

24 HOUR GROCERIES:

Super Save at the corner of Bloor and Major is a full service grocery store.

Sak's at College and Augusta.

Rabba Fine Foods 171 Front Street East.

HEALTH FOOD STORES

Flying Monkey 314 College Street 968-1515

Sugar and Spice 265 Augusta Street 593-1664

Appletree Healthfood 752 Queen Street West 504-9677

Big Carrot 348 Danforth Ave 466-2129 (health food Superstore)

Strictly Bulk 924 Bloor St W 533-3242

Health Service Centre 971 Bloor St W 535-96-562

Hoopers Pharmacy 24 Wellesley Street East 928-3366

International Herbs Company 55 Kensington Ave 593-5238

Longevity Research 162b Spadina 504-6018

Namdamoom Oriental Herbs 623a Bloor St W 588-4654

Noah's Natural Foods 322 Bloor Street West 968-7930

Mike's Health Foods 200 Baldwin 596-6750

Baldwin Natural Foods 20 1/2 Baldwin 979-1777

GROCERIES:

Kensington Market The boundaries of Kensington market may be roughly defined as North of Dundas, but South of College, East of Bathurst, and West of Spadina, except along Baldwin East of Spadina, which seems to be a part of Kensington despite its geographical location. Kensington is a marketplace full of butchers, green grocers, bakeries, bulk foods, vintage clothing and cafes. It is a remaining vestige of Toronto's village history. It borders on one of Toronto's Chinatown districts.

St Lawrence Market An indoor, more hygienic appearing version of Kensington, is situated in an historic building at Front Street just east of Church Street. The building also houses an exhibition space programmed by the Toronto City Archives. There are also several cafes and snack stands.