

This Neighbourhood Guide is produced by VisitCanberra, part of the ACT Government, in collaboration with HerCanberra.com.au.

Illustrations by Juliette Dudley

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 T&Cs apply.

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GoBoat Image: *Lean Timms*



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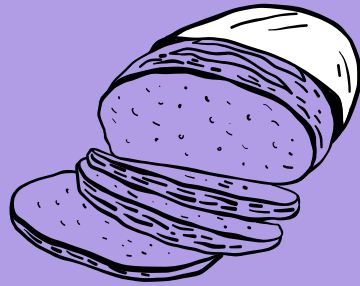
The Inner South

It's home to the national museums and galleries that define Canberra, but the inner south (as this collection of diverse suburbs is known) is so much more—it's a vibrant precinct with a rich food culture and active heart. Explore Australia's story while choosing your own adventure—everything from retail therapy to family fun, an art exploration or quality 'me time' is right here waiting.

Kingston + Foreshore



Muse Image: VisitCanberra



GoBoat Image: Lean Timms



The Dock Image: VisitCanberra

Kingston is an intriguing mix of history and modernity—'old' Kingston defined by heritage homes, boutique shops and cosy cafés; Kingston Foreshore its flashier younger sibling.

Green Square anchors the older precinct—a verdant slice that invites a leisurely coffee or casual meal in the sunshine. Take a stroll around the 'block' and you'll encounter boutiques, book shops, beauty destinations and a cornucopia of restaurants and cafés.

Eyre Street Market is a new addition to the suburb, bringing a diversity of food and retail options and a gourmet supermarket that's almost a destination in its own right—and keen cooks will love browsing the shelves of The Essential Ingredient.

Lakeside, you'll find Kingston Foreshore—a thriving neighbourhood where sleek apartments are bounded by historic structures and the city's new arts precinct in the making. Places to eat and drink line the harbour, and the strip is always buzzing with activity. Sunday's Old Bus Depot Markets make a return from late 2021.

The perfect base for a lake walk, or leisurely brunch, lunch or dinner.



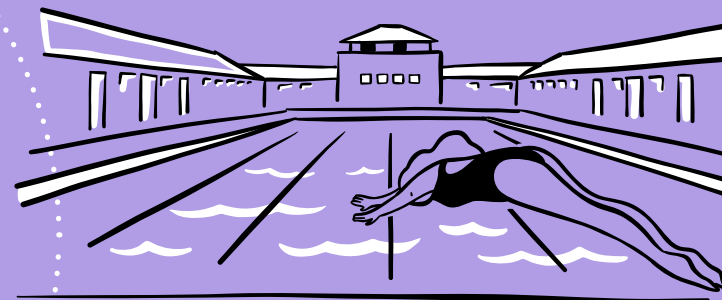
Manuka

The first thing you need to know about Manuka is how to pronounce it: MA-nuh-ka (not Man-OO-ka like the honey). The second is that it's not technically a suburb, rather a shopping and entertainment precinct in the suburb of Griffith.

Manuka has long been a dining destination, so it's not surprising many of the restaurants and cafés have been around for decades and still going strong. Drop into My Café or Caphs—a favourite coffee haunt since 1926—or enjoy excellent Asian cuisine at Abell's Kopi Tiam, Timmy's Kitchen or Thai Cornar.

Love Italian? Bellucci's, Antica Ricetta, Italian Brothers and Trecento are all bellissimo.

Manuka is one of Canberra's oldest precincts, and beyond the eateries and boutiques, you'll discover charming heritage-listed buildings such as St Christopher's Cathedral and art deco icon Manuka Pool, not far from Manuka Oval.



Narrabundah, Griffith + Red Hill



Red Hill Lookout Image: VisitCanberra



Aubergine Image: VisitCanberra



Rubicon Image: VisitCanberra

Narrabundah is a sprawling suburb, but its local shops are small and just starting to hit their stride. Home to hatted hotspot XO, you'll also find quirky cafés like Kita and Dinner Rush at The Kitchen, old-fashioned bakery Danny's, authentic trattoria La Cantina and neighbourhood bistro D'Browes.

Griffith's unassuming shopping strip is a must-visit for lovers of organic produce—Organic Energy, Griffith Butchery, and Mountain Creek Wholefoods all doing a brisk trade. It's also home to Canberra's only two-hatted restaurant, Aubergine, as well as a handful of other worthy eateries and bars.

M16 Artspace is just around the corner.

The crowning glory of Red Hill is its namesake—Red Hill Lookout which offers spectacular views of the city, especially at sunrise and sunset (and keen hikers may even discover Dr Who's Tardis among bushland). At its apex you'll find a quirky dodecagon mid-century building, home to elegant diner Onred—a very civilised way to take in the Canberra vista.

National Gallery of Australia
Image: Lauren Campbell
Artwork: Napier Waller
I'll put a girdle round about the earth 1933 (detail), oil on canvas,
National Gallery of Australia,
Canberra. Purchased 1979.
© Estate of Napier Waller.



Barton + Parkes



Once weighed down by its political postcode, Barton is fast becoming a foodie hotspot for every type of diner. From fine-dining restaurants and wine bars to casual cafés that punch above their weight—not to mention excellent coffee—this suburb, at the heart of an area Canberrans know as the Parliamentary Zone, is a delightfully leafy escape.

Realm Precinct is a something of a food and wellness hub, with no less than four eating establishments and two day spas, but you'll also find gems scattered elsewhere around the suburb. Try Little Bird for a fresh and satisfying brunch or lunch, Burger Craft for juicy burgers, or Yogi's Kitchen for authentic Indian.

Right next door, Parkes is home to many of Australia's national museums and galleries—all within easy walking distance of each other. Immerse yourself in incredible artworks, explore our Australia's political history and future, and dive into documents that reveal fascinating insights into our nation.

Deakin + Yarralumla



Lake Burley Griffin Image: VisitCanberra



Double Shot Image: Pew Pew Studio



Mini golf at Yarralumla Play Station Image: VisitCanberra

These suburbs may be well known for being the Canberra home to the Prime Minister and many embassies and high commissions, but their local shops are full of surprises.

Deakin has a handful of excellent eateries—Italian pizzeria Locale, healthy-eating hub (and purveyor of excellent coffee) Double Shot, and European brasserie Ondine, to name just a few. Divine shoe boutique Sissa Sissorella is worth the trip alone, and the Royal Australian Mint is just minutes away.

Lakeside suburb Yarralumla takes in the rambling parklands of Weston Park, the elegant Royal Canberra Golf Course, and swimming spots. The Yacht Club boasts some of Canberra's best views and a popular takeaway fish and chip outlet, while Lennox Gardens on Flynn Drive is a stunning spot for an afternoon picnic.

Yarralumla's shopping strip is a delightful spot to stop, boasting the Cork and Glass wine bar, Bees & Co and Farmer's Daughter café, and Canberra's best kebab spot, the Turkish Halal Pide House.

Want to indulge in a Canberra tradition? Pop into the historic Hyatt Canberra's Tea Lounge for their famous afternoon teas—think an array of savouries, finger sandwiches, freshly baked scones, jam and cream, and a selection of tempting cakes and slices.





The inner south is no one-trick pony, bursting with diverse experiences for foodies, families, art-lovers and activity-seekers. From picnics on the lake (literally) to animal encounters, you may need to stay a little longer to fit all this goodness in.

Paddle, segway, ride, walk:

Four ways to explore

1 FROM THE WATER

Be your own captain and explore Lake Burley Griffin on your very own electric picnic boat. Each GoBoat boasts a picnic table—select a hamper when you book or BYO—the choice is yours.

Or sit back and let someone else do the driving. Lake Burley Griffin Cruises run daily during the warmer months; while the MV Southern Cross offers lunch, dinner and weekend sightseeing cruises.

Capital Paddle brings the lake to life with colourful pedal-powered paddle boats. Rent a paddle boat and soak up the sun—maybe do a lap around the Captain Cook Memorial Jet, too.

2 SEGWAYS + SCOOTERS

Zippering along on a Segway is the ideal way to explore the Parliamentary Zone. Tours start at Lake Burley Griffin and combine twists, turns, ramps and challenges for even the most elite 'segwayer', as well as a good glimpses of national institutions.

Or DIY tour on an e-scooter! You can unlock Neuron and Beam using a handy app, and explore at your own pace.

4 ON FOOT

While you can't explore the whole city in a day by foot, many of the best attractions are best seen or reached by walking. The 5km bridge-to-bridge walk around Lake Burley Griffin takes in many of Canberra's iconic attractions, or for those who prefer a little less activity, the National Gallery of Australia and National Portrait Gallery are just 394 steps—or 300 metres—apart.

3 ON YA BIKE

Self-service bike rental Share A Bike is a simple way to grab a bike while you're out and about—just swipe your credit card at a station at nine hotels across Canberra. Or Bike Cycle Hire Canberra offers free delivery to your hotel or the lake.



An artistic enclave



Canberra Glassworks Image: VisitCanberra



Beaver Galleries Image: Tim Bean

BEAVER GALLERIES

A stone's throw from the Royal Australian Mint you'll find Beaver Galleries and its collection of works from renowned and emerging contemporary Australian artists in painting, printmaking, sculpture, ceramics, glass, jewellery and more. Want to feast more than your eyes? Pop in to Beaver Galleries' licensed café The Kitchen.

beavergalleries.com.au

CANBERRA GLASSWORKS

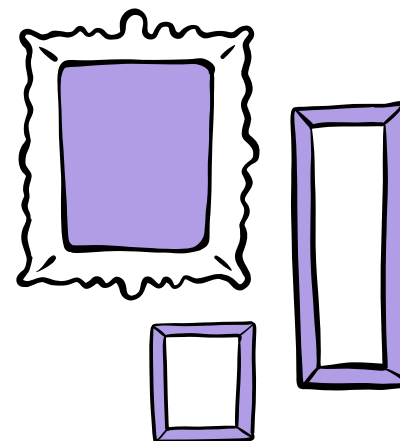
See glass in a new light at the Canberra Glassworks, housed in the historic Kingston Power House. Take a self-guided tour of this contemporary glass centre, the only one of its kind in Australia. Explore exhibitions, see professional glass artists at work, sign up for a class, or shop for something to take home.

canberraglassworks.com

MEGALO

At the heart of Kingston lies Megalo Print Studio and Gallery, exhibiting and facilitating the practices of etching, lithography, relief painting and screen-printing. Watch artists at work, noting the extraordinary process of printmaking. Take in the up-close detail and texture of a screen-printed piece and marvel at the vibrancy of layered paint on paper.

megalo.org



PHOTOACCESS

Art and photography lovers alike will enjoy a stop at PhotoAccess in Manuka. It's the leading destination for viewing contemporary photo and media-based art in Canberra. With three intimate gallery spaces, PhotoAccess can be showing multiple experimental and innovative exhibitions at a time.

photoaccess.org.au

M16 ARTSPACE

M16 Artspace is an artist-run initiative, home to three gallery spaces, 29 artist studios and five arts organisations that offer art classes. Take in an exhibition (they change every three weeks, so there's always something new to see), start your own art collection or take a class and create your own work.

m16artspace.com.au

Family fun

MANUKA OVAL

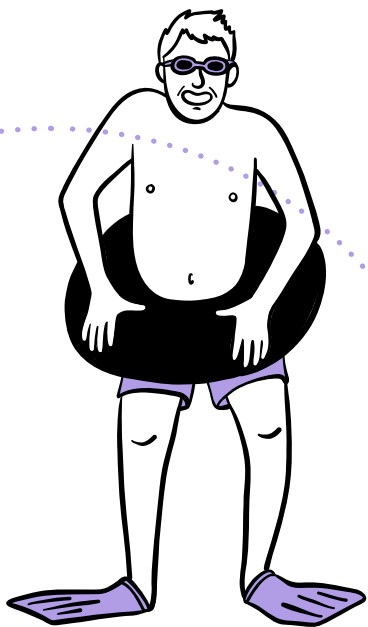
Across the road from the Manuka shops, you'll find Manuka Oval, where in autumn and winter you can watch the GIANTS play Australian Rules Football, or national or international cricket games during summer.

manukaoval.com.au

MANUKA POOL

Whether you're a design lover or a water baby, Manuka Pool is a must-visit. Completed in 1930, it's a stunning example of art deco architecture. But it's also a wonderful summer destination, boasting a 30-metre main pool, shaded toddlers pool and pirate ship playground—all set on two hectares of grassland.

manukapool.com.au



Jamala Wildlife Lodge

Image: VisitCanberra



NATIONAL ZOO & AQUARIUM

Pat a cheetah, feed a bear or meet a meerkat—get up close and personal with some of the world's most amazing creatures. From lions and tigers to giraffes and monkeys, the Zoo features a variety of native and exotic animals, as well as the largest inland saltwater tank in Australia. Stay at Jamala Wildlife Lodge for an Africa-inspired safari experience.

nationalzoo.com.au

OLD BUS DEPOT MARKETS

The Old Bus Depot Markets in Kingston is set to make a comeback in late 2021. Not your average market, every Sunday you'll find more than 200 stalls of exceptional quality featuring items hand-crafted by local and regional creatives—clothing, jewellery, food, art and more.

obdm.com.au



Old Bus Depot Markets

Yarralumla Play Station

Image: VisitCanberra

MAIN DRIVER DUTIES

1. Drive the vehicle safely and responsibly.

2. Ensure all passengers are seated and buckled up.

3. Check the vehicle's fuel level and oil pressure.

4. Report any mechanical issues to the manager.

5. Maintain a clean and safe driving environment.

6. Follow all traffic laws and regulations.

7. Provide excellent customer service.

8. Be a role model for other drivers.

9. Stay sober and focused at all times.

10. Keep your hands on the wheel at all times.

11. Use your mirrors and signal lights correctly.

12. Yield to pedestrians and cyclists.

13. Obey all road signs and markings.

14. Do not drink and drive.

15. Always wear your seat belt.

16. Do not use your phone while driving.

17. Keep your eyes on the road.

18. Do not tailgate.

19. Give the right of way to larger vehicles.

20. Stay calm and patient.

21. Do not speed.

22. Use your horn responsibly.

23. Do not drink and drive.

24. Always wear your seat belt.

25. Do not use your phone while driving.

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POWER KART RACEWAY

There's a whole lot more than go-karts at Power Kart Raceway (although adrenaline junkies will love the racing experience featuring electric go-karts on a Formula One-style indoor circuit). You'll also find an indoor glow-in-the-dark mini golf course, synthetic ice skating rink and arcade machines—the perfect destination for those who live life in the fun lane.

powerkarts.com.au

WESTON PARK

Head to the beach and swimming area on the eastern shore of Weston Park for a fresh-air family adventure. Ride your bikes on the cycle track that runs through the park or play Bocce or Pétanque on the special court. Kids will love the large-scale adventure playground, while little ones will enjoy the water playground and wading pool.

**Weston Park Road,
Yarralumla**

YARRALUMLA PLAY STATION

Themed putt-putt, a mini train, farm animals and more—make a whole day of it at the Yarralumla Play Station. Golf around Canberra's most famous icons, ride on Bluebell the train and experience the original mini railway, feed the animals at the farm (did someone say piglets?), and then refuel at the Station Shop Café.

yarraps.com.au

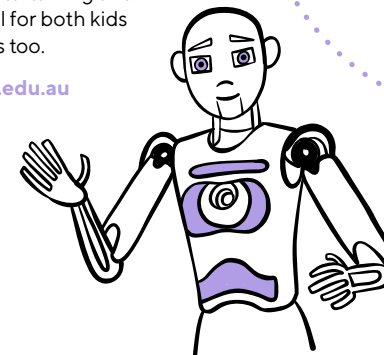
QUESTACON - THE NATIONAL SCIENCE AND TECHNOLOGY CENTRE

With more than 200 interactive exhibits, Questacon has something to engage and excite people of all ages. Aspiring scientists can be shaken by an earthquake, witness a lightning strike or lie back and stare up at the moon. Leave time to catch the entertaining science shows—they're entertaining and educational for both kids and big kids too.

questacon.edu.au

Love a good old-fashioned toy shop? You'll want to pop by Kidstuff in Manuka—they have oodles of toys, activities and games to keep kids of all ages entertained!

kidstuff.com.au





National Gallery of Australia
Image: VisitCanberra

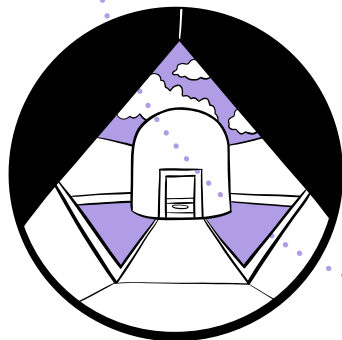
Bucket list attractions

A trip to Canberra’s national museums and galleries is an experience not to be missed. These cultural icons offer intriguing and ever-changing experiences with a universal theme of sharing and holding the stories of Australia.

NATIONAL GALLERY OF AUSTRALIA

More than 100,000 works of art and world-class exhibitions in one place. See the famous ‘Blue Poles’ by Jackson Pollock or the iconic Ned Kelly series by Sidney Nolan. Discover Australian, Aboriginal and Torres Strait Islander, Asian and international art; or take a leisurely stroll through the Sculpture Garden. Don’t miss James Turrell’s Skyspace—especially at sunrise or sunset.

nga.gov.au



AUSTRALIAN PARLIAMENT HOUSE

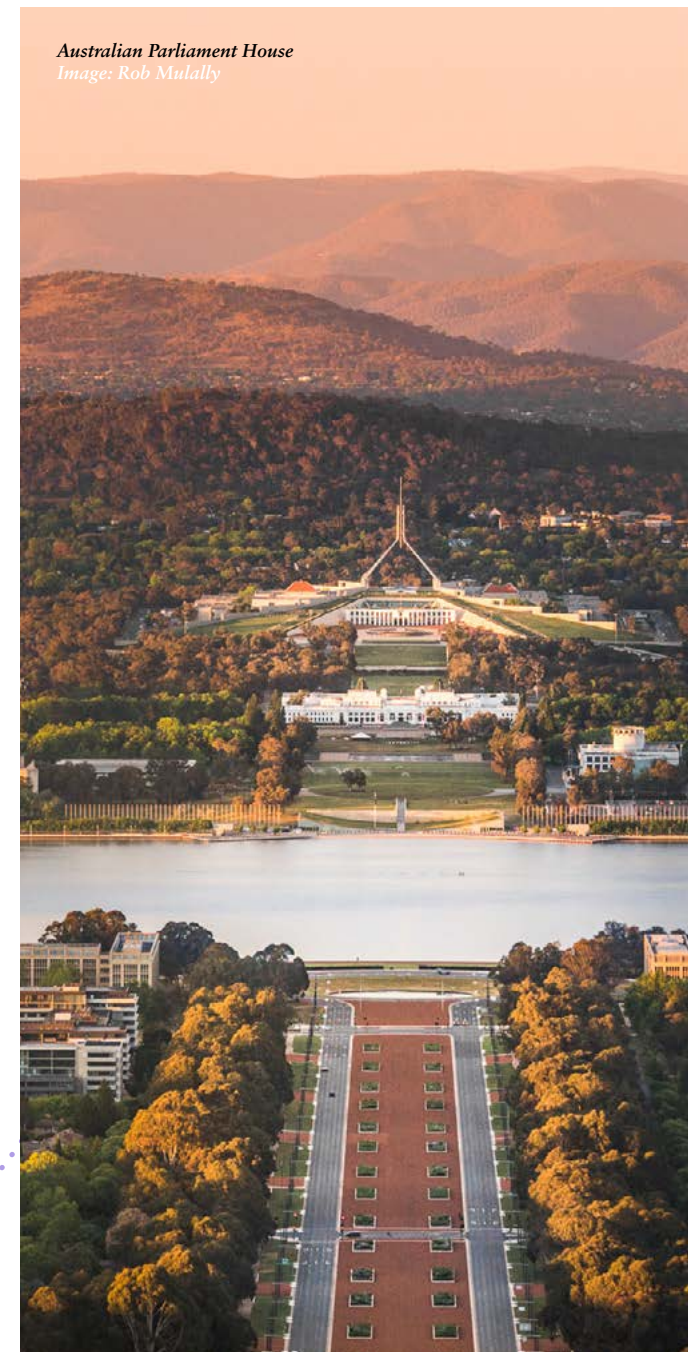
Chances are, when you think Canberra, you think of Parliament House and all the political shenanigans that take place within its walls—but there’s so much more to this iconic building than meet the eye. Political nerds will love a front row seat to Question Time, while design enthusiasts will marvel over the architecture. Take a guided tour for the full experience.

aph.gov.au

NATIONAL PORTRAIT GALLERY

A common thread runs through the National Portrait Gallery’s diverse collection—the featured artists, musicians, entertainers, politicians, athletes and royalty have all shaped our nation in some way. From Nick Cave to Captain Cook and Deborah Mailman, their stories give an insight into Australia’s identity, history, creativity and culture.

portrait.gov.au



Australian Parliament House
Image: Rob Mulally

MUSEUM OF AUSTRALIAN DEMOCRACY AT OLD PARLIAMENT HOUSE

The Museum of Australian Democracy at Old Parliament House is a living museum of social and political history—an exploration of where our country has come from, and where it's going. Imaginative family space PlayUP has hands-on activities to educate, excite and challenge young minds, while adults will be challenged by interactive exhibitions.

moadoph.gov.au

NATIONAL ARCHIVES OF AUSTRALIA

Did you know that our nation has a memory? It's called the National Archives of Australia. Visitors to the elegant art deco Archives building will be captivated by exhibitions bringing Australia's history to life, with content ranging from the kitsch covers of formerly banned books to a collection of digitised Second World War records and the Constitution.

naa.gov.au

NATIONAL LIBRARY OF AUSTRALIA

Don't let the name fool you—the National Library of Australia is much more than books (although it does have a 10-million-items-and-counting collection). See an exhibition, and be sure to visit the Treasures Gallery, where you'll find everything from maps and rare books to manuscripts, photographs, oil paintings and watercolours.

nla.gov.au

ROYAL AUSTRALIAN MINT

A visit to the Royal Australian Mint shouldn't be reserved for school excursions—this working factory is an energetic and educational destination for all ages. Watch coins being made, mint your very own coin, or spot Titan—the Mint's dancing robot whose job it is to pour coins into a hopper.

ramint.gov.au

AUSTRALIAN WAR MEMORIAL

It's not in the inner south per se, but its position—in direct line of sight to Parliament House (both new and old)—inherently connects it to other national museums and galleries. A special place of remembrance and a testament to sacrifice and an insight into our country's history, the Australian War Memorial tells the stories of men and women who have served, and continue to serve our nation in war, conflict and operations.

awm.gov.au



The National Library of Australia Image: Photox



*National Archives of Australia
Image: Stuart Miller*



Shop 'til you drop

The inner south is a shopaholic's paradise. Fashion-lovers will love exploring the troves of independent boutiques rubbing shoulders with high-street brands like Carla Zampatti, Witchery, Cable Melbourne, Gazman and Trenergy.



Into interiors? Be sure to stop by Home by Creations in Manuka's Style Arcade for luxury pieces from lauded brands such as Missoni and Mud, as well as local labels like Fink. Just next door you'll find Lily Cooper's quirky range of gifts and homewares—everything from candles and cards to books and vases.

Those who swoon over sparkles shouldn't miss Bijoux and Creations. And bookworms? You're in for a real treat.



Homewares in Manuka
Image: VisitCanberra



Escala Shoes
Image: Tim Bean

Fashion, shoes + more

THINGS OF DESIRE

Tucked away in a Manuka laneway is a little slice of Europe. Peek inside Things of Desire (T.O.D) and you'll be almost overwhelmed with the items on offer—racks of dresses, pants, coats, skirts and accessories in all colours and textures. This is a place where it pays to take your time.

todesire.com.au

Manuka

DEPARTMENT OF THE EXTERIOR

Susan Taylor's passion for innovative design saw her leave a career in law to open Department of the Exterior in Manuka in 2004. Expect to find contemporary structured and conceptual fashion pieces and accessories, as well as classic styles with a twist, sourced from Australia and New Zealand. A true hidden gem, you'll find it tucked away in the Manuka Court arcade.

[@deptoftheexterior_manuka](https://www.instagram.com/deptoftheexterior_manuka)

ESCALA SHOES

Escala Shoes brings international cutting-edge design to Manuka, stocking in-demand designers such as Guglielmo Rotta, Antonio Barbato, and Thierry Rabotin. If you're looking for shoes and accessories that are wearable, elegant and always on-trend, pop into this inviting corner of Manuka Lawns.

escala-shoes.com.au

MOMENTO DEZIGNS

A Canberra fashion institution, Momento Dezigns stocks clothing, shoes and accessories from more than 100 Australian and international fashion designers—think Alex Perry, Camilla & Marc, sass & bide and more. Their extensive collection ranges from casual day-wear through to glamorous cocktail, party dresses and formal wear and is a joy to explore.

momentodezigns.com.au



Sissa Sorella

*Images: Tori Davies
Photography*

Manuka

WOLFIE

Who says fully-grown fashionistas get to have all the fun? On Manuka Lawns, you'll find Wolfie—a fashion forward boutique for little people (you'll wish the pieces came in adult sizes). As well as clothing and accessories, you'll also find décor, toys and gifts, and more.

wearwolfie.com.au

Kingston

HONEYSUCKLE AND LACE

Stocking brands from across Australia and the world, including Denmark's Day Birger et Mikkelsen, knitwear by ERIBÉ Knitwear and colourful silk dresses by Mackenzie Mode, Kingston's Honeysuckle and Lace puts special emphasis on quality fabrics and accessories. There are also plenty of gifting options too, such as goodies from Daylesford Soap Company, jewellery and more.

 [@honeysuckle_and_lace](https://www.instagram.com/honeysuckle_and_lace)

Deakin

SISSA SORELLA

A boutique concept store with a sparkling personality, Sissa Sorella features a carefully curated seasonal edit of women's shoes and accessories from across Australia and abroad. Expect to find styles for every occasion and weather—from stylish flats for work and play to heels for every occasion as well as boots and sneakers.

sissasorella.com.au



Books



Parkes

ART STORE

Located inside the National Gallery of Australia (NGA), Art Store is an experience in its own right. Here you'll find a range of inspirational and contemporary art products and books, including items produced exclusively for the NGA.

nga.gov.au

THE CURATOREUM

One more reason to visit the National Portrait Gallery, The Curatoreum is a delightful collection of books and objects focussing on art, botany, design and photography. You'll also find some of Canberra's best creative talent here, alongside jewellery, art and design from local and national makers and craftspeople.

thecuratoreum.com

NATIONAL LIBRARY OF AUSTRALIA (NLA) BOOKSHOP

As you'd expect from a store that makes its home at Australia's national library, the NLA Bookshop is a bibliophile's delight. Here you'll discover a wide range of homegrown fiction, non-fiction and children's literature titles, including the complete range of books produced by NLA Publishing. There are also gorgeous gifts from Australian artists—everything from prints and plates to cups and coasters.

bookshop.nla.gov.au

Manuka

PAPERCHAIN BOOKSTORE

You could spend hours perusing the stacks of Paperchain Bookstore (and some people do). Home to an eclectic range of more than 16,000 titles, offerings traverse art and design, contemporary fiction, history, biography, philosophy, current affairs, travel, children's literature, cooking and gardening. A must-visit for bibliophiles.

paperchainbookstore.com.au

Kingston

THE BOOK COW

The Book Cow offers a relaxed browsing experience for booklovers, and stocks quality new titles for readers of all ages and genres. Be sure to check out their calendar of vibrant events featuring local authors.

bookcow.com.au

MUSE CANBERRA

'A space where good food, great wine and the magic of the written word come together', this restaurant cum wine bar cum bookstore is a must for gourmands and avid readers alike. Browse the carefully curated selection of new and secondhand books, dine, or drink from Muse's award-winning all-Australian drinks list.

musecanberra.com.au



Paperchain Image: Pew Pew Studio



Paperchain Image: Pew Pew Studio

Me-time



Take it down a notch and focus on your wellness—whether it’s a relaxing massage or an al fresco drink, the inner south offers many opportunities for ‘me time’.

Indulgence is on the menu at [Hale](#), a day spa located within Barton’s heritage-listed [Brassey Hotel](#). Guests can make the most of the blissful spa menu, plunge pool, steam room and infrared saunas, then relax with a herbal tea in the lounge in front of the fireplace.

Also in the Realm Precinct you’ll find [Mudd The Spa](#)’s five relaxation suites, including a couples room. Book in for one of their body and beauty rituals for men and women, including facials, massages, Vichy showers and more.

Up the road in Manuka, [Live Well Spa](#) has a focus on holistic healing, offering a variety of unique massage and facial treatments as well as acupuncture, herbal medicine, kinesiology and naturopathy.

If natural medicine is your thing, you’ll want to check out this hidden gem.

[The Hierophant](#) at Griffith shops boasts one of the largest homeopathic and herbal medicine dispensaries in the Southern Hemisphere. Here you’ll find everything from essential oils to herbal tea and crystals.

Want to keep up your yoga practice, or just reconnect mind and body after a busy day of exploring? Catch a yoga class at [Balanced Yoga](#) or [Kingston Yoga](#).

And if you’re keen for a spot of fresh air, head to [Telopea Park](#) or [Bowen Park](#)—both beautiful green spaces with plenty of room to breathe. An added bonus—both are regular venues for [The Pop Inn](#), a pop-up wine bar serving local drops, charcuterie and live music. There’s no entry fee, just pop along, pull up a picnic rug and relax. Visit [thepopinn.com](#) for event dates.



The Pop Inn

Image: Jessica Di Scipio

Breakfast of champions

(and stay for lunch, or later)



Foodie? You've come to the right place. In the inner south, the challenge won't be to find a dining destination, but how to fit in all your favourites. From hearty breakfasts to elegant evenings, it's all here.

Narrabundah

KITA

A café for night owls, Kita keeps nocturnal hours Wednesday through to Sunday morning, catering for those hankering for good food, coffee and company in the wee hours. Day-dwellers don't miss out, though—on weekends it extends its hours until midday, serving up breakfast staples alongside Indonesian classics.

kitakafe.com.au

Manuka

PATISSEZ

In 2015 Patissez shot to viral fame with its Freakshake and has done it again with its loaded Tijuana tacos. From decadent brunches to overflowing tacos, handmade desserts and a bespoke French Toast menu, head here if you're after something out of the ordinary. Nab a seat on the sunny Manuka Lawns and watch the world go by.

patissez.com

Kingston

PENNY UNIVERSITY

London's first 17th Century coffeehouses were called penny universities. People would pay a penny to enter, and once inside, had access to coffee, company, and the latest news. That welcoming vibe is what Penny University seeks to emulate. Instagram-worthy interiors and an eclectic menu make this a popular spot for all day dining.

pennyuniversitycafe.com



URBAN PANTRY

It's Hamptons meets French Provincial chic. This breezy daytime destination serves up old favourites with a twist—the menu changing with the seasons. Brunchers will be sated by tempting sweet and savoury options (we've never met a pancake here we didn't like), and long lunchers will appreciate the wine selection.

urbanpantrymanuka.com.au

SILLO

Sillo has been a Canberra bread institution since its opening in 1998 and still boasts queues for its chewy, crusty loaves. Grab a seat for an elegant breakfast or lunch (closed Sundays), but save room for a sweet tart as good as you'll find at any Parisian pâtisserie.

silobakery.com.au

Image: Anisa Sabet



Coffee culture



Kingston Foreshore

THIRTY8 ESPRESSO

If you like your coffee with a view, this is the place. A bustling café by the water's edge on Kingston Foreshore, Thirty8 Espresso serves Axis Roasters brews and is a popular choice with locals. A fresh and flavourful breakfast and lunch menu makes it more than just a coffee spot.

 @38espresso

Manuka

TYPICA

Service at Typica's coffee window rarely slows, such is this café's reputation for a quality cup. The first café in the ONA Coffee empire (the specialty coffee company founded by 2015 World Barista Champion, Sasa Sestic), Typica is also a dining destination—the menu reflecting the South American origin of its coffee culture.

typica.com.au

Kingston

HIGHGATE LANE

Tucked away in a quiet arcade behind bustling Green Square, you'll find Highgate Lane Coffee Roasters—the Canberra coffee brand that began in 2012 with a homemade roaster cobbled together from a heat gun, bread maker and digital thermometer. Grab breakfast from their sister café Bittersweet and settle in with a cup of house-roasted goodness.

highgatelane.com

LAVA COFFEE

Kingston is the latest suburb to be conquered by Lava Coffee's expanding empire. High-quality speciality coffee and light eats—think toasties and local pastries—are served up in a light-filled space with nods to Scandinavia and Japan.

 @lava_coffee

WILDFLOUR

Head here for a great cup of coffee, but don't leave without a loaf of crusty bread or a delicate pastry. At Wildflour you'll find a counter laden with fresh patisserie, pies, salads and ready-made sandwiches—all prepared fresh each day by French chef Romain Remy and his team.

wildflour.com.au



Wildflour
Image: Anisa Sabet

Healthy eats

Image: Pew Pew Studio

Kate Freeman

*Nutritionist + Founder,
Healthy Eating Hub*

You don't need to be a health guru to appreciate wholesome delicious food, and the inner south boasts a world of choice when it comes to fresh, quality, healthy fare. Founder of online program the Healthy Eating Hub, nutritionist Kate Freeman, shares her cream of the crop.

Double Shot at Deakin Shops is a healthy foodie's dream, with a menu that's chock full of acai bowls, smoothies, salads, porridge, nourish bowls and more. Check out the cake display for a range of organic, raw, vegan-friendly delights or choose something a little heartier. And with an Insta-worthy interior, this place satisfies both the palate and eyes.

Life's all about balance—and that's something that Braddon's **Eighty/ Twenty** has in spades. The popular eatery works on the philosophy of 80 per cent of the menu being healthy and nutritious, with a cheeky 20 per cent catering to your sweet, indulgent cravings. With smoothies, salads, healthy bowls and more, everything is seasonal and made in-house from fresh ingredients.

Local Press' menu is big on flavour and bursting with fresh, seasonal produce on the Kingston Foreshore. There are vegan and vegetarian options available, and carnivores can rest easy knowing that their proteins are free range, pasture fed, chemical and hormone free. Choose to dine at the waterfront café or pop around the corner to shop (and eat) all things wholefoods.

Nestled in the heart of Barton's leafy Realm Precinct, **Maple + Clove** places an emphasis on wholefoods. Their menu has a selection of nourishing smoothies and juices, all day breakfast options and lunches (including takeaway



*Double Shot
Image: Pew Pew Studio*

wraps and salads). Grab a table and enjoy the relaxed, casual café atmosphere or sit outside in the sunshine overlooking the lawns.

Health food store at the front, take-away food bar at the back—Griffith's **Mountain Creek Wholefoods** is filled to the brim with organic, vegan, gluten free, and raw and super foods. The organic kitchen offers daily specials which include a wide range of different quiches, salads, gluten free lasagne, gluten free rice balls, and other delicious treats.

Family fare

Kingston Foreshore

BEEF + BARLEY

Water views. Inventive burgers. Craft beer and local wines. Board games (and a whole lot more). Beef and Barley is a firm family favourite on the Kingston Foreshore. Don't miss their Burger High Tea (vegetarian options available)—it's a truly unique experience.

beefandbarley.com.au

Kingston

GELATO MESSINA

Since opening in Darlinghurst in 2002, the obsessive Gelato Messina team has been serving up a range of more than 40 magical flavours at any one time, as well as bespoke gelato cakes and single-serve pieces. Whether your tastes run to the classics or the creative, Messina's creamy concoctions will delight.

gelatomessina.com

TOKYO CANTEEN

Tokyo Canteen boasts Japanese-style brunch and lunch in Kingston's Eyre Street precinct. The menu showcases favourites like chicken katsu curry and okonomiyaki as well as some less traditional (but just as delicious) items such as their ginza honey toast with matcha mascarpone and miso mushrooms on toast. Don't miss Ramen Nights, every Thursday to Saturday from 5pm.

[@tokyo_canteen](https://www.instagram.com/tokyo_canteen)



Agostinis
Image: Adam McGrath

AGOSTINIS

From its pink neon sign exclaiming, 'you had me at pizza', to wine on tap and leopard-print booths, Agostinis is reinventing the traditional Italian restaurant. Located in Kingston's East Hotel, Agostinis serves authentic regional cuisine made with love. Don't leave without trying a pizza fresh from the state-of-the-art Marana Forni oven.

agostinis.com.au



Brodburger
Image: VisitCanberra

Kingston Foreshore

BRODBURGER

A Canberra burger icon, Brodburger has a cult following among locals. The burgers are big, juicy and adventurous, with tasty options for carnivores, vegetarians and vegans alike. Our favourite? Well, it's hard to go past the original Brod—but hot dog fans would be well-advised to try a Brod Dog. You won't regret it.

brodburger.com.au

LA RUSTICA BY THE LAKE

A stalwart of Canberra's Italian dining scene, La Rustica's dishes up rustic and authentic dishes, the servings generous. Lovers of pizza and pasta are spoilt for choice, with plenty of tempting traditional options such as Scallopini Salti In Bocca and Pollo Parmigiana also up for grabs.

larusticabythelake.com

SAMMY'S @ THE FORESHORE

Three things are guaranteed when booking a table at Sammy's: the service will be no-nonsense, you'll have steaming hot food under your nose within 15 minutes, and it will always, always be packed. It's easy to see why this Chinese and Malaysian restaurant has long been a fixture on Canberra's dining scene.

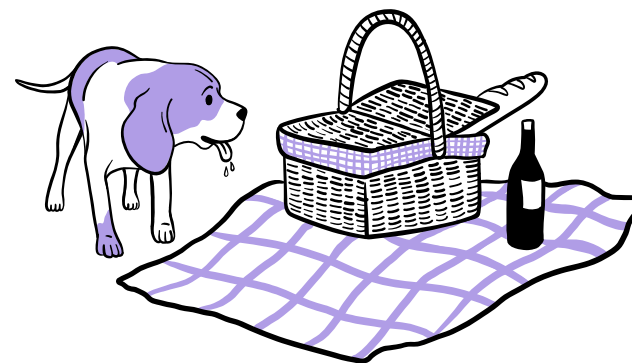
sammysforeshore.com.au

Yarralumla

SNAPPER ON THE LAKE

Watch the sun set with a side of fish and chips at casual outdoor eatery Snapper, many a southsider's favourite place to dine by the lake. If the weather's too chilly, head upstairs for a coffee at the Canberra Southern Cross Club and watch the boats go by from the heated deck.

csccl.com.au/snapper



The hats



The Inner South is home to some of Canberra's finest places to eat—five restaurants earning Good Food Guide hats for their commitment to creating an exquisite dining experience.

AUBERGINE

The city's only two-hatted restaurant, Aubergine is the ultimate special-occasion destination. From the curved dining room to the long, sheer curtains and soft lighting, it's an intimate space that lends itself to quiet conversations. The food is appropriately elegant and refined (no shared plates here) and the wine list is one of the best in town.

aubergine.com.au

CHAIRMAN + YIP

A Canberra dining institution, Chairman & Yip has been plating up inventive modern Pan-Asian cuisine for more than 20 years. Nestled in Barton's Hotel Realm precinct, the elegant interior boasts private dining rooms and a fully-enclosed balcony garden. Their Duck Pancakes are the stuff of legend.

chairmangroup.com.au/
chairmanyip

MORKS

Benn and Mork Ratanakosol are second-generation restaurateurs—their family venture Sukothai breaking new ground when it opened in 1990. Morks is Thai cuisine through their modern lens—traditional flavours served with creativity and flair, with plenty of vegan, vegetarian, and gluten-free options. If you're after wow factor, you'll want to order the Angel Prawns.

morks.com.au

XO

A spark of high energy at the sleepy Narrabundah shops, XO's unconventional approach to traditional south-east Asian cuisine packs a real flavour punch. Old favourites are reinvented here, served up to a soundtrack of 80s R&B in a light-filled space of whitewashed brick walls and blonde wood. Finish with the soft serve of the day.

xo-restaurant.com.au

Morks
Image: visitcanberra.com.au



OTTOMAN

A stalwart of the Canberra dining scene, this elegant art deco pavilion is an escape from the political machinations which surround it. Inspired by Chef Serif Kaya's Turkish heritage, Ottoman's dishes are consistently hatted—and while they may sound and look simple, there's a complexity of flavour that speaks to a mastery of the genre.

ottomancuisine.com.au

Ottoman Image: VisitCanberra





The Boat House
Image: James Souter

Elevated dining

Barton

THE BOAT HOUSE

A waterfront location and killer views combine with cutting-edge cuisine from one of Canberra's best chefs at this popular spot for special-occasion dining. The Boat House is the perfect pick for an intimate dinner or a long family lunch—an inventive menu washed down with a beautifully-curated wine list making it a memorable experience.

theboathouse.restaurant

LILOTANG

Lilotang serves up inventive and fun dishes in a bright and buzzy space—there's a whole wall dedicated to Manga! The menu spans raw bites to the delicious chariness of dishes cooked on a robata grill, and unique desserts. Wash it all down with something from the extensive wine, sake or whiskey menu.

lilotang.com.au

VINCENT

Expect the unexpected when it comes to wine bar cum restaurant Vincent. Its interior is dark and moody, its table layout unconventional and serpentine. One wall is devoted to a Scrabble tile menu of eleven dishes: six small plates, five large and three desserts to finish. A carefully curated list of local and international wines is designed to complement each dish.

vincentrestaurant.com.au

BUVETTE

Oh-so-French, Buvette is a little slice of Paris in the Parliamentary Zone. Relax with a glass of wine while sharing charcuterie and cheese, or indulge in the full dining experience. Love high tea? Every weekend you can indulge in a selection of finely made French cakes and tarts, delicate savouries and traditional scones.

buvette.com.au

Buvette Image: Pew Pew Studio





*OTIS Dining Hall
Image: Tim Bean*

Kingston

OTIS

Owned and operated by award-winning chef Damian Brabender, OTIS Dining Hall is an intriguing blend of nostalgia and modernity. Expect familiar dishes with a fresh twist—all locally sourced and seasonal. If you're visiting during the winter months, their truffle menu is a must.

otisdininghall.com.au

POMEGRANATE

An elegant escape for lunch or dinner, Pomegranate delivers simple, tasty food that is Modern Australian with a Mediterranean influence. Head chef and owner Erkin Esen has helmed some of Canberra's best restaurants, and serves up dishes packed with flavour and finesse. We can't recommend the Atlantic Salmon Carpaccio highly enough.

pomegranatekingston.com

Kingston Foreshore

MOLTO ITALIAN

Canberra's answer to a seaside trattoria, Molto is a celebration of Italian food in a sleek modern interior with open kitchen and bar and wood-fired oven. Expect authentic dishes, spanning pasta, pizza and a blackboard menu of daily specials.

moltoitalian.com

WILD DUCK

Wild Duck isn't your average Chinese restaurant. Its intimate interiors prized by many a politician, this is a destination for elevated dining—think Wagyu Dumplings or Massaman Beef Cheek. Our recommendation? Gather your friends and indulge in a banquet—it's a wonderful way to taste your way around the adventurous menu.

wild-duck.com.au



*Wild Duck
Image: VisitCanberra*

Rubicon
Image: Tim Bean

Griffith

RUBICON

A hidden gem at Griffith shops, Rubicon has been a dining destination for nearly 20 years. The best zucchini flowers in the city, a superior wine list and service that is almost as sparkling as the ceiling of fairy lights—there's a reason this place has retained its status as a special-night-out venue.

rubiconrestaurant.com.au

Red Hill

ONRED

If views are your thing, it's hard to go past Onred. It's housed in a quirky circular glass-walled building built in 1963 atop Red Hill and boasts incredible views from its vantage point 175 metres above Canberra city. Serving up an elegant Modern Australian menu, head here for destination dining.

onred.com.au

Deakin

ONDINE

An unpretentious Euro-style brasserie dishing up real comfort food—think Gnocchi Parisienne, Beef Bourguignon with French Style Mash or Coq au Vin. Tucked away in an unassuming Deakin laneway, this is a true hidden gem—a cracking wine list and informed service making it a local favourite.

ondine.com.au

Yarralumla

LAMSHEDS

Tucked away at the Yarralumla shops, Lamsheds is an upmarket neighbourhood eatery where the food is adventurous and the service warm. Share plates are the order of the day here—Mod Oz in flavour—perfect for a meal with friends or family. A sizeable wine list carrying local and lesser-known international labels boasts some interesting by-the-glass options.

lamsheds.com.au



Ondine

Image: Pew Pew Studio

Amelia Bidgood

As founder of Eat Canberra—a digital guide to the Canberra region’s food and beverage scene—founder Amelia Bidgood has eaten her way around the city (in the name of research, of course). She shares the dishes you need to try before you leave.

Patissez always makes my top five recommendations for breakfast or brunch in Canberra. Their FreakShake originally put them on the map but for me it’s all about the Tijuana tacos. Authentic, overflowing and so good!

Canberra now has an abundance of great burger joints but **Brodburger** is the OG. Grab a burger and eat it in, or walk to the lake and find a spot in the sun.

If you spent the night bar hopping in Canberra or a day checking out some of the incredible Canberra district wineries you might have a hankering for a kebab. Head to the **Yarralumla Turkish Halal Pide House** because they’re known for having the best kebabs in Canberra!

There’s a reason why the OTIS Pepper Steak at **OTIS Dining Hall** in Kingston is still on the menu years after opening. The perfectly cooked aged beef is crusted in silk-wood pepper and served with a luxuriously silky brandy jus. The textures, flavour and quality of the dish is incredible.

Pasta served hot out of a giant wheel of pecorino? **Molto Italian**’s staff have become very used to pausing while diners get their cameras out, but the Spaghetti Cacio e Pepe is big on flavour as well as flair.



Want more?
Book a walking
food tour at
eatcanberra.com.au

Don't leave
without trying

ESPRESSO
THEN
PROSECCO

Image: Pew Pew Studio



DRINK

All that exploring made you thirsty? There are myriad places to wet your whistle. Whether your tastes run to traditional pub or intimate wine bar, you'll find your bolt hole in the inner south.

Pubs + bars



The Dining Dome Image: Chillibeans Media

Manuka

PUBLIC

Taking its design inspiration from the building that originally stood in its place, Public is a modern take on a traditional pub. Surrounded by greenery on the corner of Manuka's bustling Franklin Street, Public offers share plates and pub grub, making it the perfect spot to kick back, take a seat and enjoy a lazy afternoon.

publicbar.com.au

Looking for a real outside-the-box experience? Grab a seat inside a beautiful, fully-furnished Dining Dome outside The Dock—the first of its kind in Canberra—and gaze at the stars through its transparent ceiling.

thedockkingston.com.au

Barton

OSTANI

Hotel Realm's Ostani Bar is an enticing drinks destination all year round—the airy beer garden perfect for a summer sip, while a seat near the spectacular open gas fireplace is pole position in the cooler months. A menu of elevated pub staples and a creative cocktail list completes the offering.

ostani.com.au

Kingston Foreshore

THE DOCK

This waterside gastropub pulls the crowds with a simple recipe—good food, cold drinks and live music. But despite boasting rugby greats Ben Alexander and Scott Fardy as co-owners, The Dock isn't just a sports bar—here, suits happily mingle with families and footy fans. Head for the orange umbrellas and nab a bench overlooking Kingston Harbour.

thedockkingston.com.au

WALT + BURLEY

This expansive gastropub does a brisk trade, punters taking in views of Lake Burley Griffin while enjoying pub classics and craft beer. Pull up a bench seat outside for a spot of people-watching with your pint, or nab a position near the show-stopping copper fireplace (there's live music every weekend).

waltandburley.com.au

Kingston

CARIBOU

A Canadian-themed 'real' pub with hearty food and lots of sport. Between a spot of pool or watching the ice hockey, feast on poutine (fries loaded with cheese and gravy), mac n cheese balls with aioli, or any manner of burger. Wash it down with a beer from the motherland.

cariboukingston.com.au

THE DURHAM CASTLE ARMS

An old-fashioned English pub, The Durham—as it's known for short—is a must-do for beer aficionados, offering a rotating selection of Australian and international craft beers, as well as staple brews. The kitchen dishes up tasty pub grub like steaks, burgers and parmas, and Happy Hour runs from 4–6pm every day.

thedurhampub.com.au

JOE'S BAR

Seeking a moody wine bar that's small in size but big on style? Head to Joe's Bar where its intimate nooks invite you to sit and connect over a glass or two. An intriguing wine list balances Italian wines with a selection of local drops designed to complement the modern Italian menu of Chef Francesco Balestrieri. Cin cin!

joesateast.com

KINGSTON HOTEL

The 'Kingo', as it is affectionately known, is one of Canberra's oldest pubs, dating back to 1922. With live sport, pool tables, two bistros, an outdoor courtyard and a cosy feel throughout, it's a classic corner pub. You can even cook your own meat at The Steakhouse!

kingstonhotel.com.au

QUEENIE'S

A long-awaited feminine take on the Canberra bar scene, Queenies offers the perfect place to wind down (or up depending on how wild you want to go). The menu offers an emphasis on sharing and offers native Australian flavours, but with a touch of Asian fusion. It's outrageously lush and unapologetically quirky.

queeniesatkingston.com.au



Joe's Bar Image: Adam McGrath



Joe's Bar Image: Adam McGrath

visitcanberra.com.au