

International



Market Guide

The Twin Cities has a rich diversity of international specialty and ethnic markets. This guide provides a list of these markets by area. Explore the culinary diversity of the Twin Cities area. Enjoy and eat well!

Near West Bank Campus

The Cedar-Riverside neighborhood is a diverse multicultural community located near the West Bank campus of the University. For information about the Cedar-Riverside neighborhood, see http://en.wikipedia.org/wiki/Cedar-Riverside,_Minneapolis.

Afrik Grocery & Halal Meat (East Africa, Halal foods)
613 Cedar Avenue South, Minneapolis 612-343-0245

Keefer Court Chinese Bakery
326 Cedar Avenue South, Minneapolis 612-340-0937
<http://www.keefercourt.com/>

Halal Mini Market (East Africa, Halal foods)
410 Cedar Avenue South, Minneapolis 612-204-9545

Mediterranean Deli
523 Cedar Avenue South, Minneapolis 612-338-8646
<http://www.mediterraneandeli.com/>

Seward Community Co-op (organic food, specialty ethnic food)
2823 E. Franklin Avenue, Minneapolis 612-338-2465
<http://www.seward.coop>

United Noodles Oriental Food Inc.
(Thailand, Japan, Korea, Indonesia, Malaysia, China, Philippines, Vietnam)
2015 East 24th Street, Minneapolis 612-721-6677 <http://www.unitednoodles.com>

Near East Bank Campus

Caspian Bistro & Marketplace (Middle East restaurant and market)
2418 University Avenue Southeast, Minneapolis 612-623-1113

Central Avenue, Minneapolis

Central Avenue, located in Northeast Minneapolis, is the home to many international grocery stores, gift stores, and restaurants. For information about Central Avenue, see <http://neighborhoods.minneapolis.org/necentral/index.php?section=1>

Asia Imports Food and Video (Asia, India, Pakistan, Middle East, Africa)
1840 Central Avenue Northeast, Minneapolis 612-788-4571

Crescent Moon Bakery (Afghanistan)
2339 Central Avenue Northeast, Minneapolis 612-782-0169
<http://www.crescentmoonfoods.net/>

Holy Land Bakery & Grocery Deli (Lebanon)
2513 Central Avenue Northeast, Minneapolis 612-781-2627
<http://www.holylandbrand.com/>

Patel Groceries & Video (South Asia, India)
1835 Central Avenue Northeast, Minneapolis 612-789-8800
<http://www.patelgroceriesmn.com>

“Eat Street” - Nicollet Avenue, Minneapolis

“Eat Street” spans 17 blocks of Nicollet Avenue from downtown Minneapolis to Lake Street with international restaurants and grocery stores. For more information, see <http://www.minneapolis.org/page/1/Eat-Street.jsp>.

Marissa’s Bakery (Mexico)
2750 Nicollet Avenue South, Minneapolis 612-871-4519

Shuang Hur Oriental Market
2710 Nicollet Avenue, Minneapolis 612-872-8606

Minneapolis

Amand’s Exotic Food Market (Jamaica and West Indies)
3759 Bloomington Avenue South, Minneapolis 612-724-8696

Bangkok Market & Video Rental
3100 Lyndale Avenue North, Minneapolis 612-521-6711

Delmonico’s Italian Foods
1112 Summer Street Northeast, Minneapolis 612-331-5466

Emily’s Lebanese deli
641 University Avenue Northeast, Minneapolis 612-379-4069
<http://www.emilylebanesedeli.com/>

Europol Eva’s Deli (Central Europe)
359 13th Avenue Northeast, Minneapolis 612-617-0022

Kramarczuk Sausage Co. store and deli (Ukraine, Central and Eastern Europe)
215 East Hennepin Avenue, Minneapolis 612-379-3018 <http://www.kramarczuk.com/>

Los Amigos (Mexico)
2746 Blaisdell Avenue South, Minneapolis 612-871-1262

Latino Groceries
420 Hennepin Avenue East, Minneapolis 612-623-4087

Mercadito Mi Axochiapan (Mexico)
3748 Cedar Avenue South, Minneapolis 612-721-4835

Midwest Market & Halaal-Meat
2000 Portland Avenue, Minneapolis 612-879-6998

New Orient Market
2800 1st Avenue South, Minneapolis 612-871-7946

Salama Meat Market (Halal meat)
912 East 24th Street, Minneapolis, MN 612-252-1412

Lake Street

Historically Lake Street has been home to immigrant communities and today is still home to many diverse communities. There are two large indoor markets, Mercado Central and Midtown Global Market, within a mile of each other on Lake Street between 15th Avenue and Chicago Avenue. For more information, see <http://visitlakestreet.com>.

Bill’s Imported Foods (Eastern Europe, Middle East)
721 West Lake Street, Minneapolis 612-827-2891 <http://billsimportedfoods.com/>

Carniceria La Huazteca (Mexico, Latin America meats)
417 East Lake Street, Minneapolis 612-823-6222

Dur Dur Bakery (Africa, Middle East, Halal meats)
1821 East Lake Street, Minneapolis 612-721-9449

Ingebretsen’s Scandinavian Gifts & Foods
1601 East Lake Street, Minneapolis 612-729-933 <http://www.ingebretsens.com>

La Mexicana
1522 East Lake Street, Minneapolis 612-722-3331

La Cosecha Market (Mexico)
1515 East Lake Street, Minneapolis 612-728-5457

Las Americas Super Mercado
340 East Lake Street, Minneapolis 612-827-3377

Mercado Central (Mexico, Latin America)
1515 East Lake Street, Minneapolis 612-728-5401 <http://www.mercadocentral.net>
See also "Indoor Markets"

Midtown Global Market
Lake Street and Chicago Avenue South, Minneapolis <http://midtownglobalmarket.org>
See also "Indoor Markets"

Near St. Paul Campus

Abu Nader Deli & Grocery (Mediterranean, Middle East)
2095 Como Avenue, St. Paul 651-647-5391

University Avenue, St. Paul

University Avenue is at the heart of St. Paul and is home to a large Southeast Asian community. On University Avenue between Rice Street and Snelling Avenue, there are many Vietnamese stores and restaurants.

88 Oriental Foods
291 University Avenue, St. Paul 651-209-8388

Chouleng Asian Foods
651 University Avenue West, St. Paul 651-291-0846

Ha Tien Grocery (Asia)
353 University Avenue West, St. Paul 651-227-7136

Kim Hung Oriental Grocery
459 University Avenue West, St. Paul 651-221-9803

May's American-Oriental Market
377 University Avenue West, St. Paul 651-293-1118

Shuang Hur (Asian market)
654 University Avenue West, St. Paul 612-253-0456

Spiros Mediterranean Market (European, Greek)
2264 University Avenue West, St. Paul 651-645-4607

Trung Nam French Bakery
739 University Avenue West, St. Paul 651-229-0887

Ugaso Grocery (Somali Halal meat)
2420 University Avenue, St. Paul 651-917-7000

St. Paul

7th & Hope Oriental Store
786 East 7th Street, St. Paul 651-771-5846

Cossetta Italian Market
211 West 7th Street, St. Paul 651-222-3476 <http://www.facebook.com/cossettaspizzeria>

Desi Foods (India)
1252 Town Centre Drive, St. Paul 651-686-7766

Dragon Star Oriental Foods Inc.
633 Minnehaha Avenue West, St. Paul 651-488-2567

El Burrito Mercado (Mexico, Latin America grocery and deli)
175 Cesar Chavez Street, St. Paul 651-227-2192 <http://www.elburritomercado.com>

First Hmong Market And Video
1133 Rice Street, St. Paul 651-487-4044

Guadalajara Market
946 Rice Street, St. Paul 651-488-7027

Kim's Oriental Market (Korea, China, Japan)
689 Snelling Avenue North, St Paul 651-646-0428

Thai Store (Asia)
1377 Arcade Street, St. Paul 651-771-8201

Suburbs

A-Z Africa Mart

6930 Brooklyn Boulevard, Brooklyn Center 763-561-1560

African Market

8940 Lyndale Avenue South, Bloomington 952-881-6035

Asian Direct Oriental Market

607 East 77th Street, Richfield 612-861-4612

Asian Pacific Oriental Foods Inc.

7986 Brooklyn Boulevard, Brooklyn Park 763-315-1125

Bass Lake Oriental Grocery

5600 Bass Lake Road, Crystal 763-536-8848

Bosnian Supermarket

6253 University Avenue Northeast, Fridley 763-571-1941

Buon Giorno Italia

981 Sibley Memorial Hwy., Lilydale 651-905-1081

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

Chan Oriental Market

9016 Lyndale Avenue South, Bloomington 952-967-0544

CurryUp Foods

13601 Grove Dr, Maple Grove, (866) 264-5420 <http://www.curryupfoods.com/>

Desi Foods

7587 West 149th Street, Apple Valley 952-432-8558

Dong Yang Oriental Food & Deli (Korea)

735 45th Avenue Northeast, Hilltop 763-571-2009

El Jalapeno Market (Latin America, Mexico)

1430 East 66th Street, Richfield 612-869-2022

Florida Oriental Market

1705 Highway 13 E, Burnsville (952) 808-0700

Hyundai Oriental Grocery

1716 East Old Shakopee Road, Bloomington 952-948-1184

India Spice House (India)

8445 Joiner Way, Eden Prairie 952-942-7510

Innenbrary Halal Market

8246 Commonwealth Drive, Eden Prairie 952-944-5477

KT Oriental Market

7520 Lyndale Avenue South, Richfield 612-861-1023

Kwaku's African Food Market & Deli

5736 Lakeland Avenue, Crystal 763-560-2263 <http://africanfoodmall.com/>

Minsk Market (Russia, Ukraine)

2526 Horizon Dr. Burnsville 952-846-0864

Moscow Market (Russia)

1918 Cliff Rd. E, Burnsville 952-808-9000

Rearn Thai Market

14600 10th Avenue South, Burnsville 952-953-6424

Supermercado Olmeca (Spain)

1919 West Burnsville Parkway, Burnsville 952-895-9550

South Asian Foods (India, Pakistan, Bangladesh)

765 53rd Avenue Northeast, Fridley 763-586-9800 <http://www.southasianfoods.com>

Farmers Markets

The Farmers Markets are generally open in the spring, summer, and fall. Local farmers and vendors sell fresh fruits, vegetables, plants, meats, bread, and flowers. Some farmers markets are not open daily. Check website for hours of operation.

Downtown Minneapolis Farmers Market

Nicollet Mall Downtown

<http://www.mplsfarmersmarket.com/nicollet.htm>

Mill City Farmers Market

Chicago and 2nd between Guthrie Theater and Spoonriver Restaurant
<http://www.millcityfarmersmarket.org>

Minneapolis Farmers Market

312 East Lyndale Avenue North <http://www.mplsfarmersmarket.com>

Minneapolis Midtown Public Market

Hiawatha and 22nd Avenues <http://www.midtownpublicmarket.org/mpm.htm>

St. Paul Farmers Market

5th and Wall Streets, Downtown St. Paul <http://www.stpaulfarmersmarket.com>

University of Minnesota Farmers Market

Located on Church Street, East Bank Campus
<http://www1.umn.edu/ohr/wellness/farmersmarket/index.html>

Indoor Markets**Midtown Global Market**

Lake Street and Chicago Avenue South, Minneapolis <http://midtownglobalmarket.org>
The Midtown Global Market is an internationally themed public market with more than 50 vendors that offer produce, delicacies, prepared food, and unique gifts from around the world.

Mercado Central (Mexico, Latin America)

1515 East Lake Street, Minneapolis <http://www.mercadocentral.net>
Mercado Central is an indoor open-air mall with more than 40 Latino owned shops including a meat market, restaurants, and grocery stores.

Al Karama Somali Mall (Middle East, Africa, and Asia)

419-420 Cedar Avenue South, Minneapolis 612-341-3434

Resources**Minneapolis-St. Paul Magazine Guide to Dining in the Twin Cities**

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

Metro Transit, bus and light rail information

<http://www.metrotransit.org>

Shopping guide for vegetarian and vegan food <http://www.vegguide.org>**Twin Cities Asian Markets** <http://www.tcdailyplanet.net/node/2049>**Chowhound (online food bulletin board)** <http://www.chowhound.com>**Online guide to halal food**

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

Sample Minneapolis-Saint Paul's Ethnic Diversity

http://minnesota-travel.suite101.com/article.cfm/sample_minneapolis_saint_pauls_ethnic_diversity

2009 Twin Cities Guidebook

<http://www.secretsofthecity.com/guides/2009>

International Events (great places to sample international food)**American Swedish Institute's Swedish Summer Cafe and Midsommar Celebration**

At the cafe, open in the summer, you can dine on Swedish desserts, rolls, and lingonberry sorbet. The institute holds Midsommar Celebration in June and a Swedish crayfish party in August. For more information call 612-871-4907.
<http://www.americanswedishinst.org>

Dragon Festival

The two-day festival, held every July at Lake Phalen in St. Paul, is a celebration of Asian cultures in the Twin Cities. A festival highlight is the dragon boat race. The University's China Center has participated in the dragon boat race annually.
<http://www.dragonfestival.org>

Festival of Nations

Almost 100 different ethnic groups from around the world share their foods, crafts, and traditions. The festival is held in early May at the Xcel Center, St. Paul.
<http://www.festivalofnations.com>

International Festival of Burnsville

International Festival of Burnsville

During this five-hour event guests can peruse international food and vendor tents. Performances by dancers, musicians, and other entertainers exhibit the city's diverse population and traditions. The festival is held in June.

<http://www.ci.burnsville.mn.us/index.asp?NID=453>

Japanese Lantern Festival

The festival, reminiscent of Japan's Obon holiday, is held in August at Como Park in St. Paul. <http://www.comozooconservatory.org/cons/jll.shtml>

Vietnamese Tet New Year

Celebrate the Vietnamese new year with performances and Vietnamese cuisine.

<http://vietnam-minnesota.org> <http://www.keefercourt.com/>

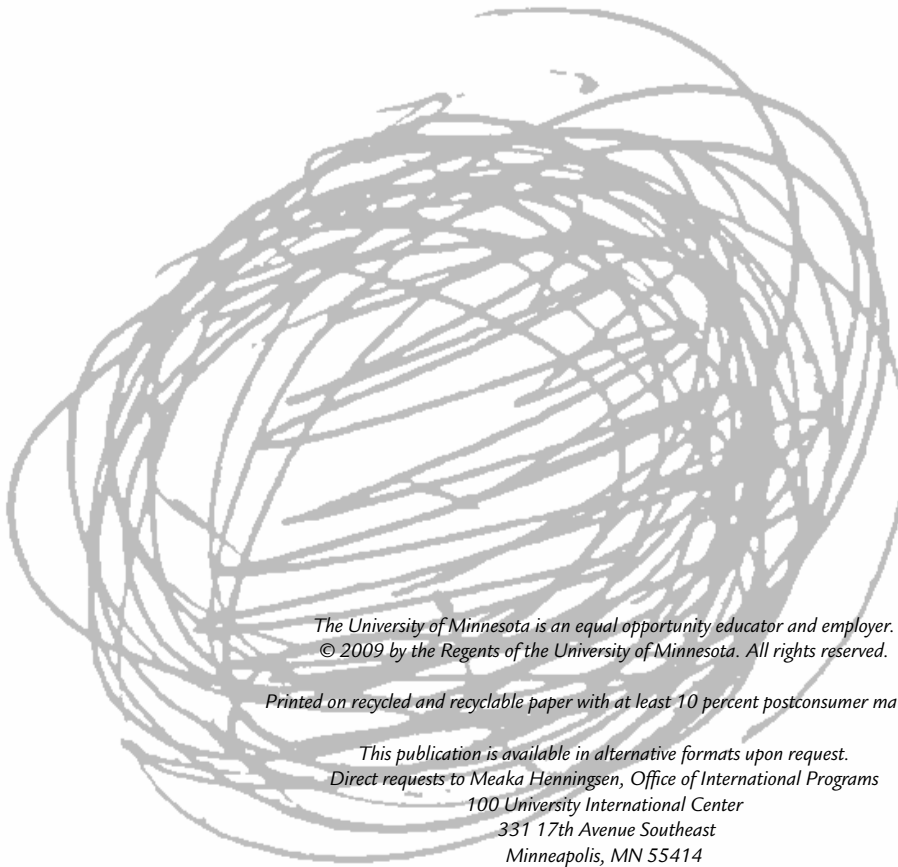
Event calendars

University of Minnesota events calendar <http://events.umn.edu>

Event calendar for "global citizens" <http://www.tcdailyplanet.net/calendar>

Minneapolis Mosaic, "Celebrating Cultural Diversity"

<http://www.minneapolismosaic.com>



*The University of Minnesota is an equal opportunity educator and employer.
© 2009 by the Regents of the University of Minnesota. All rights reserved.*

Printed on recycled and recyclable paper with at least 10 percent postconsumer material.

*This publication is available in alternative formats upon request.
Direct requests to Meaka Henningsen, Office of International Programs
100 University International Center
331 17th Avenue Southeast
Minneapolis, MN 55414
612-626-9123*

The International Market Guide was prepared by the Office of International Programs. For more information about the Office of International Programs see <http://www.international.umn.edu>

