

Activate Parramatta – Restaurant Guide

Discover great food at Parramatta's new premier dining precinct.

A3 350 Restaurant & Lounge

Gather for cocktails and modern Australian cuisine at this chic yet casual dining spot.

📍 Novotel Parramatta, 350 Church Street, Parramatta
☎ (02) 9630 4999
🌐 www.novotelparramatta.com.au/dining/350-restaurant-lounge.html [f](#) [ig](#)

1 ALEX & Co

A modern Australian restaurant and bar, ALEX & Co offers a wide selection of contemporary Australian cuisine and an extensive array of cocktails and beverages – ideal for socialising day or night.

📍 Shop 4, 330 Church Street, Parramatta
☎ (02) 9194 4499
🌐 www.alexandco.com.au [f](#) [ig](#)

2 Alpha Sushi

This Japanese restaurant is known for its generous portions, affordability and excellent food quality and service.

📍 Shop 6, 27 Phillip Street, Parramatta
☎ (02) 9635 1160 [f](#) [ig](#)

3 Armani Restaurant

Enjoy a contemporary, Mediterranean-inspired menu in a rich Arabian setting. Offering the best in food and service, dine in style at Armani.

📍 354 Church Street, Parramatta
☎ (02) 8840 9453
🌐 www.armanirestaurant.com.au [f](#) [ig](#)

4 Baba Ghanouj

Baba Ghanouj is a traditional Lebanese restaurant, serving honest, authentic food prepared in-house daily. We invite you to experience Lebanese cuisine, matched with amazing imported wine and beer.

📍 51 Phillip Street, Parramatta
☎ (02) 9687 1955
🌐 www.babaghanouj.com.au [f](#) [ig](#)

A4 Bar 30 & Bistro

Sit back and wind down with refreshments on offer ranging from cocktails and hot beverages to light bites.

📍 PARKROYAL Parramatta, 30 Phillip Street, Parramatta
☎ (02) 9685 0377
🌐 www.panpacific.com/en/hotels-and-resorts/pr-parramatta/dining/bar-30-and-bistro.html [f](#)

5 Basha Pizza & Cafe

Basha Pizza & Cafe provides authentic Lebanese (Manaeesh) and traditional pizza. You can take out or dine in while enjoying a fresh cup of coffee from the cafe.

📍 Shop 5, 29 Phillip Street, Parramatta
☎ 0499 611 333

6 Bay Vista Parramatta

Bay Vista Dessert Bar & Cafe prides itself on providing the best dessert experience in Sydney, offering amazing cakes, sweet and savoury crepes, pancakes, waffles and more.

📍 Shop 1, 330 Church Street, Parramatta
☎ (02) 9056 2775
🌐 www.bayvista.com.au [f](#) [ig](#)

7 Bondi Pizza

So much more than pizza, with a wide variety of dishes including the team's signature salads, pastas and a huge selection of starters. Fully licensed.

📍 320 Church Street, Parramatta
☎ (02) 9891 9221
🌐 www.bondipizza.com.au [f](#) [ig](#)

8 Broaster Chicken

Broaster is all about great flavour. Delicious, golden-brown, mouthwatering food that brings you back for more.

📍 277B Church Street, Parramatta
☎ (02) 8006 6656
🌐 www.broasterparramatta.com.au [f](#)

9 Club Parramatta

Club Parramatta has a range of dining options that are sure to keep everyone happy. Kids can enjoy their nuggets or cheeseburgers while adults have a huge range to choose from modern Australian, pizza, pasta and grazing plates. Authentic hawker-style street food is served from Wokafella, including dumplings, wonton soups, noodles and more.

📍 2 Macquarie Street, Parramatta
☎ (02) 8865 5100
🌐 www.clubparramatta.com.au [f](#) [ig](#)

10 Coco Cubano

Coco Cubano brings you a Cuban-inspired menu in a casual and cosy setting that will take you straight to downtown Havana.

📍 302 Church Street, Parramatta
☎ (02) 9635 1484
🌐 www.cococubano.com/locations-parramatta [f](#) [ig](#)

11 Collector Hotel Parramatta

Find all your pub favourites, including chicken schnitzel, rump steaks from the grill and burgers. There's even a children's menu.

📍 100 George Street, Parramatta
☎ (02) 9689 1122
🌐 www.collectorhotel.com.au [f](#) [ig](#)

12 Estelita's Filipino Kusina

Traditional Filipino cuisine and Filipino-Asian fusion, with a wide variety of exciting dishes and a cosy atmosphere. Classic dishes include leche flan and fried ice cream through to halo-halo (a cold dessert).

📍 319 Church Street, Parramatta
☎ 0428 452 396
🌐 www.estelitas.com.au [f](#) [ig](#)

13 Frankie B's

Frankie B's a lifetime journey based on two best friends and their love for food and street culture. An internationally inspired menu with creative and personalised touches from the two boys themselves. Serving brunch, lunch and dinner.

📍 291 Church Street, Parramatta
☎ (02) 7813 2107
🌐 www.frankiebs.com.au [f](#) [ig](#)

14 Gelato Messina

Gelato Messina's award-winning gelato creations come in more than 40 unique flavours as well as offering gelato cakes and daily specials.

📍 283 Church Street, Parramatta
☎ (02) 9635 3064
🌐 www.gelatomessina.com [f](#) [ig](#)

15 Ginza Izakaya

This izakaya, or Japanese tavern, provides unique atmosphere and quality Japanese food in a warm and welcoming industrial-style interior with views of the river.

📍 Shop 8, 330 Church Street, Parramatta
☎ (02) 7229 1883 [f](#) [ig](#)

16 Gong Cha

Gong Cha is located right near the water, so you can take your tea for a stroll along the banks of the Parramatta River. Offering an extensive menu, including classic teas and creative concoctions.

📍 327 Church Street, Parramatta
🌐 www.gongchatea.com.au [f](#) [ig](#)

17 Heritage Lounge

The glamour and sophistication of the 1920s in the heart of Parramatta. Welcome to Heritage Lounge, a bar with a difference.

📍 Level 1, 215–217 Church Street, Parramatta
☎ (02) 9633 3887
🌐 www.heritagelounge.com.au [f](#) [ig](#)

18 Holy Basil

A popular fusion restaurant serving authentic Thai and Lao cuisines with signature fresh herbs and spices. Fully licensed.

📍 Shop 5, 330 Church Street, Parramatta
☎ (02) 9056 2789
🌐 www.holybasil.com.au [f](#) [ig](#)

19 Hot Star Chicken

At Hot Star Chicken, the menu is simple; large fried chicken served with fries or oyster mushrooms. A satisfying meal or snack.

📍 327 Church Street, Parramatta
🌐 www.hotstarchicken.com.au [f](#) [ig](#)

20 Istanbul in Parra

A Turkish restaurant serving up delicious kebabs, pide, pizza, gozleme, burgers and more.

📍 402 Church Street, Parramatta
☎ (02) 9630 6818
🌐 www.istanbul-in-parra.com.au [f](#) [ig](#)

21 Itihaas Indian Restaurant

A contemporary restaurant in the heart of Parramatta, Itihaas creates a traditional Indian gourmet experience that will take your taste buds to new heights.

📍 325 Church Street, Parramatta
☎ (02) 9687 3300
🌐 www.itihaas.com.au [f](#) [ig](#)

22 John Belvedere

This upmarket hamburger bar uses 100 per cent Australian beef and its own special blend of different meat cuts to present fresh, innovative food in a vibrant and artistic setting.

📍 318 Church Street, Parramatta
☎ 1300 088 888
🌐 www.johnbelvedere.com.au [f](#) [ig](#)

23 Kouzina Greco

Delicious Greek cuisine, serving meze and classic Greek mains in a cosy, family-run venue.

📍 16 Phillip Street, Parramatta
☎ (02) 9687 3669
🌐 www.kouzinagreco.com.au [f](#) [ig](#)

24 Kukula's

Kukula's was created by two Ceylonese friends with a dream – to bring an unforgettable dining experience filled with bold and exotic flavours. They incorporated their heritage into the food philosophy and menu with some spiced Portuguese influences for a mouthwatering fusion feast.

📍 Shop 1, 20 Victoria Road, North Parramatta
☎ (02) 9890 1342
🌐 www.kukulas.com [f](#) [ig](#)

25 La Paris Brasserie

La Paris Brasserie features a relaxed environment with an incredible selection of wines and beers, as well as a fine dining experience to accommodate every occasion. Drawing inspiration from local Australian produce as well as the wonderful surrounding locale.

📍 18 Phillip Street, Parramatta
☎ 0439 983 321
🌐 www.laparis.com.au [f](#)

26 La Roue Cafe

Charming creperie serving French pancakes and light cafe fare.

📍 Shop 1, 235 Church Street, Parramatta
☎ (02) 8897 5360
🌐 www.larouecafe.com [f](#) [ig](#)

27 Little Greece Gyros & Souvlaki bar

Traditional Greek gyro and souvlaki bar serving vegetarian, vegan and gourmet options with quality ingredients and flavours.

📍 Shop 9, 15–17 Phillip Street, Parramatta
☎ (02) 8628 7335
🌐 www.littlegreece.com.au [f](#) [ig](#)

28 Lone Star Rib House and Brews

Immerse yourself in the Wild West experience and enjoy slow-cooked, glazed ribs, juicy steaks, schnitzels with toppers, burgers, and more.

📍 306 Church Street, Parramatta
☎ (02) 9633 3372
🌐 www.lonestarribhouse.com.au [f](#) [ig](#)

29 Mad Mex

Fresh and healthy Mexican food that will give you the right kind of fuel to get the most out of life.

📍 285 Church Street, Parramatta
☎ (02) 8677 5802
🌐 www.madmex.com.au [f](#)

30 Mama & Papas

A traditional Italian restaurant, providing a family-friendly environment and late night catch-ups with friends.

📍 295–301 Church Street, Parramatta
☎ (02) 9687 8189
🌐 www.mamaandpapas.com.au [f](#) [ig](#)

31 Mama Zzang

Mama Zzang offers a traditional homestyle Korean street food menu with rich flavours and punchy spices. All made with a mother's 'loving touch.'

📍 277 Church Street, Parramatta
☎ 0416 269 979 [ig](#)

32 Manaeesh Bakery & Pizza

A halal Lebanese style pizza shop. Once you have tried it you will want more, from oregano to cheese and everything in between.

📍 46 Macquarie Street, Parramatta
☎ (02) 9891 5219 [f](#) [ig](#)

33 Milky Lane

Milky Lane is Parramatta's coolest destination for juicy burgers, indulgent desserts and tasty cocktails.

📍 20 Macquarie Street, Parramatta
☎ (02) 9689 3893
🌐 www.milkylane.co [f](#) [ig](#)

34 35 Mr Phillip's Coffee House

Fabulous barista coffee in a range of top blends, as well as delicious muffins and pastries. Best of all, there are two locations.

📍 15–17 Phillip Street, Parramatta
📍 Shop 5, 75 Phillip Street, Parramatta
☎ 0413 777 459 [f](#) [ig](#)



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36 Nutrition Station
Your high-protein and superfood-rich food and smoothie destination.
📍 Shop 14, 55 Phillip Street, Parramatta
📞 0413 098 120
🌐 www.nutritionstation.com [f](#) [i](#)

37 Parramatta Leagues Club
Parramatta Leagues Club has been a premier destination for entertainment, dining and leisure for the past 59 years. It has four unique eateries, anchored by the best authentic Yum Cha in the area at Tingha Palace.
📍 1 Eels Place, Parramatta
📞 (02) 8833 0777
🌐 www.parraleagues.com.au [f](#) [i](#)

38 Pho Mai
Authentic Vietnamese food in a casual dining setting, Pho Mai Parramatta offers all the classic favourites as well as an option to make your own favourite pho, selecting your meat of choice and trimmings to make the rice noodle soup just the way you like it.
📍 41 Phillip Street, Parramatta
📞 (02) 8606 5359

39 Restaurant 317
Restaurant 317 is the longest standing restaurant in Church Street, offering one of the largest modern Italian menus in the area. 100 percent of the menu is available in gluten-free options suitable for coeliacs, being Sydney's first restaurant to be endorsed by Coeliac Australia.
📍 317 Church Street, Parramatta
📞 (02) 9893 8188
🌐 www.317.com.au [f](#) [i](#)

40 Ria Ayam Penyet
Modern take on Indonesian food with a nice spicy kick, ria is where the future meets past.
📍 312 Church Street, Parramatta
📞 (02) 7809 0899
🌐 www.parramatta.ria98.com.au [f](#) [i](#)

41 Rio Brazilian Restaurant
Rio's Parramatta steakhouse lends itself to traditional and tasty Brazilian barbecues, business functions or social gatherings.
📍 Level 1, 29 Phillip Street, Parramatta
📞 (02) 9687 7125
🌐 www.rios.com.au [f](#) [i](#)

42 River Cafe
Overlooking the Parramatta River in an idyllic waterfront location, River Cafe is the perfect place to sit, relax and soak up the atmosphere over breakfast, lunch or coffee and pastries.
📍 Shop 9, 330 Church Street, Parramatta
📞 0410 720 250
🌐 www.rivercafeparramatta.com.au [f](#) [i](#)

43 Sambousek Lebanese Snack Bar
Freshly home-made Lebanese food, including kibbeh, houmous, tabouli, and all your Lebanese favourites including tasty snacks.
📍 323A Church Street, Parramatta
📞 0433 800 799

44 San Churro
This popular Spanish *chocolateria* is part of a vibrant chain offering churros and decadent desserts alongside organic, fair-trade coffee.
📍 287 Church Street, Parramatta
📞 (02) 9633 1566
🌐 www.sanchurro.com [f](#) [i](#)

45 46 Subway
Stop in for a sandwich or grilled wrap at Subway stores on and around Church Street, with two of more than 40,000 locations worldwide.
📍 Shop 4, 20 Victoria Road, Parramatta
📞 (02) 8677 3136
📍 247 Church Street, Parramatta
📞 (02) 9893 9899
🌐 www.subway.com/en-au [f](#) [i](#)

47 Sushi Mata
With a range of sushi and sashimi to choose from as well as noodles, karaage chicken, ramen and donburri – it's a great place to feed your cravings for nutritious Japanese home-made food.
📍 275 Church Street, Parramatta
📞 (02) 9635 1527
🌐 www.sushimata.com.au [i](#)

48 Thai La-Ong
A lively restaurant specialising in tasty and creative takes on Thai cuisine, priced to enjoy every day.
📍 279-281 Church Street, Parramatta
📞 (02) 9687 6984
🌐 www.thailaong.com [f](#) [i](#)

49 The Coffee Emporium
A European coffee house experience that features a variety of classic favourites with a twist, alongside signature dishes, such as the affogato sundae.
📍 Shop 7, 197-205 Church Street, Parramatta
📞 (02) 8677 7857
🌐 www.thecoffeeemporium.com.au [f](#) [i](#)

50 The Crown Hotel
Cocktails and pub grub in a lively bistro and bar with large windows from which you can watch the world go by.
📍 295 Church Street, Parramatta
📞 (02) 9633 2600
🌐 www.crownhotelparramatta.com.au [f](#) [i](#)

51 The Edge Supplement Nutrition
The Edge offers protein shakes made on premises. Ready-made healthy meals plus snacks and drinks also available.
📍 73 Macquarie Street, Parramatta
📞 (02) 9633 3321
🌐 www.theedge.com.au

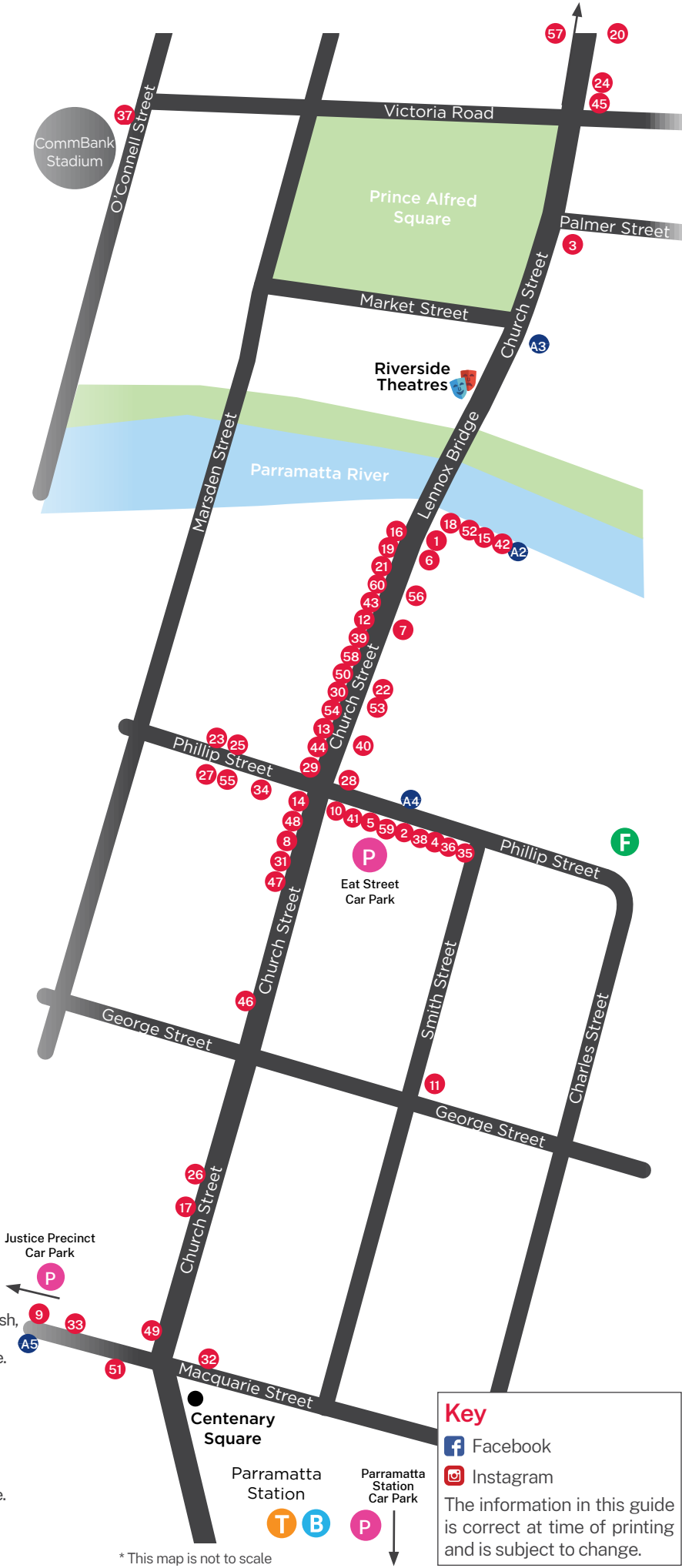
52 The Meat & Wine Co
Find all the top-graded steak and world-class dining options that have earned The Meat & Wine Co in Parramatta a reputation for being one of the best restaurants in Western Sydney and beyond.
📍 Shops 6 and 7, 330 Church Street, Parramatta
📞 (02) 8629 8808
🌐 www.themeatandwineco.com/locations/parramatta/ [f](#) [i](#)

53 The Souvlucky Country
Our mouth-watering Greek dishes are cooked with passion and made fresh, ensuring they maintain real home-made flavour. Drop in for a unique experience that encapsulates the atmosphere, smell and taste of Greece.
📍 316 Church Street, Parramatta
📞 (02) 9891 4174
🌐 www.thesouvluckycountry.com.au [f](#) [i](#)

54 Timur Bar & Grill
Your go to place for authentic Indian, Nepalese and Indo-Chinese cuisine.
📍 293 Church Street, Parramatta
📞 0401 266 412 [f](#)

Map – Parramatta CBD

Explore the precinct's restaurants, bars and cafes



55 Trans Cafe & Eatery
Go out and enjoy great coffee and good home-made food made with love.
📍 Shop 11, 15 Phillip Street, Parramatta
📞 (02) 9633 1951 [f](#) [i](#)

56 Valencia Grill & Tapas Bar
Spanish tapas dishes drawn upon the flavours of the Mediterranean coast with a twist. From home-made sauces, freshness and quality of food, Valencia Grill and Tapas Bar delivers authentic flavours from the ever stunning picturesque city of Valencia.
📍 Shop 2, 230 Church Street, Parramatta
📞 0414 849 877
🌐 www.valenciaparramatta.com [f](#) [i](#)

57 Vasco's Chargrill Chicken
High-quality, affordable meals the whole family can enjoy. Vasco's Chargrill Chicken offers healthy free-range chargrill chicken alongside chef-made salads and burgers.
📍 Shop 1, 459 Church Street, North Parramatta
📞 0414 042 331
🌐 www.vascoschicken.com [f](#) [i](#)

58 Volcano's Steakhouse
Volcano's Steakhouse is all about fresh flavours and quality dishes. An inviting steakhouse serving ribs, seafood dishes and more, amid timber walls and leather banquettes.
📍 311-313 Church Street, Parramatta
📞 1300 787 737
🌐 www.volcanos.com.au [f](#) [i](#)

59 60 Xpress Mart
Your local store for soft drinks and snacks, including USA and UK snack products.
📍 Shop 4, 29 Phillip Street, Parramatta
📍 323 Church Street, Parramatta
📞 (02) 9687 2255

Need somewhere to stay?

Try these easy accommodation options:

A1 175 ONE HOTELS & APARTMENTS
📍 175 Hawkesbury Road, Westmead
📞 (02) 9635 1233
🌐 www.oneha.com.au/175/ [f](#)

A2 MERITON SUITES
📍 330 Church Street, Parramatta
📞 1800 214 822
🌐 www.meritonsuites.com.au/our-hotels/nsw/western-sydney/parramatta/church-street/ [f](#) [i](#)

A3 NOVOTEL SYDNEY PARRAMATTA
📍 350 Church Street, Parramatta
📞 (02) 9630 4999
🌐 www.novotelparramatta.com.au [f](#) [i](#)

A4 PARKROYAL PARRAMATTA
📍 30 Phillip Street, Parramatta
📞 (02) 9689 3333
🌐 www.panpacific.com/en/hotels-and-resorts/pr-parramatta/location.html [f](#) [i](#)

A5 SKYE HOTEL SUITES
📍 30 Hunter Street, Parramatta
📞 (02) 7803 2388
🌐 www.skyeparramatta.com.au [f](#) [i](#)



Restaurant Guide

Parramatta's Church Street is now open, featuring one of Sydney's most popular dining districts.

The precinct has an array of restaurants, bars, alfresco eateries, cafes and small food vendors that draw visitors from far and wide.

Here you will discover the very best of this unique area, from the authentic Italian, Greek, Asian and modern Australian cuisine, to fabulous desserts, breakfast bites and some of the best coffee in town.

Through this guide , we encourage you to explore this truly diverse precinct and 'do something' in the Parramatta CBD.

This campaign is part of Transport for NSW's 'Activate Parramatta' plan, an initiative to support local businesses during the construction of the Parramatta Light Rail.

TRANSPORT FOR NSW
PROUDLY SUPPORTING THE PARRAMATTA CBD



Pictured: (top) Church Street, Parramatta
(front cover) Sushi Mata



Mad Mex