhì dì guǎng chǎng měi shí tíng yuàn B1

lóu

南开区东马路 137 号仁恒置地广场美食庭苑 B1 楼

Tel: 58100776

Hours: Mon-Sun: 11:30-14:00, 17:00-21:00

Buffet selection: RMB218/person. Non-set menu also available.

Around 7 days ahead appointment is recommended.

Chinese and English menu with photos.

Takezou Japanese Restaurant ¥¥

zhú zàng

竹藏

Add: No. 158, Jiefang Bei Lu, Heping Dist. (beside the First Hotel Tianjin)

hé píng qū jiě fàng běi lù 158 hào (tiān jīn dì yī fàn diàn páng)

和平区解放北路 158 号 (天津第一饭店旁)

Tel: 23394623

Hours: Mon-Sun: 11:30-13:30, 17:30-23:30

Chinese and Japanese menu with photos.

Uchida Japanese Restaurant ¥¥¥

hé shí chù nèi tián

和食处内田

Add: Block B, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist. (beside the Jinyi International Cinemas)

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng B qū (jīn yì guó jì diàn yǐng chéng páng)

南开区宾水西道奥城商业广场 B 区 (金逸国际电影城旁)

Tel: 23855021

Hours: Mon-Sun: 11:30-14:00, 17:00-22:00

Chinese and Japanese menu.

Wasuke ㄣㄣ

hé zhù

和助

Add: No. 16, Youyi Lu, Hexi Dist.

hé xī qū yǒu yì lù 16 hào

河西区友谊路 16 号

Tel: 28372238

Hours: Mon-Sun: 17:30-02:00

Chinese and Japanese menu with photos.

Yunoka ㄣㄣㄣ

yòu zhī yǎ

柚之雅

(1) Add: Shanggu Commercial Street, Nankai Dist. (opposite to Water Park)

nán kāi qū shàng gǔ shāng yè jiē (shuǐ shàng gōng yuán duì miàn)

南开区上谷商业街 (水上公园对面)

Tel: 23352775

Teppanyaki.

(2) Add: 3rd Floor, Pengxin Aqua City, No. 12, Dafeng Lu, Hongqiao Dist.

hóng qiáo qū dà fēng lù 12 hào péng xīn shuǐ yóu chéng 3 lóu

红桥区大丰路 12 号鹏欣水游城 3 楼

Tel: 23135777

Hours: Mon-Sun: 11:00-14:00, 17:30-21:30

Chinese, English and Japanese menu with photos.

-Korean restaurants

Halasan ㄣㄣ

hàn ná shān

汉拿山

(1) Add: Commercial Section, Xinchui Yuan, Meijiang Residential Area, Youyi Nan Lu, Hexi Dist.

hé xī qū yǒu yì nán lù méi jiāng jū zhù qū xīn shuǐ yuán dǐ shāng

河西区友谊南路梅江居住区欣水园底商

Tel: 88360155

(2) Add: 1st Floor, Block A4, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng A4 qū 1 lóu
南开区宾水西道奥城商业广场 A4 区 1 楼

Tel: 23741441

Hours: Mon-Sun: 11:00-23:00

Chinese and Korean menu with photos.

Han Luo Yuan BBQ ¥¥

hán luó yuàn

韩罗苑

Add: 4th Floor, Sun Hall, Mixc, No. 9, Leyuan Dao, Hexi Dist.

hé xī qū lè yuán dào 9 hào wàn xiàng chéng rì huī tīng 4 lóu

河西区乐园道 9 号万象城日辉厅 4 楼

Tel: 83889151

Hours: Mon-Sun: 10:30-22:00

Chinese, English and Korean menu with photos.

Kang Ho Dong Baekjeong ¥¥

jiāng hǔ dōng bái dīng kǎo ròu

姜虎东白丁烤肉

Add: 6th Floor, Jili Building, No. 209, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 209 hào jí lì dà shà 6 lóu

和平区南京路 209 号吉利大厦 6 楼

Tel: 27301223

Hours: Mon-Sun: 11:30-21:00

Chinese and Korean menu with photos.

-Restaurants in hotels

1863 BISTRO & TERRACE ¥¥¥

1863 bié zhì xī cān tīng

1863 别致西餐厅

Add: 1st Floor, The Astor Hotel, Aluxury Collection, No. 33, Tai'erzhuang Lu, Heping Dist.

hé píng qū tái ér zhuāng lù 33 hào lì shùn dé dà fàn diàn háo huá jīng xuǎn jiǔ diàn 1 lóu

和平区台儿庄路 33 号利顺德大饭店豪华精选酒店 1 楼

Tel: 23311688

Chinese and English menu with photos.

Bam Bou ¥¥¥

zhú yǐng

竹影

Add: 1st Floor, Conrad Tianjin, No. 46, Tianta Dao, Nankai Dist.

nán kāi qū tiān tǎ dào 46 hào tiān jīn kāng lái dé jiǔ diàn 1 lóu

南开区天塔道 46 号天津康莱德酒店 1 楼

Tel: 58886666

Hours: Mon-Sun: 11:30-14:00, 17:30-21:30

Chinese and English menu with photos.

Brasserie on G ¥ ¥ ¥

měi tíng

美庭

Add: 1st Floor, Conrad Tianjin, No. 46, Tianta Dao, Nankai Dist.

nán kāi qū tiān tǎ dào 46 hào tiān jīn kāng lái dé jiǔ diàn 1 lóu
南开区天塔道 46 号天津康莱德酒店 1 楼

Tel: 58886666

Hours: Mon-Sun: 06:30-10:00, 11:30-14:00, 17:30-21:30

Café BLD ¥ ¥ ¥

tāo láng BLD

饕廊 BLD

Add: 1st Floor, Renaissance Tianjin Lakeview Hotel, No. 16, Binshui Dao, Hexi Dist.

hé xī qū bīn shuǐ dào 16 hào wàn lì tiān jīn bīn guǎn 1 lóu
河西区宾水道 16 号万丽天津宾馆 1 楼

Tel: 58223160, 58223161

Hours: Mon-Fri: 06:00-10:30, 11:30-14:00, 17:30-21:30

Sat-Sun: 06:00-10:30, 12:00-14:30, 17:30-21:30

Chinese and English menu.

Café Venice ¥ ¥ ¥

wēi ní sī kā fēi tíng

威尼斯咖啡厅

Add: 2nd Floor, Holiday Inn Riverside, Block A, Phoenix Shopping Mall, Haihe Dong Lu, Hebei Dist.

hé běi qū hǎi hé dōng lù fèng huáng shāng mào guǎng chǎng A qū hǎi hé jià rì jiǔ diàn
2 lóu

河北区海河东路凤凰商贸广场 A 区海河假日酒店 2 楼

Tel: 26278888

Hours: Mon-Sun: 07:00-10:30

Fri-Sat: 18:00-21:30

Chinese and English menu.

Café Yun ¥ ¥ ¥

yùn kā fēi xī cān tíng

韵咖啡西餐厅

Add: 1st Floor, Shangri-La Hotel, No. 328, Haihe Dong Lu, Hedong Dist.

hé dōng qū hǎi hé dōng lù 328 hào xiāng gé lǐ lā dà jiǔ diàn 1 lóu
河东区海河东路 328 号香格里拉大酒店 1 楼

Tel: 84188416

Hours: Mon-Sun: 06:00-10:00, 11:30-14:00, 17:30-21:30

Chinese and English menu with photos.

Cielo ¥ ¥

yì huì

意荟

Add: 9th Floor, Four Seasons Hotel, No. 138, Chifeng Dao, Heping Dist.

hé píng qū chì fēng dào 138 hào sì jì jiǔ diàn 9 lóu

和平区赤峰道 138 号四季酒店 9 楼

Tel: 27166263

Hours: Lunch: Mon-Fri: 11:30-14:00, Sat-Sun: 12:00-14:30

Diner: Mon-Sun: 17:30-21:00.

Chinese and English menu with photos.

Hai Tien Lo ¥¥

hǎi tiān lóu zhōng cān tīng

海天楼中餐厅

Add: 2nd Floor, Pan Pacific, No. 1, Zhangzizhong Lu, Heping Dist

hé píng qū zhāng zì zhōng lù 1 hào fàn tài píng yáng dà jiǔ diàn 2 lóu

和平区张自忠路 1 号泛太平洋大酒店 2 楼

Tel: 58638888

Hours: Mon-Sun: 11:30-14:00, 17:30-21:30

Chinese and English menu with photos.

Market Cafe ¥¥¥

Market kā fēi tīng

Market 咖啡厅

Add: 1st Floor, Hyatt Regency Tianjin East, No. 126, Weiguo Dao, Hedong Dist.

hé dōng qū wèi guó dào 126 hào dōng kāi yuè jiǔ diàn 1 lóu

河东区卫国道 126 号东凯悦酒店 1 楼

Tel: 24571234 ext. 6211

Hours: Mon-Fri: 06:30-10:00, 17:30-21:00

Sat-Sun: 06:30-10:30, 11:30-14:30, 17:30-21:30

PAN PACIFIC ¥¥

pà xī fēi jiā cān tīng

帕西菲佳餐厅

Add: 1st Floor, Pan Pacific, No. 1, Zhangzizhong Lu, Heping Dist

hé píng qū zhāng zì zhōng lù 1 hào fàn tài píng yáng dà jiǔ diàn 1 lóu

和平区张自忠路 1 号泛太平洋大酒店 1 楼

Tel: 58638888

Hours: Mon-Sun: 06:00-21:00

Chinese and English menu with photos.

Promenade ¥¥¥

hé àn yì dà lì cān tīng

河岸意大利餐厅

Add: 1st Floor, The St. Regis Tianjin, No. 158, Zhangzizhong Lu, Heping Dist.

hé píng qū zhāng zì zhōng lù 158 hào ruì jí jīn róng jiē jiǔ diàn 1 lóu

和平区张自忠路 158 号瑞吉金融街酒店 1 楼

Tel: 58309959

Hours: Mon-Fri: 06:00-10:00, 11:30-14:30, 17:30-21:30

Sat-Sun: 06:00-10:30, 11:30-14:30, 17:30-21:30

Italian restaurant.

Chinese and English menu.

Riviera Restautant ¥¥¥

wèi lán hǎi fǎ cān tīng

蔚蓝海法餐厅

Add: 1st Floor, The St. Regis Tianjin, No. 158, Zhangzizhong Lu, Heping Dist.

hé píng qū zhāng zì zhōng lù 158 hào ruì jí jīn róng jiē jiǔ diàn 1 lóu

和平区张自忠路 158 号瑞吉金融街酒店 1 楼

Tel: 58309999

Hours: Mon-Sun: 11:30-14:00, 17:30-21:30

French restautant.

Chinese and English menu.

Seasonal Tastes ¥¥¥

zhī wèi cān tīng

知味餐厅

Add: 1st Floor, The Westin Tianjin, No. 101, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 101 hào jūn lóng wēi sī tīng jiǔ diàn 1 lóu

和平区南京路 101 号君隆威斯汀酒店 1 楼

Tel: 23890168, 23890088 ext. 0168

Hours: Thu, 17:30-21:30; Fri-Sun, 12:00-14:30, 17:30-21:30

Chinese and English menu.

Shang Palace ¥¥¥

xiāng gōng

香宫

Add: 1st Floor, Shangri-La Hotel, No. 328, Haihe Dong Lu, Hedong Dist.

hé dōng qū hǎi hé dōng lù 328 hào xiāng gé lǐ lā dà jiǔ diàn 1 lóu

河东区海河东路 328 号香格里拉大酒店 1 楼

Tel: 84188111

Hours: Mon-Sun: 11:30-14:00, 17:30-21:30

Chinese and English menu with photos.

THE LAKE VIEW ¥¥¥

shuǐ àn xī cān tīng

水岸西餐厅

Add: M Floor, South Tower, Crowne Plaza Tianjin Meijiangnan, East of Youyi Nan Lu, Xiqing Dist.

xī qīng qū yǒu yì nán lù dōng cè méi jiāng zhōng xīn huáng guān jià rì jiǔ diàn nán lóu

M céng

西青区友谊南路东侧梅江中心皇冠假日酒店南楼 M 层

Tel: 58576666-6650

Hours: Mon-Sun: 06:00-23:00

Chinese and English menu.

Tian Tai Xuan ¥¥¥

tiān tài xuān

天泰轩

Add: 1st Floor, The Ritz-Carlton, No. 167, Dagou Bei Lu, Heping Dist.

hé píng qū dà gū běi lù 167 hào lì sī kǎ ěr dùn jiǔ diàn 1 lóu

和平区大沽北路 167 号丽思卡尔顿酒店 1 楼

Tel: 58578888

Hours: Mon-Sun: 11:30-14:00, 17:30-21:00

Chinese and English menu.

YING ¥ ¥ ¥

yíng xuān

瀛轩

Add: 2nd Floor, Conrad Tianjin, No. 46, Tianta Dao, Nankai Dist.

nán kāi qū tiān tǎ dào 46 hào tiān jīn kāng lái dé jiǔ diàn 2 lóu

南开区天塔道 46 号天津康莱德酒店 2 楼

Tel: 58886666

Hours: Mon-Sun: 11:30-14:00, 17:30-21:00

Chinese and English menu with photos.

ZEST ¥ ¥ ¥

xiāng yì quán tiān hòu cān tīng

香溢全天候餐厅

Add: 1st Floor, The Ritz-Carlton, No. 167, Dagu Bei Lu, Heping Dist.

hé píng qū dà gū běi lù 167 hào lì sī kǎ ěr dùn jiǔ diàn 1 lóu

和平区大沽北路 167 号丽思卡尔顿酒店 1 楼

Tel: 58578888

Hours: Breakfast: Mon-Fri: 06:00-10:00; Sat-Sun: 06:00-10:30

Lunch: Mon-Sat: 11:30-14:30; Sun: 12:00-14:30

Dinner: Mon-Sun: 17:30-21:30

-Russian restaurants

Cheng Gui Restaurant ¥ ¥ ¥

chéng guì xī cān 1984

成桂西餐 1984

(1) Add: No. 287, Hebei Lu, Heping Dist.

hé píng qū hé běi lù 287 hào

和平区河北路 287 号

Tel: 23311702

Hours: Mon-Sun: 11:00-14:00, 17:30-21:00

(2) Add: No. 31, Ziyou Dao, Italian Style Town, Hebei Dist.

hé běi qū yì shì fēng qíng jiē zì yóu dào 31 hào

河北区意式风情街自由道 31 号

Tel: 24455827

Hours: Mon-Sun: 10:30-21:30

Chinese and English menu.

-Southeast Asian restaurant

MOSO ¥

mó shū cān tīng

摩书餐厅

Add: 2nd Floor, Caiqihui, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū ào chéng shāng yè guǎng chǎng cǎi qī huì 2 lóu

南开区奥城商业广场彩柒汇 2 楼

Tel: 23896866

Hours: Mon-Fri: 11:30-14:30, 17:00-21:00

Sat-Sun: 11:30-14:30, 17:00-21:30

Chinese menu with photos.

-Thai restaurants

Pataya ¥¥

bā tí yǎ tài guó cān tīng

芭提雅泰国餐厅

Add: No. 33, Ziyou Dao, Italian Style Town, Hebei Dist.

hé běi qū yì shì fēng qíng jiē zì yóu dào 33 hào

河北区意式风情街自由道 33 号

Tel: 24458789

Hours: Mon-Sun: 10:00-22:00

Chinese, Thai, and English menu with photos.

Siam ¥¥

Siam tài cān tīng

Siam 泰餐厅

Add: Building 2, Yueming Gongyu, Shuishangongyuan Bei Dao, Nankai Dist.

nán kāi qū shuǐ shàng gōng yuán běi dào yuè míng gōng yù 2 hào lóu

南开区水上公园北道月明公寓 2 号楼

Tel: 23351878, 17622828177

Hours: Mon-Sun: 11:30-14:00, 17:00-22:00

Chinese menu with photos.

Tai Zan ¥¥

tài zàn

泰赞

Add: 5th Floor, Heping Joy City, No. 189, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 189 hào hé píng dà yuè chéng 5 lóu

和平区南京路 189 号和平大悦城 5 楼

Tel: 23320622

Hours: Mon-Sun: 11:00-21:00

Chinese and English menu.

YY Beer House ¥¥

yuè yuán tài cān tīng

粤园泰餐厅

(1) Add: No. 3, Aomen Lu, Heping Dist. (behind International Building)

hé píng qū ào mén lù 3 hào (guó jì dà shà hòu miàn)

和平区澳门路3号(国际大厦后面)

Tel: 23399634

Hours: Mon-Sun: 11:30-22:00

(2) Add: Xiannong Courtyard, No. 1, Hunan Lu, Heping Dist.

hé píng qū hú nán lù 1 hào xiān nóng dà yuàn

和平区湖南路1号先农大院

Tel: 58352835

Hours: Mon-Sun: 11:00-24:00

Chinese and English menu.

Vegetarian restaurants

Ci Su Xuan ㄣㄣ

cí sù xuān

慈素轩

Add: No. 38, Jinfu Tea Mall, Zhujiang Dao, Hexi Dist.

hé xī qū zhū jiāng dào jīn fú chá chéng 38 hào

河西区珠江道津福茶城38号

Tel: 88486886, 13021396901

Hours: Mon-Sun: 10:00-14:00, 17:00-21:00

Chinese and English menu with photos.

Jian An Shu Yuan ㄣㄣㄣ

jiàn ān shū yuàn

建安书院

Add: Commercial Section, No. 14, Huarun Ziyang Li, Xinhua Lu, Heping Dist.

hé píng qū xīn huá lù huá rùn zī yáng lǐ 14 hào dǐ shāng

和平区新华路华润紫阳里14号底商

Tel: 13043239919, 13820210810

Hours: Mon-Sun: 09:00-21:30

Jian Fu Shan ㄣ

jiàn fú shàn

荐福膳

Add: Cross of Jianfu Dao and Jintang Lu, Hedong Dist.

hé dōng qū jiàn fú dào yǔ jīn táng lù jiāo kǒu

河东区荐福道与津塘路交口

Tel: 58220995

Hours: Mon-Sun: 10:00-14:00, 16:30-21:00

Chinese menu with photos.

Pu Ti Shu ㄣ

pú tí shù sù shí xiǎo guǎn

菩提树素食小馆

Add: Cross of Ping'an Jie and Minzhu Dao, Hebei Dist.

hé běi qū píng ān jiē yǔ mǐn zhū dào jiāo kǒu

河北区平安街与民主道交口

Tel: 17092255666, 15922188831

Hours: Mon-Sun: 10:00-14:00, 16:30-22:00

Chinese and English menu with photos.

So Veggie So Life ¥¥

sù yǎng sù shí

素养素时

Add: 1st Floor, Unknown Space, No. 208, Machang Dao, Hexi Dist.

hé xī qū mǎ chǎng dào 208 hào qù wèi shě 1 lóu

河西区马场道 208 号去未舍 1 楼

Tel: 13070158235

Hours: Mon-Sun: 09:00-21:30

Twin Lotus Vegetarian Restaurant ¥¥

bìng dì lián sù shí

并蒂莲素食

Add: No. 68, Changde Dao, Heping Dist. (cross with Kunming Lu)

hé píng qū cháng dé dào 68 hào (yǔ kūn míng lù jiāo kǒu)

和平区常德道 68 号 (与昆明路交口)

Tel: 23318629

Hours: Mon-Sun: 11:00-22:30

Chinese and English menu with photos.

Yuan Man Vegetarian Restaurant ¥

yuán mǎn sù shí lín fàn diàn

圆满素食林饭店

Add: No. 112, Suzhou Dao, Hexi Dist.

hé xī qū sū zhōu dào 112 hào

河西区苏州道 112 号

Tel: 23022618

Hours: Mon-Sun: 10:30-14:00, 17:00-21:00

Chinese and English menu with photos.

Zen Vegetarian Diet Restaurant ¥¥¥

chán sù • chán yì sù shí jiàn kāng yǎng shēng zhǔ tí cān tīng

禅素 • 禅意素食健康养生主题餐厅

Add: No. 26, Tianwei Lu, Hebei Dist.

hé běi qū tiān wéi lù 26 hào

河北区天纬路 26 号

Tel: 24457777

Chinese menu with photos.

Coffee shops and tea house

Cafe Alice

kā fēi ài lì sī

咖啡爱丽丝

- (1) Add: No. 113, C-5, Ao Cheng Commercial Plaza, Binshuixi Dao, Nankai Dist
nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng C5-113 hào
南开区宾水西道奥城商业广场 C5-113 号

Tel: 58951441

Hourr: Mon-Sun: 10:00-22:00

- (2) Add: Commercial Section, Xinshui Yuan, jiuhuashan Lu, Hexi Dist.

hé xī qū jiǔ huá shān lù xīn shuǐ yuán shāng yè qū

河西区九华山路欣水园商业区

Tel: 88360070

Hours: Mon-Sun: 10:00-21:30

Chinese, English and Korean menu with photos.

Coffice

kā fēi sòng

咖啡颂

Add: No. 169, Chongqing Dao, Heping Dist.

hé píng qū chóng qìng dào 169 hào

和平区重庆道 169 号

Tel: 23392938

Hours: Mon-Sun: 09:30-22:30

Coffee, movie and public office.

Chinese and English menu with photos.

COSTA Coffee

kā shì jiā

咖世家

Add: 1st Floor, Tower A, Pengxin Aqua City, No. 12-24, Dafeng Lu, Hongqiao Dist.

hóng qiáo qū dà fēng lù 12-24 hào péng xīn shuǐ yóu chéng A qū 1 lóu

红桥区大丰路 12-24 号鹏欣水游城 A 区 1 楼

Tel: 58301215

Hours: Mon-Sun: 10:00-22:00

Website: www.costa.net.cn

Chinese and English menu.

dots Coffee

duo chí kā fēi

哆池咖啡

Add: No. 113, C1-16, Ao Cheng Commercial Plaza, Binshuixi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng C1-16-113

南开区宾水西道奥城商业广场 C1-16-113 号

Tel: 60767379

Hours: Mon-Sun: 10:00-24:00

Chinese, English and Korean menu with photos.

He Bi Zai Shan Lin

hé bì zài shān lín

何必在山林

Add: Jingu Cultural innovation center, No. 59, Zhujiang Dao, Hexi Dist.

hé xī qū zhū jiāng dào 59 hào jīn gǔ wén chuàng zhōng xīn
河西区珠江道 59 号今古文创中心

Tel: 17702211561, 18920228603

Hours: Mon-Sun: 09:30-22:00

Also provides vegetarian food. Prior reservation required.

IES Espresso Bar

yī shí

一食

Add: No. 72, Yueyang Dao, Heping Dist.

hé píng qū yuè yáng dào 72 hào
和平区岳阳道 72 号

Tel: 23159615

Hours: Tue-Sun: 10:00-17:00

Maan Coffee

màn kā fēi

漫咖啡

Add: Cross of Hengyang Lu and Dali Dao, Heping Dist.

hé píng qū héng yáng lù yǔ dà lǐ dào jiāo kǒu
和平区衡阳路与大理道交口

Tel: 83122739

Hours: Mon-Sun: 09:30-23:00

Waffle and Toast

Chinese and English menu.

Starbucks Coffee

xīng bā kè kā fēi tīng

星巴克咖啡厅

(1) Add: No. 237⁺¹, Heping Lu, Heping Dist.

hé píng qū hé píng lù 237 hào zēng 1 hào
和平区和平路 237 号增 1 号

Tel: 23131133

Hours: Mon-Fri: 07:00-21:30, Sat-Sun: 08:30-21:30

Starbucks selected Tianjin Riverside 66 flagship store

(2) Add: 1st Floor, International Building, No. 75, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 75 hào guó jì dà shà 1 lóu
和平区南京路 75 号国际大厦 1 楼

Tel: 23131133

Hours: Mon-Fri: 07:00-22:00, Sat-Sun: 08:30-22:00

(3) Add: No. 60-62, Ziyou Dao, Italian Style Town, Hebei Dist.

hé běi qū yì shì fēng qíng jiē zì yóu dào 60-62 hào
河北区意式风情街自由道 60-62 号

Tel: 24453185, 24453183

Hours: Mon-Thu, Sun: 08:00-22:30, Fri-Sat: 08:30-23:00

(4) Add: Unit No. EF-1, No. 137, Dongmalu, Nankai Dist.

nán kāi qū dōng mǎ lù 137 hào 1 lóu EF-1 dān yuán

南开区东马路 137 号 1 楼 EF-1 单元

Tel: 58100790

Hours: Mon-Fri: 07:00-21:00, Sat-Sun: 08:00-21:00

(5) Add: 1st Floor, Da Dao Restaurant, Youyi Nan Lu, Hexi Dist.

hé xī qū yǒu yì nán lù méi jiāng dà dǎo jiǔ lóu 1 lóu

河西区友谊南路梅江大岛酒楼 1 楼

Tel: 58898865

Hours: Mon-Sun: 07:00-22:00

Website: www.starbucks.com.cn

Chinese and English menu.

The Corner Chance

kǎo ēn kā fēi

考恩咖啡

Add: No. 86, Ha'erbin Dao, Heping Dist.

hé píng qū hā ěr bīn dào 86 hào

和平区哈尔滨道 86 号

Tel: 27119871, 18649016779

Hours: Mon-Sun: 11:00-02:00

Chinese and English menu with photos.

The DCK Tea

dào zhōng kāng chá zhī jiān

道中康·茶之间

Add: Rm. 201, Door 3, Building 21, Shuishang Hot Spring Apartment, No. 186, Binshui Xi Dao,
Nankai Dist.

nán kāi qū bīn shuǐ xī dào 186 hào shuǐ shàng wēn quán huā yuán 21 hào lóu 3 mén 201 shì

南开区宾水西道 186 号水上温泉花园 21 号楼 3 门 201 室

Tel: 13752371668 (Ms. Zhang Qian)

Hours: Mon-Sun: 09:00-21:00

Chinese tea ceremony experience and training available in English.

Chinese and English menu with photos.



Ziyuan Restaurant & Teahouse

zǐ yuán

紫园

Add: No. 6, Jianfu Lu, Minhe Dao, Xiqing Development Area.

xī qīng kāi fā qū mín hé dào jiàn fú lù 6 hào

西青开发区民和道建福路6号

Tel: 28130029

Hours: Mon-Sun: 08:00-22:00

Chinese menu.



-Desserts and bakeries

DQ (Dairy Queen) 𠄎

bīng xuě huáng hòu

冰雪皇后

Add: 2nd Floor, North Section, Joy City, No. 2-6, Nanmenwai Dajie, Nankai Dist.

nán kāi qū nán mén wài dà jiē 2-6 hào dà yuè chéng běi qū 2 lóu

南开区南门外大街2-6号大悦城北区2楼

Tel: 58100242

Hours: Mon-Sun: 10:00-21:30

Chinese and English menu with photos.

Gang Gang Delicatessen 𠄎

gāng gāng miàn bāo diàn

冈冈面包店

Add: 1st Floor, Somerset Olympic Tower, No. 126, Chengdu Dao, Heping Dist.

hé píng qū chéng dū dào 126 hào shèng jié ào lín pǐ kè dà shà 1 lóu

和平区成都道 126 号盛捷奥林匹克大厦 1 楼

Tel: 23345716

Hours: Mon-Sun: 07:00-22:00

Order from display counter.

Chinese, English and Japanese menu with photos.

GODIVA ㄚ

gē dì fán qiǎo kè lì

歌帝梵巧克力

Add: No. 53, 1st Floor, Joy City, No. 2, Nanmenwai Dajie, Nankai Dist.

nán kāi qū nán mén wài dà jiē 2 hào dà yuè chéng 1 lóu 53 hào

南开区南门外大街 2 号大悦城 1 楼 53 号

Tel: 87286153

Hours: Mon-Sun: 10:00-22:00

Website: www.godiva.cn

Order from display counter.

GODIVA is available at Galaxy Mall, Hisense Plaza, and Riverside 66 (Henglong Plaza)

Häagen-Dazs ㄚ

hā gēn dá sī

哈根达斯

Add: 2nd Floor, Hisense Plaza, No. 188, Jiefang Bei Lu, Heping Dist.

hé píng qū jiě fàng běi lù 188 hào hǎi xìn guǎng chǎng 2 lóu

和平区解放北路 188 号海信广场 2 楼

Tel: 23198189

Hours: Mon-Thu, Sun: 09:00-21:30

Fri-Sat: 09:00-22:00

Website: www.haagen-dazs.co.uk

Chinese and English menu with photos.

Holiland Cake Shop ㄚ

hǎo lì lái dàn gāo diàn

好利来蛋糕店

(1) Add: No. 14A-05, Commercial Section, Glorious Palace, cross of Rongye Dajie and Zhakou Jie, Heping Dist.

hé píng qū róng yè dà jiē yǔ zhā kǒu jiē jiāo kǒu xīn huì huá tíng dī shāng 14A-05

和平区荣业大街与闸口街交口新汇华庭底商 14A-05

Tel: 23455568

Hours: Mon-Sun: 08:00-21:00

(2) Add: 1st Floor, AEON Mall, No. 111, Youyi Nan Lu, Xiqing Dist.

xī qīng qū yǒu yì nán lù 111 hào yǒng wàng mèng lè chéng 1 lóu

西青区友谊南路 111 号永旺梦乐城 1 楼

Tel: 58710588

Hours: Mon-Sun: 09:00-22:00

Website: www.holiland.com

Order from display counter.

Le Crobag Bakery ㄣ

dé guó miàn bāo fáng

德国面包房

Add: No. 16, 1st Floor, Block A2, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist. (in the mall, beside to elevator)

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng A2 qū 1 lóu 16 hào (fú tī páng)
南开区宾水西道奥城商业广场 A2 区 1 楼 16 号 (扶梯旁)

Tel: 23741921

We-Chat ID: linda386787308

Hours: Mon-Sun: 08:30-19:00

Provide home delivery service.

Could order in English via We-Chat.

English, German and Chinese Menu.

Pantry' Best ㄣ

pài yuè fāng

派悦坊

Add: 4F-D05a, North Section, Joy City, No. 2, Nanmenwai Dajie, Nankai Dist.

nán kāi qū nán mén wài dà jiē 2 hào dà yuè chéng běi qū 4F-D05a
南开区南门外大街 2 号大悦城北区 4F-D05a

Tel: 59006718

Hours: Mon-Sun: 10:00-22:00

Website: www.pantrysbest.com

Online order and home delivery available.

Chinese and English menu.

Paris Baguette ㄣ

bā lí bèi tián

巴黎贝甜

(1) Add: Block A1, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng A1 qū
南开区宾水西道奥城商业广场 A1 区

Tel: 23933070

(2) Add: 1st Floor, Tian Yuan Commercial Plaza, No. 476, Jiefang Nan Lu, Hexi Dist.

hé xī qū jiě fàng nán lù 476 hào tián yuán shāng yè guǎng chǎng 1 lóu
河西区解放南路 476 号田园商业广场 1 楼

Tel: 28439352

Hours: Mon-Sun: 07:00-22:00

Website: www.pbchina.cn

PHUKET ㄣ

pú jí fǎ shì hōng bèi

普吉法式烘焙

Add: Beside Your Choice Market, Original County, Jinnan Dist.

jīn nán qū lǐng shì jùn yōu xuǎn chāo shì páng
津南区领世郡优选超市旁

Tel: 81309001

WeChhat: 18522354652

Hours: Mon-Sun: 08:00-22:00

Coffee, sandwich, bread and cake

TOUS Les JOURS ㄚ

duō lè zhī rì miàn bāo fáng

多乐之日面包房

Add: -1st Floor, Isetan, Block C, Modern Mall, No. 108, Nanjing Lu, Heping Dist.

hé píng qū nán jīng lù 108 hào xiàn dài chéng C qū yī shì dān -1 lóu
和平区南京路 108 号现代城 C 区伊势丹-1 楼

Tel: 27188399

Hours: Mon-Sun: 10:00-21:00

WITHWHEAT ㄚ

yuán mài shān qiū

原麦山丘

Add: No. 96, 1st Floor, South Section, Joy City, No. 2-6, Nanmenwai Dajie, Nankai Dist.

nán kāi qū nán mén wài dà jiē 2-6 hào dà yuè chéng nán qū 1 lóu 96 hào
南开区南门外大街 2-6 号大悦城南区 1 楼 96 号

Tel: 58107617

Hours: Mon-Sun: 10:00-22:00

Order from display counter.

-Fast foods and delivery services

BURGER KING ㄚ

hàn bǎo wáng

汉堡王

(1) Add: -1st Floor, Mixc, No. 9, Leyuan Dao, Hexi Dist.

hé xī qū lè yuán dào 9 hào wàn xiàng chéng -1 lóu
河西区乐园道 9 号万象城-1 楼

Tel: 83887117

Hours: Mon-Sun: 10:00-21:30

(2) Add: 1st Floor, South of Joy City, No. 2-6, Nanmenwai Dajie, Nankai Dist.

nán kāi qū nán mén wài dà jiē 2-6 hào dà yuè chéng nán qū 1 lóu
南开区南门外大街 2-6 号大悦城南区 1 楼

Tel: 87280998

Hours: Mon-Sun: 07:00-22:00

Website: www.bkchina.cn

Chinese and English menu with photos.

KFC ㄚ

kěn dé jī

肯德基

Home delivery hotline: 4008-823-823

Order online: www.4008823823.com.cn

McDonalds 𠄎

mài dāng láo

麦当劳

Home delivery hotline: 4008-517-517

Order online: www.4008-517-517.cn

Subway 𠄎

sài bǎi wèi

赛百味

(1) Add: No. B1-B1020, Riverview Place, No. 238, Liuwei Lu, Hedong Dist.

hé dōng qū liù wěi lù 238 hào jiā lǐ huì B1-B1020

河东区六纬路 238 号嘉里汇 B1-B1020

Tel: 24268576

Hours: Mon-Sun: 09:00-22:00

(2) Add: Block A1, Ao Cheng Commercial Plaza, Binshui Xi Dao, Nankai Dist.

nán kāi qū bīn shuǐ xī dào ào chéng shāng yè guǎng chǎng A1 qū

南开区宾水西道奥城商业广场 A1 区

Tel: 58697588

Hours: Mon-Sun: 08:30-21:00

(3) Add: No. 47, B1 Floor, Joy City, No. 2-6, Nanmenwai Dajie, Nankai Dist.

nán kāi qū nán mén wài dà jiē 2-6 hào dà yuè chéng B1 lóu 47 hào

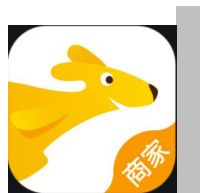
南开区南门外大街 2-6 号大悦城 B1 楼 47 号

Tel: 58100516

Hours: Mon-Sun: 08:00-22:00

Website: www.subway.com.cn

Chinese and English menu with photos.



Meituan

Only accepts WeChat.



Eleme

Only accepts Alipay.

-Healthy life



Dear community,

In this short article, I would like to share with you some information from Anthony William-medicalmedium#bestselling author, Originator of Global Celery Juice Movement, about celery juice and its healing benefits.

Fresh celery juice is one of the most powerful and healing juices one can drink. Just 16 ounces (450 ml) of fresh celery juice a day can transform your health and digestion in as little as one week.

Celery juice is alkalizing, enzyme-rich, electrolyte-enhancing, liver-repairing, blood-sugar-balancing, antiseptic, strongly alkaline& anti-inflammatory drink.

CELERY JUICE TIPS:

If you want to heal and improve your health quickly and efficiently, follow this routine

- Every morning, drink roughly 16 ounces (450ml) of celery juice on an empty stomach. Make sure it's fresh, plain celery juice with no other ingredients.
- Celery juice is a medicinal, not a caloric drink, so you will still need breakfast afterwards to power you through the morning. Simply wait at least 15 minutes after drinking your celery juice before consuming anything else.
- If you're sensitive and 16 ounces is too much, start with a smaller amount and work your way up.
- Use organic celery whenever possible. If you're using conventional celery, be sure to wash it especially well before juicing.
- If you find the taste of straight celery juice too strong, you can juice one cucumber and/or one apple with the celery. This is a great option as you get adjusted to the flavor. As you get used to it, keep increasing the ratio of celery; the greatest benefits come when celery juice is consumed on its own.

Here are 12 health benefits of celery juice:

1. Helps heal digestion
2. Protects liver health
3. Lowers inflammation
4. Contains undiscovered sodium cluster salts that are critical for the brain
5. Helps eczema and psoriasis

6. Fights autoimmune disease
7. Help restore adrenals
8. Critical for chronic acid reflux
9. Healing for acne
10. Helps lower high cholesterol
11. Fights infections
12. Support weight loss

There are much more health conditions where celery juice can help to heal.

For more information please visit the official Website of Anthony William:
www.medicalmedium.com, read his books or follow him on Instagram or Facebook
[@medicalmedium](https://www.instagram.com/medicalmedium)

With best healing wishes,

Natalie Schroeder

