

- 2015 EDITION -

GLUTTON GUIDE

SHANGHAI 上海



THE DELICIOUS GUIDE TO EATING
AND DRINKING LIKE A LOCAL

HOW TO USE THIS BOOK

Shanghai is undeniably one of the best cities in the world to eat your way through. Designed by foodies, for foodies, this guide is all you'll need to plan a memorable meal-based trip, highlighting the city's most authentic and delicious foods. More than just a book of listings, you'll find an overview of Shanghai's best street foods, safety tips, the best regional cuisines, and much more.

Designed to eliminate the language barrier, every listing has a bilingual address section for seamless taxi rides, subway stop listings and what to order at restaurants that only have Chinese menus. This gets you off the tourist trail and eating the best dishes at each restaurant, shoulder to shoulder with local diners.

Perhaps the best part of eating Chinese food in China is the regional variations not often found abroad. As well as offering an overview of each regional cuisine, this guide also details the best representatives of each region within Shanghai's city limits. Depending on your needs, this book can guide a months-long eating and drinking bonanza, or alternatively can serve as a shortcut to finding the most suitable places to dine for those with too little time. Longer-term Shanghai residents will find the food shopping section especially helpful.

Each restaurant's address section features an external Google Map link - with an internet-and-VPN-enabled device, just click 'save' in your maps application for easy reference while touring on the ground.

Each listing title is marked with an abbreviated symbol for price point, mealtime and location of the restaurant.

Pricing is per person, with the following average meal cost:

\$	Less than RMB 50 (USD 8)
\$\$	RMB 51-150 (USD 8 – 25)
\$\$\$	RMB 151-300 (USD 25 – 50)
\$\$\$\$	RMB 301+ (USD 50+)

Meal

B = Breakfast

L = Lunch

D = Dinner

D+ = After-dinner drinks &
late night eats

City Area

BPS: Bund/People's Square

FFC: Former French Concession

JA: Jing'an

XJH: Xujiahui

PD: Pudong

ZSP: Zhongshan Park

For example, if the heading looks like:

Fu Chun (B L D, \$, JA)

This means Fu Chun is open for Breakfast, Lunch and Dinner, costs less than RMB 50 per person and is located in Jing'an District.

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**SHANGHAI'S MUST-DO
CULINARY EXPERIENCES**

SLURP XIAOLONGBAO

Arguably Shanghai's most famous dish, xiǎolóngbāo (小笼包) are bite-sized steamed dumplings stuffed with minced pork and soup. It's all about the eating technique (as pictured below) – bite, slurp, dunk and devour! [More info.](#)

Step 1: Pick up xiaolongbao with chopsticks and place on your spoon.

Step 2: Dunk your xiaolongbao in vinegar (with chili flakes added if you like).

Step 3: Bite a hole in your xiǎolóngbāo.

Step 4: Make the hole big enough to slurp out of.

Step 5: Slurp out all the pork broth (dunk again, if you like vinegar).

Step 6: Pop whole dumpling in your mouth and enjoy.

HOW TO EAT XIAOLONGBAO (SOUP DUMPLINGS)



EXPLORE THE MUSLIM MARKET

Despite being downsized and relocated back in 2013, this Friday afternoon market outside of Huxi Mosque still sees a lively mix of cultures and great examples of China's far west cuisine. Sample the best lamb kebabs, dumplings, cold noodles and roasted fowl you can find in Shanghai while sitting elbow to elbow with locals gathering for prayer. Come for the food, stay for the atmosphere and a glimpse into the lives of China's non-Han minorities. [More info.](#)

DISCOVER SHANGHAI'S NIGHT MARKETS

Unlike Beijing's more touristy food markets, these Shanghai hot spots offer a glimpse into the authentic culinary scene after dark. Watch as your food is cooked fresh to order, from delicious stewed crawfish and bbq garlic scallops, to Taiwanese puddings, stir-fried noodles and much more. But visit soon – these central food streets are under constant attack by property developers and neighborhood police eager to 'clean up' and westernize the city. [More info.](#)

SEE YOUR NOODLES HAND-PULLED TO ORDER

You can't get noodles fresher than this! Watch as Hui minority chefs manipulate, stretch and pull their dough right in front of your eyes, turning wheat and water into thin strands of noodles in mere seconds. It's like an edible magic trick that will arrive at your table steaming hot in less than a minute. [More info.](#)

JOIN UNTOUR SHANGHAI'S FOOD TOUR

Overwhelmed by the language barrier, intimidated by long menus as thick as textbooks and apprehensive about chowing down on street food? UnTour Shanghai takes the guesswork out of eating in China with intimate half-day food tours led by a bilingual guide. While you're experiencing the city's food scene, you'll also walk through Shanghai's traditional street scenes, parks and neighborhoods to see how the locals live. Tours are offered six days a week, including Street Eats – Breakfast, Hands-On Dumpling Delights and Night Markets options.

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