

# International Specialty and Ethnic Grocery Markets in the Twin Cities



*The Twin Cities has a rich diversity of international specialty and ethnic markets. This guide provides a list of these markets by area. Markets may have a specific specialty food or product from a region of the world or country. This will be noted in parentheses. We encourage you to explore the culinary diversity of the Twin Cities area. Many of these markets are accessible by bus. Enjoy and eat well!*



## Staff Favorite

If it is a Staff Favorite we have shopped there.  
We would tell a friend to shop there.



## On bus line

### Near West Bank Campus

*The Cedar Riverside neighborhood located home to a multicultural community and is located near the West Bank Campus.*

*For more information please see the Cedar Riverside website.*

[http://www.minneapolisunwrapped.com/pages/cedar\\_riverside.asp](http://www.minneapolisunwrapped.com/pages/cedar_riverside.asp)

Afrik Grocery & Halal Meat (East Africa, halal foods)  
607 Cedar Ave. S., Minneapolis (612) 343-0245



Cedar Halal (East Africa, halal foods)  
514 Cedar Ave. S., Minneapolis (612) 339-4690



Keefer Court Chinese Bakery  
326 Cedar Ave. S., Minneapolis (612) 340-0937



Halal Mini Market (East Africa, halal foods)  
410 Cedar Ave. S., Minneapolis (612) 204-9545

North Country Co-op  
(organic food, specialty ethnic food)  
1929 5th St. S., Minneapolis 612-338-3110  
<http://www.northcountrycoop.com/>



Seward Community Co-op  
(organic food, specialty ethnic food)  
2111 E. Franklin Ave, Minneapolis  
(612) 338-2465



United Noodles Oriental Food Inc (Asia)  
2015 E. 24th St, Minneapolis (612) 721-6677  
<http://www.unitednoodles.com/index2.html>



### Near East Bank Campus

Caspian Bistro  
(restaurant and market / Middle East)  
2418 University Ave. SE., Minneapolis  
(612) 623-1113



### Central Avenue in Northeast Minneapolis

**Markets on Central Avenue are on a bus line**

*Central Avenue has many international grocery stores, gift stores, and restaurants. Please see the Central Avenue website for more information.*

[http://www.minneapolisunwrapped.com/pages/central\\_ave.asp](http://www.minneapolisunwrapped.com/pages/central_ave.asp)

Asia Import Food & Video  
(Asia, India, Pakistan, Middle East, Africa)  
1840 Central Ave. NE., Minneapolis (612) 788-4571

Holy Land Bakery & Grocery Deli (Lebanon)  
2513 Central Ave. NE., Minneapolis (612) 781-2627



New Meat Market and Grocery (Africa, Asia, halal meats)  
1844 Central Ave. NE., Minneapolis (612) 782-9448

Patel Groceries & Video (South Asia, India)  
1848 Central Ave. NE. Minneapolis (612) 789-8800



Sahara International Foods (India)  
2513 Central Ave. NE., Minneapolis (612) 781 2627

## Nicollet Avenue in Minneapolis "Eat Street"

### ▶ Markets on Nicollet Avenue are on the bus line

Visit "Eat Street" on Nicollet Avenue. There are many restaurants and grocery stores located on Nicollet Avenue beginning at the southern end of downtown Minneapolis to Lake Street. For more information please see the "Eat Street" website.

[www.minneapolisunwrapped.com/pages/eat\\_street.asp](http://www.minneapolisunwrapped.com/pages/eat_street.asp)

To see photos of "Eat Street" go to -

<http://photos.minnesota.com/index.php?TopicID=eatstreet>

Asian Grocery Store (Thailand)

2743 Nicollet Ave., Minneapolis (612) 879-1050

Dai-Nam Grocery Store (Thailand, Vietnam)

2635 Nicollet Ave., Minneapolis (612) 872-1240

Hai Nguyen Market (Vietnam, China, Korea)

2412 Nicollet Ave., Minneapolis (612) 870-0782

Hiep Thanh Oriental Grocery (Asia, China)

2534 Nicollet Ave., Minneapolis (612) 870-0905

Shang Hur Oriental Market (Southeast Asia)

2710 Nicollet Ave. S., Minneapolis (612) 874-8191

Sindbad's Mideastern (Lebanon)

Grocery-Bakery & Cafe

2528 Nicollet Ave., Minneapolis (612) 871-6505 

Truong Thanh Grocery Store (Thailand, Vietnam, Asia)


2520 Nicollet Ave., Minneapolis (612) 879-0561

## Uptown Minneapolis

### ▶ Markets in Uptown are on a bus line

Bill's Imported Foods (Eastern Europe, Middle East) 

721W. Lake St., Minneapolis (612) 827-2891

Wuollet Bakery (kosher & parve) 


2447 Hennepin Ave., Minneapolis (612) 381-9400

[www.wuollet.com](http://www.wuollet.com)

## Near Downtown Minneapolis

Kramarczuk East European Deli

(Russia, Eastern Europe)

215 E. Hennepin Ave., Minneapolis (612) 379-3018 

## Minneapolis


Amand's Exotic Food Market (Jamaica & West India)

3759 Bloomington Ave., Minneapolis (612)-724-8696

Amazing Oriental Supermarket (Asia)

2425 West Broadway, Minneapolis (612) 522-2241

Bangkok Market & Video Rental

3100 Lyndale Ave. N, Minneapolis (612) 521-6711 


Daallo Market (East Africa, halal foods)

1204 Lake St., Minneapolis (612) 722-7400 

Delmonico's Italian Foods (Italy)

1112 Summer St. NE, Minneapolis (612) 331-5466

Dur Dur Bakery (Africa, Middle East, halal meats)

1821 E. Lake St., Minneapolis (612) 721-9449 

Europol Eva's Deli (Central Europe)


359 13th Ave. NE., Minneapolis (612) 617-0022

Glenwood Oriental Market (Thailand, Vietnam, Taiwan, China, Korea)

1313 Glenwood Ave. N., Minneapolis (612) 377-0806

Ingebretsen's Scandinavian Gifts & Foods (Norway, Sweden, Denmark, Finland, and Iceland)

1601 E. Lake St., Minneapolis (612) 729-9333 

(612) 729-3331 

[www.ingebretsens.com](http://www.ingebretsens.com)

La Cosecha Market (Mexico)

1515 E Lake St., Minneapolis (612) 728-5457

Las Americas (Mexico)

340 E Lake St., Minneapolis (612) 827-3377

Los Amigos (Mexico)

2746 Blaisdell Ave S., Minneapolis (612) 871-1262

Minnehaha Grocery and Food Market (East Africa, halal foods)

3458 Minnehaha Ave., Minneapolis (612) 724-7611

Scandia Bake Shop (Scandinavian)

5011 34th Ave. S., Minneapolis (612) 724-8353

1-800-315-2423

[www.scandiabakeshop.com](http://www.scandiabakeshop.com)

T C Oriental Foods (Asia)

200 East Lyndale Ave., Minneapolis (612) 375-0644

## Minneapolis Suburbs

Hyundai Oriental Grocery (Asia)

1716 East Old Shakopee Rd., Bloomington (952) 948-1184

Laura Lan Oriental Market

9016 Lyndale Ave. S. Bloomington (952) 967-0544

African Food Market

5708 N Brookdale Dr., Brooklyn Park (763) 560-2263

Asian Pacific Oriental Foods Inc (South Asia)

7986 Brooklyn Blvd., Brooklyn Park (763) 315-1125

Asian Food Market

2921 E Cliff Rd., Burnsville (952) 736-9287

Jasmine Market (Asia)

14600 – 10th Ave. S., Burnsville (612) 953-6424

Jerusalem Market (Middle East, Turkey)

4945 Central Ave. NE, Columbia Heights  
(763) 574-1986



Bass Lake Oriental Grocery

5600 Bass Lake Rd, Crystal (763) 536-8848

Dong Yang Market (Korea)

735 - 45th Ave. NE. Hilltop (763-571-2009

Teinda Mexico Super Mercado (Mexico)

4361 Winnetka Ave. N., New Hope (763) 533-4585

Asian Direct Oriental Market

607 E 77 St., Richfield (612) 861-4612

El Jalapeno Market (Latin America, Mexico)

7636 Lyndale Ave. S., Richfield (612) 861-6199

El Jalapeno Market (Latin America, Mexico)

1430 E 66 St., Richfield (612) 869-2022

Flavors Of India (India)

6425 Lyndale Ave. S., Richfield (612) 866-7600

Groceries Of The Orient (Southeast Asia)

7520 Lyndale Ave. S., Minneapolis (612) 861-1023

**St. Paul University Avenue**

**Markets on University Avenue are on a bus line**

Ha Tien Grocery (Asia)

353 University Ave. W., St. Paul (651) 227-7136

LouChia's Oriental Grocery & Merchandise

433 University Ave. W., St. Paul (651) 227-4011

Phil Oriental Foods (Asia)

789 University Ave. W., St Paul (651) 292-1325

Spiros Mediterranean Market (European, Greek)

2264 University Ave. W., St Paul (651) 645-4607

Super Oriental Market

347 University Ave. W., St Paul (651) 293-1628

**St. Paul**

Africfarm Market Ltd. (Africa)

1567 Sherburne Ave., St. Paul (651)-643-0653

City Oriental Market

1666 Rice St., St Paul (651) 488-5661

Cora's Oriental Market (Asia)

168 Concord St., St. Paul (651) 221-0020

Cossetta Italian Market (Italian)

211 W 7th St., St. Paul (651) 222-3476



Dragon Star Oriental Foods Inc

633 Minnehaha Ave. W, St Paul (651) 488-2567

El Burrito Mercado

175 Concord St., St Paul (651) 227-2192

<http://www.elburritomercado.com/>

Hmong Toj Siab (Vietnam, Asia)

786 E 7 St., St Paul (651) 771-5846

Hmong Vientiane (Vietnam, Asia)

469 Anita St., St Paul (651) 222-4258

Kim's Oriental Market (Korea, China, Japan)

689 Snelling Ave N, St Paul (651) 646-0428

Morgans Mexican-Latin American And Lebanese Mercado

736 S Robert, St Paul (651) 291-2955

Phou Dia Oriental Market (Asia)

399 Maryland Ave E St Paul (651) 774-1227

Thai Store (Asia)

1383 Maryland Ave E, St Paul (651) 771-8201

**St. Paul Suburbs**

Buon Giorno Italian Market

981 Siley Memorial Hwy, Lilydale (651) 905-1080

Joseph's Mexican & Lebanese Market

736 Oakdale Ave St Paul (651) 228-9022

**Farmers Markets -**  
**An open-air shopping experience**



Outdoor or "farmers'" markets are open in spring, summer, and fall. You may buy fresh fruits, vegetables, and plants, many locally grown. Other items, including meats, bread, and flowers are also available.

**Minneapolis Farmers Market** at 312 East Lyndale Ave North is open 7 days a week, 6 a.m. to 1 p.m.

**Downtown Minneapolis Farmers Market** on Nicollet Mall Downtown Minneapolis is open every Thursday in the summer.

**Minneapolis Midtown Public Market** at the intersections of Hiawatha and 22nd Avenue (next to the YWCA). It will open on July 10th, 2004 Saturdays 9 am - 2 pm and Tuesdays 3:30 pm to 7:30 pm.

**St. Paul Farmers Market** at 5th and Wall Streets is open weekends.



Please see the Farmers Market website for additional locations, hours, and more detailed information at -

**[www.stpaulfarmersmarket.com](http://www.stpaulfarmersmarket.com) &**  
**[www.mplsfarmersmarket.com](http://www.mplsfarmersmarket.com)**

---

**Additional Resources**

**Bus information - Metro Transit**

<http://www.metrotransit.org/> or call 612-373-3333

TTY Service (for the deaf and hard of hearing only) route and schedule information 612-341-0140 customer service 612-349-7439

**On-line Maps**

Yahoo Maps

<http://maps.yahoo.com/>

Map Quest

<http://www.mapquest.com/>

**"Mpls St. Paul Magazine"** has an on-line listing of ethnic restaurants, cafes, and stores at this address. Go to the following web address and then select Ethnic Dining.

<http://www.mspmag.com/dining.asp>

This guide was prepared by International Student & Scholar Services at the University of Minnesota. For more information about International Student & Scholar Services visit us on the web at [www.iss.umn.edu](http://www.iss.umn.edu) or call 612-626-7100.

We would like your comments about this guide. Please call 612-626-7100 or e-mail comments to [iss@umn.edu](mailto:iss@umn.edu). If there is a store that is not on this list, please let us know.

Enjoy and eat well!

The University of Minnesota is an equal opportunity educator and employer.

©2004 by the Regents of the University of Minnesota. All rights reserved.

