

A woman with long brown hair and glasses, wearing a red and black plaid jacket and black leggings, is sitting on a purple bench inside a circular booth. The booth has a colorful, multi-colored interior. In the background, there is a neon sign of a hand with the index and middle fingers extended, illuminated in purple. On a small shelf in front of the neon sign, there is a coffee cup and some food. The booth is set against a brick wall with a window above it. The text "FOOD LOVERS GUIDE TO SAINT JOHN" is overlaid on the top part of the image. The "ROGUE COFFEE CO." logo is visible on the purple bench.

FOOD LOVERS GUIDE TO
SAINT JOHN



WELCOME TO SAINT AWESOME

My first getaway exploring Saint John restaurants was memorable. Not just for the food, but because the city was unexpectedly fantastic.

Despite growing up in Nova Scotia, I'm embarrassed to say I'd never visited Saint John New Brunswick.

When I shared that with others the response was "well, why would you?" and the answer is because it may be the most delicious city in Atlantic Canada.

Visiting Saint John made me realize there's no reason to head to Toronto or Montreal if you're looking for great restaurants or public art.

It's not surprising that people are now calling the city Saint Awesome.





10 REASONS YOU'LL LOVE SAINT JOHN

1. There are 85 bars and restaurants within 10 blocks of uptown Saint John.
2. Uptown Saint John is small and pedestrian friendly. You can park your car and spend your entire time walking anywhere you need to go.
3. It is home to Moosehead Breweries, Canada's oldest, independent family-operated brewery.
4. You can see a continental collision between South America and Africa at the Reversing Falls Rapids.
5. It is home to the country's oldest continuing farmers' market – Saint John City Market.
6. Its commitment to public art. The visitors centre has a map to take a self guided tour sharing different outdoor art in the city.
7. Incredible architecture. The great fire of 1877 changed the face of Saint John. The architecture is unique in Atlantic Canada.
8. A city of local independent businesses. Many of the businesses in this historic Victorian architecture neighborhood are mom and pop or chef owned.
9. The ferry! Simply drive to Digby and the ferry is a scenic 2.5 hour ride.
10. The restaurants in Saint John! It is the perfect getaway where you can wander from one place to the next, just sipping and nibbling all day long. I'm thrilled to share my favourite!



VEGOLUTION

Even in low season you'll need a reservation here. It's small and delicious.

Opened by a husband and wife team who have been vegetarians for nearly 25 years, they also have extensive culinary experience and it shows.

VEGolution is a modern restaurant with great options for those just dipping their toes into meatless eating, and also serves local beer.

The Korean sticky soy bites were crunchy on the outside, soft on the inside.

The Revolution burger comes with regular or vegan cheese. I thought the vegan cheese was great.

Service is fantastic and there are small touches like citrus flavoured water that make for a great experience.



VEGolution
26 Germain St



PORT CITY ROYAL

THIS JUST MAY BE HOME TO THE BEST
COCKTAILS IN SAINT JOHN

Is Port City Royal a fantastic bar with killer food or vice versa?

I think it may be both. While everyone raves about the cocktails, there were so many things I wanted to try on the menu.

The seared yellowfin tuna loin looked fantastic and they cure all of their meat in house. I settled on the Korean Fried Chicken, which was delicious and large enough for three people!

And while I don't like desserts, the boozy dessert menu sounds like an adventure of its own.



Port City Royal
45 Grannan St

ITALIAN BY NIGHT

An incredible story of a restaurant that started as a nighttime pop-up at Urban Deli and now has its own space.

I would absolutely recommend reservations as we arrived late on a Tuesday evening and were lucky to be seated. I can only imagine what it is like on a weekend.

I loved the warm atmosphere and open kitchen concept. We started with signature cocktails – the Italian Job, with rum, vodka and grenadine along with a refreshing IBN Collins with elderflower syrup and lemon.

Although the bruschetta, fried calamari and polpetti (meatballs) are the most popular appetizers we decided to go with an Italian American classic – shrimp scampi.

And as everyone recommended the ravioli of the day we shared the spinach and ricotta in an arrabiata sauce.

We did save a bit of room for dessert – the torta di fromaggio aka Nonna's classic cheesecake, blueberries, lavender simple syrup and whipped cream.

ETHEL & MARY'S



The menu is surprisingly large considering the size of the kitchen. There are both savoury dishes and a number of baked goods available, including the tart of the day.

The menu changes with local availability and is committed to using humane New Brunswick meat products so if it's not available they won't have it on the menu.

It's also a nut-free kitchen! So traditional items like frangipane, which are usually made with almonds are adapted and made with oats.

Ethel & Mary's
107 Princess Street

SAINT JOHN CITY MARKET



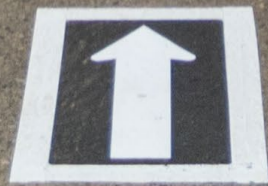
Saint John City Market is the oldest continuing farmers market in Canada and a National Historic Site.

Unlike other markets around the world, the Saint John City Market is for locals. It gets busy in here as it's one of the best spots for lunch.

A traditional farmers market, with city artisans, local preserves and unique ingredients like dulce.

Three more spots I would like to visit next are Jeremiah's Deli, Slocum & Ferris and Wild Carrot Café.

Uncorked allows you to bring in food from the market to enjoy with local beer, wine and cocktails.



Saint John City
Market
47 Charlotte St





Located in Saint John City Market, this is a great spot to buy fresh seafood or a meal.

It was formerly called Lord's Lobster, which is considered an institution in Saint John. I love that they kept all the old signage when it changed hands.

The menu has classic dishes, lighter fare and new items like Crab-O-Cado toast with sriracha mayo drizzle.

Daily specials include treats like bacon wrapped scallops, but the fish and chips with Moosehead beer batter are the most popular and it was fantastic.

NORTH MARKET SEAFOOD

North Market
Seafood
47 Charlotte St

KIM'S KOREAN



All the locals rave about Kim's Korean in Saint John City Market.

The only restaurant in Saint John serving authentic Korean cuisine, the lunch special is a great way to try many dishes.

While we enjoyed the japchae, spicy pork and sweet beef, we couldn't stop raving about how much we loved this plain looking potato soup that was bursting with flavour.

I sneakily tried to get the recipe but it's a secret, however, they were so kind to send me a YouTube link to a similar soup.

And if you like ramen, it consistently gets rave reviews



CRAFT BEER WINE + COCKTAILS IN SAINT JOHN



HOME OF MOOSEHEAD

Although craft beer is deservedly popular right now, Saint John embraces its roots with Moosehead beer.

Canada's oldest independent family-operated brewery, locals feel the same pride for Moosehead as Nova Scotians do for Keith's.

You'll find classic Moosehead beer all over the city. And if you're interested in innovations, the Moosehead Small Batch Brewery is a 6 minute drive from uptown and features a Tap Room with 10 rotating beers.





PICAROON'S GENERAL STORE

Saint John is a beer town. Home of Moosehead beer, there's no shortage of great craft beer in Saint John.

One of the largest, brightest spots with plenty of seating, it features British style ales but has cider and innovations like blueberry sour.

Picaroon's General Store doesn't do flights per se, but they do have small glasses that they'll sell for \$2-\$3:50.



Picaroon's General
Store
32 Canterbury St

HOPSCOTCH WHISKY BAR

THE spot for whisky in Saint John with a very extensive whisky menu.

The bar is set over three floors but the main level is so bright and cozy.

I stopped in for happy hour, and with so many cocktail options you'll never want to leave.

The bourbon and basil was fantastic, and the bartender made a rum punch on the fly for my mother.

Non whisky drinkers have no fear they also have other spirits and beer.



Hopscotch Whisky
Bar
45 Canterbury St



Uncorked New Brunswick is a great spot to learn about local food and drink. Not only does it offer, local walking tours around the city but it also has its own tasting room right in Saint John City Market.

While the market has a seating area, you can also bring market food into the tasting room to have with local wine, beer, cider or a cocktail.

I've never had New Brunswick wine, so with some help I chose the Magnetic Hill Winery Lodestone White to go with my Korean lunch special and fish and chips.

It was fantastic! If I'd had more time I would have stayed to do a formal tasting. Uncorked offers tastings of 6 wines, beer, or a mix for groups of 2-8 people.

It's a great way to get to discover the local flavour.



Uncorked
47 Charlotte St



CASK & KETTLE

This is a very popular spot for brunch with \$5 caesars, mimosas and boozy coffee.

But this Irish pub also has locals popping in all week long and plays sports on the big screen televisions. It has typical pub food options with happy hour special most nights.

I stopped in for "Flights and Bites" on a Wednesday, where you can choose 4 local beers from Atlantic Canada and order 3 bites of pub food.



COFFEE IN SAINT JOHN





ROGUE COFFEE

Rogue Coffee really symbolizes what Saint John embodies – independent entrepreneurs doing modern, innovative things in a historic setting.

Rogue Coffee is also one of the most photogenic spots in Saint John. It is located in an alleyway where they have created a “nest” shelter which makes for great photos and view of Canadian artist Uber5000 artwork.

But there’s more to it than just its pretty looks. I had a great autumn latte, which isn’t like the pumpkin spice that you see everywhere else as they make the flavouring from scratch rather than buy a syrup.

It’s also Atlantic Canada’s first Mod Bar with espresso service and a variety of brew methods, a rotating selection of single origin offerings. They also serve kombucha, nitro-infused cold brew on tap and some of its baked goods from Saint John’s oldest bakery.

And while it seems like all of this would make a pretentious coffee bar, the people here are so down to earth with lots of fun recommendations for more things to do in the city.



Rogue Coffee
36 Grannan St

CHOCOZEIN

There's something really special about newcomers making it in a historic city.

This Syrian family-owned business introduced Syrian food to the city at local city markets. They have recently opened ChocoZein cafe serving both Canadian and Arabic coffee along with sweets and snacks.

I tried the Arabic coffee along with a pumpkin baklava – a good way to start the day!

CATAPULT COFFEE & STUDIO



Unfortunately there was construction on the front window when I was visiting so it was temporarily closed. But I've heard such great things and love the premise.

Catapult is a social enterprise business run by an organization that works to improve the lives of the people who live in poverty.

It's a win-win idea the organization aims to reduce unemployment, hunger, homelessness, and medical costs. And as a visitor I want to feel like I'm not only enjoying a city, but also contributing to its greater good.

The cafe uses a New Brunswick coffee roaster and tea company, and the decor features fibre arts and handcrafted furniture made by Catapult Creative.

PIVOT CAFE

Another great spot for coffee in Saint John, Pivot started in a boutique hostel in 2018 and quickly became a hot spot for local music and community events.

This is not your typical cafe. They serve a variety of coffee, tea lattes and beer on tap and interesting cocktails

They serve Montreal bagels, and there are daily soup and sandwich specials made from scratch. Its menu includes vegan, and gluten-free options.

And they recently launched a pole dancing studio. In the true spirit of Saint John entrepreneurship I love that this owner embraces the ability to pivot.

Pivot Cafe
36 Water St

WHERE TO STAY



CHIPMAN HILL SUITES

The great thing about exploring Uptown Saint John is that you can ditch your car.

There are enough great bars and restaurants in Saint John that you can walk to, or grab an inexpensive taxi. The farthest we ventured was Mimimi restaurant, which was only 9 minutes by car.

The Chipman Hill Suites are a collection of nine historic properties, this really is the best of both worlds as you get the assurance of a hotel but the space of an apartment. I stayed at 1 Chipman Hill, which was one of five buildings still standing that survived the Great Fire of 1877.

With two bedrooms, a kitchen and living room there was lots of space to relax at the end of the day...and eat all the things I ordered to go!

But what I really appreciated was check-in was so easy. It's contactless so you don't have to meet anyone at a specific time.

And when I locked myself out 5 minutes after entering it was a quick call to discover there was a lock box by the laundry room so I could easily get back in.

HOW TO GET THERE

SAINT JOHN FERRY

I really LOVED arriving by ferry. Instead of feeling tired from driving a long distance it was a quick trip to the Digby ferry.

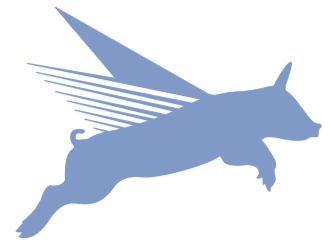
Two and a half hours flew by on the ferry and when we docked I was five minutes away.

DRIVING

On the way home we drove home, although I was sad not to take the ferry again because it was so great.

But as we wanted to head to Tatamagouche for the day it was a quick three hour drive. This stretch of the highway was divided and a very easy drive.





THANKS FOR READING!

This guide was created in partnership with Discover Saint John. I hope it helps you plan your travels. I loved the city so much and I regret not visiting sooner.

Want more inspiration?
Watch my videos at
[Youtube.com/Ayngelina](https://www.youtube.com/Ayngelina)

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let me know:

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[Facebook.com/BaconIsMagic](https://www.facebook.com/BaconIsMagic)

Or send me a note at
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