

Tuck in Like a Dundonian!

'eat and drink Dundee' shines a spotlight on the locally produced food and drink that you'll not want to miss the chance of enjoying whilst in our area, as well as useful information about the city's main food and drink districts. Take time to explore these mouthwatering hotspots where you'll find clusters of restaurants, bars and cafés, many independently owned and managed.

Our unique 'coast meets countryside' location means that around 70% of Scotland's fresh produce is grown within a 30-mile radius of Dundee - something we're really proud of.

Never mind being Scotland's food basket! Dundee is Scotland's supermarket food trolley, overflowing with locally grown must-try goodies!



Sustainability

Dundee's independent food network is working towards a more sustainable future. This small but mighty region has its sights set on reducing its share of Scotland's food waste - a total of around one million tonnes a year across the country - by working with Zero Waste Scotland to cut waste both at outlets and by educating customers.

Future Food - Dundee Leads the Way

We're proud to have the world-famous James Hutton Institute based here in Dundee, at the forefront of transformative science for sustainable management of land, crop and natural resources. In addition, the Food and Drink department at Abertay University continually turns out talented students who are leading the way in food and drink innovation.

For listings information go to: dundee.com/eatdrinkDundee

Eat Like a Local

We asked Dundonians for a few of their favourites. Tell us yours using #eatanddrinkDundee.

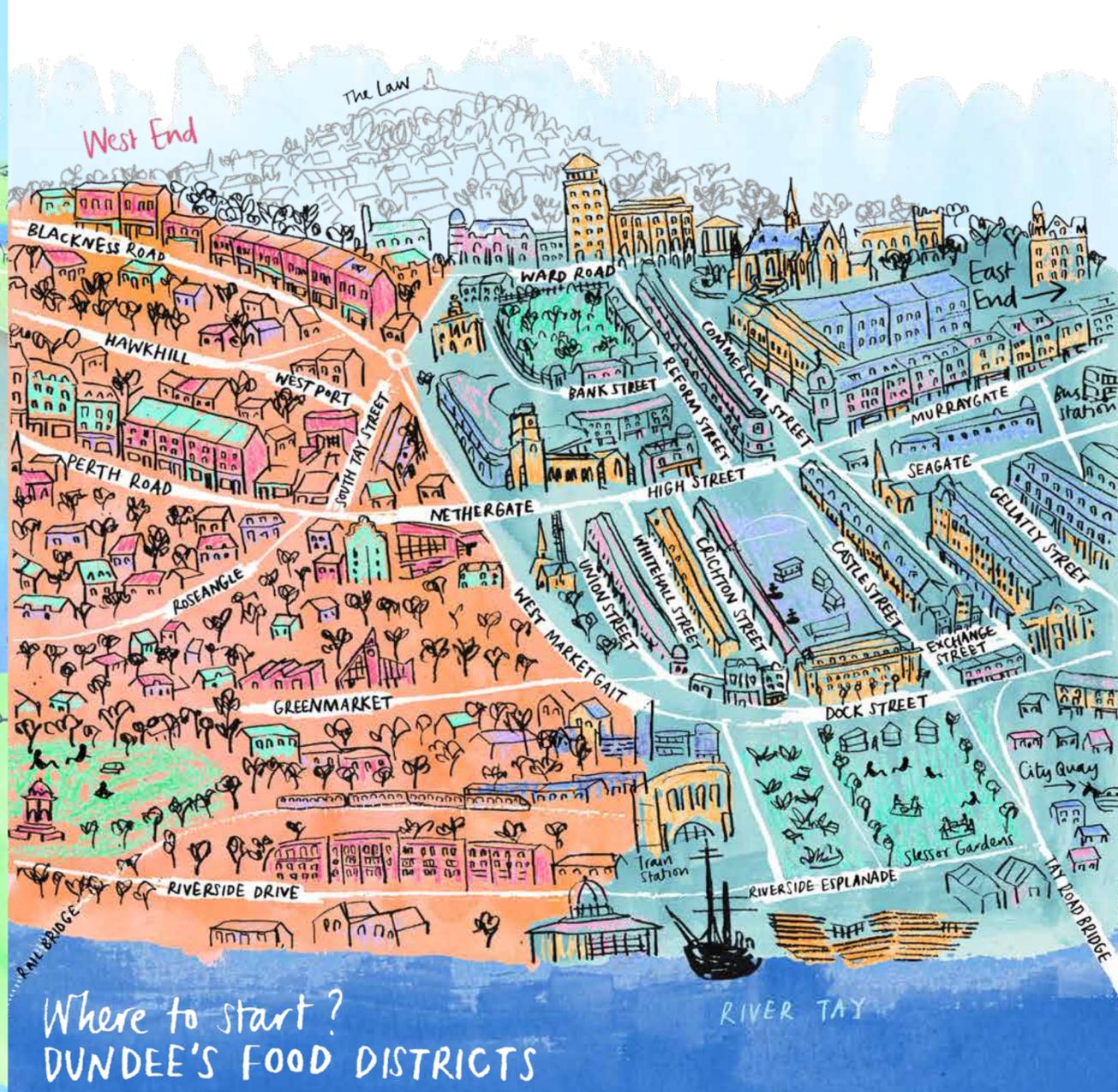
1. Eat fish and chips from a poke (also known as a paper bag!), ideally sitting in a windswept spot, being kept warm by your fish supper.
2. Out on the town? Several city bakeries open in the early hours of the morning. What more could you ask for at 2am than a just-baked morning roll?
3. Nibble on a piece of tablet with a coffee. This delicious sweet is made by boiling condensed milk and sugar - and is the reason for many a Dundonian's sweet tooth!
4. Ask for that famous Dundee tongue twister of a lunch - 'A mince peh and an ingin' ane an' a'.
5. Pick your own berries, either back-breaking strawberries or difficult-to-find raspas - and worth every single bit of effort.

Go Global

Eat your way around the world without leaving our city! Dundee's centuries-old trading links and thriving international student population - and Dundonians love of good food - has led to a cosmopolitan choice of places to eat. Name a country and there is likely somewhere in Dundee you can enjoy their speciality food.



Visit in day time and you'll be treated to a quieter version of the West End, although there's always an underlying buzz, especially when it comes to good food. There are many excellent places



Where to start? DUNDEE'S FOOD DISTRICTS



Where will you find the cool kids in Dundee? In the West End!

The West End is the city's most cosmopolitan eating and drinking district, with restaurants, cafés and pubs featuring food and drink from all over the world. Spreading out westwards from The Nethergate, the University of Dundee is at the heart of Dundee's West End. But the West End's not just for students - or young people!

There's a real buzz around the West End in the evening, especially in its main thoroughfares - the Perth Road, the West Port and Hawkhill. Many of the pubs here are local institutions. Many of us truly believe it's not a night out without a visit to at least one pub or nightclub in the West End!

Visit in day time and you'll be treated to a quieter version of the West End, although there's always an underlying buzz, especially when it comes to good food. There are many excellent places

to eat tucked away in the West End's quieter, tree-lined streets, while many of the local shops and cafés specialise in fresh, local produce.



Night or day, the City Centre and Waterfront is a lively, bustling place, crammed with great places to eat and drink. Choose from family-run cafés, restaurants serving the best of modern Scottish cuisine, sophisticated wine bars, open air dining in stunning squares, tea rooms, 'secret' cocktail bars and even historic pubs where Dundee's famous whalers would celebrate the end of their latest voyage with a few drams. Or, if you prefer to eat at home, there's an excellent selection of specialist food shops packed full of delicious ingredients and ready-prepared dishes.

Start your City Centre eating experience in one of Dundee's most mouthwatering streets, be it Reform Street, truly a food destination with a host of independents to multi-nationals, or pop down to Exchange Street. But avoid walking along Exchange Street if you're hungry and in a hurry. You'll undoubtedly be

led astray by the delicious smells coming from the eating places and food shops!

Dundee's Waterfront is only minutes away and has been transformed in recent years - as has the choice of fabulous places to eat. And one of the best things about eating along the Waterfront is the view. No matter the time of day or night (or the weather), the River Tay's the perfect accompaniment to any meal!



Easily accessible from all parts of the city, and with excellent public transport links, Broughty Ferry is Dundee's seaside get-away.

A trip to The Ferry for something to eat is a long-standing Dundee tradition. Whether we fancy an ice cream cone, a fish supper walking along the seafront, a pie, a pint and a blether; a really good cup of coffee with a scone and jam; or a romantic dinner for two with a sea view, we've no shortage of edible excuses to jump on the bus or our bikes and head to Broughty Ferry.

Broughty Ferry's thriving High Street features lots of popular eating places, while the streets leading to the sea are home to many of Broughty Ferry's legendary, often award-winning, eating and drinking spots. And if that's not enough to tempt you onto the Number 73 bus to Broughty Ferry, there's also a decent selection of independently owned bakers, butchers, greengrocers and delis. Take a large shopping bag - you'll need it!



We love Dundee's food and drink - but we're equally proud of our near neighbours' food and drink, especially as they don't mind sharing it with us!

Dundee's surrounded by areas renowned for fresh, seasonal produce. 70% of Scotland's fresh produce is grown within 30 miles of our city. On one side, there's Perthshire, famous for soft fruits, as well as top quality beef, lamb and pork. On our other side, there's Angus, a small county which also punches well above its weight in the fresh produce stakes - not to mention its world-famous Aberdeen Angus cattle, Arbroath Smokies and



Forfar Bridies. And within an hour's drive, there's the East Neuk of Fife, a beautiful stretch of coastline dotted with fishing villages where boats land fresh fish and shellfish every day.

Just over the Tay Road bridge, the village of Newport-on-Tay has an enviable reputation for eating out, including a restaurant owned and run by one of the winners of Masterchef: The Professionals and a much-loved café famous for posting the Daily Score Forecast, where the scene of the day is photographed against the backdrop of the Tay and its changeable weather.

When it comes to locally-produced drinks, we're spoilt for choice. Gins distilled here and flavoured with the best of our berries, herbs and 'secret ingredients'; whisky distilled in the grounds of an ancient abbey; vodkas, rums and liqueurs; real ales brewed traditionally and with love... Cheers!

Buy Local

We asked locals to name a few of their favourite places. You can find more suggestions at dundee.com/eatdrinkDundee

Looking for locally-grown fruit and veg? Stop off at Fraser's Fruit and Veg in the Perth Road or Clementine's in Broughty Ferry.

Many of Dundee's butchers, such as Scott Brothers and Grossetts, are rightly proud of their locally-sourced beef, pork and lamb. And our fishmongers have the pick of the east coast catch. Wander down Castle Street for a show-stopping display of locally-sourced seafood in the window of Gazeley's Deli.



Shh... INSIDER TIPS! → Dine With a View

With stunning countryside on three sides and the River Tay on the fourth, Dundee has a wealth of eating places with fabulous outlooks.

Tatha Bar & Kitchen is perched on top of the world-famous V&A Dundee and overlooks the river. As well as views of the Tay Rail Bridge, and RRS Discovery, the historic ship that took Captain Scott to Antarctica, the V&A's roof terrace means you can nip out between courses for sunset selfies!

Bridgeview Station, a restaurant in a restored Victorian railway station, while Sandbanks Brasserie in Broughty Ferry has a fabulous view across the sand dunes and the river to Fife, the kingdom across the water.

Café Culture

Step into almost any independently-owned Dundee café to experience the best of Dundee banter.

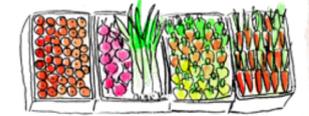
Having a blether over a teapot or mug of piping hot coffee's an important part of Dundee life. And, as we like to eat good food while we talk, Dundee's café menus often feature local produce. Local eggs, meat, poultry, fish, shellfish and vegetables inspire delicious soups, salads, sandwiches, snacks, hot dishes, salads, cakes and bakes.

If you're a coffee addict, visit J.A.Braithwaite, the oldest shop in Dundee. J.A.Braithwaite has been roasting, grinding and selling coffee since 1868 and stocks a breathtaking selection of coffees and teas. The smell of 150 years of coffee when you walk through the door's the equivalent of a double espresso!

Vegan and Vegetarian

Despite being the birthplace of legendary cow pie eater Desperate Dan, Dundee's embraced vegan and veggie food. Across the city, there's a fabulous selection of eating places which offer excellent vegetarian and vegan choices by making the most of local produce.

The Parlour Café, one of the trendiest eating places in Dundee, has a mostly veggie and vegan menu, as does The Bach, where everything's cooked from scratch. Or how about Rishi, which specialises in cuisine from southern Indian, an area where most dishes are traditionally meat-free?



Our Good Food Heroes

Fraser Reid of Fraser's Fruit and Veg makes it into our Good Food Heroes list with his soup bags, which contain locally-sourced ingredients so you can make delicious homemade soups. Parlour Café owner Gillian Veal is also one of our Good Food Heroes as she's so committed to persuading us all to cook and eat locally, she wrote a best-selling cook book based on the dishes she serves.

Many of Dundee's butchers, such as Scott Brothers and Grossetts, are rightly proud of their locally-sourced beef, pork and lamb. And our fishmongers have the pick of the east coast catch. Wander down Castle Street for a show-stopping display of locally-sourced seafood in the window of Gazeley's Deli.

Local cheeses are celebrated by Exchange Street cheesemongers Hilary and Stephen Barney of The Cheesery, which also stocks locally produced milk, butter and oatcakes.

Local pizza legend, Luigi Esposito has held onto the title of Dundee's Godfather of Pizzas for over 40 years. Now run by third generation family, a brisk walk up the Hilltown to Strathmartine Road will lead you to Luigis - the pizza place revered by locals.

Fine dining is on the menu at several of our most renowned eating places, earning two local chefs Good Food Hero accolades. Chef Rory Lovie of Bridgeview Station champions local produce with his delicious menu, while award-winning chef Jamie Scott, with his mirroring two establishments the Sandbanks Brasserie offering a casual dining experience, and a stone's throw away across the water in Newport-on-Tay, The Newport Restaurant focusing more on the finer aspect of dining with a taster menu.

Foodie Experiences

Freshly-caught fish and shellfish, locally-reared pork, beef and lamb, real ale brewed in Dundee and freshly-baked bread are just a few of the treats on offer at Dundee Farmers' Market, which takes place in the City Square on the third Saturday of every month (apart from January, when the market takes a wee winter break).



Dundee and the surrounding area often showcases the region's foodie offerings at pop-up events and festivals. Check out dundee.com/eatdrinkDundee for more information about What's On throughout the year.

CHEERS! Tips and Nips and Tipples

We like a dram or two in Dundee. Or a pint or two. Or a nip, a tippie or a G&T or two! And there's no shortage of distilleries, breweries and bars eager to cater for our thirst for good, locally-made drinks.

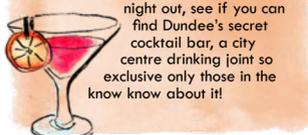
Whisky's the most obvious drink to enjoy when visiting Scotland and there are lots of places where you can enjoy a dram. Or how about trying our local gins? There are several gin distilleries in and around Dundee, each of them making their own unique version of the spirit that's fast becoming Scotland's other national drink!

Or say cheers with one of the real ales brewed in and around our city, expertly served from the cask in a traditional, welcoming Dundee pub. Ask one of the worthies at the bar for their local real ale recommendation - you'll be spoilt for choice!

Out of this world cocktails

Mix it up with a cocktail! Dundee's cocktail scene is sassy and stylish, with new cocktail bars popping up all the time.

The West Port in Dundee is home to several cocktail bars, including a late-night cocktail lounge, although don't miss out Nola in cool Union Street. There are also cocktail bars offering cocktail making lessons and, at the ever-trendy DCA, you can enjoy a cocktail as you watch a film. If you like a dash of mystery and subterfuge mixed into a night out, see if you can find Dundee's secret cocktail bar, a city centre drinking joint so exclusive only those in the know know about it!



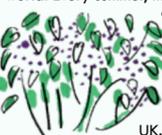
FROM the LAND

Berries, Berries and More Berries

In Dundee, summertime is berrytime! Strawberries, blueberries, blackberries, redcurrants, blackcurrants. There are even berries named after the river that flows alongside our city - Tayberries. And we're proud to say that fifty per cent of the world's blackcurrant crop has been developed by scientists in Dundee at the James Hutton Institute.



Thanks to our dry, sunny climate (at least in comparison to the wetter, colder parts of Scotland!), Perthshire and Angus berries are among the best in the world. Every summer, millions of punnets of soft fruits grown in the fields around Dundee are sent to shops and factories throughout the UK. And, as we know a good thing when we taste it, local berries crop up everywhere in Dundee - with ice cream, in mouthwatering cakes and desserts, adding flavour to locally distilled gin, made into jams and jellies or simply picked and scoffed!



Look out for local berries in the city's supermarkets, greengrocers, farmers' markets, food fairs and, if you're out and about, at roadside stalls. Or, for a true taste of the Dundee berry experience, pick your own with a day at the berries - once how Dundee bairns earned their summer holiday money.



Venison, Beef and Lamb

Dundee's only a few miles from the Angus Glens and Perthshire hills, a spectacular stretch of wilderness in the shadow of the Cairngorms which is home to many herds of red deer. Roaming wild on remote, uninhabited hillsides provides these deer with an excellent quality of life. The UK's leading game supplier is based in Dundee with a high proportion of the venison on sale in supermarkets across the UK coming from this area.



We hope this guide has helped give you a better understanding of what's special and unique about eating and drinking in Dundee as well as leaving you with an appetite to explore even more food and drink experiences across Scotland's Tay Country.



Cult-CreaTE Interreg Europe

DUNDEE
ONE CITY. MANY DISCOVERIES

All the illustrations and maps were lovingly created by local illustrator, **Laura Darling** (who endured many, many food cravings during the making of this guide)

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Thankyou to Rory Lovie, Danny Cullen and Mhairi McFarlane from Dundee's indy food sector for their ideas and contributions.

Widely regarded as producing some of the finest beef in the world, the Aberdeen Angus breed was first developed by an Angus farmer in the 19th century. Scotch Lamb PGI is sourced from selected Scottish farms, many around Perthshire and Angus, adopting best practice and is at its delicious best during the autumn months when supply is plentiful. As a result, top quality Angus beef and Scotch Lamb PGI regularly appears on menus in Dundee's top restaurants and is readily available in several Dundee butchers.

Terrific Tatties

The fertile fields around Dundee produce almost 30% of Scotland's potatoes. Our city is the potato capital of Scotland!

Okay - we admit it. Chips are one of our favourite potato dishes, ideally made from locally-grown tatties and dunked in roasting hot fat. However, there's more to Dundee's passion for potatoes than tucking into a bag of chippie chips, although that takes a lot of beating!

As well as being a popular side dish (anyone for mince and tatties?), we've recently become very adventurous with our uses for potato. Chefs throughout the city take pride in transforming humble tatties into gastronomic delights and there's even a local farmer who's diversified into distilling award-winning potato vodka.

Awesome Asparagus

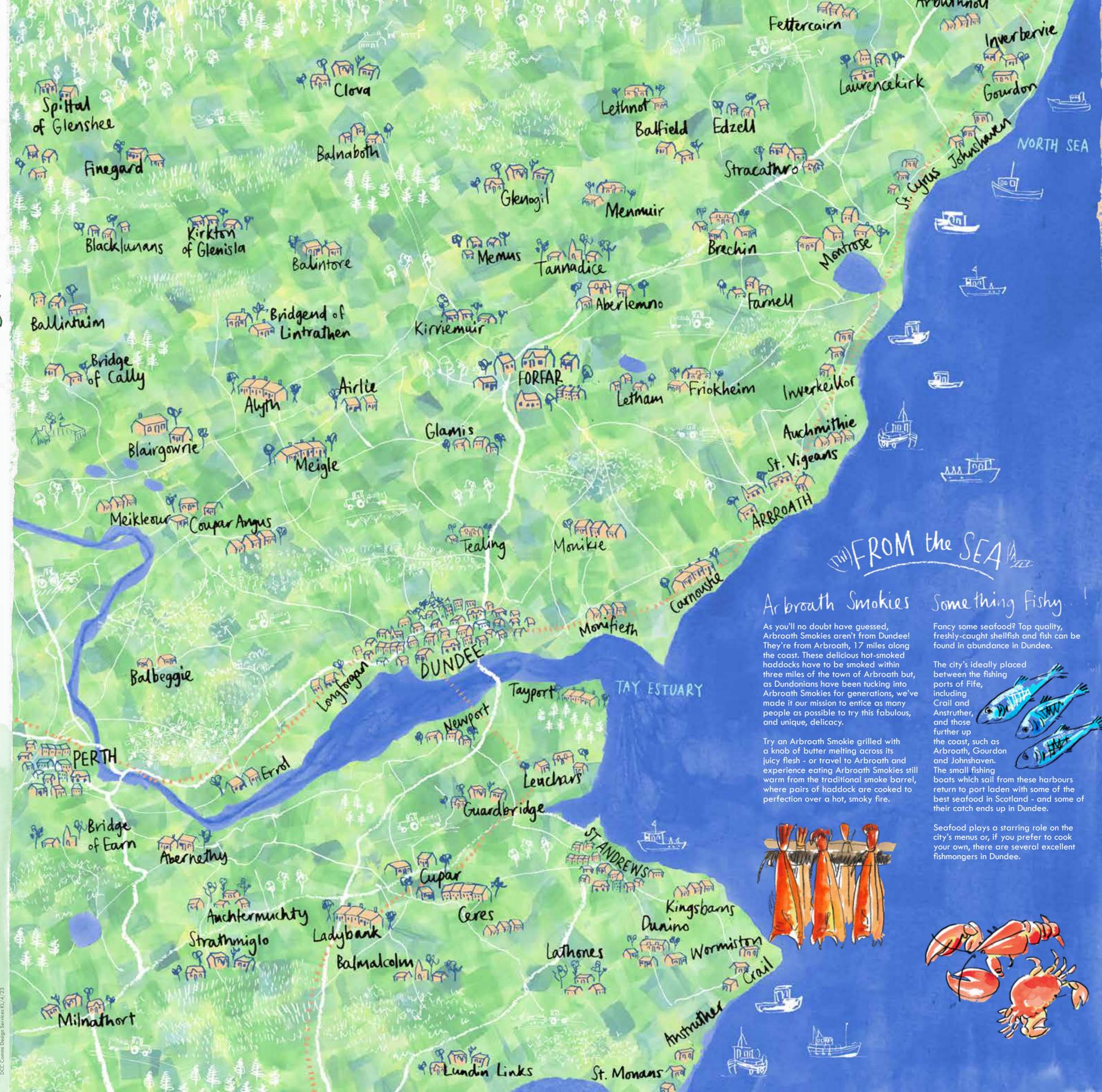
Hand cut Angus asparagus is highly-prized by chefs all around the world - and we have it growing on our doorsteps!

The light, fertile soil of the Strathmore Valley which runs behind Dundee is ideal for growing asparagus, which is only available for a few weeks a year.

Visit Dundee in Asparagus Season (May/June) and you can enjoy freshly-picked asparagus in restaurants throughout the city. Or make the journey to a nearby asparagus farm and buy bunches of this delicacy directly from the farmer. Then steam, simmer or throw on the barbie for the ultimate veggie treat!

Find out more information and listings for Dundee's brilliant food and drink scene at dundee.com/eatdrinkdundee along with listings for events, shows and attractions in the city at dundee.com

EatAndDrinkDundee



FROM the SEA

Arbroath Smokies

As you'll no doubt have guessed, Arbroath Smokies aren't from Dundee! They're from Arbroath, 17 miles along the coast. These delicious hot-smoked haddocks have to be smoked within three miles of the town of Arbroath but, as Dundonians have been tucking into Arbroath Smokies for generations, we've made it our mission to entice as many people as possible to try this fabulous, and unique, delicacy.

Try an Arbroath Smokie grilled with a knob of butter melting across its juicy flesh - or travel to Arbroath and experience eating Arbroath Smokies still warm from the traditional smoke barrel, where pairs of haddock are cooked to perfection over a hot, smoky fire.



Something Fishy

Fancy some seafood? Top quality, freshly-caught shellfish and fish can be found in abundance in Dundee.

The city's ideally placed between the fishing ports of Fife, including Crail and Anstruther, and those further up the coast, such as Arbroath, Gourdon and Johnshaven. The small fishing boats which sail from these harbours return to port laden with some of the best seafood in Scotland - and some of their catch ends up in Dundee.

Seafood plays a starring role on the city's menus or, if you prefer to cook your own, there are several excellent fishmongers in Dundee.



CULINARY CREATIONS

Pehs!

In Dundee, we're great believers that there's no food that can't be improved without the addition of a pastry casing! Steak, minced beef, chicken in white sauce, curry, even macaroni pies can all be found in Dundee's pie shops and bakeries - although the traditional Scotch pie takes a lot of beating! Especially with a layer of beans on top.



Or how about Dundee's double carb delight? A pie on a roll! And there's recently been an addition to Dundee's peh repertoire: the Breakfast Pie. Layers of sausage, bacon, beans, Lorne sausage (a flat, square sausage - if in doubt, add more sausage!), haggis, potato scone and beans surrounded by a pastry shell and ready to eat at any time of the day!

Breweries and Distilleries

Brewing and distilling have recently undergone a resurgence in Dundee. Local beers, gins, whiskies, vodkas and rums are now available in many of the city's bars.

Aitken's has been topping up Dundonians' wine racks since 1874. If you'd like to take a bottle of something special home with you, Aitken's and McNicoll & Cairnie stock a selection of local, boutique spirits from across the area.

Fancy a pint? 71 Brewing brews crisp lagers and seasonal beers. The Law Brewing Company makes craft beers with a truly local flavour - the brewer grows his hops in his Dundee back garden!

Innis & Gunn have a purpose built Brew Room, where you can impress your friends with a pint of your very own beer!

Or before heading home, you could stop by Discovery Beers in the Nethergate to buy some beer.



DUNDEE'S FOOD BUCKET LIST

Try as many of these unique Dundee food experiences as possible during your visit to Dundee. Let us know how you get on - and whether you have any suggestions to add to the list - using the hashtag [#eatanddrinkdundee](https://twitter.com/eatanddrinkdundee).

- A pint of chips at The Phoenix. Who knew a pint glass could be so versatile!
- A fudge doughnut.
- A Helicopter Roll - a roll packed with a burger, a slice of Lorne sausage, bacon, chips and a fried egg.
- An OVD Rum in one of the pubs on Dock Street, where Scotland's favourite rum was first blended and bottled in 1838.
- A Dundee Peh (pie) - ask the butcher to serve it hot and eat straight out of the paper bag.
- A Visocchi's ice cream cone on Broughty Ferry beach, regardless of the weather!
- A slice of toast dripping with Mackay's Dundee Orange Marmalade.
- A pot of tea and a scone in one of Dundee's posh bakery cafés.
- A pint in Mennies. Actually called The Speedwell Bar, this Perth Road pub is known as Mennies after Mrs Mennie, the pub's landlady for half a century.
- Eggs Florentine Dundee-style, where poached eggs and spinach are accompanied by a tattie scone rather than a muffin.

Dundee Marmalade

Over 200 years ago, during a fierce storm, a Spanish ship sought refuge in the city's harbour. The ship's cargo included several large boxes of Seville oranges which Dundee grocer, James Keiller, bought and took home. His wife, Janet, declared the oranges too bitter to eat and boiled them in her large copper pan with lots of sugar and a sprinkling of chipped orange peel, making the first jars of Dundee Marmalade.

Janet Keiller's Dundee Marmalade was so popular with the grocery shop's customers, the family started mass producing their mother's recipe. Dundee Marmalade was soon exported all over the world, the Keiller Family became one of the most prosperous families in Dundee - and Dundee Marmalade became a breakfast table staple. Enjoy a slice of Dundee history by spreading your toast with Mackay's Dundee Marmalade, which is still made following Mrs Keiller's traditional method. You can pay a visit to the specialist factory shop in Arbroath, only twenty minutes from Dundee.



Dundee Cake

According to legend, the first Dundee Cake was baked for Mary Queen of Scots, who preferred her fruit cakes to feature sultanas rather than cherries. However, according to historical documents, the first Dundee Cake - made with sultanas and lots of butter, decorated with blanched Spanish almonds and flavoured with orange peel - was actually made over 200 years ago by Janet Keiller, inventor of Dundee Marmalade.

Dundee Cake is known all over the world - and many bakers from outwith the city have unsuccessfully attempted to make this teatime treat. If you need the couthe banter of a Dundee baker to bake a fruit cake truly worthy of being called a Dundee Cake!

For listings information go to: dundee.com/eatdrinkdundee



#eatanddrink Dundee

