

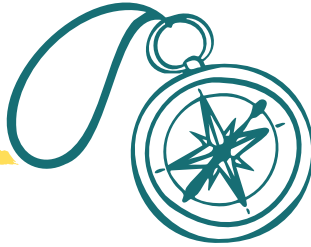
# Cultural Grocery Stores

in London, Ont.

Find your flavour.  
Rediscover home.



# MEET YOUR TOUR GUIDES!



Vanessa!

Vanessa is a second-generation Filipino-Canadian with a taste for sweet and tangy flavours in dishes that traditionally call for savory bites. As someone from the London area, platforming cultural grocery stores is important to her because they preserve cultural traditions and make the flavours of home accessible to the community. Some of her favourite at-home eats are Instant Pancit Canton (the calamansi favour!) and Filipino-style spaghetti.



Mitchell

Mitchell is Canadian and has lived in the Greater Toronto Area his entire life. Over the past few years, as he has learned to cook more for himself and his partner, he has taken an interest in various cuisines and flavours. In London, he's found an appreciation for how people engage with their own, smaller communities and this project meant an opportunity to learn how groceries bring people together.



Zarif

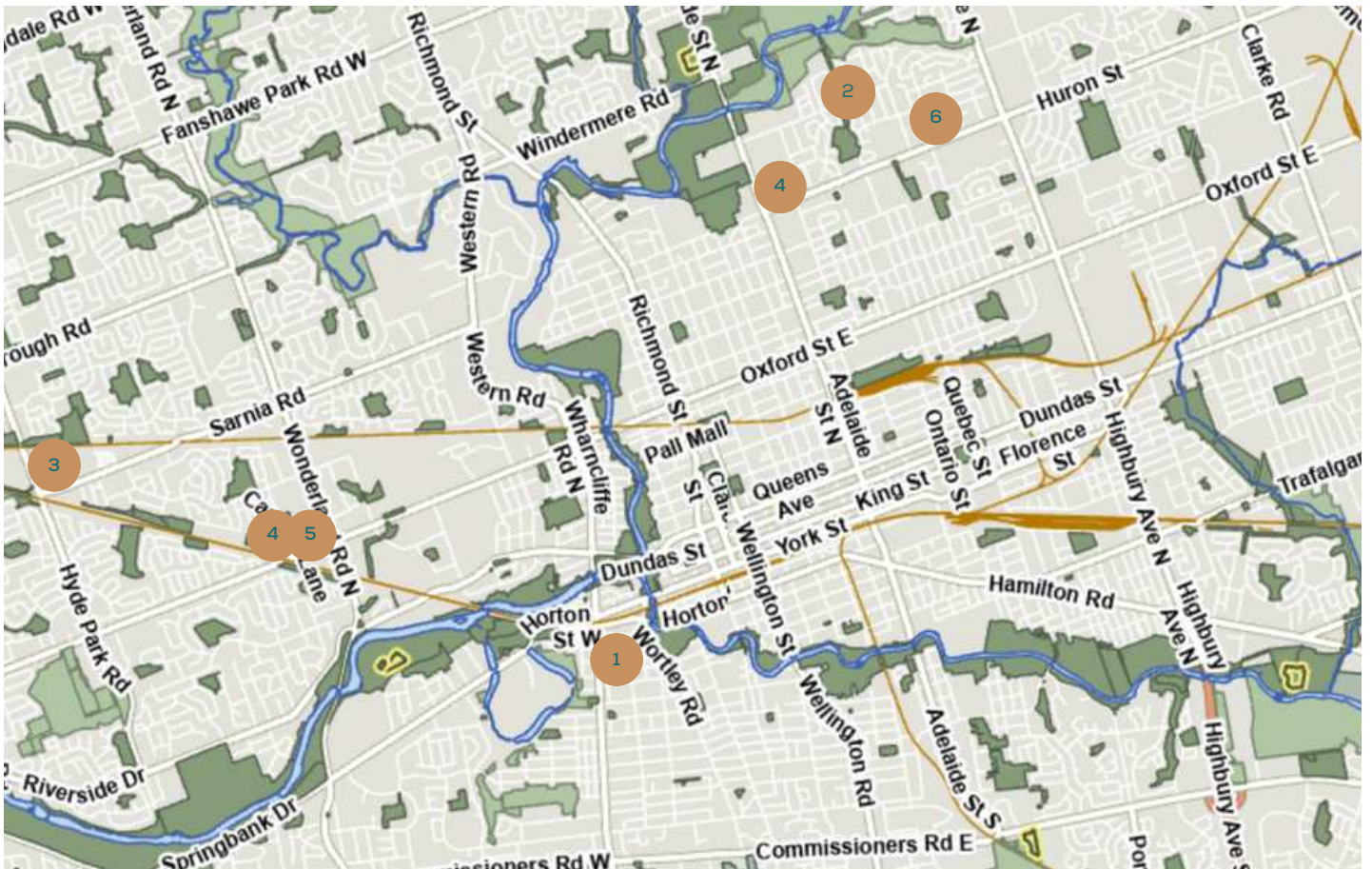
Zarif is an immigrant whose journey here has taken him through Dhaka, Singapore, Malaysia, Montreal, Toronto and now London. Being an avid cook from quite a young age, he has leaned heavily on independently owned cultural grocery stores when craving a taste of the various places he has called home or from having his curiosity piqued by a recipe he saw online. Some of his favourite dishes to make include hainanese chicken rice, budae jjigae and khichuri.



# THE SHOPS !



1. BISMILLAH BAZAAR
2. THE IRIE MARKET
3. MONA FARMS
4. INDO-ASIAN GROCERIES & SPICES
5. FELIZA AFRICAN GROCERY & BEAUTY STORE
6. THAI ASIA GROCERY



**BISMILLAH**  
حلال **BAZAR**

EXTRA FROZEN DESI  
GROUND MEAT

YOUR DESI LOCAL STORE  
WELCOME  
TO  
BISMILLAH BAZAR LOCAL

# Bismillah Bazaar



📍 122 Wharnccliffe Rd. S

A Bangladeshi-owned grocery store that serves South Asians across the region as well as a number of local restaurants.





## COMMUNITY

When Bismillah Bazar first opened they had three employees, the owners. Since, they have hired five full-time staff members to serve the broader South Asian community, as well as a number of restaurants in London.

For quick and easy recipes, check out the spice mix aisle for Radhuni products, you can't get them anywhere else in London!



Bismillah Bazar takes great pride in its meat and fish counter, with places like the Iraqi restaurant Sinbad sourcing their ingredients from the store.

## ABOUT THE STORE

Bismillah Bazar has served South Asians in London with affordable prices for specialty Bangladeshi groceries since opening in 2022.

## SNACK FEATURE: CHANACHUR

Chanachur is a popular South Asian savory snack mix. It is a crunchy blend of fried ingredients like chickpea flour noodles (sev), peanuts, lentils, fried onions, and spices.



## FROZEN AISLE: DAL PURI

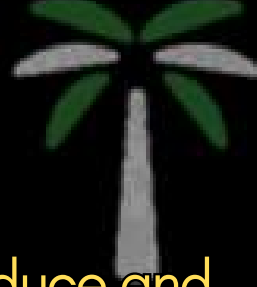


Bangladeshi dal puri is a crispy stuffed flatbread featuring a spiced lentil filling inside a deep-fried dough shell.

## FROM THE OWNERS

*"The reason we're able to keep our prices low is because of our overhead but our focus is always on quality."*

THE IRIE MARKET  
YOUR CARIBBEAN GROCERY STORE



Caribbean specialty snacks, produce and baked goods so you can get a taste of home closer to you.

# The Irie Market

SNACKS



BAKED  
GOODS



1050 Kipps Lane

## ABOUT THE STORE

After hearing that people were driving two-and-a-half hours to Toronto for Jamaican patties, owner Tashara Williams opened the Irie Market in 2022.

Now, it is the only Caribbean grocery store in London owned by a member of the community,



## FROM THE OWNER

*"When customers step in to the Irie Market, they feel like they're connecting with a piece of back home."*

## COMMUNITY

Williams said that the benefit of being a community grocery store, is that she can provide her customers with a lot more than just food. Customers who may have arrived in Canada at a young age can reconnect with their culture, sharing recipes, resources and connection.

## PRODUCT SPOTLIGHT

Aunt May's Bajan Pepper Sauce is unlike any hot sauce you've tried before. The Barbadian sauce blends Caribbean scotch bonnet peppers with a mustard forward flavour-profile. A staple with Bajan fried fish, it also goes great with scrambled eggs or chicken wings.





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**MONA**  
FARMS

OPEN

MONA  
FARMS

# Mona Farms

611 Wonderland Rd. #9

A cozy site for Halal meats and Middle Eastern spices nestled into West London.

## ABOUT THE STORE

Mona Farms is a grocery store and butchery located in the Hyde Park area.

Their first location, Mona's Fine Meats is located near Wellington Rd. and Commissioners Rd. E. and sells their specialty meats. In December 2024, they opened Mona Farms as a modern expansion with vegetables, spices, frozen foods, beauty products and more.

Mona is unique for their made-to-order meat options, which provide customers the chance to customize meat to their needs, rather than settle with a package of unknowns. They also carry a vast variety of hard-to-find Middle Eastern grocery products, bringing in supply through Toronto every two weeks to make it easy to bring the Middle East home in London.

## COMMUNITY

The store caters mainly to London's Middle Eastern community but also provides items and a space for the city's South Asian and East African communities.

With young and energetic staff eager to help and learn from customers, people from all over the city are welcomed into the store's blossoming community.

Staff say customers often find items they have not seen since their childhood.



## FROM THE OWNERS

*"We are building up a community, a family here and we're making it easy for everyone to shop."*



## PRODUCT SPOTLIGHT: MAAMOUL DATES

Meat might be Mona's specialty, but their selection of sweets draws a lot of attention. One favourite that is rare in London is Halwani Bros Maamoul dates, or shortbread pastries filled with date paste.



# Indo-Asian Groceries & Spices

📍 689 Oxford St. W #1

📍 624 Huron St.



## INDO-ASIAN GROCERIES & SPICES

FRUITS | VEGETABLES  
DRIED FRUITS | DAIRY | SPICES  
INDIAN SWEETS  
INDIAN SNACKS  
AND MUCH MORE!

BALAJI  
Bikanerys  
BRITANNIA  
NANAK

Lamb Curry  
Lamb Curry Rice Combo

THAIPHOOD  
TANDOORI  
TANDOORI NAAN  
TANDOORI ROTI  
WHEAT  
CHAPURIS MEMAD

TAZA  
Kulfi Wala  
SO CREAMY  
SO GOOD

Two shops on either side of the city,  
offering a household variety of  
Indian and Pakistani goods and  
familiar takeout.



## ABOUT THE STORE

Indo-Asian Groceries and Spices is a long-standing London hot spot.

Anil Gupta and family have run the store for 32 years. They moved in 2000 to their flagship store on Oxford St. W and expanded to a second location in the North in 2021.

Gupta and his employees take pride in selling authentic goods, including spices, dals, teas and even healthcare supplies imported from India by plane or ship every few weeks. They also sell fresh produce, a variety of sweets and savoury baked goods like samosas and pakoras.

The store's Huron location also sells authentic takeout. They host deals every weekend on select hot dishes such as Dal Makhni, Rajmah Masala and Palak Paneer.

### FROM THE OWNERS

*"Customers grow up after coming with their mother and now they are working adults and are very happy to be here. They've come here so long, they get excited."*



## COMMUNITY

Indo-Asian Groceries and Spices welcomes people from all over the world but mainly serves London's Indian, Sri Lankan, Bangladeshi and Pakistani diaspora.

They are proud to offer many items and supplies that can't be found anywhere else in London and to support the community with staples and traditions. Their hot counter and sweets are the ideal place to start for festivals and family celebrations.

They are also happy to help those who are new to the cuisine to find ingredients to get started.



### PRODUCT SPOTLIGHT: ORGANIC JAGGERY

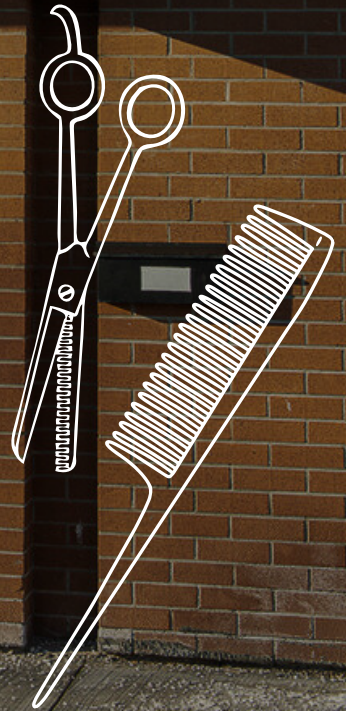
IGS's selection of organic products stands out. Jiva organic jaggery, a form of sugar made from dates or palm sap, is a staple for sweet and savoury cooking.

 689 Oxford St. W #1a

A dual-purpose store for the African community that blends eating well with looking well.



# Feliza African Grocery and Beauty Store



## ABOUT THE STORE

Feliza African Grocery and Beauty Store opened its doors in 2023 with a mission to serve London's African and Caribbean community with high quality food, retail and wholesale products sourced overseas. Just under one roof, patrons can purchase fresh produce as well as all things health and beauty. Feliza's offers a vast range of beauty supplies including skincare, wigs, hair pieces and accessories.

## COMMUNITY

Patrons return to Feliza's for the familiar products, trusted advice and strong sense of community.



### FROM THE OWNERS

*"We have great discounts, prices and customers relations.*

*Basically, we have more things that people need."*



Known for serving London's large Nigerian and Caribbean communities, the store is a trusted destination for specialty items. If you're ever in need of something specific, chances are the staff can help track it down—or even order it in.

Shoppers will also find products from other cultures, including South and South east Asian favourites.

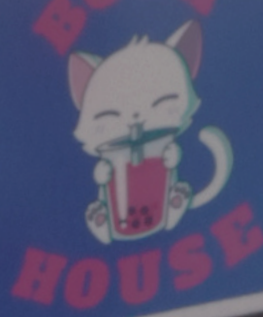


## PRODUCT SPOTLIGHT

Dabur's coveted Amla Hair Oil is a long-standing favourite in South Asian beauty routines, valued for its nourishing and strengthening properties.



**THAI ASIA**  
**ASIAN GROCERY STORE**



# Thai Asia Grocery



1249 Huron St. Unit 4

A unique spot in the East London neighbourhood serving the city's Southeast Asian community

## ABOUT THE STORE

More than just a wholesale retailer, Thai Asia Grocery & Boba House offers a host of frozen foods, spices and confiments, baked goods and of course, bubble tea.



If you ever find yourself in a dinner bind, you'll find plenty of ready-to-cook meals and a wide selection of hot food including staples like banh mi, stir fries, egg noodles and more.

The shop also offers international money transfer services, making it a crucial stop for both groceries and everyday errands.

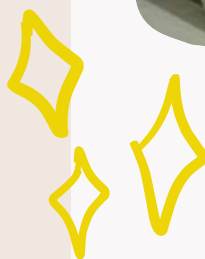


## PANTRY SPOTLIGHT

Thai Asia offers Piatto's, a Jack and Jill's staple popular in South East Asia for those who adore cheesy fingers and a light crunch.

### FROM THE OWNER

*"We serve everyone, but many Filipinos in the area consider us their backyard."*



## COMMUNITY

Thai Asia Grocery & Boba House serves as a hub for London's Southeast Asian communities, as well as students and home cooks looking to explore new flavours. Beyond groceries, the shop offers familiar tastes and everyday essentials that help many feel a little closer to home.

The owner, Siriya, recommends the brown sugar milk tea for your first visit.



London, Ont. Guide

Thanks for joining  
the tour!

What was your  
favourite stop?

