

Guide to food labels

Baffled by the different labels on the food you buy? Here's a brief guide to explain what they actually mean.

British Lion Mark The British Lion symbol means that the eggs are British-laid and have been vaccinated against salmonella, but it can apply to caged chickens as well as eggs from alternative systems, so it is not a guarantee of higher welfare.

Demeter is the brand for products from Biodynamic Agriculture, the oldest traditional organic certification in Europe, regarded by some as the highest grade of organic farming in the world.

Fairtrade Sets social and environmental standards such as labour rights for workers, no child labour, improvements in the management of natural resources and no GM crops, as well as a guaranteed minimum price to farmers plus a premium paid for investment in development projects. More information at www.crystalpalacetransition.org.uk/local-and-fair-group

Free-range Free-range chickens must have access to outdoor conditions for at least half their life. For free-range eggs, hens must have continuous daytime access to open-air runs that are mainly covered with vegetation or pasture. (In the EU, every hen must be allowed at least 4 square metres of space). Free-range pigs are born, reared and fattened outside, with some shelter for sleeping.

MSC (Marine Stewardship Council) means that the seafood comes from, and can be traced back to, a sustainable fishery.

Organic Organisations vary but the Organic symbol generally means high animal welfare and farming that uses minimal to no chemicals. All organic chickens are free range. Organic hens are also free-range, and have twice as much indoor space as standard free-range hens. The Soil Association organic standard provides the highest welfare levels in the UK (eg smaller flock sizes for chickens and no live exporting of dairy calves).

Outdoor bred pork means the pigs were born outside to non-confined sows and then brought inside for fattening after 4-6 weeks. **Outdoor reared** pork means the pigs live outdoors for the majority of their lives. They are brought in eight weeks before slaughter to fatten up. (Most British cattle and lambs are reared outside regardless of label).

Rainforest Alliance Promotes sustainability and environmental standards but offers no guarantees regarding social welfare or fair prices to producers in developing countries.

Red Tractor means the bare minimum UK welfare standards are met (and their interpretation is considered inadequate in some cases). Pigs must be given materials such as straw to root around in, but farrowing crates – metal cages that prevent the mother pigs (sows) crushing their piglets by confining them in a narrow space – are allowed, as is tail docking to stop piglets biting each other.

RSPCA Freedom Food The scheme covers pigs that are reared indoors or outdoors. The label guarantees that they have solid bedding and lighting and that they haven't been subjected to farrowing crates or castration. No more than 15 indoor-reared chickens must be kept per square metre – the equivalent of a space 15% bigger than an A4 piece of paper each.

UTZ promotes sustainable farming and better opportunities for farmers but is weaker than Rainforest Alliance in that it allows GM crops and chemical fertilisers and pesticides.



Why shop locally?

More money stays in the community: when you spend £100 at an independent business, £68 returns to the local community, compared with £43 if you buy from a national chain

More jobs are created for local people, including architects, designers, sign-makers, accountants etc

Local businesses offer a greater diversity of products and you're more likely to find something unique

Local businesses are more likely to get involved in the community and to offer financial support for community initiatives

Local shops help maintain the area's distinctive character and flavour

Local businesses are more likely to source from the local area (including food from community growing spaces)

The more people that are employed locally, the fewer need to commute, saving on energy

Local traders are more likely to get to know their customers and respond to their needs and values

We can build relationships with local businesses and encourage them to source more locally, sustainably and fairly



What is Crystal Palace Transition Town?

Crystal Palace Transition Town is part of a global movement that is bringing communities together to build local resilience in the face of climate change, the energy crisis and economic hardship. It's about making the transition from oil dependence to a more sustainable and satisfying way of life. And it's about doing it creatively and having fun - so come and join us!



Palace Pick Up - community clean up (Auckland Road)

Join one of our project groups

FOOD & GROWING produces food locally by garden sharing and creating communal growing spaces (such as the Edible Garden in Westow Park). It also makes jams and preserves for local businesses, and grows hops to supply a local brewery. It runs the FOOD MARKET, supplying locally sourced and sustainably produced food direct from the producers. And it organises the PATCHWORK FARM, which grows produce in local gardens and communal growing spaces and sells them at the market.



Locally grown produce at the Patchwork Farm stall, Crystal Palace Food Market

LOCAL & FAIR supports local businesses, promotes local, sustainable and ethical shopping and a greater understanding of the benefits of Fairtrade

PALACE POWER is part of the ENERGY group and is planning a solar panel installation on a public building that local people can invest in, to create renewable energy for the community

PALACE PICK UP reduces waste by organising community clean-ups and up-cycling items that are normally thrown away

TRANSPORT aims to make getting to, from and around Crystal Palace green, clean, safe, healthy, sociable and fun. The group is considering everything from cycle routes to community car clubs, cargo bikes to play streets...

Contact us

Via the above groups on our website: www.crystalpalacetransition.org.uk

Email us at: hello@crystalpalacetransition.org.uk

Join us on Facebook: [Crystal Palace Transition Town](https://www.facebook.com/Crystal-Palace-Transition-Town)

Follow us on Twitter: [@crystalpalaceTT](https://twitter.com/crystalpalaceTT)

Or come along for an informal get-together at Green Drinks, on the second Wednesday of each month, 8pm at the Grape & Grain Pub, Anerley Hill

Crystal Palace Transition Town would like to thank all those businesses that have supported our projects through hosting meetings and events, helping design promotional material, distributing flyers and displaying posters, lending us equipment, taking our Patchwork Farm produce to sell or simply giving us their valuable time and advice.



Foraging for food with Chris Phyto



Bugs Club activities for kiddies at Westow Park



GUIDE

TO

SHOPPING AND EATING



CRYSTAL PALACE



About this guide

Welcome to the only comprehensive guide to shopping and eating in and around the Crystal Palace Triangle. We hope it will provide you with some useful information. We produced it for a number of reasons:

Firstly, it is a celebration of the large number of unique, locally owned, independent shops we have on the Triangle and at our stations. We believe it is important to support our independent shops, not least to maintain the special character of Crystal Palace compared with many other high streets dominated by national or international chains.

Secondly, we want to promote local shopping because it makes our community more resilient in the face of economic uncertainty. It creates more jobs for local people and keeps money within our community. It also reduces our effect on climate change because it involves less transporting of goods around the country and less transport needed getting people to the shops and work.

Thirdly, the guide is designed to help us choose where to shop and eat in a more sustainable and ethical way, so that we can use our consumer choices to help sustain our planet and the people who live on it. The symbols overleaf indicate where you can get products that give you that added value (often at no extra cost or even cheaper than less sustainable alternatives).



CPTT wins Fairtrade Foundation award for second year running!

We believe the information in this guide to be correct at the time of going to print, but please let us know of any additions or changes you would like us to consider. Lack of space means we have not been able to include the many businesses beyond the Triangle, but we hope you will seek them out too.

For updates and more information about some of the businesses listed, including links to their websites, see: www.crystalpalacetransition.org.uk/guide-to-sustainable-shopping-and-eating-in-crystal-palace

Antiques

Crystal Palace Antiques
Imperial House,
Jasper Road
Vintage and second-hand furniture **RR**

Aquatics

Crystal Palace Aquarium
54 Westow Street

Art galleries

Ina Space Gallery
16 Westow Street
Picture Palace
65 Westow Street
Some paintings & prints by local artists **LA**

Artists, artisans and repairers

BCII
69-71 Church Road
Vintage furniture & carpentry workshop **L, RR**

Crystal Palace Jewellers
76 Church Road
Repairs; recycled and re-designed jewellery **L, RR**

Palace Fires
109 Church Road
Reclaimed fireplaces **RR**

Cooper's Yard
off Westow Hill
Local artists & artisans, designers, tailors and bespoke dressmakers, crafts etc, some using recycled & ethically traded materials **ET, L, RR**

Gipsy Hill Workshops
14 Paddock Gardens off Westow Street
Local artists, artisans & designers; sign writing, millinery, crafts etc., some using recycled materials **L, RR**

PJ Wright & Sons
Fireplace shop and workshop
Paxton Mews, rear of 61-63 Westow Street
Sells and restores fireplaces **L, RR**

Art With Glass
Haynes Lane
Stained glass windows and panels; design & restoration plus gifts **L, RR**

Bakeries with café

Betty's
67 Westow Hill
Locally baked corn and spelt bread **L**

Blackbird Bakery
59 Westow Street
Locally baked bread, organic flour, free-range eggs and UTZ coffee **AW, L, O, SS**

Bicycle shops

Cadence Cycling Performance Centre
2a Anerley Hill
Repairs; café with Fairtrade coffee, organic tea **FT, O, RR**

Blue Door Bicycles
5-7 Central Hill
Repairs; locally made bikes; occasional recycled/ second-hand bikes; some ethically traded recycled tyre products; Fairtrade nutrition bars; some natural lubricants and degreasers **ET, FT, L, N, RR**

Popiel Cycles
1 Westow Street
Repairs **RR**

Bookshops - independent
Bookseller Crow on the Hill
50 Westow Street
Books, cards, pictures, T-shirts; performances by local writers **LA**

Bookshops - second-hand
Haynes Lane Market
Range of vintage and second-hand, including bookshop **RR**

Cafes, bars, pubs and restaurants

Anerley Hill
Grape & Grain
2 Anerley Hill
Organic lager and cider; locally produced beers; 'Tippy Garden' *; local musicians **L, LA, O**

Central Hill
Cucarachas Mexican Grill and Cocktail Bar
11 Central Hill

Crystal Palace Parade
Café Paradou
10-11 Crystal Palace Parade
Café St Germain
16-17 Crystal Palace Parade

Church Road
The Crystal Palace Market
3-7 Church Road
Free-range grass-fed meat; some locally sourced beers and wine **AW, L**

Crystal Pantry
6 Church Road

Bambino Coffee House
32 Church Road
New ownership - ethically traded beverages; local jam** and cakes expected **ET, L**

Royal Albert
42 Westow Hill
Local musicians **LA**

Comfort and Joy
79 Church Road
All home-made food; organic flour and milk **L, O**

Vien
87 Church Road
Vintage dresses, accessories and furniture; recycled and re-designed clothes; tea room **L, RR**

YoguSensi
93 Church Road
Vegetarian juices; vegetarian and pescatarian sandwiches and snacks **V**

Alma
95 Church Road
Free-range meat; organic free-range chicken and eggs; MSC fish; organic wines; local beers and herbs** *; local artwork **AW, FT, LA, O, SS**

White Hart
96 Church Road
Organic ciders, Fairtrade wines, free-range sausages and eggs, organic milk, local musicians **AW, FT, LA, O**

Casa Cubana
99 Church Road
Local jam, soups and cakes; Direct Trade coffee; recyclable packaging **ET, L, RR**

Spirited Palace
105 Church Road
Vegan, organic veg, teas, organic Fairtrade coffee **AW, FT, O, V**

Yak & Yeti
107 Church Road
Restaurant plus take-away

Haynes Lane
The Café Thing
Haynes Lane, Bedwardine Road
Local cakes, Fairtrade rum, organic vodka, gin, milk and sugar; local poets & musicians **FT, L, LA, O**

Westow Hill
Sparrowhawk
2 Westow Hill
Ethically traded coffee; local musicians **ET, LA**

Café Nero
10 Westow Hill
Chi Oriental
14 Westow Hill
Restaurant plus take-away

Thai Crystal
17 Westow Hill
Restaurant plus take-away

Edo
18 Westow Hill
Restaurant plus take-away

Antenna's Diner
22 Westow Hill
American-style food using only organic, seasonal & ethical produce; also catering for gluten intolerant, vegetarians and vegans **ET, O**

The Havana House
23 Westow Hill
Crystal Palace Tandoori
24 Westow Hill
Restaurant and take-away; free-range chicken **AW**

Twenty Five
25 Westow Hill
Palace Spice
36 Westow Hill
Restaurant plus take-away

Royal Albert
42 Westow Hill
Local musicians **LA**

Numidio Bistro & Bar
48 Westow Hill
Free-range chicken, duck & eggs; gluten-free dishes; bar with local musicians **AW, LA**

Little Palace Café
49 Westow Hill
Tamnag Thai
50-54 Westow Hill
Restaurant plus take-away

Cappuccio's
53 Westow Hill
Local bread & eggs; organic jams **L, O**

Joanna's
56 Westow Hill
Free-range chicken, eggs & pork; sustainably sourced fish; ethically traded coffee; some organic vegetables **AW, ET, O, SS**

Crystal Saray
64 Westow Hill
Restaurant plus take-away

Ponte Nuovo
66 Westow Hill
The Exhibition Rooms
69-71 Westow Hill
Some organic fruit and vegetables **O**



Key to symbols

- AW** - Animal Welfare - free-range eggs and meat (includes organic, which is also free-range)
- ET** - Ethically Traded - sourced direct from artisanal producers at a fair price (sometimes referred to as 'fairly traded' or Direct Trade)
- FT** - Fairtrade - made with raw materials from less developed countries according to international standards (see Guide to Food Labels)
- L** - Locally grown, designed or made in and around Crystal Palace
- LA** - Local Artists - promotes local musicians, writers, artists and artisans
- N** - Natural - made without the use of synthetic or chemical products
- O** - Organic or biodynamic (see Guide to Food Labels)
- RR** - Re-used or Recycled - made from recycled or recyclable materials, vintage or second-hand
- SS** - Sustainably Sourced - not contributing to the depletion of rainforests or species
- V** - mostly for restaurants and cafes that are 100% vegetarian, vegan or meat-free

Pizza at the Palace
70 Westow Hill
Restaurant plus take-away
Free-range eggs; Twining's Rainforest Alliance-certified Everyday Tea **AW, SS**
Braziliana Café
72 Westow Hill
Lorenzo's
73 Westow Hill
Patrick's
76 Westow Hill
Local musicians **LA**
Neo India
78 Westow Hill
Mauritian & Indian restaurant plus take-away

Westow House
79 Westow Hill
Organic cider, local beers, Fairtrade tea and coffee, local musicians **FT, L, LA, O, SS, V**
Living Water Satisfies
46 - 48 Westow Street
Ethically traded Tea Pigs teas, one Rainforest Alliance tea, one organic green tea, organic bread, recyclable packaging, promotes local artists **ET, O, SS, RR**
La Bruschetta
52 Westow Street

Café Latino
61 Westow Street
Venezuelian specialities
Urban Orient
74 Westow Street
Restaurant plus take-away
Train stations
Gipsy Hill Station
Brown and Green
Fairtrade tea; Fairtrade organic coffee and chocolate; recycled and compostable cups **FT, O, RR**
Gipsy Hill Tavern
79 Gipsy Hill (up from station)
Local musicians **LA**

Beer Rebellion
128 Gipsy Hill (opp station)
Pop-up local brewery serving locally produced and specialist ales, cider etc. **L**

Postal Order
33 Westow Street
Fairtrade coffee **FT**
Domali
38 Westow Street
Vegetarian & pescatarian, triple certified (Fairtrade, organic and Rainforest Alliance) coffee, organic wines and beers, MSC fish; free-range eggs; local artists **AW, FT, LA, O, SS, V**
Living Water Satisfies
46 - 48 Westow Street
Ethically traded Tea Pigs teas, one Rainforest Alliance tea, one organic green tea, organic bread, recyclable packaging, promotes local artists **ET, O, SS, RR**
Shelter
11 Westow Hill
Second-hand clothes etc. **RR**

Cancer Research
30 Westow Hill
Second-hand clothes etc. **RR**
Enterprise Shop
18 Westow Street
Second-hand clothes etc. **RR**

Clothing and shoe shops
Crazy Man Crazy
18a Church Road
Vintage men's clothing **RR**
D'Solos
23 Church Road
Men's and ladies clothing
Bambino
30 Church Road
Vintage clothing, furniture, records/vinyl, curios etc including works by local artists **LA, RR**

Vien
87 Church Road
Vintage dresses, accessories and furniture; recycled and re-designed clothes; tea room **L, RR**

Candle shops
Milkhouse Candles
111 Church Road
Natural soy wax infused with pure beeswax **N**

Charity shops
Living Water Satisfies
68 Church Road
Second-hand books; ethically traded Tea Pigs teas, one Rainforest Alliance tea, one organic green tea, recyclable packaging **ET, O, SS**
Smash Bang Wallop
40 Westow Street
Fairtrade chocolate, ethically traded jewellery and other products, natural beauty products, organic baby clothing and accessories, locally designed T-shirts **ET, FT, L, LA, N, O**

Merlin Shoes
44 Westow Street
Hand-stitched shoes (no glue); renewable materials; shoe recycling **N, RR**
Et Pourquoi Pas?
45 Westow Street
Vintage and second-hand clothing agency **RR**

South of the River
56 Westow Street
Love Bridal
57 Westow Street
Simon Carter
71 Westow Street
Menswear and accessories

Curios, cards, gifts & crafts
Bambino
30 Church Road
Vintage clothing, furniture, records/vinyl, curios etc including works by local artists **LA, RR**

Smash Bang Wallop
40 Westow Street
Some Fairtrade chocolate, ethically traded jewellery and other products, natural beauty products, organic baby clothing and accessories, locally designed T-shirts & prints **ET, FT, L, LA, N, O**

Vintage Hart (in the White Hart)
96 Church Road
Vintage and locally made clothing **L, RR**
Grand Bay Boutique
23 Westow Street
Menswear; recycled shoe boxes **RR**

Coconut Trading
73 -75 Church Road
Fairly traded arts and crafts **ET**
Vien
87 Church Road
Vintage dresses, accessories and furniture; recycled and re-designed clothes **L, RR**

Brave Girl
86a Westow Hill
Locally made and handmade gifts for children and babies **L**
Do South
2 - 4 Westow Street
Some vintage and sustainably sourced pieces **RR, SS**

Glitter and Twisted
2 Westow Street
Some locally made cards & knitted tea cosies; up-cycled vintage items; vintage glassware, crockery & cushions; some ethically traded gifts **ET, L, RR**

South of the River
56 Westow Street
Love Bridal
57 Westow Street
Simon Carter
71 Westow Street
Menswear and accessories

Curios, cards, gifts & crafts
Bambino
30 Church Road
Vintage clothing, furniture, records/vinyl, curios etc including works by local artists **LA, RR**

South of the River
56 Westow Street
Dry-cleaners and repairs
Palace Cleaners
101 Church Road
Repairs and alterations **RR**
Drycleaners
9 Westow Hill
Repairs and alterations **RR**

Franklin Bell - Silk Route
77 Westow Hill
Repairs and alterations **RR**
Florists
Doris Florist
19 - 20 Crystal Palace Parade
Food and drink retailers & delis
The Crystal Palace Market
9 - 11 Church Road
Butchers and fishmongers

Comfort and Joy
79 Church Road
All home-made food; organic flour and milk; plus catering service **L, O**
Cappuccio's
53 Westow Hill
Local bread & eggs; organic jams **L, O**
Good Taste
28 Westow Hill
Organic wines and beers; artisanal cheese direct from producers. Puts on tasting evenings. **ET, O**

Piast
3 Hollybush Terrace
Organic sourdough bread from local Polish bakery **L, O**
Furniture
Bambino
30 Church Road
Vintage clothing, furniture, records/vinyl, curios etc including works by local artists **LA, RR**
Cartwright's
34 Church Road
Antique furniture and curios **RR**

ID Furniture & Lighting
38 Church Road
Vintage and locally refurbished furniture **L, RR**
Belle Coco
40 Church Road
Antique furniture and curios **RR**
Beauty by Renata Brown
77 Church Road

Belle Vous Spa & Salon
64 Church Road
Organic, natural products **N, O**
Beauty by Renata Brown
77 Church Road
Sefgrove Chemist
3-5 Westow Hill
Natural remedies **N**
Planta Health Store
32 Westow Hill
Wide range of natural, organic, vegetarian and Fairtrade products **FT, N, O, V**

Qi Clinic
35 Westow Hill
Natural products and alternative forms of healing **N**
Northwood Clinic
36 Westow Street
Natural and organic skincare products **N, O**
Mother Earth
42 Westow Street
Organic and natural beauty products **N, O**

Crystal Palace Antiques
Imperial House, Jasper Road
Vintage & second-hand furniture **RR**
Lawrence's
2 Hollybush Terrace
Second-hand furniture **RR**
Do South
2-4 Westow Street
Some vintage and sustainably sourced pieces **RR, SS**

Garden Centres
Secret Garden
Coxwell Road, 70 Westow Street
Plants and garden sundries; local musicians **LA**

Hairdressers and barbers
Zorkot Dalia Barbers
12 Church Road

Phoenix Barbers
22 Church Road
2nd Glance Hair & Beauty Salon
113 Church Road

Willie Smarts
1 Westow Hill
Natural hair and beauty products; serves organic tea **N, O**
Palace Barber Shop
62 Westow Hill
GM's Special Hair Service
74 Westow Hill

Your Style Boutique
75 Westow Hill
Jay Michaels Hair
30 - 32 Westow Street
Way Ahead
41-43 Westow Street

Forty Seven
47 Westow Street
Locally made jewellery **L**
Barber Shop
63 Westow Street

Hardware stores & kitchenware
MacDonald's
57 Westow Hill
Battery recycling; recycled plastic products **RR**
Hollybush Stores
24-28 Westow Street
Natural limescale remover; biodegradable bags **N, RR**

Health and beauty
La Belle Jolie
35 Anerley Road
Vintage hair and beauty spa using only natural products **N**
Nature Palace
10 Church Road
Natural remedies **N**

Revitalize Beauty Salon
14 Church Road
Kreative Lynx
16a Church Road
Natural organic soaps, oils etc **N, O**
Belle Vous Spa & Salon
64 Church Road
Organic, natural products **N, O**
Beauty by Renata Brown
77 Church Road

Opticians
Crystal Eye Centre
20 Westow Hill
Picture framers and print shops
T S Graphic Centre
117 Anerley Road
Digital print and copy centre; graphic, art and office essentials. Forest Stewardship Council-certified paper available **SS**

Words & Pictures
25-27 Westow Street
Graphic design and printing. Recycled and Forest Stewardship Council-certified paper available **RR, SS**
Picture Palace
65 Westow Street
Paintings & prints by local artists **LA**

Plumbing supplies
Plumbase
58-60 Westow Hill
Famous for its Christmas window!

Post Office
Post Office
51-53 Westow Street
Post office & general store

The Little Escape
Rear of 61-63 Westow Street, Paxton Mews
Natural & organic products; locally made range **O, L, N**

Library
Upper Norwood Library
39 - 41 Westow Hill
Books, CDs, DVDs, comics to borrow & buy **RR**
Markets
Weekend Market
Outside shops on Church Road
Vintage and second-hand clothes, furniture, curios, vinyl etc, including some locally made crafts **L, RR**

Haynes Lane Market
Haynes Lane, off Westow Street
Vintage and second-hand items, including bookshop **RR**
Crystal Palace Food Market
Haynes Lane, off Westow Street
Range of locally and ethically sourced, mostly organic food, local musicians *** **AW, ET, L, LA, O, RR, SS**

Musical equipment & repair
Antenna Studios
Haynes Lane
Stringed instrument repair and custom-made valve amplifiers **L, RR**
Nail bars
Nails Palace
81 Church Road
American nail design

Crystal Nails
40 Westow Hill
Newsagents
Palace News
15 Crystal Palace Parade
Sweets
8 Westow Hill

Opticians
Crystal Eye Centre
20 Westow Hill
Picture framers and print shops
T S Graphic Centre
117 Anerley Road
Digital print and copy centre; graphic, art and office essentials. Forest Stewardship Council-certified paper available **SS**

Words & Pictures
25-27 Westow Street
Graphic design and printing. Recycled and Forest Stewardship Council-certified paper available **RR, SS**
Picture Palace
65 Westow Street
Paintings & prints by local artists **LA**

Plumbing supplies
Plumbase
58-60 Westow Hill
Famous for its Christmas window!

Post Office
Post Office
51-53 Westow Street
Post office & general store

Pound shops
Pound Stretcher
49a Westow Hill
Poundmart
62 Westow Street
Shoe repairs & key cutting
Topy Quality Shoe Repairs & Key Cutting
38 Westow Hill

Shop equipment
Cash Point Systems
26 Church Road
Cash registers, scales and other shop equipment

Supermarkets and convenience stores
CW Food & Wine Off Licence
103 Church Road
Costcutter
15-17 Central Hill
Some organic teas & honey **O**
Niazi Food and Wine
12 Crystal Palace Parade
Iceland
19-21 Westow Hill
Top Save Supermarket Express
37 Westow Hill

Post Office
Post Office
51-53 Westow Street
Post office & general store

Pound shops
Pound Stretcher
49a Westow Hill
Poundmart
62 Westow Street
Shoe repairs & key cutting
Topy Quality Shoe Repairs & Key Cutting
38 Westow Hill

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Cash Point Systems
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Supermarkets and convenience stores
CW Food & Wine Off Licence
103 Church Road
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15-17 Central Hill
Some organic teas & honey **O**
Niazi Food and Wine
12 Crystal Palace Parade

Iceland
19-21 Westow Hill
Top Save Supermarket Express
37 Westow Hill

Landis
63-65 Westow Hill
Fairtrade tea, coffee, chocolate, sugar, spices; organic ales and eggs **AW, FT, O**
Sainsbury's
66 Westow Street
Range of Fairtrade, organic, free-range, responsibly sourced and recycled products **AW, FT, O, RR, SS**

Take-aways
Shelina Tandoori
62 Church Road
Indian
Shanghai wok
72 Church Road
Chinese

Royal Fish Bar
14 Crystal Palace Parade
Fish and chips
Lion's Fried Chicken
13 Westow Hill
Domino's
34 Westow Hill
Pizzas

Mac Tandoori
46 Westow Hill
Morley's
68 Westow Hill
Fried chicken, burgers etc
Palace Kebab
86 Westow Hill
The Blue Orchid
5 Westow Street
Chinese

Toy shops
Papagaio
83 Church Road
Locally produced baby clothes, cards, T-shirts, bunting; ethically traded dolls **ET, L**

* The Tippy Garden is a Transition Town growing space, part of 'Patchwork Farm'
** Ingredients sourced from Patchwork Farm
*** The Crystal Palace Food Market is a community, not-for-profit Transition Town project supplying locally sourced, low-carbon food including vegetables, meat, fish, dairy (raw milk, butter, cream and yogurt), bread, cakes and hot food. See www.crystalpalacefoodmarket.co.uk