



RICARDO RAMIREZ BUXEDA/STAFF PHOTOGRAPHER

Employees pose in the meat section of Las Americas Grocery & Deli in Longwood.

# Eat globally, buy locally

## Asian

**Asian Food Market:** 5205 Edgewater Drive, Orlando; 407-299-7698  
**Asian Grocery:** 97 E. Merritt Ave., Merritt Island; 321-453-3725  
**Asian Market:** 12066 Collegiate Way, Orlando; 407-823-9033  
**Beverly's Oriental Food Market:** 829 Deltona Blvd, Deltona; 386-860-0016  
**DeGuzman Philippine Market:** 8433 E. Colonial Drive, Orlando; 407-282-7772  
**DeGuzman Oriental Food Mart II:** 3838 S. Orlando Ave., Sanford; 407-330-9885  
**Dong-A Co.:** 816 N. Mills Ave., Orlando; 407-898-9227  
**Downtown Oriental Grocery:** 135 W. International Speedway Blvd., Daytona Beach; 386-257-5793  
**Eastside Asian Market:** 12950 E. Colonial Drive, Orlando; 407-615-8881; eastsideasianmarket.com  
**1st Oriental Supermarket:** 5132 W. Colonial Drive, Orlando; 407-292-3668  
**Green Oriental Market:** 10209 E. Colonial Drive, Orlando; 407-381-9944  
**Hong Kong Seafood Market:** 5051 W. Irla

Ave., Sanford; 407-878-4942; magnolia squaremarket.com  
**Mr. Dunderbak's Delicatessen & Bavarian Pantry:** 1700 W. International Speedway Blvd., No. 210, Daytona Beach; 386-258-1600  
**Yalaha Country Bakery:** 8210 County Road 48, Yalaha; 352-324-3366; 1213 N. Orange Ave., Orlando; 321-800-5212; yalahabakery.com

## Indian

**Bombay Bazaar:** 11301 S. Orange Blossom Trail, Orlando; 407-856-1780  
**India Spice House:** 7649 Turkey Lake Road, Orlando; 407-226-2727; IndiaSpiceHouse.com  
**Indian Market:** 10018 University Blvd., Orlando; 407-243-2424  
**House of Spices Laxmi Plaza:** 1137 Doss Ave., Orlando; 407-857-8805  
**Masala Bazaar:** 7575 University Blvd., Winter Park; 407-951-8601  
**Seven Star Foods:** 681 Mason Ave., Daytona Beach; 386-255-5156  
**Spiceland Indian Groceries:** 870 S. Sun Drive, Lake Mary; 407-829-2440; spicelandstore.com

Road, Kissimmee; 407-344-4444; 2413 Enterprise Road, Orange City; 386-774-0007; 624 S. Dillard St., Winter Garden; 407-656-2550; more locations at bravosupermarkets.com  
**Cafe De Colombia Bakery:** 2512 S. Semoran Blvd., Orlando; 407-249-0202  
**Clara's Bakery:** 815 W. State Road 434, Winter Springs; 407-834-1224  
**Colombia Bakery:** 10438 E. Colonial Drive, Orlando; 407-380-0944  
**Compare Supermarket:** 1870 Providence Blvd., Deltona; 386-789-3289  
**Compare Supermarket:** 2441 E. Semoran Blvd., Apopka; 407-886-5384  
**Dolce Bakery & Cafe:** 992 E. Osceola Parkway, Kissimmee; 407-201-6828; dolce-usa.com (Venezuelan-Italian bakery)  
**El Mejor Sabor Bakery:** 75 W. Main St., Apopka; 407-886-5242  
**La Hacienda Meat Market:** 3090 Aloma Ave., Suite 145, Winter Park; 407-673-7720  
**La Perla Deli:** 608 Dillard St., Winter Garden; 407-905-0440  
**La Placita Dominican Market:** 1105 W. State Road 436, Altamonte Springs; 407-788-8814  
**La Primera Grocery:** 39 S. Semoran Blvd.

## Gourmet and specialty markets

Gourmet stores and specialty markets stock hard-to-find ingredients, including ethnic goods.  
**Abu Maher International Grocery:** 6148 Hanging Moss Road, Orlando; 407-677-8000 (Mediterranean, Mid-Eastern, Turkish, Persian, Indo-Pak and Asian groceries, Halal meats)  
**Cavallari Gourmet:** 1954 W. State Road 426 (at Red Bug Lake Road), Suite 1172, Orlando; 407-365-8000; CavallariGourmet.com  
**D&G Occasions:** 625-G Herndon Ave., Orlando; 407-894-4458; DAndGOccasions.com (party and craft supply store that also has some international fillings for pastries, pies and cakes)  
**Eat More Produce:** 111 S. Orlando Ave., Winter Park; 407-647-5292; eatmoreproduce.com  
**Granada Gourmet:** 197 E. Granada Blvd., Ormond Beach; 386-677-0470  
**House of Spices:** 1137 Doss Ave., Orlando; 407-857-8805  
**International Food Club:** 4300 L.B. McLeod Road, Unit A, Orlando; 321-281-4300;

**Hong Kong Seafood Market:** 5051 W. Irlo Bronson Highway, Kissimmee; 407-396-8881  
**J. Japanese Food Mart:** 7452 Universal Blvd., Orlando; 407-352-6616  
**J.M. Oriental Market:** 9421 S. Orange Blossom Trail, Orlando; 407-816-6700  
**Kim Lal Shing Market:** 2250 Principal Row, Orlando; 407-888-2188  
**Korean Market:** 1725 W. Oak Ridge Road, Orlando; 407-855-0992  
**Medina Bazaar:** 611 W. Vine St., Kissimmee; 407-931-1141  
**M&M Philippine Mart:** 7339 E. Colonial Drive, Orlando; 407-281-6999  
**Philippine Asian Mart:** 600 N. U.S. Highway 17-92, Longwood; 407-339-5559  
**Salgon Market:** 1232 E. Colonial Drive, Orlando; 407-898-6899  
**Seoul General Market:** 1416 E. Semoran Blvd., Apopka; 407-886-0112  
**Super Oriental Market:** 2100 E. Colonial Drive, Orlando; 407-898-6858  
**Tienhung Market:** 1108 E. Colonial Drive, Orlando; 407-422-0067  
**Woo-Sung Oriental Food Mart:** 5079 Edgewater Drive, Orlando; 407-295-4077

## British

**Jule's British Shoppe:** 909 E. New Haven Ave., Melbourne, 321-768-8369; LordRavenSwoodHall.com  
**Penny Lane British Imports:** 2090 S. Nova Road, B-212, South Daytona Beach; 386-788-7689; 9 a.m.-4 p.m. Saturdays only  
**The British Shoppe:** 809 N. Mills Ave., Orlando; 407-898-1634; TheBritishShoppe.com  
**Windsor Rose Tea Room:** 142 W. Fourth Ave., Mount Dora; 352-735-2551

## French

**Benjamin French Bakery:** 716 E. Washington St., Orlando; 407-797-2253; benjaminfrenchbakery.com  
**Chez Jacqueline:** 101 N. Country Club Road, Lake Mary; 407-321-5662  
**Croissant Gourmet Bakery:** 120 E. Morse Blvd., Winter Park; 407-622-7753; CroissantGourmet.com  
**Frenchy's:** 212 N. Park Ave., Winter Park; 407-622-2232  
**La Gourmandise French Bakery & Pastry Shop:** 359 W. Granada Blvd., Ormond Beach; 386-672-5594; FrenchBakery.net  
**Mon Delice:** 557 E. Third Ave., New Smyrna Beach; 386-427-6555  
**My French Cafe:** 7782 Winter Garden Vineland Road, Windermere; 407-347-8945; my-french-cafe.com  
**Sweet Traditions:** 126 W. Plant St., Winter Garden; 407-656-6338

## German, general European

**Lacomka Russian Bakery & Deli:** 2050 N. Semoran Blvd., Winter Park; 407-677-1101; Lacomka-Orlando.com  
**Magnolia Square Market:** 117 Magnolia

store.com

## Italian

**All Italian Market & Deli:** 13526 Village Park Drive, Suite 214, Orlando; 407-704-1856; allitalianmarket.blogspot.com  
**Antonio's Cafe and Deli:** 611 S. Orlando Ave. (U.S. Highway 17-92), Maitland; 407-645-5523 (restaurant); 407-645-1043 (retail shop); antoniosonline.com  
**Carlera's Cucina Italiana:** 7600 Dr. Phillips Blvd., Orlando (Marketplace at Dr. Phillips); 407-351-1187; 10663 Narcoossee Road, Orlando (Cornerstone at Lake Hart); 321-235-1931; Carleras.com  
**Fresco Cucina Italiana:** 7603 Turkey Lake Road, Orlando; 407-363-5775; frescoorlando.com  
**Paul's Italian Deli:** 812 E. Vine St., Kissimmee; 407-933-0766

## Jewish, Persian, Middle Eastern

**Adam Halal Meats & Grocery:** 7329 Lake Underhill Road (Rena's Plaza), Orlando; 407-384-8604 (Islamically slaughtered meats, spices, fish; some West Indian foods)  
**Aladdin Café Grocery & Bakery:** 1015 E. State Road 436 (Summit Plaza), Casselberry; 407-331-0488 (Lebanese-Middle Eastern market)  
**Aladdin's:** 1015 N. Semoran Blvd., Orlando; 407-341-8093  
**Apna Bazaar:** 9432 S. Orange Blossom Trail, Orlando; 407-856-0238; 1155 W. State Road 434, Longwood; 407-260-2644; apnabazaar.com (Indian, Pakistani, British and Middle Eastern groceries)  
**Cedar Halal Food & Deli:** 12100 E. Colonial Drive, Unit E, Orlando; 407-381-8004  
**Kosher Gourmet:** 7508 Universal Blvd., Orlando; 407-354-1296  
**Kosher Kats Marketplace:** 180 S. Ronald Reagan Blvd., Longwood; 407-696-8873; KosherKats.com (Central Florida's only Glatt kosher market)  
**Middle East Market:** 8100 S. Orange Blossom Trail, Orlando; 407-855-6555  
**Pasha Middle East Foods:** 919 W. International Speedway Blvd., Daytona Beach; 386-257-7753  
**Tony's Deli & Bakery:** 1323 N. Mills Ave., Orlando; 407-898-6689

## Spanish, South & Central American

**Bravo Supermarket:** 999 N. Semoran Blvd., Orlando; 407-380-1191; 10659 E. Colonial Drive, Orlando; 407-277-7688; 2921 Orlando Drive, Sanford; 407-328-0884; 519 S. Orange Blossom Trail, Apopka; 407-886-5334; 5789 Curry Ford Road, Orlando; 407-380-3700; 4065 W. Oak Ridge Road, Orlando; 407-351-8880; 2701 N. Hlawasssee Road, Orlando; 407-770-0012; 4108 W. Vine St., Kissimmee; 407-932-1520; 3081 Michigan Ave., Kissimmee; 407-518-9840; 2618 Boggy Creek

State Road 436, Altamonte Springs;

407-788-8814  
**La Primera Grocery:** 39 S. Semoran Blvd. (State Road 436), Orlando; 407-658-9136  
**Las Americas Grocery & Deli:** 222 N. U.S. Highway 17-92, Longwood; 407-830-8599  
**La Taxquena:** 819 S. Park Ave., Apopka; 407-886-4826  
**MI Mexico:** 387 E. Main St., Apopka; 407-886-4826  
**MI Puelito:** 451 W. Silver Star Road, Ocoee; 407-905-9262  
**MI Ranchoito Mexican Market:** 744 S. Blufford Ave., Ocoee; 407-654-4470  
**Paletaria Jalisco:** 427 W. Silver Star Road, Ocoee; 407-654-6700; facebook.com/paletariajalisco  
**Pao Gostoso Brazilian Bakery:** 5472 International Drive, Orlando; 407-447-8946; pao-gostoso.net  
**Plaza Tropical:** 665 W. Lancaster Road, Orlando; 407-582-0140  
**Publix Sabor:** 1980 E. Osceola Parkway (Ventura Downs), Kissimmee; 407-348-8422  
**Sedano's Supermarkets:** 1100 N. John Young Parkway, Kissimmee; 407-279-4070; 12981 S. Orange Blossom Trail, Orlando; 407-608-6840; and 5660 Curry Ford Road, Orlando; 407-480-2070; sedanos.com  
**Supermercado Brasileiro:** 5450 International Drive, Orlando; 407-351-1550  
**Tienda El Mercadito:** 23925 State Road 46, Sorrento; 352-735-3344  
**Tienda Mexicana Jalisco:** 2021 N. Goldenrod Road, Orlando; 407-282-8339  
**Tortilleria La Mexicana:** 2417 W. Oak Ridge Road, Orlando; 407-888-3531

## Polish

**Europol Polish Deli:** 3090 Aloma Ave., Winter Park; 407-678-0909  
**Polonia:** 750 S. U.S. Highway 17-92, Longwood; 407-331-1933; Polonia-Restaurant.com  
**Polish Delicatessen:** 1322 W. North Blvd., Leesburg; 352-365-1747

## West Indian, Caribbean

**Caribbean Market:** 1446 N. Pine Hills Road, Orlando; 407-292-0493  
**Caribbean Food Market:** 2121 W. Washington St., Orlando; 407-246-6995  
**Caribbean Sunshine Bakery & Food:** 6922 Silver Star Road, Orlando; 407-578-0068  
**Caribbean Supercenter:** 5111 W. Colonial Drive, Orlando (Pine Hills); 407-523-1308  
**Colonial Caribbean Food Market:** 6235 W. Colonial Drive, Orlando; 407-299-1824  
**Jack's Caribbean Market:** 2427 S. Rio Grande Ave., Orlando; 407-648-0440  
**Lim's Caribbean Cuisine:** 5600 W. Colonial Drive (at Kirkman Road), Orlando, Suite 105; 407-298-0088  
**Singh's Roti Shop:** 5244 Old Winter Garden Road, Orlando; 407-253-2900

407-857-8805

**International Food Club:** 4300 L.B. McLeod Road, Unit A, Orlando; 321-281-4300; ifoodclub.com (foods from Argentina, Australia, Bolivia, Bosnia, Brazil, Bulgaria, Canada, China, Colombia, Malaysia, Mexico, Pakistan, Poland, Portugal, Saudi Arabia, Slovenia, South Africa, Spain, Sri Lanka, Switzerland, Syria, Thailand, Trinidad, Tobago, Tunisia, Turkey, United Arab Emirates, Ukraine, United Kingdom and United States)  
**KaDee Kay Gourmet Kitchen:** 237 W. Fourth Ave., Mount Dora; 352-383-3600; kadeekay.com  
**Mazano Fine Foods:** 311 Flagler Ave., New Smyrna Beach; 386-402-4981  
**Panita Bakery & Cafe:** 1220 State Road A1A, Indian Shores; 321-473-8986; panitabakery.com  
**Pezzeys Spices:** 102 N. Park Ave., Winter Park; 407-788-7777  
**Petty's Specialty Foods & Meats:** 2141 W. State Road 434, Longwood; 407-862-0400; PettysMeats.com  
**Spice & Tea Exchange:** 309 N. Park Ave., Winter Park; 407-647-7423; SpiceAndTea.com  
**The Ancient Olive:** 324 N. Park Ave., Winter Park; 321-972-1899; theancientolive.com  
**The Gourmet Spot:** 411 N. Donnelly St., Mount Dora; 352-735-4777; thegourmet-spot.com  
**The Meat House:** 669 N. Orange Ave., Winter Park; 407-629-6328; themeathouse.com  
**Truffles & Trifles:** 711 W. Smith St., Orlando; 407-648-0838; TrufflesAndTrifles.com  
**Williams-Sonoma:** 142 S. Park Ave., Winter Park; 407-628-5900; Mall at Millenia, 4200 Conroy Road, Orlando; 407-354-3244; Williams-Sonoma.com  
**Wild Hare Kitchen & Garden Emporium:** 335 N. Ronald Reagan Blvd., Longwood; 407-765-0188  
**Whole Foods Market:** 1989 Aloma Ave., Winter Park; 407-673-8788; 8003 Turkey Lake Road, Orlando; 407-355-7100; WholeFoodsMarket.com

**Health-food stores**  
Health-food stores are excellent sources for hard-to-find grains and other foods used in ethnic recipes.  
**Chamberlin's Natural Foods:** 430 N. Orlando Ave., Winter Park (Winter Park Village), 407-647-6661; 7600 Dr. Phillips Blvd., Orlando (The Marketplace), 407-352-2130; 1086 Montgomery Road (at State Road 434), Altamonte Springs, 407-774-8866; 1170 Oviedo Marketplace Blvd., Oviedo, 407-359-7028; 114 N. John Young Parkway, Kissimmee, 407-846-7454; Chamberlins.com  
**Heath's Natural Foods:** 600 E. Third Ave., New Smyrna Beach; 386-423-5126; heathsnaturalfoods.com  
**Hoover's Market:** 1035 Academy Drive (off State Road 436), Altamonte Springs; 407-869-0000; hooversmarket.com  
**M&M Vitamins:** 118 Middle St., Lake Mary; 407-330-2666