

CITY SERVICES

PUBLIC TRANSPORTATION

METROBUS (www.metrobus.com)

Ride Guide

(Transit Info, 24 hours): 722-9400

Cash fare: Adult & Senior \$2.50,
Child \$2.00

10-ride card: Adult \$22.50,
Senior & Child \$18

Monthly pass: Adult \$78,
or 30 day Senior & Child \$53

TAXIS (These are probably the biggest companies)

Bugden's Taxi: 722-4400

City Wide Taxi: 722-0003

Newfound Cabs: 744-4444

Jiffy Cabs: 722-2222

Red & Yellow Cabs: 726-6666

BANKS

BMO Bank of Montreal

384 Elizabeth Avenue

758-2110

Mon-Fri: 10 am - 5 pm

CIBC

Churchill Square (#8-10 Rowan Street)

576-8777

Mon-Fri: 10 am - 5 pm

Sat: 10 am - 3pm

RBC Royal Bank

65 Elizabeth Avenue

576-4545

Mon,Fri: 9:30 am - 5 pm

Tues-Thurs: 9:30 am - 8 pm

Sat - 9:00am - 4pm

ATM: University Centre

Scotia Bank

21 Elizabeth Avenue East

576-1988

Mon-Fri: 10 am - 5 pm

ATM: Science Building

TD Bank

80 Elizabeth Avenue

758-1850

Mon,Tues: 8 am - 6 pm

Wed-Fri: 8 am - 8 pm

Sat: 8am - 4pm

Sun 11am - 4pm

HEALTH SERVICES

The Sobeys and Dominion stores also contain pharmacies.

Blackmarsh Family Care Centre
(walk-in clinic)

260 Blackmarsh Road

576-6555

Mon-Fri: 9 am - 11:30 am, 1:30 pm -

4:30 pm, 6 pm -9 pm

Sat, Sun: 9 am - 12 pm, 1 pm - 5 pm

Shoppers Drug Mart

394 Elizabeth Avenue

722-1500

Mon-Sun: 9 am - 10 pm

Lawtons Drugs

11 Elizabeth Avenue

722-3171

Mon-Sat: 9 am - 10 pm

Sun: 12 am - 10 pm

HOSPITALS

Health Science Centre

(General Hospital)

300 Prince Philip Drive

777-6300

St. Clare's Mercy Hospital

154 LeMarchant Road

777-5000

GROCERY STORES

Colemans

129 Merrymeeting Road

576-3283

Mon-Sat: 8 am - 10 pm

Sun: 10 am - 6 pm

Dominion

20 Lake Avenue

576-1160 Sun-Mon: 8 am - 10 pm

Sobeys

8 Merrymeeting Road

726-2242

Mon - Sat: 8 am - 10 pm

Sun: 10 am - 6 pm

Sobeys

10 Elizabeth Avenue (Howley Estates)

753-3566

Mon-Thu: 8 am - 10 pm

Fri-Sat: 8 am - 11 pm

Sun: 10 am - 10 pm

RADIO STATIONS

VOCM 590 AM

CBC Radio 1 640 AM

VOWR 800 AM

Radio Newfoundland 930 AM

CHMR 93.5 FM

OZFM 94.7 FM

K-Rock 97.5 FM

Hits 99.1 FM

Coast 101.1 FM

KIXX Country 103.9 FM

CBC Radio 2 106.9 FM

Food

On campus:

Bitters
Feild House
864-3300
The graduate student pub. Easy to reach.

Food Court
University Centre
A variety of food choices; Mustang Sallys, Dairy Queen, Booster Juice, Treats, Extreme Pita, Just Fries, ManchuWok

Tim Hortons
Arts & Admin Bldg. First floor

Tim Hortons
The Works Aquarena
17 Westerland Road

Near MUN:

East Side Mario's
180 Portugal Cove Road
722-6900
A pasta house; part of a national chain.

Guv'nor Pub and Eatery
386 Elizabeth Avenue
726-0092
Good pub food, and particularly great onion rings.

The Pantry
Elaine Dobbin Centre
70 Clinch Crescent
722-8200
Reservations are a MUST; a small cafe that is regularly full. They do a very nice soup, salad, sandwich and dessert for lunch. Proceeds go to the Autism Society of Newfoundland and Labrador.

Fort Amherst Pub
29 Rowan St.
Churchill Square
745-4550

NJ'S Kitchen - Buffet
15 Rowan St.
Churchill Square
(709) 237-4936

Quintana's
Churchill Square
579-7000
Nice Mexican food. They sometimes do salsa samplers. For a BIG supper, try Montezuma's Revenge.

Smithy's Restaurant
Terrace on the Square
Churchill Square
576-0080

The Rooms Cafe
9 Bonaventure Avenue
757-8097
This cafe is on the top floor of The Rooms, which also houses the Provincial Museum and Art Gallery. A fantastic view comes with the meal; binoculars are available at window seats. They are open daily for lunch, and evenings on Wednesday. Don't take reservations!

Wedgewood Cafe
17 Elizabeth Avenue
726-1860
The permanent arm of a local catering company. Founded by Cordon Bleu-trained chef Peter Wedgewood.

Downtown:

Bacalas
65 Lemarchant Rd
579-6565
Nouvelle Newfoundland Cuisine

Bagel Café
246 Duckworth Street
739-4470
Known for their fantastic breakfast.

Basho
283 Duckworth Street
576-4600
Japanese fusion; includes sushi.

Blue
319 Water Street
754-2583
Fine (but expensive) supper dining. Very reasonably priced lunches.

Boca Tapas Bar
189 Water St.
237-2622

Celtic Hearth
300 Water Street
576-2880
Pub food 24 hours a day, but nicer food from 4-11 pm. Post-George Street, this is the place to eat (unless you want a hot dog from a vendor).

Ches's Fish and Chips
9 Freshwater Road
655 Topsail Road
8 Highland Drive
726-3434
THE place to go for classic fish and chips. Mention that you're from away to get a certificate proving you had the best fish and chips in Newfoundland.

Chinched Bistro
5 Bates Hill, St. John's
722-3100

Coffee Matters
1 Military Rd
753-6980
Coffee shop across the street from the Sheraton Hotel.

Get Stuffed
190 Duckworth Street
757-2480
A popular downtown restaurant.

Gypsy Tea Room
Murray Premises (5 Beck's Cove)
739-4766
A varied selection. A nice spot,
with great ambiance and
somewhat reasonably priced.

Hong Kong Restaurant
361 Water Street
753-8838
One of St. John's mainstays for
Chinese food.

Magic Wok
408 Water Street
753-6907
A popular St. John's Chinese
food restaurant. A big spot,
reservations might still be needed.
(Merlo's) Press and Bean
291 Water St.
753-2457
Casual fine dining, if you can
forgive the contradiction.

Merchant Tavern
291 Water St.
722-5050

Mochanopoly Board Game Café
204 Water St. St. John's
A1C 1A9
Hours: 3-11
(709) 576-3657

Oliver's
160 Water St.
754-6444
Contemporary neighbourhood
eatery pairing steaks, seafood &

pasta with wine & local beers.
Pi
10 King's Road
726-2000
A gourmet pizza restaurant that is
a MUST for any mathematician.
How many places can you order
a Fibonacci?

Piatto Pizzersa Enoteca
60 Elizabeth Ave
(709) 726-0909
&
377 Duckworth St.
726-0909
Thin-crust wood fire pizza

Portobello's
115 Duckworth Street
579-7050
A classic grill with Italian influence.

Raymonds (one of the top
restaurants in the country \$)
Classy place in a 1915 building
with refined, locally sourced
meals, wine pairings & a tasting
menu.
95 Water St.
579-5800

Rocket Bakery & Fresh Food
272 Water St.
738-2015
Bright French-inspired bakery &
cafe offering gourmet prepared
foods for dine-in or takeout.

Sprout
364 Duckworth Street
579-5485 The single "vegetarian-
only" restaurant in the city. Many
vegan and gluten-free options as well.

St. John's Fish Exchange Kitchen
& Wet Bar
351 Water St.
739-7539

Sun Sushi
186 Duckworth Street
726-8688
Besides being a popular sushi
option, it's also the place for
bubble tea.

Tavola Restaurant
178 Water St.
754-1678

The Adelaide Oyster House
334 Water St.
722-7222

Yellowbelly
288 Water Street
757-3784
A local brew pub with fine dining
options.