

## BOON TONG KEE CHICKEN RICE

399-403 Balestier Road  
Opening Hours: 11am-5am (Monday-Saturday)  
11am-3.30am (Sunday)

Chicken rice may have originated in China, but it has since evolved to become one of Singapore's most well-loved national dishes. There are two distinct cooking styles – the Cantonese will immerse their chickens into a tub of ice-cold water after boiling, whereas the Hainanese will not. At Boon Tong Kee, both cooking styles are incorporated. This popular restaurant chain started out as a humble roadside stall in 1979 Chinatown, selling only six chickens in a day. An increasingly prosperous business enabled a separate branch to be opened in Balestier seven years later. Despite its now island-wide expansion, the chicken rice at Boon Tong Kee is still prepared according to traditional methods.



## TANDOORI CORNER

400 Balestier Road #01-12  
Balestier Plaza  
Opening Hours: 12-2.45pm (Lunch)  
6-10pm (Dinner)

Tandoori Corner aims to serve high-quality yet affordable North Indian cuisine in a casual setting and cosy atmosphere. Its owner, Mr. Surender Singh, is a Hotel Management graduate who started his career with Hyatt International in New Delhi. He chanced upon this elevated shop unit while walking along Balestier Road and decided to set up his own restaurant in 2009. People flock here for its Set Lunch Specials, as well as its signature dishes of Murgh Malai Tikka (juicy chicken marinated in cheese and yoghurt and cooked in a clay oven known as a tandoor) and Tandoori Lamb Chop.

## LAM YEO COFFEE POWDER FACTORY

328 Balestier Road  
Opening Hours: 10am-6pm (Monday-Saturday)

Lam Yeo, which means "Nanyang" in the Hokkien dialect, was established in 1959. Owner Tan Peck Hoe retains the longstanding tradition of roasting coffee beans with sugar and margarine to give them that lusciously black exterior unique to local coffee. While his traditional coffee powder remains an old favourite, Mr. Tan has since moved on with the times by importing gourmet beans from South Africa and Central America. These are roasted plain and grinded only upon purchase to ensure its freshness.



## HAJI SHAIKH VALI AHMAD

Blk 111A Whampoa Rd  
Opening Hours: 5am - 5pm daily

This Malay food stall has been known for its Nasi Briyani Dam since operations began in 1979. It seems fitting that Haji Shaikh Vali Ahmad also happens to be located on a piece of land that was purportedly inhabited by Malays in the early days of the British colonisation. Malay cuisine is typically cooked with generous amounts of spices such as lemongrass, curry leaves, turmeric and galangal. Coconut milk, which gives Malay food its rich, creamy texture, is another instrumental component. In addition, the stall is also well-known for its home-made Rempyek (ikan bilis fish and nut crackers), sardine and potato curry puff, roti boyan, lopez, putri galat, kueh lapis, pisang and kledek goreng.



### Legend

- Bus Stop
- Point of Interest



## LOONG FATT

639 Balestier Road  
Opening Hours: 8am-5pm (Monday-Saturday)

Loong Fatt's unassuming store front and interior betray no sign that this was the only Singaporean shop to be featured on CNN Travel + Leisure's April 2013 issue centred on the Best Desserts Around the World. Established in 1948, this coffee shop is famous for its Tau Sar Piah, or Teochew biscuit, which comes in the traditional sweet and salty flavours. Today, Madam Loo Suan Mui, affectionately known as "Ah Mei", oversees a team that makes an average of 3,000 piah a day by hand. The popularity of Loong Fatt's piah has resulted in an explosion of similar shops along Balestier Road, some of which have tried to distinguish themselves by making piah in exotic flavours like durian and green tea.

## SUBWAY NICHE

601 Balestier Road  
Opening Hours: 10am-5pm (Monday-Saturday)

Subway Niche is a peranakan kueh stall that first started out in 1987 at Wisma Atria. The kuehs are either sweet or savoury with ingredients such as coconut, gula Melaka and pandan used for its flavouring and the starchy, soft but firm textures of outer layers are mostly made of rice flour, tapioca flour and green bean flour. The American fast-food chain Subway, filed a lawsuit against Subway niche in 2007 for infringement of its registered trademark. The battle finally ended after four years, in favour of Mr. Lim Eng Wah, owner of the Subway niche, as the judge concluded that Subway niche had started its business before the trademark of Subway was registered in 1989.

## ORIGINAL HERBAL SHOP

414 Balestier Road  
Opening Hours: 11am-8pm (Monday-Sunday)

Established in 1988 by Mr. Hang Kim Juan, the Original Herbal Shop (as its name suggests) offers a range of herbal drinks and traditional Chinese desserts. The star attraction is undoubtedly the Gui Ling Gao, a jelly-like Chinese medicine that is also a delicious dessert. Made from 20 herbal ingredients that are specially imported from Hong Kong, this traditional dessert will supposedly result in a better complexion by reducing acne, improve circulation, restore the kidneys and assist in muscle growth. Another hot favourite at this store is its Mango Sago in fresh milk.

## KAI JUAN BAK KUT TEH

395 Balestier Road  
11am-10pm (Monday-Saturday)  
11am-3pm (Sunday)

Bak kut teh is a Chinese dish which consists of pork ribs simmered in a complex broth of herbs and spices such as star anise, cinnamon, cloves, fennel seeds and garlic for hours. Despite its name, there is in fact no tea in the dish itself. The "teh" here refers to the Chinese tea which is usually served alongside the dish to help reduce the copious amount of fat found in this pork-laden dish. Bak kut teh is usually eaten with rice and often served with youtiao and/or other additional ingredients such as offal, salted vegetables, and beancurd. Varying amounts of light and dark soy sauce are also added to the soup during cooking or served as a condiment together with the dish. Do note that the soup base of the Teochews' version of bak kut teh is generally lighter in colour compared to the Hokkiens'. Kai Juan Bak Kut Teh has been around for more than 50 years, its soup is clear with a peppery taste, which makes it the typical Teochew bak kut teh.

## LOTUS VEGETARIAN RESTAURANT

201 Balestier Road  
Opening Hours: 11.30am-10pm daily

Lest one thinks that Singapore's food paradise is strictly restricted to meat lovers, Lotus Vegetarian Restaurant is a timely reminder that vegan tastes are also catered for. This decade-old family-owned restaurant is also a leading eatery in Taiwan, and is believed to be the first Chinese restaurant to be located in the hotel back then. It offers steamboat buffet on weekdays and Asian buffet from Friday to Sunday. With over 100 dishes ranging from traditional Chinese cuisine to Japanese and Western delicacies in the Asian buffet spread, you will definitely be spoilt for choice! Do not miss out on their yummy Nonya kueh and home-made winter melon tea and cookies.

## SING HON LOONG BAKERY (GHEE LEONG)

4 Whampoa Drive  
Open 24 hours daily

This small, 24-hour bakery has been producing more than a thousand freshly-made traditional brown bread loaves straight from antiquated ovens every day for the past 50 years or so. The brownish black crust of each loaf is cut away right after baking to reveal a light, fluffy white interior. Its soft, cottony texture is beloved by Singaporeans all over the island. Customers can choose to have their loaves spread with butter, kaya or peanut butter at the shop upon purchase. Sing Hon Loong's brown sugar loaf, which promises a tinge of caramelised sweetness in every bite, is a must-try. Buns with red bean, potato curry and coconut fillings are also very popular.



## SWEETLANDS CONFECTIONERY AND BAKERY

10 Kim Keat Lane  
Open 24 hours daily

Sweetlands, along with Sing Hon Loong Bakery, is one of the few bakeries in Singapore that continue to bake bread using traditional methods. Decades ago, there used to be over 200 such bakeries in operations. The use of traditional machinery, "special gloves" and manual cutting of "blackhead" bread are all signs of Sweetlands's long and established presence. In addition to white bread, they also offer buns with fillings such as peanut and kaya. These popular flavours are always in high demand and are usually sold out by the early afternoon, do get there early to avoid disappointment.



Explore Balestier's heritage and food spots using a mobile app!

Search "Balestier Singapore" on App Store and iOS Store. Available on Android and iOS devices.



Brought to you



Supported by:





# BALESTIER FOOD TRAIL

Explore Balestier  
Heritage, Food, & Fun!

## TAU SIAH PIAH

Loong Fatt Coffee Shop has been around since the 1960s. The coffee shop started off as a western bakery selling cakes and began selling Tau Siah Piah, a traditional Teochew biscuit stuffed with bean paste, in the 1970s after a customer suggested the owners doing so. The oven which bakes the Tau Siah Piah everyday has been with the coffee shop over 30 years.



## NORTH INDIAN CUISINE

North Indian Cuisine refers to cuisine from regions such as Benaras Kashmir, Mughlai, Punjab and Rajasthan. Indians take their food very seriously. Cooking is considered an art and mothers usually begin teaching their daughters and pass down family recipes by show and tell at a fairly young age. Mealtimes are important occasions for family to get together. Most meals comprise of several dishes ranging from staples like rice and breads to meat and vegetables and rounded off with a dessert such as Phirni and Gulab Jamun.



## WHAMPOA MARKET

Whampoa Market was opened in 1980 to cater to the needs of nearby residents. It was named after Hoo Ah Kay, a Chinese immigrant fondly remembered as Whampoa because he ran a business called Whampoa and Company. Consisting of a wet market, morning market and evening market, it was upgraded in 2006 at the cost of S\$10 million dollars to accommodate more than 100 stalls, a wider footpath and larger seating capacity. Rojak, fish head steamboat, chicken rice, fried hokkien noodle, prawn noodle and nasi padang are some of the more popular stalls in Whampoa Market.



# DID YOU KNOW?

## HAINANESE CHICKEN RICE

Hainanese chicken rice is a dish of Chinese origin, and is commonly associated with Hainanese in Southeast Asia.

You can also locate another famous chicken rice restaurant, Loy Kee at 342 Balestier Road. The story of Loy Kee began in 1940s when Mr. Loy Nie In left his hometown in Hainan, China and set sail for Singapore. A young man with great determination and tenacity, Mr. Loy started selling porridge for a living where he put to good use, the culinary skills acquired during his experience as a seaman. He was later joined by his wife and together they formulated their own unique recipe for Hainanese chicken rice at Raymond Market in 1953. Mr. Loy handed over the reins to his son, Mr. James Loy and his wife, who worked hard to build on the reputation established by their elders.



## COFFEE POWDER

Lam Yeo Coffee Powder was established in 1959 by Mr. Tan Boon Heong's father who was an assistant editor in the now defunct newspaper *Nanyang Siang Pau*.

The Nanyang way of roasting beans is to first roast the beans to a medium dark blend and glaze it with sugar and margarine to complete the whole process. By doing so, it not only covers the coffee beans with a pleasant sheen, it also enhances the aroma of the beans substantially. Back in those days where transportation was primitive and far from efficient, this sugar-coating process helped to seal in the freshness of the coffee beans for a much longer period of time, much like a natural preservative.



## HERBAL JELLY

The Herbal Jelly or Gui Ling Gao from the Original Herbal Shop follows a secret recipe that has been passed down from generation to generation. Legend has it that the Herbal Jelly worked effectively in curing the Qing dynasty Tongzhi Emperor's smallpox disease.



## RAMADA HOTEL SINGAPORE AT ZHONGSHAN PARK

The Ramada Hotel Singapore at Zhongshan Park is the only four-star international chain hotel in Novena. The hotel offers 384 guest rooms with contemporary elegance. The hotel also features a restaurant - Flavours at Zhongshan Park, offering authentic Straits Chinese cuisine (also known as Peranakan cuisine) coupled with a carefully selected mix of international and western favourites. Guests can also choose to unwind at the cosy lobby bar, Heritage Lounge, where they have specially concocted the Heritage Sling which took inspiration from the fact that the Balestier precinct used to be a sugarcane plantation!

## TRADITIONAL BREAD

There were 3 cinemas around Balestier in the 1970s and movie goers would buy bread from the bakery as snack to enjoy during the movie!



## MALAY FOOD

Biryani is a rice-based dish made with spices, and is usually accompanied by various choices of meat, eggs or vegetables. You can find this dish easily at the Haji Shaikh Wali Ahmad Malay Food Stall. It's name was derived from the Persian word that means "fried" or "roasted". It is believed that Biryani was first invented in the royal kitchen of the Mughal Emperors in India.

