

WELCOME TO

# SHANGHAI

**SHANGHAI** is undeniably one of the best cities in the world to eat your way through. Designed by the foodies behind UnTour Food Tours, this guide will give you great dining tips along with practical travel information to help make the most of your trip.





## TOUR TIP

UnTour Food Tour's Street-Eats Breakfast walk takes place at 8 or 9 am throughout the week. [More info.](#)

## FOR BREAKFAST

Grab the perfect on-the-go breakfast at **Wulumuqi Lu Jianbing**. These thin crepes are fried on at griddles with an egg, and then flecked with cilantro, green onions and pickled mustard tubers. Savory bean paste and fiery chili paste are slathered on to add flavor, while a deep-fried wonton skin adds crunch. If you prefer your treats non-spicy, just ask for it “bùlà (不辣)” and the vendor will forgo the chili.

 **Order:** Chinese crepes (jiānbǐng 煎饼)  
Wulumuqi Zhong Lu, in between Fuxing Lu and Wuyuan Lu. 乌鲁木齐路在复兴中路和五原路中路。

 **Subway:** Line 1/7 – Changshu Lu.  
**Hours:** 7am-2pm.

## FOR THE BEST NOODLE LUNCH

**Wei Xiang Zhai** has been slinging sesame-peanut noodles for decades, ladling out hundreds of bowls a day from the first floor of an historic French Concession building. Pay at the counter, elbow your way to a spot at a table (they're all shared here) and place your receipt on a numbered clothespin to give to the wait staff.



**Order:** sesame-peanut noodles (麻酱面 májiàng miàn), curry beef broth (牛肉汤 niúròu tāng). 14 Yandang Lu, near Huaihai Lu. 雁荡路14号近淮海中路.



**Subway:** Line 1 – Huangpi Nan Lu.  
**Tel:** +86 21 5383 9032.  
**Hours:** 6:15am-9pm.

## FOR DINNER

Head to the **Huangpu** to meet Mr & Mrs Bund. This French restaurant is helmed by Chef Paul Pairet, who also created Ultraviolet, Shanghai's hottest ticket in town. In the likely occurrence that Ultraviolet is all booked up, a table at MMB is a pretty good consolation prize. When you book, ask for a seat by the window so you can drink in Pudong's famous skyline.



**Order:** Foie gras crumble, Meunière truffle bread, picnic chicken, cod in a bag, lemon & lemon tart



Bund 18, 6/F, 18 Zhongshan Dong Yi Lu, near Nanjing Dong Lu. 中山东一路18号6楼近南京东路. Line 2/10 – Nanjing Dong Lu.  
**Tel:** +86 21 6323 9898.  
**Web:** [www.mmbund.com](http://www.mmbund.com)

## TOUR TIP

UnTour Food Tour's most popular offering is the Night Eats Tour, which runs nightly at 6:30 or 7:30 pm. 20+ tastings including unlimited beer and local spirits makes for a delicious and fun night out. [More info.](#)

## FOR A NIGHTCAP VIEW BAR



Situated at the south end of the Puxi (west) side of the river **Char Bar** sits atop the Hotel Indigo and commands a stunning view, encompassing both sides of the river. Look out to the northwest for the gorgeous colonial buildings of the former British Concession area and to the east to take in Lujiazui, the city's skyscrapered financial district. With a large outdoor

deck, reservable VIP couches and creative cocktails, Char has definite wow factor.



Hotel Indigo, 29-31/F, 585 Zhongshan Dong Er Lu, near Dongmen Lu. 上海外滩英迪格酒店, 中山东二路585号29-31楼近东门路.  
**Subway:** Line 10 – Yuyuan Garden.  
**Tel:** +86 21 3302 9995.

## DINE BY CUISINE

### FOR CANTONESE CUISINE

**Cha's** Hong Kong style diner.

**Tel:** 6093 2062. 1F, 30 Sinan Lu, near Huaihai Lu. 思南路30号, 近淮海路.

**Tel:** 3461 5618. B/F, Novel Place, 131 Tianyaoqiao Lu, near Xingeng Lu. 天钥桥路131号, 辛耕路.

**Recommendations:** Curry with beef tendon & brisket (自制咖喱牛筋腩), poached chicken in soy sauce (玫瑰豉油鸡), deep fried chicken wings (炸全翅), prawns with egg (滑蛋虾仁)



### FOR YUNNAN CUISINE

**Lotus Eatery** Spicy homestyle dining from China's wild west.

**Tel:** 6034 8168. 1112 Dingxi Lu, near Wuyi Lu. 定西路1112号近武夷路.

**Recommendations:** Grandma's mashed potatoes (老奶洋芋), fried lotus root (回锅藕片), Miao tribe BBQ fish (苗家烤鱼), Dry pot tea tree mushrooms (干锅茶树菇), grilled goat's cheese (乳饼)

### FOR SHANGHAI CUISINE

**Old Jesse** Most famous benbang restaurant.

**Tel:** 6282 9260. 41 Tianping Lu, near Kangping Lu 天平路41号 (近康平路).

**Recommendations:** Red braised Pork (红烧肉), Sauteed river shrimp (清炒河虾仁), Steamed salted chicken (咸鸡), Jujubes stuffed with glutinous rice (枣泥糕), Lion's head meatballs (狮子头), tofu with crab roe (蟹粉豆腐), opium fish head (葱烤鱼头), chicken soup (鸡炖汤)

### FOR SICHUAN CUISINE

**Yu Xin** Fiery, mouth-numbing cuisine. 3/F Zhaoshangju Plaza, 333 Chengdu Bei Lu, near Weihai Lu. 成都北路333号招商局广场3楼, 近威海路.

**Tel:** 4000 213 717. 3/F, Dongfang Lu, inside Plaza 96, near Zhangyang Lu. 东方路796号96广场三楼.

**Recommendations:** Water-boiled fish (水煮鱼), boiled scallion chicken (葱油鸡), mapo tofu (麻婆豆腐), dandan mian (担担面)

### FOR PEKING DUCK

**Da Dong.** If your trip isn't taking you to Beijing, then get the capital's most famous dish at this Beijing transplant.

**Tel:** 5466 5758. IAPM Mall, 5F, 999 Huaihai Middle Road, near Shanxi South Road. 淮海中路999号近陕西南路.

**Recommendations:** Peking Duck (北京烤鸭), Kung pao shrimp balls (宫保虾球), Soy sauce noodles (炸酱面)

### FOR AMERICAN CUISINE

**Goga** Cali-Asian fare.

**Tel:** 6431 9700. 1 Yueyang Lu, near Dongping Lu. 岳阳路1号, 近东平路.

### FOR ITALIAN CUISINE

**Mercato** Stunning bund views.

**Tel:** 6321 9922. 6F, 3 Zhongshan Dong Yi Lu, near Guangdong Lu. 中山东一路3号.

### FOR HOTPOT

**Elixir Healthpot** Best darn hotpot in town, and it's healthy to boot.

**Tel:** 5456 1489. 2 Hengshan Lu, near Taojiang Lu. 衡山路2号甲近桃江路.

**Recommendations:** Split hotpot (鸳鸯 yuānyāng), yam balls (地瓜球), egg dumplings (蛋饺 dànjiǎo), shredded beef (牛肉双拼 niúròu shuāngpīn), veg plate (蔬菜拼盘 shūcài pīnpán)



## DINE BY CUISINE

### FOR HEALTHY FOOD

**Sproutworks** Delicious salads and sides, rotating daily in Xintiandi. Happy hour, too.

**Tel:** 6339 0586. 185 Madang Lu, near Zizhong Lu. 马当路185号, 近自忠路

### FOR JAPANESE CUISINE

**Sushi Oyama** 20+ course omakase sushi menu in a tiny restaurant – reservations essential.

**Tel:** 5404 7705. 2F, 20 Donghu Lu, near Huaihai Lu. 东湖路20号2楼, 近淮海路.

### FOR GLOBAL CUISINE

**Commune Social.** No reservations and plates designed for sharing at this Atherton restaurant.

**Tel:** 6047 7638. 511 Jiangning Lu, near Kangding Lu. 江宁路511号近康定路.

### FOR FRENCH CUISINE

**Mr & Mrs Bund** “Modern French Eatery” ranked in world’s top restaurants.

**Tel:** 6323 9898. 6F, 18 Zhongshan Dong Yi Lu, near Nanjing Dong Lu. 中山东一路18号6楼, 近南京东路.

## NIGHTLIFE

### FOR A JAZZ BAR

**Heyday** Nails the vintage jazz bar look and presents live music most nights of the week, starting around 9 pm. Jazz performances and cocktails are both top notch, but book ahead to get a table. 泰安路50号近兴国路.

**Tel:** 6236 6075

**Web:** [www.heydayjazz.cn](http://www.heydayjazz.cn)

### FOR CLUBBING

**Bar Rouge** Flashy club w/ champers & great terrace.

**Tel:** 6339 1199. 7/F, 18 Zhongshan Dong Yi Lu, near Nanjing Lu. 中山东一路18号外滩18号7楼近南京东路.

### FOR CRAFT BEER

**Daga Brewpub** Stocks a wide variety of craft beers from Shanghai and around China. Excellent rooftop seating.

**Tel:** 3469 5338. 100 Fuxing Xi Lu, between Yongfu Lu and Wukang Lu. 复兴西路100号, 在永福路和武康路中间.

### FOR A WINE BAR

**Le Bordelais** Wine bar w/ a Bordeaux focus.

**FFC:** 301 Jiashan Lu, near Jianguo Lu. 嘉善路301号近建国路.

**Tel:** 6422 9826.

**Bund:** 99 Beijing Dong Lu, near Zhongshan Dong Yi Lu. 北京东路99号益丰外滩源, 近中山东一路.

**Web:** [www.theburdigala.com](http://www.theburdigala.com)

### FOR COCKTAILS

**Union Trading Company** Excellent cocktails & snacks in a smoke-free bar.

**Tel:** 5423 1330. 64 Fenyang Lu, near Fuxing Zhong Lu. 汾阳路64号, 近复兴中路.



## SHANGHAI BASICS

### CURRENCY

Yuan, also known as renminbi (RMB) or kuai. Current exchange rates are 6.65 to the US\$ and 7.81 to the Euro.  
Dialing code The country code for China is +86.

### TAXIS ONLY

Hail taxis by waiting in the official taxi line at airports and train stations. Never respond to anyone who approach you – you are GUARANTEED to be scammed. Have your hotel address written in Chinese as well as in English. From Pudong International Airport to central Shanghai takes about an hour and costs RMB 180-220, depending on traffic.

Metro Subway stations are convenient, easy to navigate and include English signs. Ticket kiosks have a button in the upper-right corner to change the interface into English. Ticket prices range from RMB 3-5.

### INTERNET & FIREWALLS

You'll find out that Youtube, Facebook, Twitter & The New York Times and many others are blocked – you MUST download a VPN before arriving to access them,

which enables access to blocked sites. [We recommend ExpressVPN.](#)

### COMMON SCAMS

Shanghai is a safe city, but there are plenty of people taking advantage of tourists.

### TEA SCAM

Young, friendly people will approach a tourist, engage them in conversation or ask them to take their picture. After exchanging pleasantries, they'll then inquire if they would like to drink tea, or go to a teahouse and talk further. After leading the visitor to an unlicensed café or simple living room to sample tea or coffee, the foreigner is presented with a bill that is much more expensive than it should be (sometimes into the thousands of RMB).

Tipping is not expected nor is it customary. Taxi drivers and waiters will generally not take tips. In high-end hotels and restaurants there is often an automatic 15% service charge added, and nothing is expected beyond this. Five-star hotel staff are accustomed to receiving tips. Local Chinese almost never voluntarily tip, so there is little risk of causing great offense.

## 3 MUST DOWNLOAD APPS

You should download these apps **BEFORE YOU LEAVE** in your home country's store so that you can use foreign payment methods.

### OFO

China has been swept up in bike-sharing programs – if you don't want to rely on subways or taxis (often hard to hail on the street) this app is super convenient as you can rent a bike and leave it anywhere. There are over one million shared bikes on Shanghai's streets.

[Download on iTunes](#)

[Download on Google Play](#)

### EXPRESS VPN

If you want access to most of the internet's top sites like Google, Gmail, Youtube, Twitter, Facebook & many more, you'll need to set up a VPN before arriving. There are many on the market, but we recommend setting up ExpressVPN before arriving China for your computer and tablet devices. [Download here](#)

### DIDI CHUXING

The local version of Uber is now available in English, and is a great tool in your arsenal for when taxis are busy, rainy periods, or when the subway is closed.

[Download on iTunes](#)

[Download on Google Play](#)

## WHERE TO STAY



### FOR A GOOD DEAL

#### SSAW BOUTIQUE

This is a solid and affordable choice that is close to some of the city's best highlights, like Yu Gardens, the Bund, People's Square & more. [More info](#)



### FOR COMFORT

#### THE YANGTZE BOUTIQUE

Blending 1930's Shanghai charm with a touch of luxury, this heritage hotel is in the heart of the action near subway stations, the Bund, restaurants and more. [More info.](#)



### FOR LUXURY

#### THE PULI HOTEL AND SPA

Exquisitely designed, inside & out, the Puli combines good taste, excellent rooms, and one of the city's finest pools. If you're going to splurge, this is always a good choice. [More info.](#)

#### OTHER OPTIONS

Foodie-focused travelers should keep in mind that the Huangpu River bisects the city, and the eastern banks (Pudong) were mere rice paddies until just a few decades ago. This rapid development means that the skyscrapers in Pudong have a history of less than 20 years, and most of the alleyways (and thus well-preserved restaurants and local street food) are found in Shanghai's districts west of the river (Puxi).

The former French Concession is a great location to be close to all the culinary action, but there are few brand name hotels located within its confines. Luckily, taxis are plentiful and cheap in Shanghai so staying in other parts of the city while planning to eat most of your meals in the FFC isn't out of the question. Also, Airbnb offers a wide selection of apartments around town. When you search by neighborhood, narrow your choices by "Luwan", "Xuhui" (only north half is convenient) and "Huangpu" for the best options.