

BLUELIST¹ (blu,list) v.
to recommend a travel experience.

What's your recommendation? www.lonelyplanet.com/bluelist

EATING

top picks

- **Bǎoluó Jiǔlóu** (p159)
A Shànghǎi institution where the buzz combines with the food to create a memorable experience.
- **Dī Shuǐ Dòng** (p158)
Home-style Hunanese for those who like their food fiery.
- **Jíshì Jiǔlóu** (p161)
The best place to sample genuine Shànghǎinese cuisine in all its sweet and oily glory.
- **Shìntōrì Null II** (p155)
Amazing design, witty presentation and classy food.
- **Southern Barbarian** (p160)
Superb southwestern Chinese flavours in a laidback atmosphere.
- **Xinjiang Fengwei Restaurant** (p168)
One of the most vibrant places in town, bringing the taste of the far northwest to the Shànghǎi suburbs with style and a smile.
- **Yīn** (p157)
Standout regional cuisine from across China, dished up in an atmosphere reminiscent of the Shànghǎi of the 1930s.

Eating out, along with work and shopping, is the principal reason why the Shanghaiese leave their homes. In Shànghǎi, as in the rest of China, restaurants are at the very centre of social life. They're where people go to meet friends or dates, to hold family reunions, to celebrate or drown their sorrows and to do business. It's over a meal that the Chinese are at their most relaxed and sociable, so if you get a chance to eat with the locals, jump at it.

But even the Shanghaiese marvel at the way their city has become such a culinary hotspot in so a short space of time. Ten years ago, Shànghǎi's restaurant scene was mostly limited to the local cuisine, as well as the ubiquitous Xinjiang outlets found all over China, while street stalls predominated. Now the old food streets have mostly disappeared and you can find dishes from every region of China, as well as an ever-growing number of places serving foreign or fusion food.

Perhaps the biggest change has been the influx of some of the world's superstar chefs. Although their arrival has done wonders for the city's image, in truth it's affected just a tiny proportion of Shànghǎi's population. Expats and the very rich might delight in being able to eat at restaurants that can compete with the best in New York and Paris, but most locals aren't spending their evenings dining on the Bund. Visitors to Shànghǎi would do well to follow their example. A meal overlooking the Huangpu or safe in the Xintiandi bubble makes for a nice treat, but it won't give you much insight into the city or the Chinese.

Nevertheless, there's a pleasing symmetry to the return of French and Japanese chefs to Shànghǎi. After all, they were here 80 years ago. Shànghǎi's colonial past and importance as a port means it's always been more open to overseas influence than other cities in China, apart from Hong Kong, so foreign food arrived here earlier than elsewhere in China, along with the movies, opium and Western clothes.

What has changed in recent years are the increasing numbers of migrants from other parts of the country. Some of Shànghǎi's finest restaurants are ones that serve up food from far-flung regions of China. The huge Taiwanese presence in Shànghǎi makes it a good place to sample dishes from across the Straits too. Fusion cooking is also on the increase. Shanghaiese meets Cantonese is particularly popular, but there are now Shanghaiese variations on other Chinese cuisines, like Sichuan, as well. There are also more and more restaurants that blend Asian flavours with Western cooking.

The best restaurants in China are often where you least expect to find them. Part of the fun of eating out in Shànghǎi is stumbling across hole-in-the-wall operations that offer unexpectedly memorable dining experiences. There are also plenty of quality places located inside shopping malls.

Nor should you be put off by eating in chain restaurants; many of Shànghǎi's better eateries have a number of branches scattered across town. The downside of this admirable lack of snobbery is that Chinese restaurants aren't great for romantic meals; they're often brightly lit, large, noisy and with in-your-face waiting staff, with no candlelit corners to get intimate in. If you want a romantic soirée, go international.

Cheap eats aren't too hard to find either. It's easy to get addicted to *xiǎolóngbāo*, Shànghǎi's delicious dumplings. There are also still a few food streets, where you can take your pick from seafood, hotpot, dumpling and noodle places and wash your choice down with a beer for very little. Cheap Western food is a little harder to find, but there are now a number of *cafés* where you can find sandwiches and salads for reasonable prices.

Ordering is now much easier than it once was for the Chinese-challenged. More and more places have English menus, or picture menus, although sometimes they aren't as comprehensive as the Chinese version. But if you see a dish you fancy and can't find it on the menu, just point at it. Also make sure you have enough cash with you; only the top-end places take credit cards.

Many foreigners get asked if they mind food that is *làde*, or spicy. If you don't want it, then say *bùyào tàilà*. But Shànghǎi's restaurants reward the adventurous, so be brave, because some of your most memorable experiences will be culinary ones. Just do what the locals do and dive in with those chopsticks.

ETIQUETTE

Strict rules of etiquette don't apply to Chinese dining; table manners are relaxed and get more so as the meal unfolds and the drinks flow. Meals commence in Confucian fashion – with good intentions, harmonic arrangement of chopsticks and a clean tablecloth – before spiralling into total Taoist mayhem, fuelled by incessant toasts with *báijǐu* (a white spirit) or beer and furious smoking all round. Large groups in particular wreak havoc wherever they dine, with vast quantities of food often strewn across and under the table at the end of a meal.

A typical dining scenario sees a group of people seated at a round table, often with one person ordering on everyone's behalf. At Chinese restaurants, group diners never order their own dishes, but instead a selection of dishes embracing both meat (*ròu*) and vegetables (*cài*) are chosen for everyone to share. Rice normally comes at the end of the meal. If you want it before, just ask. At large tables, dishes are placed on a large lazy Susan, so the food revolves to each diner, occasionally knocking over full glasses of beer and causing consternation.

The mainland Chinese dig their chopsticks into communal dishes (in Hong Kong, people are more fastidious), although some dishes are ladled out with spoons. Don't worry too much about your chopstick technique; many Chinese are equally fazed by knives and forks. There's no shame in being defeated by a dumpling, or bamboozled by broccoli.

In smarter restaurants, you'll be given plastic or bamboo chopsticks. But cheaper places use disposable chopsticks. They're more hygienic, but not great for the environment. China gets through 45 billion pairs annually, which is a lot of bamboo. (Shànghǎi, like many Chinese cities, now imposes a tax on disposable chopsticks.) Whatever type you use, don't point them at people and don't stick them upright in bowls of rice; it's a portent of death.

Remember to fill your neighbours' tea cups when they are empty, or beer glasses, as yours will be filled by them. You can thank the pourer by gently tapping your middle finger on the table. It's considered bad manners to serve yourself tea or any drink without serving others first. The Chinese toast each other much more than in the West, often each time they drink. A toast is conducted by raising your glass in both hands in the direction of

the toastee and crying out *gānbēi*, literally 'dry the glass'. That's the cue to drain your glass in one hit.

Nonsmokers can find Shànghǎi's restaurants a trial; very few of them have non-smoking areas. Frequently, people smoke all throughout the meal. If you do smoke, hand your cigarettes around as Chinese smokers are generous to the last. People also think nothing of using their phones during meals. The phrase 'Please turn off your cell phone' is unknown in China.

Chinese toothpick etiquette is similar to that of neighbouring Asian countries. One hand wields the toothpick while the other shields the mouth from prying eyes. Coping with the bill requires some skill. The Chinese like to compete to pay, but don't argue too much as the person who extended the invitation will inevitably foot the bill.

Staff are not used to diners leafing at length through the menu at the door. You may have to take a seat and scope the menu; you can always get up and leave if you don't like the look of it. Chinese waiting staff hover annoyingly at the elbow while you read the menu, but there's nothing wrong with saying *wǒ huì jiào nǐ* (I'll call you).

top picks

SHANGHAI RESTAURANTS

You can't leave Shànghǎi without trying hairy crab, eel and jellyfish. Or can you?

- **Bai's Restaurant (p161)** Family-style Shanghaiese in a setting that could be someone's front room.
- **Bǎolú Jiǔlú (p159)** Pandemonium and lip-smackingly good lemon-drizzled eel – experience the Shànghǎi buzz at its no-holds-barred best.
- **Jíshì Jiǔlú (p161)** All the classics, just like *páopá* (grandma) used to make.
- **Lùlù Jiǔjiǎ (p164)** Fancy-pants Shanghaiese in a stylish setting but at very affordable prices.
- **Lynn (p165)** Shanghaiese meets Cantonese cuisine and everyone's a winner.
- **1221 (p166)** Stylish setting with food to match.
- **Shanghai Uncle (p167)** Pay no mind to the beaded curtains and Dixieland jazz, this is an artful fusion of Shanghaiese and Western influences.
- **Ye Shanghai (p156)** A classy, smoke-free environment to enjoy beautifully presented, classic Shanghaiese dishes.

SHÀNGHǎI CUISINE

Shànghǎi cuisine is influenced by neighbouring Zhèjiāng and Jiāngsū, and is defined, along with Sūzhōu and Hángzhōu cuisines, as Yángzhōu or Huáiyáng cuisine. It is generally sweeter and oilier than China's other cuisines.

Unsurprisingly, due to its position as a major port at the head of the Yangzi delta, Shànghǎi cuisine features plenty of fish and seafood, especially cod, river eel and shrimp. The word for fish (*yú*) is a homonym for 'plenty' or 'surplus', and fish is a mandatory dish for most banquets and celebrations.

Common Shanghainese fish dishes include *sōngrén yùmi* (fish with corn and pine nuts), *guīyú* (steamed Mandarin fish), *lúyú* (Songjiang perch), *chāngyú* (pomfret) and *huángyú* (yellow croaker). Fish is usually *qīngzhēng* (steamed) but can be stir-fried, pan-fried or grilled. Crab roe dumplings are another Shanghainese luxury. Both fish and seafood are usually priced by weight, either per 50g or 500g.

Squirrel-shaped Mandarin fish is a famous dish from Sūzhōu. The dish dates from a political assassination during the Warring States period (453–221 BC), when a dagger was hidden in the thick sauce until the assassin struck.

Several restaurants specialise in *xiánjī* (cold salty chicken), which tastes better than it sounds. *Zuǐjī* (drunken chicken) is marinated in Shào-xīng rice wine. *Bāo* (claypot) meals are braised for a long time in their own casserole dish. Shànghǎi's most famous snack is *xiǎolóngbāo* – small dumplings with a meaty interior, bathed in a scalding juice.

Vegetarian dishes include *dòufu* (bean curd), pine nuts and sweet corn (*sōngrén yùmi*), braised bean curd (*mèn dòufu*) and various types of mushrooms, including *xiānggū báicài* (mushrooms surrounded by baby bok choy). *Húpi jīnjiāo* (tiger skin chillies) is a delicious dish of stir-fried green peppers, seared in a wok and served in a sweet chilli sauce.

Hairy crabs (*dàzháxiè*) are a Shànghǎi speciality between October and December. They are eaten with soy, ginger and vinegar and downed with warm Shào-xīng wine. The crab is thought to increase the body's *yīn*, or coldness, and so rice wine is taken lukewarm to add *yáng*. Aficionados say that the best crabs come from Yangcheng Lake and are black with hairy feet. Male and female crabs are supposed to be eaten together. They are delicious but can be fiddly to eat. The body

opens via a little tab on the underside (don't eat the gills or the stomach).

VEGETARIANS & VEGANS

Vegetarianism (*chīzhāi*) became something of a snobbish fad in Shànghǎi in the 1930s, when it was linked to Taoist and Buddhist groups. It's now undergoing a minor revival, although there's nothing like the huge vegetarian and vegan populations in countries such as the UK or the USA. Beyond Buddhist reasons, very few Chinese give up meat as an ethical choice. But there are a growing band of vegetarian restaurants in Shànghǎi, while monasteries (such as the Jade Buddha Temple, p97) all have good vegetarian restaurants.

The Chinese are masters at adding variety to vegetarian cooking and, to the bemusement of Western vegetarians, they like to create so-called 'mock meat' dishes. Chinese vegetarian food is based on soya bean curd (*dòufu*), to which crafty chefs add their magic. Not only is it made to taste like any meaty food you could possibly think of, it's also made to resemble it; a dish sculptured to look like spare ribs or fish can be created with layered pieces of dried bean curd, or fashioned from mashed taro root.

DESSERTS & SWEETS

The Chinese do not generally eat dessert, but fruit – typically watermelon (*xīguā*) or oranges (*chéng*) – often concludes a good meal. Ice cream can be ordered in some places, but in general sweet desserts are consumed as snacks and are seldom available in restaurants.

top picks

VEGETARIAN & HEALTH-FOOD RESTAURANTS

- **Vegetarian Lifestyle** (p165) Hip, delicious and... surprise! It's organic too.
- **Element Fresh** (p164) Snappy gourmet sandwiches and killer smoothies.
- **Gōngdélín** (p165) Austere and serious vegetarian dining.
- **Longhua Temple** (p127) and **Jade Buddha Temple** (p97) The temple restaurants have been doing this for hundreds of years.
- **Sōngyuélóu** (p153) Shànghǎi's oldest veggie, still going strong on a diet of tofu and soup.

An exception to the rule are caramelised fruits, such as *bāsi pingguo* (caramelised apple), *bāsi xiāngjiāo* (caramelised banana) and even *bāsi túdōu* (caramelised potato), which you can find in several restaurants. Other sweets include *tāngyuán* (small, sweet, glutinous balls, traditionally from Níngbō, filled with either sugar or bean paste), *bīngshā* (literally 'frozen sand', shaved ice and syrup), *bābǎofàn* (a sweet, sticky rice pudding known as eight-treasures rice), and various types of steamed buns filled with sweet bean paste.

Bīngtáng húlu (toffee crab apples) and strawberries (*cǎoméi*) on a stick are favoured winter treats. Roast chestnuts (*lizi*), sold from the roadside, are also popular in winter and wayside popcorn (*bàomihuā*) sellers are a common sight. The Shanghainese are fond of *dàntà* (egg tarts), and Shànghǎi's bakeries also stock a wide range of Western cakes, tarts and breads.

Several shops around the Yuyuan Gardens (p72) have been selling pear-syrup sweets since 1894, but these are generally not to foreigners' tastes.

PRACTICALITIES

Opening Hours

In general, the Chinese eat earlier than Westerners. Restaurants serve lunch from 11am to 2pm and then often close until 5pm, when the dinner crowd starts arriving, and then carry on serving until 10pm. Smaller restaurants are more flexible, and if you're hungry out of hours they'll be happy to accommodate you. Shànghǎi also stays up late, so there are plenty of spots where you can dine in the wee hours. Popular places open 24 hours, or close to it, include Bǎolúo Jiǔlóu (p159), Belagio Café (p167), the Changle Rd outlet of Bi Fēng Táng (p166), the Tongren Lu branch of City Diner (p163) and Guyi Hunan Restaurant (p159). Opening hours are included in all the restaurant reviews.

How Much?

Shànghǎi is China's capital of inequality and there are street stalls and restaurants catering to everyone from the migrant workers to the country's wealthiest citizens. In general though, count on spending at least ¥50 for a decent meal. Eating at a backstreet noodle or dumpling shop will on average cost about ¥10, while a nice dinner for two, Chinese or otherwise, will probably run between ¥100

and ¥200. The fanciest meals in the city are generally upwards of ¥400 per head. Remember that only top-end places take credit cards, so make sure you have enough cash on you.

PRICE RANGE FOR RESTAURANTS

YYY	over ¥150 a meal
YY	¥50-150 a meal
Y	up to ¥50 a meal

Booking Tables

Such is the passion for eating out that it's now advisable to book not just at the fancy upmarket places, but anywhere which is popular. At high-end restaurants like Jade on 36 (p162), Jean Georges (p151) and M on The Bund (p151), it's sometimes necessary to book a week ahead if you want a decent table with a view, especially if there's a big event on, like the Shanghai International Film Festival or the Formula 1 Grand Prix. Generally though, a couple of days in advance is OK. At other spots, a day ahead is normally fine. Even if you don't have a reservation, most places will do their best to squeeze you in after a wait.

Tipping

Tipping is mostly not done in Shànghǎi. If you do tip in a local restaurant, you might wind up with some good-natured soul running after you because they think you've forgotten your change. High-end international restaurants are another matter and while tipping is not obligatory, it is encouraged – but whether or not the wait staff receive their tips at the end of the night is uncertain. Hotel restaurants automatically add a 15% service charge.

Self-Catering

Shànghǎi has more than 5000 convenience stores, and most of them are open 24 hours. The most common supermarkets are Lawson, Kedi and Allday. A step up are the growing number of local supermarkets such as Hualian, Lianhua, Homegain (Jiǎdéli) and Tops (Dīngdīngxiān). Short-term visitors will find most of what they need here. Long-term visitors will need to look elsewhere for bread, dairy products, wine and meat. The eight branches of the French supermarket Carrefour and the four branches of City Shop are a good place to start. One convenient supermarket is in the basement of the Parkson

SNACKS

Shànghǎi has some great snacks (*xiǎo chī* or literally 'little eats') and it's worth trying out as many of them as possible. They are cheap and quick, and there's no need to labour through any pesky Chinese menus. What's more, the places to track them down – Shànghǎi's backstreets – are interesting in themselves.

Look out for *xiǎolóngbāo* (little steamer buns), Shànghǎi's favourite dumpling – copied everywhere else in China, but only true to form here. They are scrumptious, but there's an art to eating them as they are full of a scalding broth, with an interior hotter than a McDonald's apple pie. Tradition actually attributes the invention of the dumpling to Nánxiāng, a village north of Shànghǎi city. Dumplings are normally bought by the *lóng* (steamer basket), though large versions are sold individually for about ¥1 each.

Another Shanghainese speciality is the *shēngjiān*, similar to *guōtiē* (fried dumplings) and fried in a black pan with a wooden lid. Again, watch out for the palate-scorching scalding oil. Several Shanghainese restaurants serve *luóbosibing* (fried turnip cakes), which make a good beer snack.

Shuijiao (dumplings), which originated in northern China, are perhaps best described as Chinese ravioli – stuffed as they are with meat, spring onion and greens. They are sometimes served by the bowl in a soup, or alternatively dry, by weight (250g, or half a *jin*, is normally enough). Locals mix *lajiao* (chilli), *cù* (vinegar) and *jiàngyóu* (soy sauce) in a little bowl according to taste and dip the dumplings in. Note that vinegar and soy sauce look almost identical, although vinegar is slightly lighter in colour. The slippery buggers can be tricky to eat with chopsticks so don't wear your best shirt as you'll get sprayed in soy sauce whenever you drop them in the bowl. *Shuijiao* are often created by family minifactories – one person stretches the pastry, another makes the filling and a third spoons the filling into the pastry, finishing it off with a little twist.

A hugely popular winter feed is *huōguō* (hotpot), with several chain restaurants cornering the market. There are two varieties of hotpot: the Sichuān and the Mongolian. A typical Sichuān version is the circular *yuānyāng* hotpot, compartmentalised into hot (red) and mild (creamy-coloured) sections, into which you plunge vegetables and meats. Plucking the cooked chunks from the broth, diners douse them in spicy sauces and then tuck in. It's a sweat-inducing experience that should be done with a group. Mongolian hotpots differ in both appearance and flavour. These are typically a brass pot with a central stove, focusing on thin slices of lamb and vegetables with a nonspicy broth. Again, they are accompanied by sauces. Mongolian- and Korean-inspired barbecued meats are also popular.

Other street snacks include *chòu dòufu* (stinky tofu; the sharp aroma of which brings tears to the eyes), *yáng ròuchuàn* (lamb kebabs) and *dìguā* (baked sweet potatoes). Also look out for *málatàng*, a spicy soup into which are chucked skewer-loads of mushrooms, *dòufu*, cabbage, fish balls and noodles.

Keep an eye open for thousand-year eggs (*sānghuādàn*), duck eggs that are covered in straw and stored underground for long periods of time – the traditional recipe has them soaked in horse urine before burial! The yolk becomes green and the white becomes jelly. More interesting snacks available at markets include chickens' feet, pigs' ears, pigs' trotters and even pigs' faces.

department store (Map pp80–1) at Huaihai Rd and South Shanxi Rd. There's another, smaller supermarket in the basement of the Westgate Mall (Map pp98–9).

Other stores useful for self-caterers have been listed along with restaurants in the following neighbourhood sections.

THE BUND & EAST NANJING ROAD

外滩、南京东路

The Bund is Shànghǎi's international display window. Don't expect many memorable Chinese meals here, think more along the lines of the culinary tower of power at Three on the Bund: there's a seafood bar; lychee martinis and swirled marble at David Laris's

Laris; neo-Shanghainese at Jereme Leung's flamboyantly plush Whampoa Club; and fusion masterpieces from Jean-George at, wait for it, Jean Georges. Count on spending a minimum ¥300 to ¥400 per head at any of the Bund-side restaurants, unless you go for a set lunch deal.

Most local eateries in this area are street stalls – visit the food streets at Huanghe Rd or South Yunnan Rd (Map p62) for something quintessentially Shànghǎi.

WÁNG BǎOHÉ JIǔJIǎ

Map p62

王宝和酒家

☎ 6322 3673; 603 Fuzhou Rd; 福州路603号; set menu from ¥300; ☎ 11am–1pm, 5–8.30pm;

☉ People's Sq

Over 250 years old, this restaurant is a Shànghǎi institution and so it's a stop on

Shanghainese YYY

the tour-group circuit. Its fame rests on its extravagant selection of crab dishes, all of which can be washed down with Wáng Bǎohé's own special Shàoxīng-style wine. The place comes into its own during hairy-crab season between October and December, when it's crammed. There's now an English menu, but it's not cheap and it's wise to reserve. The all-crabs-must-die set menus (¥300 to ¥880) are the best option. Otherwise, it's ¥80 a dish.

JEAN GEORGES Map p62

Fusion YYY

法国餐厅 Fǎguó Cāntīng

☎ 6321 7733; 4th fl, Three on the Bund, 3 East Zhongshan No 1 Rd; 中山东一路3号4楼; mains from ¥218, set lunch ¥188; ☎ 11.30am–2.30pm, 6–11pm; ☉ East Nanjing Rd

Somewhere between Gotham City and new Shànghǎi is Jean-George Vongerichten's dimly lit, wood-floored, copper-appliquéd temple to gastronomy. The French-born Manhattan chef knows how to skim the cream off the city's expanding economy, but you get the culinary adventures you pay for. Palate-pleasers include black cod with sesame seeds and citrus, a foie gras brulee and an excellent soft-shell crab with cucumber, lime and ginger starter. And don't forget the dessert plates. If you want a table with a window view, book a week ahead.

SENS & BUND Map p62

Continental YYY

☎ 6323 9898; 6th fl, Bund 18, 18 East Zhongshan No 1 Rd; 中山东一路18号6层; mains from ¥158, 2-/3-course set lunch ¥188/228, 4-/7-course set dinner ¥638/938; ☎ 11.30am–2.30pm, 6.30–9.45pm; ☉ East Nanjing Rd

It probably won't make your list if you're in town for no more than a couple of days, but this outpost of the celebrated Poulcel twins' culinary empire is popular with visiting businessmen and moneyed locals. French chefs Jacques and Laurent remain true to form in Shànghǎi, combining local ingredients with time-tested southern French techniques. The seared foie gras (¥210) and turbot with vanilla scented potato and baby artichokes (¥300) will hit the spot.

M ON THE BUND Map p62

Continental YYY

米氏西餐厅 Mǐshì Xīcāntīng

☎ 6350 9988; 7th fl, 20 Guangdong Rd; 广东路20号7层; mains from ¥178, 2-/3-course set lunch ¥188/218; ☎ noon–2.30pm, 6–10.30pm;

☉ East Nanjing Rd

There was a time, back at the turn of the 21st century, when M was Shànghǎi's only gourmet restaurant. That's no longer the case, although the intimate Art Deco dining room is still a fine place to eat, while the 7th-floor terrace offers fantastic Bund views. The menu here is less radical and original than at some of the other high-end Bund restaurants, but the chefs know their stuff and the atmosphere is pleasant. They do a classic leg of lamb (¥218), as well as a fine herb-encrusted sea bass (¥198). Finish off with drinks in the *Glamour Bar* (p174).

KATHLEEN'S 5 Map p62

American YYY

赛玛西餐厅 Sàimǎ Xīcāntīng

☎ 6327 2221; 5th fl, Shanghai Art Museum, 325 West Nanjing Rd; 南京西路325号上海美术馆5层; mains from ¥145, 2-/3-course set lunch ¥120/140, afternoon tea ¥78; ☎ 11.30am–3pm, 5.30–10.30pm; ☉ People's Sq

Kathleen's 5 is all about the location: it's set on the roof of the gorgeous *Shanghai Art Museum* (p70) in a glass-encased dining area, providing great leafy views of the

top picks

FOOD STREETS

For all kinds of restaurants to suit all kinds of budgets, Shànghǎi has several streets devoted almost exclusively to the art of feeding your face.

- **South Yunnan Rd** (Map p62) Houses some interesting speciality restaurants. Gigantic Xiǎo Shàoxīng, at No 118, specialises in cold boiled chicken, while Xiǎo Jīnlíng, at No 28, does salted duck. You can also get Peking duck, Muslim noodles and Uighur kebabs here.
- **Wujiang Rd** (Map pp98–9) A typically frenzied night market street off West Nanjing Rd. There's nothing special here but it's got a great atmosphere, and there are lots of cheap (Chinese menu only) places.
- **Huanghe Rd** (Map p62) Behind the Park Hotel and just off East Nanjing Rd. You'll find seafood at Qiánlóng Měishí (No 72), Chóngqīng claypot chicken next door and vegetarian eats at Lotus (Qīnglián Piāoxiāng; No 134).
- **Grand Gateway** (Map p126) A food street of sorts, this centre includes branches of Wújīng Tāng, Harn Sheh Teahouse and the demonically tasty Kyros Kebab. Next door is a huge collection of restaurants called the Hongji Free Plaza (Map p126).

park during the day, and Renmin Square's bright blinking towers by night. The contemporary American food, tenderloin steak (Y190) and pan-fried turbot (Y190), is somewhat less inspiring than the setting, but the set lunch is a decent deal. The separate bar is a popular, if pricey spot, especially if you can grab a seat on the outside terrace.

RUZZI Map p62 Italian Y

如滋 Rúzi
☎ 6361 0040; 528 Fuzhou Rd; 福州路528号;
pizzas from Y35, set lunch Y28; ☎ 11am-10pm;
☉ People's Sq

A bright orange-and-blue café with wi-fi access, Ruzzi makes for a good cheap lunch option. The Italian-themed food includes pasta, pizza and salads. The pizzas (including an option for Peking duck topping) get better marks than the pasta.

XĪNYǎ YUÈCǎIGUǎN Map p62 Cantonese Y

新雅粤菜馆
☎ 6322 4393; 719 East Nanjing Rd; 南京东路719号; dishes from Y18; ☎ 11am-2pm & 5-9pm;
☉ People's Sq

It's refreshing to see a Shànghǎi restaurant that has avoided the temptation to go all chic and minimalist. Xīnyǎ (Sunya in Cantonese) is a huge restaurant, dating from 1927, which now adjoins the Ramada Plaza. The 2nd floor serves dim sum during the day, while other floors dish up à la carte Cantonese cuisine. Try the roasted crispy duck (Y78) and the dependable beef in oyster sauce (Y30), or be more adventurous

BUFFET BLOWOUTS

Shànghǎi's big hotels offer some of the city's best splurges, although they're no longer quite as cheap as they once were. Nevertheless, Sunday brunch has become a tradition in the expat community and the free-flow champagne is a wonderful way to cure those Sunday blues. Try the unlimited Moët & Chandon champagne-and-jazz brunch (Y418) in the Tea Garden at the **Portman Ritz-Carlton** (p201), which features lobster, smoked salmon, sushi, imported cheeses, pistachio soufflé, Belgian waffles, French pastries...well, you get the picture. Other popular brunches include the **Westin Shanghai** (p191; with champagne Y418), **Four Seasons** (p200; with/without champagne Y488/348), 360-degree brunch at the **JW Marriot Tomorrow Square** (p201; with champagne Y418) and the **Sheraton Grand Taipingyang** (p202; with sparkling wine Y238). Most of these places have supervised kids' corners.

Afternoon tea (usually 3pm to 6pm) is another decadent way to spend an afternoon in Shànghǎi. Good places include the **Four Seasons** (p200; Y140) and the **Grand Hyatt** (p198; Y120). But, again, the daddy of them all is high tea (Y198) at the **Portman Ritz-Carlton** (p201), either Chinese-style with dim sum and green tea or Western-style with scones, strawberries and a glass of Moët & Chandon, all to the soothing sounds of a string quartet.

Other options include the seafood buffet at the Art 50 revolving restaurant at the **Novotel Atlantis** (p200; Y238, not including drinks), the international buffet at the **Pudong Shangri-La** (p199; lunch/dinner Y98/Y238) and at the **Sofitel Hyland Hotel** (p192; lunch/dinner Y158/Y198). Remember that all hotels tag on an extra 15% service charge.

with the stewed snake in a secret recipe. English menu.

LǎOKÈ LÈ Map p62 Chinese Y

老克勒
☎ 5375 6008; 82 Huanghe Rd; 黄河路82号;
dishes from Y16; ☎ 10.30am-midnight;
☉ People's Sq

In Shanghainese, the name of this friendly and clean noodle stop translates as 'upper middle class'. That's stretching the truth, but they do offer a selection of good and cheap noodle dishes, as well as solid smoothies (from Y16). It's a convenient place for lunch if you're touring the area. Picture menu.

DŌNGHǎi KĀFÈIGUǎN Map p62 Café Y

东海咖啡馆
☎ 6321 1940; 145 East Nanjing Rd; 南京东路145号; set meals Y13-18, coffee Y20; ☎ 8am-10.30pm, set meals 11am-1pm & 5-8pm only;
☉ East Nanjing Rd

A place with cheap food within reach of the Bund! If you're trekking up and down East Nanjing Rd on a budget, the Dōnghǎi is a real lifesaver. Downstairs serves decent coffee (and beer), while the set meals include soup, one main dish and rice. There are also Chinese pastries.

XÌNGHUǎ LÓU Map p62 Cantonese Y

杏花楼
☎ 6355 3777; 343 Fuzhou Rd; 福州路343号; dim sum from Y10, dishes from Y20; ☎ 7.30am-9pm;
☉ East Nanjing Rd

This old-school dinosaur has been pumping out quality Cantonese dishes and dim

sum since the reign of Emperor Xianfeng (r 1851-61). There is something for everyone here, with a bakery selling steamed buns, a ground-floor canteen serving oily hot-and-sour soup and Cantonese dim sum (like *shāomài* – meat-filled pockets of noodle dough), and an upper-floor restaurant offering reasonably priced Cantonese food. Ask for the English menu.

WŪYUÈ RÉNJIǎ Map p62 Noodles Y

吴越人家
☎ 6322 1842; 479 East Nanjing Rd; 南京东路479号; noodles from Y8; ☎ 9am-10.30pm; ☉ East Nanjing Rd

Hidden in a side-street basement off East Nanjing Rd, this cool little place serves great bowls of Suzhou noodles in an old-style teahouse. Choose between *tāng* (soupy) or *gān* (dry) noodles; in either case the flavouring comes on a side plate. The excellent *xiāobào shànběi miàn* comes with shrimp and fried eels (Y17). English menu. There are also branches in the **French Concession** (Map pp80-1; No 10, Lane 706 Central Huaihai Rd, cnr South Wulumuqi Rd & Yongjia Rd; 淮海中路706弄10号) and **Hóngkǒu** (Map p104), south of Lu Xun Park. Picture menu.

SHANGHAI NO 1 FOOD STORE

Map p62 Provisions

上海市第一食品商店 Shànghǎi Shì Dìyī Shípín Shāngdiàn
720 East Nanjing Rd; 南京东路720号;
☎ 9.30am-10pm; ☉ People's Sq

Braze the crowds here to check out the amazing variety of dried mushrooms, ginseng and sea cucumber, as well as more tempting snacks like sunflower seeds, nuts, dried fruit and a good range of chocolate. There's a very small selection of Western food on the 2nd floor. Built in 1926, this used to be the Sun Sun, one of Shànghǎi's big department stores.

OLD TOWN 南市

The Yuyuan Gardens area offers plenty of snack food, a couple of famous old restaurants and branches of most major chains.

SPICE MARKET Map p74 Southeast Asian Y

香料世界 Xiāngliào Shìjiè
☎ 6384 6838; 8 Jinan Rd; 济南路8号;
mains from Y30, set lunch Y68, set dinner from Y150; ☎ 11.30am-2pm & 5.30-10.30pm;
☉ South Huangpi Rd

Spice Market is a *Who's Who* of Asian dishes, from *pad thai* to *nasi goreng*, along with more interesting fare like the grilled whole fish with chilli, dry shrimps and coconut stuffing (Y88). Thai dishes are authentically fiery, with sweet tamarind sauce to cool the mouth, and there are lots of lime, coconut and satay tastes. The décor is divided into traditional Thai, Singapore and Malay seating.

CAFÉ TRANSAT Map p74 Café YY

香啡阁 Xiāng Fēi Gé
☎ 5382 8370; 8 Jinan Rd; 济南路8号;
mains from Y52, coffee Y35; ☎ 7am-midnight;
☉ South Huangpi Rd

With a big outdoor terrace at the front, a smaller garden area out back and a nice range of Asian and Western food, including great sandwiches that come with chips (from Y53), this is a popular place for breakfast and lunch or an afternoon coffee. Wi-fi access. They also sell real coffee.

GREEN WAVE GALLERY

Map p74 Chinese YY

绿波廊酒楼 Lǜbōláng Jiǔlóu
☎ 6328 0602; Yuyuan Bazaar, 115 Yuyuan Rd;
老城隍庙内豫园路115号; dishes from Y50;
☎ 11am-11pm; taxi

Four groups flock to this traditional building, partly because of its location overlooking the **Mid-Lake Pavilion Teahouse** (see p73), and partly because the décor and views fit the quintessential image of old China. The food's not bad, but it is overpriced.

SŌNGYUÈLÓU Map p74 Chinese, Vegetarian Y

松月楼
☎ 6355 3630; 99 Jiujiaochang Rd; 旧校场路99号; soup from Y15, dishes from Y25; ☎ 7am-7.30pm; taxi

Shànghǎi's oldest veggie restaurant, dating back to 1910, this place offers a far cheaper and more authentic dining experience than most of the tourist-saturated restaurants in the area. There's the usual mix of tofu masquerading as chicken and pork, as well as a good range of soups.

ZENTRAL Map p74 Café Y

膳趣健康膳食 Shànqù Jiànkāng Shànshí
☎ 6374 5815; www.zentral.com.cn; 567 South Huangpi Rd; 黄陂南路567号; mains from Y23;
☎ 10am-10pm; ☉ South Huangpi Rd

If you crave an alternative to oily Shanghainese fry-ups but your wallet is as empty

as your stomach, Zentral is your best bet. There are breakfast sets (from Y25), salads, sandwiches (from Y35), Asian sets with brown rice and sugar-free desserts. The menu even offers the calories and fat content of each dish. The food itself is unremarkable but the location is useful, there is a comfy sofa and they deliver.

NANXIANG STEAMED BUN RESTAURANT

Map p74 Dumplings Y

南翔馒头店 Nánxiāng Mántou Diàn
378 Fuyou Rd, Yuyuan Bazaar; 豫园商城福佑路378号; 6 dumplings takeaway Y10, eat in Y20, set menu Y50; ☎ 10am-9pm; taxi

Although this is Shànghǎi's most famous dumpling restaurant, it's also overrated and overpriced. Hordes of tourists, both domestic and foreign, descend on the place and you won't even get near it on weekends. If you do get a table, then the service is perfunctory and you can find equally tasty and cheaper *xiǎolóngbāo* (steamed dumplings) at street stalls around the city. The takeaway deal is better, but the queue snakes half-way around the Yuyuan Bazaar.

FRENCH CONCESSION

法租界

The French Concession is home to the biggest and most diverse selection of restaurants in Shànghǎi. Some of the best local and foreign food is here; everything from Asian fusion cuisine to sushi, via barbecue and Mediterranean flavours. Whatever it is you crave, you should be able to find it. Xintiāndì is home to many of the more up-market places, but restaurants are scattered throughout the Concession and you'd have to eat out an awful lot to get around them all. Better get busy then.

MESA

Map pp80-1 Fusion YYY

魅莎 Mèishā
☎ 6289 9108; 748 Julu Rd; 巨鹿路748号; mains Y158-238; ☎ 11.30am-3pm & 6-11pm Tue-Fri, 6-11pm Mon, 9.30am-11pm Sat & Sun; ☎ Jing'an Temple

For fine dining in a casual atmosphere, Mesa is a good spot. The former factory has been renovated just enough to be *en vogue*, but touches like exposed steel support beams remind you to leave the tie at home.

The menu appears to have roots somewhere in France, but it has since adapted to its own distinctive Australasian niche. Starting temptations run from the *charcuterie* plate, with pistachio sausage, to the endive, gorgonzola and Asian pear salad. The mega-popular weekend brunches (from Y80) are kid-friendly too. Upstairs is the swish bar *Manifesto* (p185). Reserve.

T8

Map pp80-1 Fusion YYY
☎ 6355 8999; No 8, North Block, Xintiāndì, 181 Taicang Rd; 太仓路181弄新天地北区8号; mains from Y198, 2-/3-course set lunch Mon-Fri Y158/198, Sat & Sun Y198/228; ☎ 11.30am-2.30pm & 6.30-11.30pm; ☎ South Huangpi Rd

T8 is designed for seduction, which it does exceptionally well. The renovated grey-brick *shikūmén* (stone-gate house) is the perfect setting for the dark, warm interior, decorated with antique Chinese cabinets, carved wooden screens and the striking feng shui-driven entrance. The menu is 'modern Mediterranean with Asian influences' - T8's signature dish is *Sichuān* high pie with yellow coriander bisque (Y238). Shànghǎi's celebs love this place. Reserve.

VA BENE

Map pp80-1 Italian YYY

华万意 Huá Wányì
☎ 6311 2211; No 7, North Block, Xintiāndì, 181 Taicang Rd; 太仓路181弄新天地广场北里7号; mains from Y98, 2-course set lunch Y138; ☎ 11.30am-3pm & 6-11pm Sun-Thu, 6-11.30pm Fri & Sat; ☎ South Huangpi Rd

Xintiāndì's northern end is packed with top-end eateries and this is another trendy place, with an emphasis this time on basil and olive oil. The interior has an opera-set feel, with lots of terracottas, yellows and browns, and there's nice conservatory seating. The set lunch is more manageable than the *à la carte* menu, where most mains are in the Y150 to Y300 range (though the tasty pizzas are Y138). Reserve in the evening.

DES LYS

Map pp80-1 French YY

德丽滋 Délizi
☎ 5404 5077; 178 Xinle Rd; 新乐路178号; mains from Y88; ☎ 9am-midnight; ☎ Changshu Rd

The closest thing in Shànghǎi to a genuine bistro, this French-run place is especially useful because it caters for parties too. The city's many young French expats flock here

for the couscous and beef steak, although the marlin steak is better. But it's the desserts which really get the regulars salivating. The apple crumble and chocolate fondant are equally fantastic. You might have to try them both. The house wine is Y48 a glass.

LAN NA THAI

Map pp80-1 Thai YY

兰纳泰餐厅 Lán nà tài Cǎn tīng
☎ 6466 4328; Bldg 4, Ruijin Guest House, 118 Ruijin No 2 Rd; 瑞金2路118号4号楼; mains from Y75; ☎ noon-2.30pm & 5.30-10.30pm; ☎ South Shanxi Rd

Upstairs from *Face* (p185), the sensuous woodcarvings, cobalt-blue walls and small terrace make this one of the most stylish restaurants in town. It's a favourite for high-flyers who can afford the great Thai salads (try the lemongrass shrimp salad), green curries and subtle desserts, such as crunchy water chestnut in dough in chilled coconut milk with jackfruit. Eat here in mid-April for a special Song Kran festival menu. Reserve.

OOEDO

Map pp80-1 Japanese YY

大江户 Dàjiānghù
☎ 5403 5877; 30 Donghu Rd; 东湖路30号; buffet Y200; ☎ 11.30am-2pm, 5.30-11pm; ☎ South Shanxi Rd

Ooedo is one of the nicest Japanese restaurants in Shànghǎi, with little touches like the kimono-clad wait staff and open sushi bar setting it apart from numerous competitors. There are sashimi sets for Y150, but nearly everyone opts for the all-you-can-eat sushi, tempura and sake buffet (Y200).

QUÁNJÜDÉ

Map pp80-1 Peking Duck YY

全聚德
☎ 5403 7286; 4th Fl, 786 Central Huaihai Rd; 淮海中路786号4层; roasted duck from Y68; ☎ 11am-2pm & 5-10pm; ☎ South Shanxi Rd

This is a branch of the famous Peking duck restaurant chain, offering more than 100 dishes made from every conceivable part of a duck's anatomy. The big draw, of course, is the juicy roasted duck, served with pancakes, scallions and plum sauce. You can get half of one with all the trimmings for Y69. The deluxe version is rounded off with a soup, essential for digestion if you've stuffed yourself. The brave should order fried scorpions with liver (Y68), another speciality.

KABB

Map pp80-1 American YY

凯博西餐 Kǎibó Xīcǎn tīng
☎ 3307 0798; No 5, North Block, Xintiāndì, 181 Taicang Rd; 太仓路181号北区5号; mains Y65-85; ☎ 7am-midnight, later on weekends; ☎ South Huangpi Rd

For those times when the desire to chew becomes overpowering, this smart American grill hits the spot, delivering authentic American-portioned comfort food at mid-range prices. There's a good selection of main-course salads, burgers and wraps. The outdoor café-style seating is particularly popular for a slower-paced Sunday brunch, when the menu stretches to French toast with bananas and walnut syrup, and eggs Benedict - all with unlimited coffee.

VEDAS

Map pp80-1 Indian YY

☎ 6445 8100/6445 3670; 550 Jianguo West Rd; 建国西路550号; mains from Y60; ☎ 11.30am-2pm & 5.30-11pm; ☎ Hengshan Rd

Shànghǎi's best Indian restaurant presents classic northern Indian cuisine, with a smattering of vegetarian dishes from south India, in a soothing atmosphere. You can sample one of the decent cocktails (from Y45) in the separate bar area before heading into the main dining room for your rogan josh or korma. As with all Indian restaurants on the mainland, it would be nice if the curries had a bit more bite but the flavours are spot on.

SHINTORI NULL II

Map pp80-1 Japanese YY

新都里无二店 Xīndūlǐ Wú'èr Diàn
☎ 5404 5252; 805 Julu Rd; 巨鹿路805号; mains from Y60; ☎ 6-10.30pm; ☎ Jing'an Temple

Once you've actually managed to get into *People 7* (p186) and been impressed, head next door and prepare for your jaw to drop, again. The warehouse industrial-chic interior resembles a Peter Greenaway film, from the eye-catching open kitchen, which looks like it should house Hannibal Lector, to the sleek staff running around like an army of ninjas. The menu is equally witty; try the cold noodles (Y60), which come in a bowl made of real ice. The green-tea tiramisu (Y45) is a classic Shànghǎi fusion dish. Reserve.

ITOYA

Map pp80-1 Japanese YY

伊藤家 Yīténgjiā
☎ 5382 5777; 3rd Fl, Shanghai Central Plaza, 381 Central Huaihai Rd; 淮海中路381号3楼; set meals Y50-70; ☎ 11am-2pm & 5-11pm; ☎ South Huangpi Rd

Itoya is a popular chain that offers solid lunch specials (Y50) and other set meals – from grilled eel to sushi and sukiyaki – all served with salad, miso soup, pickles and snacks. Wherever there are Japanese offices, you can be sure there's an Itoya branch nearby, such as in the **Kerry Centre** (Map pp98–9) and the **Maxdo Centre** (Map p121).

PUNJABI Map pp80–1 Indian YY

本杰比 Bēnjiébi
 ☎ 6472 5464; 2nd fl, 102 South Xiangyang Rd; 襄阳南路102号2楼; set lunch Y49, dinner buffet Y85; ☎ 11.30am–11.30pm; 📍 South Shanxi Rd
 The set lunch/dinner deals are the main reason to search out the Punjabi. The set dinner (Y85) with all-you-can-drink Tsingtao beer makes this a decent place to start the evening. The set lunch (Y49), including two curries, dhal, raita and dessert, is also a good deal. Despite the pukka Hindi music, the large hall is better suited to groups than couples. There are other branches in Pūdōng and Gūběi.

A FUTURE PERFECT Map pp80–1 European YY

☎ 6248 8020; No 16 Lane 351, Huashan Rd; 华山路351弄16号; breakfast from Y45; ☎ 7am–midnight; 📍 Changshu Rd
 This is a hipster hangout, whether for breakfast, weekend brunches or evening drinks (cocktails from Y50). The food here is a top-quality mix of western classics, like the Strammer Max breakfast (two eggs on chive buttered farmers bread; Y45), or the superb salads, and the ingredients are superfresh. There's a fair amount of attitude floating around this place, but that's all part of the vibe. There's a pleasant outside area too. It's inside the **Old House Inn** (p198).

SIMPLY THAI Map pp80–1 Thai YY

天泰餐厅 Tiāntài Cāntīng
 ☎ 6445 9551; 5c Dongping Rd; 东平路5号C座; mains from Y45; ☎ 11am–10.30pm; 📍 Changshu Rd
 Justifiably popular and ever-expanding chain of Thai restaurants which serve up reasonably priced classic dishes such as green and red curries (Y55) and tom yum Soup (Y45) as well as ones, like the Thai-style straw mushroom salad with mango (Y48), that are rather more quirky. This branch has a nice tree-shaded patio,

perfect for alfresco dining in the warmer months. A less intimate branch is at **Xintiāndi** (Map pp80–1; ☎ 6326 2088; cnr Madang Rd & Xingye Rd; 马当路与兴业路路口) or there's one in **Hóngqiáo** (Map p123; ☎ 6465 8955; House 28, Lane 3338, Hongmei Entertainment Street; 虹梅路3338弄虹梅休闲街28号). They deliver too.

YE SHANGHAI Map pp80–1 Shanghainese YY

夜上海
 ☎ 6311 2323; 338 Huangpi South Rd, Xintiāndi; 黄陂南路338号新天地; dishes from Y42; ☎ 11.30am–2.30pm & 6–10.30pm; 📍 South Huangpi Rd
 Ye offers sophisticated if slightly unchallenging Shanghainese cuisine in classy surroundings, which makes it a favourite with visitors. The drunken chicken and smoked fish starters are excellent and the crispy duck comes with good thick pancakes (Y85 for half a duck). The eggplant with minced pork and a garlic chilli sauce (Y46) doesn't disappoint either. On the spacious 2nd floor a pianist tinkles the ivories, while the entire downstairs area is a smoke-free zone, a rarity in Shànghǎi. There's an extensive wine list starting at Y190 a bottle.

AZUL/VIVA Map pp80–1 Tapas, Fusion YY

☎ 6433 1172; 18 Dongping Rd; 东平路18号; tapas from Y40, mains from Y80; ☎ 11am–11pm; 📍 Changshu Rd
 Peruvian chef Eduardo Vargas specialises in hip fusion food with the flavours of South America prominent. Rough-hewn stone seating and shimmering gold and violet décor set the scene at the downstairs tapas bar, Azul, where the Latin influence is to the fore thanks to the Peruvian beef tapas (Y50), *cerviche* (Y40), margaritas and pitchers of sangria (Y198). Upstairs is Viva, which is more of a restaurant, despite the couches to recline on. But the menu is the same. The seafood, including the Azul sea bass (Y120), is particularly good. Reserve.

LOST HEAVEN Map pp80–1 Yunnan YY

花马天堂 Huāmǎtiāntáng
 ☎ 6433 5126; 38 Gaoyou Rd (south of West Fuxing Rd); 高邮路38号; dishes from Y40; ☎ 11am–2pm & 5–11pm; taxi
 In a town of notoriously fickle diners, Lost Heaven has maintained its status as perhaps the most fashionable expat eatery longer than many restaurants have in the past. Located on a quiet street in Shànghǎi's most

desirable neighbourhood, it's stylish and atmospheric with subdued red lighting and a giant Buddha dominating the main dining area. The menu offers a Western take on the cuisine of southwest China. The food is delicately flavoured and nicely presented, although purists will bemoan the way some of them, like the Dali chicken with green pepper and onion (Y60), aren't as spicy as they should be. The Yunnan vegetable cakes (Y45) come with a salsa-like garnish and make a fantastic starter. Reserve.

ARUGULA Map pp80–1 European YY

☎ 6433 8577; No 2, Lane 49, West Fuxing Rd; 复兴西路49弄2号; dishes from Y40; ☎ 10am–11pm Sun–Thu, 10am–2am Fri & Sat; 📍 Changshu Rd
 Located in a garish, orange-coloured three-storey house in an alley off West Fuxing Rd, this hip restaurant is a good place to eat and drink. The menu mixes Mediterranean flavours: the house special Arugula Canard Salad (Y48) features slices of duck breast with cherry tomatoes and an orange dressing, with more hearty European dishes, such as pasta (from Y45), lamb chops and steaks (Y110). There's a strong cocktail menu (from Y45) and it's an excellent spot for long, lazy weekend brunches. Reserve.

NEPALI KITCHEN Map pp80–1 Nepalese YY

尼泊尔餐厅 Níbó'ěr Cāntīng
 ☎ 5404 6281; No 4, Lane 819, Julu Rd; 巨鹿路819弄4号; mains from Y35, set lunch Y45–60, set dinner Y80–95; ☎ 11am–2pm & 6–11pm; 📍 Jing'an Temple
 Reminisce about that Himalayan trek over a plate of Tibetan *momos* (meat or vegetable dumplings; Y30) or a chicken choila (Y35) amid prayer flags in this homey, lodge-like place. For a more laid-back meal, take your shoes off and recline on traditional cushions, surrounded by colourful *thangkas* and paper lamps. Prices are higher than the Annapurna Circuit, but then you're not just eating *dhal bhat*. Both the set lunch and dinner (vegetables pay less than meat-eaters) are a good bet, with traditional Nepali dishes such as *sekuwa* (grilled beef) and *sikarni* (yogurt).

PEOPLE 6 Map pp80–1 Chinese YY

人间窝六店 Rénjiān Qióngliù Diàn
 ☎ 6466 0505; 150 Yueyang Rd; 月阳路150号; dishes from Y35; ☎ 11.30am–2pm & 6pm–1am; 📍 Hengshan Rd

Number 6 is a more of a dining option than its sibling **People 7** (p186), with café-style window seating or upstairs dining with a bird's-eye view down on to the bar. But the menu is a similar mix of reasonably priced Asian fusion cuisine. The tables and moody low lighting make it a good place for an intimate dinner. There's a nice bamboo-lined approach down a winding path, before you reach the *Star Trek*-like door. It's marginally easier to open than the door at People 7.

YIN Map pp80–1 Chinese YY

音
 ☎ 5466 5070; Jinjiang Hotel Gate No 2, 59 South Maoming Rd; 茂名南路59号老锦江2号门牌; dishes from Y35, set menu for two Y150; ☎ noon–2.30pm & 6pm–midnight; 📍 South Shanxi Rd
 A throwback to the 1930s, Yin emanates soft, jazzy decadence with its hardwood flooring, antique hanging screens, *qipáo*-clad waitresses and Ella Fitzgerald on the stereo. But if they are traditionalists here, they're simultaneously visionaries. The kitchen has adopted older cooking techniques – back from the days before MSG – and prepares standout regional dishes from across China, including the superbly named 'squid lost in a sandstorm' (Y38). Not a place to miss, it's in a lane inside the Jinjiang Hotel compound and behind South Maoming Rd. English menu.

INDIAN KITCHEN Map pp80–1 Indian YY

印度小厨 Yīndù Xiǎochú
 ☎ 6473 1517; 572 Yongjia Rd; 永嘉路572号; mains from Y35, set lunches Mon–Fri only Y30–40; ☎ 11.30am–2.30pm & 5.30–11.30pm; 📍 Hengshan Rd
 One of Shànghǎi's growing number of Indian restaurants, this is a popular place, especially with expat Brits yearning for a taste of their national cuisine. All the classics are on the menu, from kormas to vindaloes and they deliver too. Nevertheless, true curry fiends will find it a little tame. The set lunch, which isn't available at weekends, is a good deal. There's another branch in **Hóngqiáo** (Map p123; ☎ 6261 0377; House 8, 3911 Hongmei Rd; 虹梅路3911号8号房).

DELIFRANCE Map pp80–1 Sandwiches YY

德意法兰新 Déyí Fālǎnxīn
 ☎ 5382 5171; Central Plaza, 381 Central Huaihai Rd; 淮海中路381号; lunch specials Y29–41; ☎ 8am–10pm; 📍 South Huangpi Rd

Fans of the Hong Kong version might be a little disappointed with this one, but for Shànghǎi office workers and Huaihai Rd shoppers this brasserie-style coffee shop is a blessing (think gleaming brass and Edith Piaf on the stereo). Lunch specials include coffee, soup and sandwiches. It's also the only place in town to get a chicken curry baguette. There's another branch inside the **Raffles City shopping mall** (Map p62; ☎ 6340 3916; 268 Xizhang Rd; 西藏路268号).

LE GARÇON CHINOISE

Map pp80–1 Spanish, Vietnamese YY

上海乐加尔松 Shànghǎi Lèjiǎ Ēr Sōng
☎ 6445 7970; No 3, Lane 9, Hengshan Rd; 衡山路9弄3号; dishes from Y28, set menu for 2 Y150; ☎ noon-2pm & 6pm-1am; ② Hengshan Rd
Housed in a lovely old wood-panelled villa down a winding lane off Hengshan Lu (it's next door to **Yang's Kitchen**, p160), this is one of Shànghǎi's most romantic venues. There are actually two restaurants in one here: on the 1st floor the Spanish chef turns out simple, classic tapas, while on the 2nd it's Vietnamese dishes. The Hanoi fish in turmeric and marinated with fresh herbs (Y65) comes with glass noodles and is superb. Also noteworthy is the sour fish soup (Y50) and the chicken with lemongrass (Y45). There's a nice bar (the wine list starts at Y200 a bottle) for predinner drinks and there are small nonsmoking sections here too. Reserve.

XIAN YUE HIEN

Map pp80–1 Shanghainese, Cantonese YY

申粤轩酒楼 Shēnyuèxuān Jiǔlóu
☎ 6251 1166; 849 Huashan Rd; 华山路849号; dishes from Y28; ☎ 11am-2.30pm & 5.30pm-midnight; taxi

The Ding Xiang Garden, originally built for the concubine of a Qing dynasty mandarin, is now reserved for retired Communist Party cadres, so the only way you'll get to peek behind the undulating dragon wall is to eat at this serene restaurant. Stroll past the octogenarian officials in wheelchairs reminiscing about the good old days when the Chairman was running things and then sample classic Shanghainese and Cantonese dishes such as lion's head meatballs (Y56). The seafood dishes can get very expensive here, but the real draw is the dim sum, served overlooking the lawn on mornings and afternoons. Picture menu.

DĪ SHUǐ DÒNG

Map pp80–1 Hunanese YY

滴水洞饭店
☎ 6253 2689; 2nd fl, 56 South Maoming Rd; 茂名南路56号2层; dishes Y28-48; ☎ 10am-12.30am; ② South Shanxi Rd

Along with **Guyi Hunan Restaurant** (opposite), Dī Shuǐ Dòng is the discerning local's choice for fiery Hunanese cooking. Named after a cave in Chairman Mao's home village of Shaoshan, it's a refreshingly unpretentious and friendly place, while the food is consistently good and authentic. Try the chicken and chilli claypot or the classic boiled frog (both Y48) and cool down with plenty of beers (Y12 a bottle). Milder dishes include spare ribs and braised spring chicken with ginger, plus the crowd-pleasing caramelised bananas for dessert. There's another **branch** (Map pp80–1; ☎ 6415 9448; 5 Dongping Rd; 东平路5号). English menu. Reserve.

TAPAS BAR

Map pp80–1 Spanish YY

三乐维 Sānlèwéi
☎ 6415 9567; 207-4 South Maoming Rd; 茂名南路207-4号; tapas from Y25; ☎ 11am-2am; ② South Shanxi Rd
Flamenco music, candles, tapas...how the heck did this place end up on Maoming Rd? This is the only venue on the block that you could conceivably come to with a date, unless your sole intention was for both of you to get smashed. It offers 54 different types of tapas, as well as a decent wine list (bottles from Y220). There's a sister establishment in Hóngqiáo, which has an outdoor seating area and a rather more salubrious vibe: **Las Tapas** (Map p123; ☎ 6465 8345; House 33, Lane 3338, Hongmei Entertainment Street; 虹梅路3338弄虹梅休闲街33号).

top picks

PLACES TO SPLURGE

- **Jade on 36** (p162) Unbelievable food in every sense and a stunning setting.
- **Three on the Bund** (Map p62) Jean Georges (p151), Whampoa Club (5th fl; ☎ 6321 3737) and Laris (6th fl; ☎ 6323 3355) – a cabal of top-name chefs, all in one building.
- **T8** (p154) For celeb-spotting and seduction.
- **Wáng Bāohé Jiǔjiǎ** (p150) The place to shell out for a hairy crab banquet.

1001 NIGHTS

Map pp80–1 Middle Eastern YY

一千一夜餐厅 Yīqiānyíyè Cāntīng
☎ 6473 1178; 4 Hengshan Rd; 衡山路4号; mezzes Y25-50, mains Y48-80; ☎ 11am-2am; ② Hengshan Rd

The stars of the show here – apart from the Uighur belly dancers (from 8pm to 11pm) of course – are the mezzes and salads, with everything from tabbouleh to *baba ganoush*. Heavier fare stretches to grilled meats and couscous, but be sure to leave space for a baklava, Turkish coffee and perhaps a toke on the hookah to round the evening off.

GUYI HUNAN RESTAURANT

Map pp80–1 Hunanese YY

古意湘味浓 Gǔyì Xiāngwèinóng
☎ 6249 5628; 87 Fumin Rd; 富民路87号; dishes Y20-48; ☎ 11.30am-4am; ② Jing'an Temple
Shànghǎi's foodies divide into those who back this place to the hilt and others who prefer the more laidback charms of **Dī Shuǐ Dòng** (opposite). There's a more comprehensive menu here, including great *gāngūo* (hotpots, from Y58) featuring your choice of beef, chicken, crab or frog, and they stay open till 4am for those who like to spend the early morning consuming chillies. The dishes are very hot here, so take it easy. Reserve or be prepared to queue. English menu.

TAIRYO

Map pp80–1 Japanese YY

大渔 Dàyú
☎ 5382 8818; 139 Ruijin No 1 Rd; 瑞金1路139号; teppanyaki from Y20, buffet Y150; ☎ 11am-midnight; ② South Shanxi Rd

All-you-can-eat deals are popular in Shànghǎi, but nothing compares to Tairyō's teppanyaki steak house. The cooks here may lack the savoir-flair of true teppanyaki chefs, but the branches keep opening (there are now 11 around town) and no-one seems to be complaining. Don't limit yourself to the grill; there's also excellent sashimi and pitchers of sake – all included in the buffet – so start working up an appetite. There's another **branch** (Map pp80–1; ☎ 6445 4734; 15 Dongping Rd; 东平路15号).

BǎOLUÓ JIǔLÓU

Map pp80–1 Shanghainese YY

保罗酒楼
☎ 6279 2827; 271 Fumin Rd; 富民路271号; dishes Y18-55; ☎ 10.30am-4.30am; ② Changshu Rd
Gather up a boisterous bunch of friends and join the Shanghainese night owls

who queue down the street well into the early hours to get into this amazingly busy venue. Bǎoluó is typically chaotic, cavernous and packed – a great place to get a feel for Shànghǎi's famous buzz. The English menu isn't much help here (the translations are gibberish) so follow your nose and see what other tables are ordering. Try the excellent baked eel (保罗烤鳗, *bǎoluó kǎomán*; Y55), which isn't on the English menu, pot-stewed crab and pork (Y46) or lotus leaf roasted duck (Y38). Reserve or be prepared to wait, especially at weekends.

LEI GARDEN RESTAURANT

Map pp80–1 Cantonese, Dim Sum YY

利苑酒家 Lìyuànjiǔjiǎ
☎ 6445 3538; 6th fl, 755 Central Huaihai Rd; 淮海中路755号新华联大厦(东楼)6楼; dishes from Y18; ☎ 11am-2.30pm, 5-10pm; ② South Shanxi Rd
This is one of the more authentic dim sum places in town, a large, bustling restaurant which makes a good lunch spot if you're on the shopping trail in the area. The steamed shrimp dumplings are great, as are the pork ones, and they get through an awful lot of congee here, but there's a wide range of dishes to choose from. The restaurant is inside the New Hualian Commercial Building, the large office block on the corner of Huaihai Rd and Ruijin No 2 Rd. Enter around the back of the building and take the lift to the sixth floor. English menu.

SHŪ DÌ LÀZÌ YŪ GUǎN

Map pp80–1 Sichuan YY

蜀地辣子鱼馆
☎ 5403 7684; 187 Anfu Rd; 安福路187号; dishes from Y18; ☎ 11am-2pm, 5-11pm; ② Changshu Rd
Most celebrity-owned restaurants in China are temples of style over substance. Not this place, which is the brainchild of a famous Sichuan actor. Both the prices and décor are decidedly downmarket, but there's nothing cut-rate about the food. An intriguing mix of Sichuan and northeastern classics with a dash of Shanghainese flavour, they're consistently tasty. Try the fried shredded beef with preserved chillies (Y28), or the spicy fish if you can handle hotter food. English menu.

PĪNCHUǎN

Map pp80–1 Sichuan YY

品川
☎ 6437 9361; 47 Taojiang Rd; 桃江路47号; dishes from Y17; ☎ 11am-2pm & 5-11pm; ② Changshu Rd

Fire fiends love Sichuan cooking, where the sophistication goes far beyond merely smothering everything with hot peppers. The telltale blend of chillies and peppercorns is best summed up in two words: *là* (spicy) and *má* (numbing). Experience the tongue tingling yourself: try Chef Lu's chicken special (Y43), chicken in red pepper (*málà*) or stone-boiled beef (Y87). The duck with sticky rice (Y65) will help mitigate the damage to your tastebuds. English menu. Reserve.

CRYSTAL JADE Map pp80-1 Dim Sum Y

翡翠酒家 Fěicui Jiǔjiā
☎ 6385 8752; 12A, 2nd fl, South Block, Xintiandi, cnr Madang Rd & Zizhong Rd; 新天地广场南里2楼12A; dumplings from Y16; ☎ 11am-11pm; ☉ South Huangpi Rd

If Xintiandi's most popular Chinese restaurant was any easier to find (it's in the mall) you'd have to queue up for over a week just to get a seat. What distinguishes Crystal Jade from other dim-sum restaurants is the dough: dumpling skins are perfectly tender, steamed buns come out light and airy, and the noodles (from Y20) are just delicious. Go for lunch, when both Cantonese and Shanghaiese dim sum are served. There's another branch in the **Hong Kong New World Tower** (Map pp80-1; ☎ 6335 4188). English menu. Reserve.

YANG'S KITCHEN

Map pp80-1 Shanghaiese Y

杨家厨房 Yángjiā Chúfáng
☎ 6431 3028; No 3, Lane 9, Hengshan Rd; 衡山路9弄3号; dishes from Y16; ☎ 10am-11pm; ☉ Hengshan Rd

For solid, affordable Chinese food in a pleasant setting, Yang's is a good choice, even if the dishes lack character. The *ningmèngmì jiānrǔnji* (柠檬蜜煎软鸡, lemon chicken) for Y22 is decent though, as is chicken with asparagus (Y28). It's down a small lane off Hengshan Rd and next door to **Le Garçon Chinoise** (p158); there's a sign on Hengshan Rd. If you arrive early, you might catch the wait staff limbering up with hula hoops.

SOUTHERN BARBARIAN

Map pp80-1 Yunnan YY

南蛮子 Nánmánzi
☎ 5157 5510; E7, 2nd fl, Life Art Gallery Space, 56 South Maoming Rd; 茂名南路56号生活艺术空间2楼E7; dishes from Y15; ☎ 6-11pm; ☉ South Shanxi Rd

Despite the alarming name, there's nothing remotely barbaric about the food here. Instead, you get fine, MSG-free Yunnan cuisine served by friendly staff in a laid-back atmosphere. It's hard to fault any of the dishes, but the barbecued freshwater snapper with a cumin and peppercorn glaze (Y45) is a sublime explosion of flavours. The spicy beef with crispy fried mint leaves (Y28) is almost as good, as is the smashed peas with Yunnan ham (Y22). It's essential to make room for the chicken wings though, which come covered in a seriously addictive secret sauce. They serve bottled Belgian beers (from Y28) too. English menu. Reserve.

XIǍO NÁN GUÓ

Map pp80-1 Shanghaiese YY

小南国
☎ 6466 2277; Bldg 2, Ruijin Guest House, 118 Ruijin No 2 Rd; 瑞金二路118号2号楼; dishes from Y15; ☎ 11am-2pm & 5-10pm; ☉ South Shanxi Rd

Despite the impressive and spacious dining room in the elegant grounds surrounding the **Ruijin Guest House** (p196), this is one of Shanghai's more affordable chains. First-rate dishes include pork trotters braised for six hours (Y55), the crab claypot with glass noodles, deep-fried snake and the usual run of Shanghaiese dumplings. It's a good place for group meals. English menu.

DŌNGBĒI RÉN Map pp80-1 Manchurian Y

东北人
☎ 5228 9898; 1 South Shanxi Rd by Yan'an Zhong Rd; 陕西南路1号; dishes Y15-50; ☎ 11am-10pm; ☉ South Shanxi Rd

If you need a break from artful design and fancy fusion cooking, then this is a great choice. Dongbei Ren, literally northeastern people, are known for their blunt, friendly ways and their fondness for hearty portions of meat and potatoes. Enter the exuberant waitresses – all smiles, pigtailed and bright flower-patterned fabric – who spontaneously break into folk songs and do their best to make dinner seem like a peasant musical revival. Then there's the outstanding selection of dumplings in assorted colours and flavours (such as pork and cabbage, pumpkin and egg), as well as spare ribs, endless beef, chicken and pork dishes and plenty of greens and veggies to balance it all out. Best of all, the prices are very reasonable. English menu. There are five other branches scattered around town.

GRAPE RESTAURANT

Map pp80-1 Shanghaiese Y

葡萄园酒家 Pútáoyuán Jiǔjiā
☎ 5404 0486; 55 Xinle Rd; 新乐路55号; dishes from Y15; ☎ 10.30am-midnight; ☉ South Shanxi Rd

One of the most enduring private Chinese restaurants from the 1980s, the reliable Grape still packs in the crowds at its bright premises beside the old Russian Orthodox church. Try the delicious *youtiao chāoniúròu* (dough sticks with beef, Y28), or any of the crab dishes – you won't find them any cheaper than here. English menu.

BAI'S RESTAURANT

Map pp80-1 Shanghaiese Y

自家餐室 Bǎijiā Cānshì
☎ 6437 6915; No 12, Lane 189, Wanping Rd; 宛平路189弄12号; dishes from Y10; ☎ 11-2pm, 5-10pm; ☉ Hengshan Rd

Hidden down an alley off Wanping Rd is this cute family-style restaurant with tasty, authentic Shanghaiese food and an English menu. The *hūpí jiānjiāo* (tiger-skin chillies, Y18) are mild and sweet and there are plenty of affordable delicacies like the *cháozhōu tóngbái xiè* (baked crab, onion and green pepper, Y58). The *suànniāng bàngbànggǔ* (fried pork ribs in garlic) are a house speciality, but a little pricey (Y12 each). It's a friendly place to sample the local cuisine, but there are only five tables so book ahead.

JÍSHÌ JIǔLÓU Map pp80-1 Shanghaiese Y

吉士酒楼
☎ 6282 9260; 41 Tianping Rd; 天平路41号; dishes from Y10; ☎ 11am-2.30pm & 5-10pm; ☉ Hengshan Rd

This is Shanghaiese home cooking at its best: crab dumplings, Grandma's braised pork and plenty of fish, eel and jellyfish. Start with the wine-preserved shrimps (Y10) or the carp cream soup (Y28). Main dishes range from the cheap (chicken and celery in black pepper; Y28), to the more expensive, like the yellow fish in brown sauce or the crab with ginger and onion (Y98). It's easy to miss this place; the sign outside says 'Jesse's', rather than Jishi. There's also a branch in **Xintiandi** (Map pp80-1; ☎ 63364746; No 9, North Block, Xintiandi, Taicang Rd; 太仓路新天地北座9号), as well as one called Xinjishi in **Pudong** (Map p90; ☎ 6841 9719; 2nd fl, China Insurance Building, 166 East Lujiazui Rd; 陆家嘴东路166号2楼). English menu. Reserve.

FÈNGYŪ SHÈNGJIǍN

Map pp80-1 Dumplings Y

丰裕生煎
41 Ruijin No 2 Rd, cnr Nanchang Rd; 瑞金二路41号; dumplings Y2; ☎ 6am-8pm; ☉ South Shanxi Rd

Don't let the Stalinist service and orange plastic seats put you off at this nondescript canteen, as it turns out some of the best shrimp and pork *shèngjiān* (fried dumplings) in town for a bargain Y2, as well as *xiáolóngbāo* and a range of cheap noodle dishes.

CHEESE & FIZZ Map pp80-1 Deli

奶酪美食店 Nǎilàoměishídān
☎ 6336 5823; Unit 101, 119 Madang Rd, North Block, Xintiandi; 马当路119号新天地北里101单元; ☎ 10am-midnight; ☉ South Huangpi Rd

It's fairly uncommon to entertain guests in Shanghai with wheels of brie and bottles of vintage Veuve Cliquot, but should you need to then this French deli is the place to stock up. It's not just French cheeses and imported wines – there's Swiss chocolate too. There's another branch at the **Shanghai Centre** (Map pp98-9; 1376 West Nanjing Rd; 南京西路1376号) and on the ground floor of the **Superbrand Mall** (p141) in Pudong. Come armed with an expense account or an unsuspecting friend's credit card.

MARCO POLO Map pp80-1 Bakery

马可波罗面包 Mǎkē Bólóu Miànbāo
☎ 5306 3867; www.marco.polo.cn; 632 East Huaihai Rd; 淮海路632号; ☎ 8am-10pm; ☉ South Shanxi Rd

With branches handily located all over Shanghai, Marco Polo is an excellent source of fresh bread, cakes and pastry snacks. The **Xinhua Rd branch** (Map pp120-1; ☎ 6282 6624; 208 Xinhua Rd; 新华路208号) has an attached café.

WINE-LINK Map pp80-1 Wine Merchants

威令葡萄酒 Wēi Lǐng Pútáo Jiǔ
☎ 5403 6548; www.wine-link.com; No 18, Lane 228 Anfu Rd; 安福路228弄18号; ☎ midday-8pm; ☉ Changshu Rd

Tucked down a small alley off Anfu Lu, this wine shop offers a solid range of mostly Australian and New Zealand wine, with a few South American brands. French champagne is cheaper here than anywhere else in town. They sell wine glasses and do monthly wine-tastings as well.

PŪDŌNG 浦东

JADE ON 36 Map p90

Fusion YYY

翡翠36 Fěicùi 36

☎ 6882 3636; 36th fl, Tower 2, Pudong Shangri-La, 33 Fucheng Rd; 富城路33号浦东香格里拉大酒店2座36楼; set menus from Y650; ☎ 6-10.30pm; 🍷 Lujiazui

Foie-gras lollipops, strawberry-cola spag-hetti, a lemon tart that's a hollowed-out lemon with a sorbetlike filling – the food here is as extraordinary as the ornate setting (courtesy of Adam Tihany, leading restaurant designer) and views. Chef Paul Pairet specialises in a striking mix of Asian and European cuisine, with different textures and tastes from anything you've eaten before. Shànghǎi's wackiest and most exclusive dining experience; take your pick from one of the four set menus (there are no other options) and prepare to be astonished. Reserve.

ON 56 Map p90

International YYY

意庐 Yílú

☎ 5047 1234; Grand Hyatt, Jinmao Tower, 88 Century Ave; 世纪大道88号君悦大酒店; meals from Y120; ☎ 11.30am-2.30pm & 5.30-10.30pm; 🍷 Lujiazui

The Grand Hyatt offers a stylish selection of Western and Asian restaurants, all of which come with super views. It's located on the 56th floor of the Jinmao Tower; you can eat while staring out into the void. **Cucina** (pizza from Y120) has wonderful Italian dishes from Campania and breads and pizzas fresh from the oven. **Grill** (mains from Y190, open for dinner only) offers fine imported meats and seafood. The Japanese **Kobachi** (sushi from Y40, set meals Y298 to Y478) features sushi, sashimi and *yakimori*. **Canton** (dishes from Y40) is the flagship and features Cantonese food and afternoon dim sum.

On the 54th floor (the hotel lobby) is the **Grand Café** (open 24 hours) offering stunning panoramas through its glass walls and a good-value lunchtime buffet during the week (Y198), which allows you to choose a main course and have it prepared fresh in the show kitchen. On weekends and in the evening the buffet is Y268. To reserve a table by the window, book well in advance.

FOOD COURT LIVE Map p90

Chinese Y

食府 Shífǔ

88 Century Ave, next to Jinmao Tower; 世纪大道88号金茂大厦旁边; meals from Y20; ☎ 10am-8pm; 🍷 Lujiazui

This basement food court serves the hordes headed up to Jinmao's top-floor viewing platform. Chinese fast-food stalls specialise in claypot dishes, Hainan chicken, Cantonese barbecue, wok and noodle dishes, as well as set meals.

SOUTH BEAUTY Map p90 Sichuan, Cantonese YY

俏江南 Qiào Jiāngnán

☎ 5047 1817; 10th fl, Superbrand Mall, 168 West Lujiazui Rd; 陆家嘴西路168号10层; dishes from Y18; ☎ 11am-10pm; 🍷 Lujiazui

This elegant Sichuan-Cantonese hybrid facing the Bund offers a little something for everyone. If it's spice you like, try the spicy beef (Y58). For those who enjoy milder tastes, the half roasted duck infused with tea (Y38) will be more palatable. Reserve one of the seats in front of the glass-paned kitchen, and the secrets of Chinese *haute cuisine* might be yours before the night is out. There's another branch in the **French Concession** (Map pp80-1; ☎ 6445 2581; 28 Taojiang Rd; 桃江路28号). English menu.

THAI THAI Map p90

Thai Y

泰泰小厨 Tàitai Xiǎochú

5th fl, Superbrand Mall, 168 West Lujiazui Rd; 陆家嘴西路168号5层; dishes from Y16; ☎ 11am-10pm; 🍷 Lujiazui

For a cheap meal in the Superbrand Mall, Thai Thai is a step above the rest of the fast-food court restaurants. Dishes such as *tom kah gai* (coconut, lemongrass and chicken soup) and green curry (Y20) may be small, but they are served with rice and carry enough chilli and lemongrass to bring back memories of sweaty meals in Thailand.

JÌNG'ĀN & WEST NANJING ROAD 静安区、南京西路

Although business lunches and after-dinner drinks are the rule here, there's a growing number of restaurants that are destinations in their own right, as well as a sprinkle of historic Shànghǎi eateries.

BALI LAGUNA Map pp98-9

Indonesian YY

巴厘岛 Bālǐ Dǎo

☎ 6248 6970; 189 Huashan Rd; 华山路189号; mains from Y68; ☎ 11am-2.30pm & 5.30-10.30pm; 🍷 Jing'an Temple

MALL RATS

The Shanghainese are among the world's confirmed mall rats. They like nothing better than to spend the day wandering through the (thankfully) air-conditioned walkways of the ever-increasing number of the city's enormous shopping centres in search of that essential new purchase. But the Shanghainese like to eat almost as much as they like to shop, which creates a dilemma for them, as no serious shopper wants to leave the mall to go in search of sustenance.

Until recently, diehard shoppers were confined to the food courts that can be found in every mall. Cheap and convenient and with a diversity of choice – Japanese teppanyaki, Korean barbecue, Cantonese, hotpot and noodles – they continue to flourish. And so they should, because we all need places where you can satisfy your stomach for no more than Y30.

The most successful food court is **Megabite** (大食代; Dàshídài; Map p62; ☎ 10am-10pm), with innumerable locations in innumerable malls – the one on the 6th floor of Raffles City overlooking Renmin Square is kind of cool. Pay up-front at the entrance (Y5 deposit) and hand over your card to the vendor of your choice. It's as easy as that.

But now the food courts have been joined by an increasing number of rather fancy restaurants that have swept aside any stigma that might be attached to serving fine cuisine in the admittedly sterile atmosphere of most malls. At **Plaza 66** (p142), **Grand Gateway** (p144) and **Superbrand Mall** (p141), you'll find outlets of some of Shànghǎi's nicest restaurants, such as Element Fresh, Lùlù's, Dolar, Zen and South Beauty.

So don't be surprised when your new Shanghainese friends invite you to spend an evening dining in a shopping centre. For better or worse, Shànghǎi's malls are fast becoming the 21st-century equivalent of the food streets that once flourished in the city. Welcome to the future.

The restaurant's tranquil lakeside setting in Jing'an Park belies the proximity to the roaring Yan'an Rd, while the open long-house interior, decked out in dark wood and rattan, has a genuine tropical feel. Waiters in sarongs serve up excellent dishes, such as seafood curry in a fresh pineapple, *gado gado* (vegetable salad with peanut sauce) and *kalia daging* (beef in coconut milk, lemongrass and curry sauce). The outside terrace is a particularly prized spot and this is one of Shànghǎi's most popular date restaurants. Reserve well in advance.

CITY DINER Map pp98-9

American YY

☎ 6289 3699; 3rd fl, 142 Tongren Rd; 铜仁路142号3楼; breakfast from Y60, mains from Y85; ☎ 24hr; 🍷 Jing'an Temple

With vintage posters on the walls, the American-sized portions and a menu full of classics like southern fried chicken, meatloaf, and, of course, burgers (including a veggie option) from Y50, this place pulls out all the stops in its efforts to recreate the style of a genuine US diner. It mostly works, with only the slightly erratic service spoiling things. The hefty all-day breakfasts (from Y60) take some effort to walk off. On weekends, it keeps busy until dawn. There's another branch in **Hóngqiáo** (Map p123; ☎ 6401 1600; 3211 Hongmei Rd; 虹梅路3211号; ☎ 8am-midnight). Smokers are segre-

gated here. They deliver and do takeout too.

MALONE'S AMERICAN CAFÉ

Map pp98-9

American YY

马龙美式酒楼 Mǎlóng Měishì Jiǔlóu

☎ 6247 2400; 257 Tongren Rd; 铜仁路257号; mains from Y60; ☎ 11am-2am; 🍷 Jing'an Temple This American-style bar/grill has been around since the mid-90s and is still popular with those in search of beer and a wide range of decent burgers (there are 31 of them on offer, from Y60 with fries and cole-slaw). There are also wraps, a range of Tex-Mex and China's only Philly cheese steak. The beers start at Y40, the cocktails at Y45. The big-screen sports, pool table and live music of the Filipino cover-band variety (from 10pm) add to the frat-boy vibe.

BELLA NAPOLI Map pp98-9

Italian YY

美丽那波利 Měilínàbōlì

☎ 6253 8358; 140 Xikang Rd; 西康路140号; set lunch Y50-75, mains from Y55; ☎ 11.30am-2pm & 6pm-1am; 🍷 West Nanjing Rd For reliable, reasonably priced Italian dishes, this is a popular choice. On two floors, it's intimate enough to feel like a family-run place and while the menu offers no real surprises, the ingredients are all imported from the old country. The two-course set lunch, a salad and pasta dish, is one of the best deals in this part of town.

ELEMENT FRESH Map pp98–9 American YY

新元素 Xīnyuánsù

☎ 6279 8682; Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号; sandwiches from Y39, salads from Y58, dinner mains from Y98; ☎ 7am–10.30pm Sun–Thu, 7am–midnight Fri & Sat; ☉ Jing'an Temple

Perennially popular, especially for lunch, Element Fresh hits the spot with its good selection of healthy salads, pasta dishes and hefty sandwiches. In the evenings, there's more substantial fare on offer including a decent sesame-crusting tuna steak (Y168). Vegetarians may well faint with excitement at the roasted eggplant on walnut bread with mozzarella and olives. Then there are imaginative smoothies (from Y18), fresh juices, coffee and after-work cocktails. It's nonsmoking inside. There are other branches on the ground floor of the **Superbrand Mall** (p141); ☎ 5047 2060) the ground floor of the **Grand Gateway Mall** (p144; ☎ 6407 5992) in Xújiāhuì and an **express branch** (Map pp80–1; ☎ 5116 9897; 279 Wuxing Rd; 吴兴路279号).

MÉILÓNGZHÈN JIŪJIĀ

Map pp98–9

Chinese YY

梅隍镇酒家

☎ 6253 5353; No 22, Lane 1081, West Nanjing Rd; 南京西路1081弄22号; dishes from Y35; ☎ 11am–2pm, 5–10pm; ☉ West Nanjing Rd Shanghai has a host of famous local restaurants, none more so than this fantastic old building, which has been churning out food since the 1930s. The rooms once housed the Shanghai Communist Party headquarters, but are now bedecked in woodcarvings, huge palace lamps and photos of foreign dignitaries. The menu mixes Sichuan and Shanghaiese tastes and ranges from the pricey (the crab; Y150) to the more reasonable, such as the fried fish slices (Y45). English menu.

ZEN Map pp98–9

Cantonese YY

采蝶轩酒家 Cǎidéxuān Jiūjiā

☎ 6288 1141; 5th fl, Plaza 66, 1266 West Nanjing Rd; 南京西路1266号5层; dishes Y30–70; ☎ 11am–10pm; ☉ West Nanjing Rd One of a number of good places located in the swish **Plaza 66 shopping mall** (p142), Zen is arched around the horseshoe-end of the 5th floor, giving some tables a great night-time view of the Shanghai Exhibition Hall. The menu has lots of choice and prices are

reasonable – dishes even come in half or full servings. Favourites include the sautéed chicken with ginger and spring onion in clam sauce and the baked chicken in rock salt. There's another branch on the 5th floor of the **Grand Gateway Mall** (Map p126; ☎ 6407 2615) in Xújiāhuì. English menu. Reserve.

LÙLÙ JIŪJIĀ Map pp98–9

Shanghaiese YY

鹭鹭酒家

☎ 6288 1179; 5th fl, Plaza 66, 1266 West Nanjing Rd; 南京西路1266号5层; dishes from Y28; ☎ 11am–2.30pm & 5–10pm; ☉ West Nanjing Rd Lùlù is fancy Shanghaiese without the overbearing attitude – it's more popular with families and the ladies who lunch crowd than urban hipsters – and the prices are surprisingly reasonable. With over 20 aquariums on display, you'd be foolish not to try at least one of the braised seafood specialities, though steer clear of the fish heads. There are branches behind **Jing'an Temple** (Map pp98–9; ☎ 6248 6969; 161 Yuyuan Rd; 愚园路161号) and in **Pūdōng** (Map p90; ☎ 5882 6679; 2nd fl, China Merchants Tower, 161 East Lujiazui Rd; 陆家嘴东路161号). English menu. Reserve.

GREEN WILLOW VILLAGE RESTAURANT Map pp98–9

Chuangyang Y

绿杨村酒家 Lǜyángcūn Jiūjiā

☎ 6253 7221; 763 West Nanjing Rd; 南京西路763号; dishes from Y25; ☎ 11am–2pm & 5–9pm; ☉ West Nanjing Rd

This stalwart offers a wide range of Chuangyang cuisine – a mix of Sichuan and Yangzhou flavours – along with some 'medicinal' dishes (food specifically designed to aid certain ailments, according to Chinese belief) at prices that go from the cheap to the very expensive. Regulars recommend the crispy duck (香酥鸭, xiāngsū yā) at Y59 for half the bird, or if you're feeling hungry there's always the whole pig head in brown sauce (Y560). There's an English menu but the translations are erratic.

ALWAYS CAFÉ Map pp98–9

International Y

奥维斯咖啡馆 Àowéisi Kāfēiguǎn

☎ 6247 8333; 1528 West Nanjing Rd; 南京西路1528号; set lunch Y20–35; ☎ 11am–2am; ☉ Jing'an Temple What draws the regulars here are the excellent value set lunch specials with coffee (11am to 5pm), and the buy-one-get-one-

top picks**FOREIGN FAVOURITES**

Where to go when you don't want to eat Chinese.

- **A Future Perfect** (p156) Never mind the attitude, enjoy the fresh bread and Western classics.
- **Argula** (p157) A mix of Mediterranean influences and northern European food, as well as strong cocktails and room to spread out.
- **Azul/Viva** (p156) La Vida Loca Shànghāi-style. Sangria and tapas in designer-chic surroundings.
- **Bali Laguna** (p162) A taste of Indonesia in a setting that's as idyllic as it gets in Shànghāi.
- **City Diner** (p163) For mighty breakfasts, or carb-loading in the early hours.
- **Le Garçon Chinoise** (p158) The place for romantic dining and super tapas and Vietnamese.
- **Simply Thai** (p156) Everyone's favourite Thai thanks to the flavours and courtyard seating.
- **Vedas** (p155) Upmarket Indian in an atmosphere far removed from your local curry house back home.

free happy hour (5pm to 8pm). The food is a mix of Western and Asian: burgers, pasta, sandwiches and noodle dishes, although the dinner menu is more varied. It's a friendly place with a vaguely bistrolike feel which, along with the wi-fi access, makes it an easy place to while away an afternoon or evening. Fans of afternoon tea can find it here (Y48 for two).

VEGETARIAN LIFESTYLE

Map pp98–9

Chinese, Vegetarian YY

枣子树 Zǎozishù

☎ 6215 7566; 258 Fengxian Rd; 奉贤路258号; dishes Y18–38; ☎ 11am–9pm; ☎; ☉ West Nanjing Rd

These folks are surely improving their karma by making organic, vegetarian fare fashionable for the masses. There's a wide range of clever dishes, including soup served in a pumpkin, but best are the sweet Wuxi spareribs (Y36), stuffed with lotus root of course, and the hotpots (from Y30). No MSG is used and cooks go light on the oil. It's nonsmoking too. There's another branch in the **Old Town** (Map p74; ☎ 6384 8000; 77 Songshan Rd; 嵩山路77号) and near Carrefour in **Gúběi** (Map pp120–1; ☎ 6275 1798; 848 Huangjincheng Rd; 黄金城道848号).

DOLAR SHOP Map pp98–9

Hotpot Y

豆捞坊 Dòulāo Fāng

☎ 6249 7188; 20/21st fl, Bailemen Hotel, 1728 West Nanjing Rd, cnr Huashan Rd; 南京西路1728号百乐门大酒店20-21楼, 华山路拐角; dishes from Y18; ☎ 11am–11pm; ☉ Jing'an Temple Hotpot is a favourite across China, especially in the winter months, but this top-notch chain is popular with the locals no matter what the season because of the quality ingredients and the big range of sauces (Y4), essential to hotpot dining, which you can mix yourself at the sauce bar. The procedure is simple; you cook your own choice of food in the hotpot at your table and add the sauce to your taste. The homemade meatballs (pork or beef, Y18 to Y22) are great and there's seafood and veggies (from Y6) as well. There are another six branches, mostly in shopping malls, around the city. Picture menu.

GŌNGDÉLÍN Map pp98–9

Chinese, Vegetarian Y

功德林

☎ 6327 0218; 445 West Nanjing Rd; 南京西路445号; dishes from Y16, set menu Y100; ☎ 11am–3pm & 5–10.30pm; ☉ People's Sq Shànghāi's second-oldest vegetarian restaurant (opened in 1922), Gōngdélín never fails to perplex Western vegetarians – nearly everything on the menu is prepared to resemble meat! Don't worry though, the beef with *shacha* sauce and the sesame chicken rolls are actually made of tofu, no matter how convincing they look (see p148 for more on how they do this). You can dine very cheaply here, or splash out on the big set menu. The stone and wood interior is rather austere, although the Venetian blinds, honeycombed lamps and a couple of Buddhist statues lighten the atmosphere a little. English menu.

LYNN Map pp98–9

Shanghaiese YY

琳怡 Lín Yí

☎ 6247 0101; 99-1 Xikang Rd; 西康路99-1; dishes from Y16; ☎ 11.30am–10.30pm; ☉ West Nanjing Rd Another one of the growing number of restaurants pushing the boundaries between Shanghaiese and Cantonese cuisine, Lynn offers consistently good, cleverly presented dishes at reasonable prices in plush but unfussy surroundings. There's a dim sum menu which offers delicate dumplings (from Y16), or more traditional Shanghaiese dishes, like

the drunken chicken with seasonal vegetables (Y38) and the eggplant with minced pork in a garlic and chilli sauce (Y28). The deep-fried spare ribs with honey and garlic (Y45) are excellent. There's an all-you-can-eat brunch menu for Y128, including a glass of wine. English menu.

BÌ FÈNG TÁNG Map pp98-9 Dim Sum Y

避风塘
☎ 6279 0738; 1333 West Nanjing Rd; 南京西路1333号; dumplings from Y8;
☎ 10am-5am Mon-Fri, 8am-5am Sat & Sun;
📍 Jing'an Temple

At busy times, this popular wicker- and bamboo-clad dim sum joint resonates to the constant clatter of porcelain dishes and wait staff shouting back and forth to each other. There's a slack period in the late afternoon, but it's still bustling in the early hours as the late-night crowd file, or stagger, in. Winners here include steamed shrimp and chive dumplings, duck noodle soup and barbecued pork buns. It has fine outdoor seating. Other Bì Fēng Táng branches can be found at Gǔběi (Map pp120-1; ☎ 6208 6388; 37 South Shuicheng Rd; 水城南路37号) and the bustling 24-hour one at Changle Rd (Map pp80-1; ☎ 6467 0628; 175 Changle Rd; 长乐路175号).

CITY SHOP Map pp98-9 Supermarket

城市超市 Chéngshì Chāoshì
☎ 6215 0418, 6267 4248 (all branches); www.cityshop.com.cn; Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号; ☎ 8am-10pm;
📍 Jing'an Temple

top picks

REGIONAL CHINESE RESTAURANTS

- **Yin** (p157) A 1930s Shànghǎi time warp, Song-dynasty glazes and a culinary tour of the Middle Kingdom.
- **Pinchuān** (p159) Singe your tastebuds, then kill the pain with some Sichuān peppercorns.
- **Crystal Jade** (p160) Skip brunch at the Portman; come here for dim sum instead.
- **Dì Shuǐ Dòng** (p158) Home-style Húnán cooking, just like Mao would have wanted.
- **Southern Barbarian** (p160) Super Yunnan food and a laid-back vibe.

For all those imported goodies you just can't get anywhere else – at a price. The Shanghai Centre branch has 50% off bakery items after 7pm. There are also branches in **Times Square** (Map p74; basement, 99 Central Huaihai Rd; 淮海中路99号B1) and in **Hóngqiáo** (Map p123; 3211 Hongmei Rd; 虹梅路3211号). There is also a free delivery service.

HÓNGKǒU & NORTH SHANGHAI

虹口区、北上海

AFANTI RESTAURANT Map p104 Uighur YY

阿凡提美食城 Āfántí Měishíchéng
☎ 6555 9604; 775 Quyang Rd; 曲苑路775号;
dishes from Y30; ☎ 11.30am-11.30pm;
📍 Chifeng Rd

Discerning fans of hearty Uighur cuisine can make the trek to the northern boonies for some of the city's best Central Asian food in a friendly and authentic environment. The delicious *dānpánjī* (Y80), *gosh gorma* (*chǎo kǎoròu* in Chinese – fried mutton) and cumin-rubbed lamb are all praiseworthy, and don't forget to try the homemade yogurt (*suān nǎi*). The restaurant is in the basement of the Tianshan Hotel, next to the Silk Rd Hotel. Look for the building with the golden domes.

CHÁNGNÍNG & GǔBĚI

长宁、古北

The Hongmei Rd Entertainment Street (虹梅路虹梅休闲步行街; Map p123) has a selection of Asian and Western places for the locals and expats who don't want to head into town. There are branches of Las Tapas (p158) and Simply Thai (p156) here.

1221 Map pp120-1 Shanghainese YY

Yī Èr Èr Yī
☎ 6213 2441; 1221 West Yan'an Rd; 延安西路1221号; dishes from Y38; ☎ 11am-2pm & 5-11pm;
taxi

No-one has a bad thing to say about this smart expat favourite and rightly so, as it's never let its standards dip over the years. Meat dishes start at Y38 for the beef and pineapple, and the plentiful eel, shrimp and squid dishes are around twice that. The roast duck (Y98) is excellent, as are

the drunken chicken (Y40 or Y88 depending on the age of the wine used) and beef with dough strips. The pan-fried sticky rice and sweet bean paste (from the dim sum menu) makes a good dessert. It's also worth ordering the eight-fragrance tea just to watch it served spectacularly out of 60cm-long spouts. You'll need to take a cab here. English menu. Reserve.

BELLAGIO CAFÉ Map pp120-1 Taiwanese YY

鹿港小镇 Lùgǎng Xiǎozhèn
☎ 6270 6866; 101 South Shuicheng Rd; 水城南路101号; dishes from Y22; ☎ 11.30am-4am; taxi
Despite the Italian name, Bellagio is a chain specialising in Taiwanese food and is popular with the twentysomething crowd, attracted by the reasonable prices and the late-night opening hours. Some of the Taiwanese specialties on offer are three-cup chicken (Y39) and pineapple fried rice (Y37), but the real draws are the superb shaved ice desserts: try the green tea on red bean (Y28). There are other branches in the **Old Town** (Map p74; ☎ 6386 5701; 68 Taicang Rd; 太仓路68号), as well as off **West Nanjing Rd** (Map pp98-9; ☎ 6247 2666; 111 Xikang Rd; 西康路111号). English menu.

BAUERNSTUBE Map pp120-1 Deli

农夫之家 Nóngfūzhījiā
☎ 6275 8888; 2nd fl, Sheraton Grand Taipingyang, 5 South Zunyi Rd; 遵义南路5号喜来登太平洋2层; ☎ 10am-8pm Sun-Fri, 9.30am-8.15pm Sat; ☎ West Yan'an Rd

Probably the best pastries, bread, meats and cheese in Shànghǎi, with a central European twist. They do decent homemade ice cream too. There's also a little café attached. Other good hotel delis can be found at the **Westin Shanghai** (p191) and the **Hilton Hotel** (p196).

CARREFOUR Map pp120-1 Supermarket

家乐福 Jiālèfú
☎ 6209 8899; 268 Shuicheng Rd; 水城路268号;
☎ 8.30am-midnight; taxi

This French chain is currently the only foreign supermarket that actually turns a profit and at nights and weekends the place is packed, largely because prices are the same as those in Chinese supermarkets. You can find everything from imported wines and French bread to cheap bikes and crockery. The Gǔběi branch has the widest range of western food. There are currently

eight branches in Shànghǎi, including one north of Zhongshan Park in **Pütuó** (Map pp98-9; ☎ 6231 2708; 20 Wuning Rd; 武宁路20号); and another in **Pūdōng** (Map p95; ☎ 5033 6780; 185 Fangdian Rd; 方甸路185号).

XÚJIÀHUÌ & SOUTH SHANGHAI

徐家汇、南上海

Food courts galore cater to the hardened shoppers of Xújiāhuì, but there are also some good restaurants nearby, particularly on Tianyaoqiao Rd.

SHANGHAI UNCLE Map p126 Shanghainese YY

上海阿叔 Shànghǎi Āshū
☎ 6464 6430; 211 Tianyaoqiao Rd; 天钥桥路211号; dishes from Y28; ☎ 10am-midnight;
📍 Xujiahui

This restaurant is what Shànghǎi is all about: brash, bustling and just a little tacky. The owner is the son of a *New York Times* food critic and the dishes mix Western and Asian influences with Shanghainese cooking to surprising and succulent effect. The seafood dishes are particularly good – a steamed Yangtze sole, a gingery-sweet smoked fish – but the pine-seed pork ribs in a soy, Worcester and red wine sauce (Y68) and crispy duck with sticky rice stuffing (Y108) are excellent too. There are branches in the **Bund Center** (Map p62; ☎ 6339 1977; 222 East Yan'an Rd; 延安东路222号) and **Pūdōng** (Map p90; ☎ 5836 7977; 8th fl, Times Square, 500 Zhangyang Rd; 张杨路500号时代广场8层).

YE OLDE STATION RESTAURANT Map p126 Shanghainese YY

上海老站 Shànghǎi Lǎozhàn
☎ 6427 2233; 201 North Caoxi Rd; 漕溪北路201号; dishes from Y28; ☎ 11am-10.30pm;
📍 Xujiahui

With crisp linen and a sharp colonial façade, this restaurant serves meals that are infinitely classier than most of the alternative fare around Xújiāhuì. You can spend a lot here, but the stewed chicken with chestnut (Y38) and the house special smoked duck with a flavour of tea (Y48) are reasonable. The name suggests it was a former railway station, but it actually used to be the St Ignatius Convent (there's a chapel

UIGHUR & MUSLIM FOOD

Most of Shànghǎi's Muslim restaurants are run by Uighurs – Central Asians from Xīnjiāng, China's far northwest. A refreshing alternative to the seafood and sweetness of Shanghainese cuisine, Xīnjiāng dishes consist of lots of mutton (though chicken and fish dishes are available), peppers, potatoes, cumin and delicious nan bread. Shànghǎi's other main Muslim food is that of the Hui, represented by Lánzhōu-style noodles.

One good reason to try a Uighur restaurant is to check out the conspicuously non-Chinese atmosphere. Recordings of swirling Central Asian lute music complement the Arabic calligraphy on the walls, and meals are washed down with bowls of Central Asian green tea (*kok chai*).

Try *shashlyk* (shish kebabs), *suoman* (delicious fried noodle squares) or *laghman* (pulled noodles). Vegetarians should ask for *gush siz* (without meat). To avoid a mutton overdose, try the generally excellent *chon tashlick tokhor* (*dàpánjī* in Chinese; fried chicken, peppers and potatoes). Fancier places sell fruity Xīnjiāng wines like Loulan (named after a ruined Silk Rd city).

The best Uighur restaurants are now spread throughout the city, and include the following.

Afanti Restaurant (p166) Tuck into some classic Uighur dishes at this traditional and dependable favourite.

Pamir Restaurant (新疆风味饭店; Xīnjiāng Fēngwèi Fàndiàn; Map pp80–1; 166 Fumin Rd; 富民路166号) Below street level, and recognisable by the shouts from Uighur kebab-meisters, the Pamir does decent kebabs, nan and more, all washed down with Xīnjiāng beer.

Taklamakan Restaurant (新疆塔克里玛干美餐厅; Xīnjiāng Tākèlīmǎgān Měishítīng; Map p104; 9 Haimen Rd; 海门路9号) An authentic but sometimes glum place with good barbecued lamb (Y22) and *dàpánjī* (Y45). It's near the Ocean Hotel.

Uighur Restaurant (维吾尔餐厅; Wéiwú'ěr Cāntīng; Map pp80–1; 1 South Shanxi Rd; 陕西南路1号) Not as good as the others, though the *polo* (*zhuāfàn*; rice pilaf; Y15) makes up for it. There's also obligatory dancing to Radio Xīnjiāng's top 40 hits – sung by the staff.

Xīnjiāng Fengwei Restaurant (below) The friendliest waiters in town, lots of dancing, and did we mention that the food is so good you could be in Xīnjiāng.

upstairs). Not to worry, train buffs, there are two period railway cars outside – one purportedly belonging to the Dragon Lady, Empress Dowager Cixi, herself. Reserve.

XINJIANG FENGWEI RESTAURANT

Map p126 Xīnjiāng Y

维吾尔餐厅 Wéiwú'ěr Cāntīng

☎ 6468 9198; 280 Yishan Rd; 宜山路280号;

dishes from Y10; ☎ 10am–2am; 📍 Yishan Rd

A visit to the Fengwai, the best of Shànghǎi's many Xīnjiāng restaurants, is both a rewarding culinary experience and fun.

When the music and dancing get going later in the evening, you could be in Kashgar rather than suburban Shànghǎi. Try the *dàpánjī* (Y40/60 for a small/large serve), a stew of chicken, pepper and potatoes, and make sure you get some *yángròuchuàn* (Y2), lamb pieces on a skewer, and the very tasty bread, or *nan*. Wash it all down with some Xīnjiāng black beer (Y8). There's an English menu, and the waiters won't be impressed even if you do speak Mandarin. They're Uighurs, and prefer to communicate in Uighur or English.

© Lonely Planet Publications. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above – 'Do the right thing with our content.'