



THE LAND OF GRACE  
**perak**  
Gastronomical Delights

## Experience the Exotic, Dine on the Authentic

Perak cuisine consists primarily of Malay, Chinese and Indian cuisine like the rest of Malaysia with Malay and Chinese cuisine being the predominant ones here. You'll find that the food in Perak is hearty yet rustic and simple in preparation. This is particularly why you shouldn't miss the opportunity to discover all that this state has to offer.

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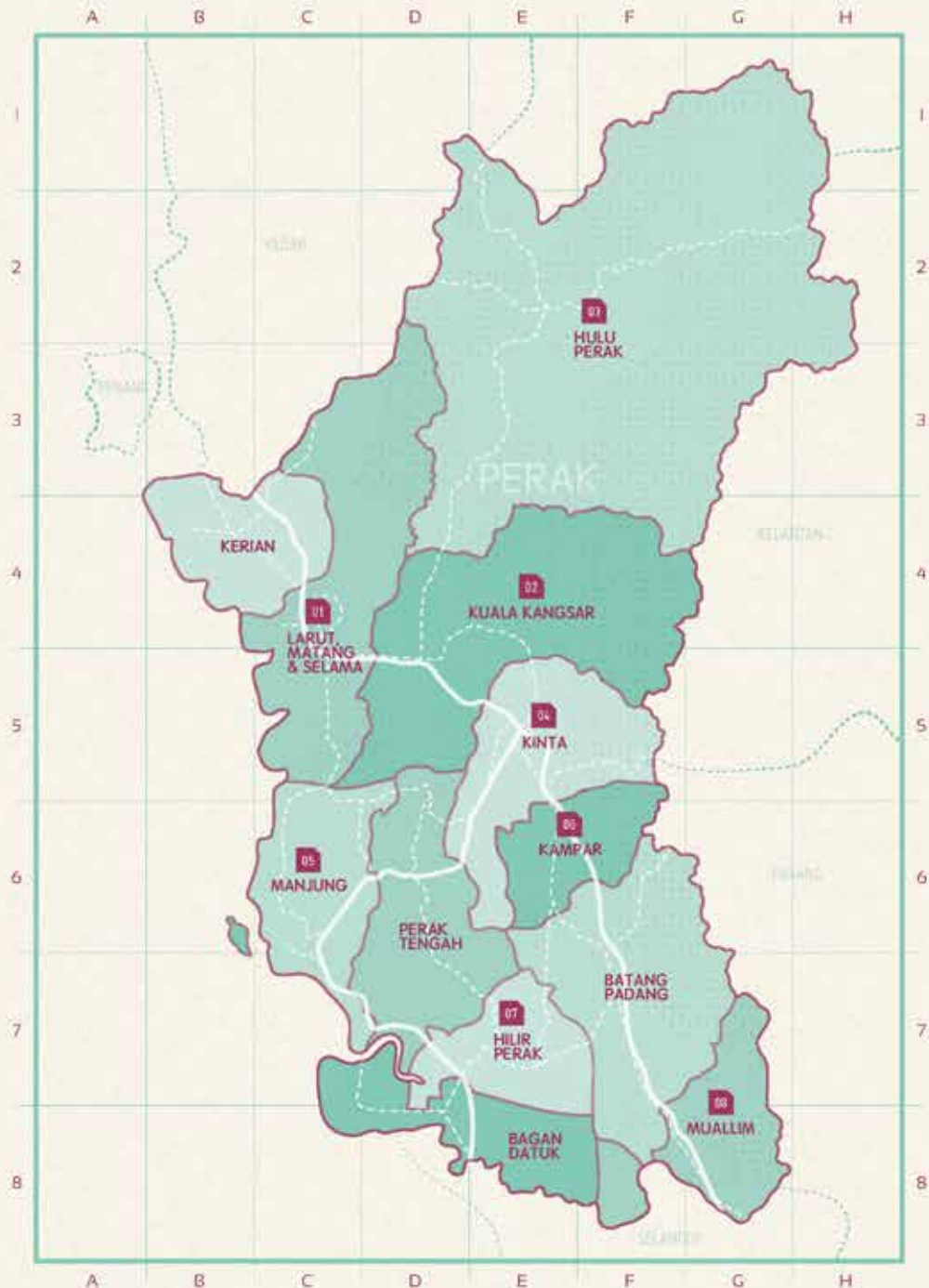
TOURISM INFO

PERAK IS STEEPED IN HISTORY, REMINISCENT OF TIN MINES AND RUBBER TREE PLANTATIONS DURING THE BRITISH COLONIAL ERA. Some of the remnants from the past that remain today have helped shape Perak into a colourful city filled with a kaleidoscope of exquisite food and a plethora of cultural artefacts unique to this Malaysian state.

If you're visiting Taiping, Kampar, Teluk Intan, Ipoh or any other town in Perak, you will be amazed by the variety of food options. This booklet aims to guide foodies in search of Perak's most popular delicacies. On top of that, we will also help you find items unique to Perak when you go *beli-belah* (shopping) or take home local souvenirs found in flea markets or from a *pasar malam* (night market) so that you can bring back a piece of Perak with you.







# PERAK MAP

## 01 LARUT, MATANG & SELAMA

- RESTAURANT**
- Yut Sun Restaurant
  - Sri Annapoorana Curry House
  - Wan Ibran Bakar
  - Larut Matang Food Court
  - Bismillah Cendol
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  - PSL Goreng Pisang
  - Lian Thong Restaurant
  - Kedai Makanan Tai Chien

- SNACKS TO GRAB ON THE GO**
- Antong Café
  - Old Ginger Plantation & Trading
  - Biskut Tupai Emas

- BELI-BELAH SOUVENIRS**
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## 02 KUALA KANGSAR

- RESTAURANT**
- Laksa Pokok Limau
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- Kraf Kuala Kangsar
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## 03 HULU PERAK

- RESTAURANT**
- Loh Dee Wan Ton Mee
  - Castella Café
  - Gerai Mee Rebus Che Nah
  - Laksa Sarang Burung Kak Cah
  - Sin Hup Yik Seafood Restaurant
  - Restoran Tasik Raban Lenggong

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- RESTAURANT**
- Ming Court Hong Kong Dim Sum
  - Foh Sun Restaurant
  - Kedai Kopi Sin Yoon Loong
  - Restoran Capati Maklong
  - Kedai Kopi Sun Yuan Foong
  - Kedai Kopi Sin Yoong Loong
  - Hong Kee Egg Tart
  - Nam Heong White Coffee
  - Nasi Ganja Kedai Kopi Yong Suan

- Restoran Nasi Vanggey
- Kanaa's Banana Leaf
- Bamboo Masala Briyani
- Ipoh Restoran Tauge Ayam Lou Wong
- Onn Kee Restaurant
- Jun Chillax Café
- Kafe Setinggalan
- Laksa Saranghae
- Dai Shu Geok (Big Tree Foot) Ipoh Famous Yong Tau Foo
- Canning Garden Chee Cheong Fun
- Ipoh Ah Tiong Chicken Kuey Teow @ Pulau Sembilan Restaurant
- Moon De Moon Restaurant
- Cheong Kee Wan Tan Noodle
- Famous Hakka Mee @ Paris Restaurant
- Ipoh Tuck Kee
- Yee Fatt Dry Curry Noodles
- Restoran Mee Rebus Ramli
- Different Taste Restaurant
- Rojak N Cendol Padang Ipoh
- Restoran Thean Chun
- Funny Mountain Soya Bean
- Bits & Bobs
- Second Mama Red Bean Ice @ Concubine Lane
- Kafe Fei Bo Snow Beer
- Deen CT Corner Cendol
- Tong Sui Kai

- SNACKS TO GRAB ON THE GO**
- Pusat Kuih & Kek Khoo Eng Chee
  - Sin Eng Heong Biscuit Shop
  - Ming Yue Confectionery
  - Sing Weng Fai Peanut Candy Shop
  - Aun Kheng Lim Salted Chicken
  - Fruits Talk Pomelo Tambun Kedai Limau
  - Gerai Limau Bali Heng Kee

- BELI-BELAH SOUVENIRS**
- World Of Wonders Perak Official Merchandise Shop
  - Concubine Lane
  - Market Lane
  - Kedai Kopi Nam Chau
  - Gerbang Malam

- Top 5 Insta-worthy Hot Spots**
- Plan B, Ipoh
  - Burps & Giggles
  - The Happy 8 Café & Retreat
  - Kong Heng Square Artisan Market
  - BoorXcess Kong Heng Ipoh

## 05 MANJUNG

- RESTAURANT**
- Subur Jaya Ayam Penyet
  - Ayam Penyet Jawa Timur
  - Laksa Kak Zai
  - Lumut Ikan Bakar
  - Daddy's Café
  - Nipah Deli
  - Yelin Restaurant

- SNACKS TO GRAB ON THE GO**
- Hasil Laut Jamilah Souvenir Craft
  - Aishah Craft

## 06 KAMPAR

- RESTAURANT**
- Mee Kari Ami

- SNACKS TO GRAB ON THE GO**
- Gaharu Tea Valley

## 07 HILIR PERAK

- RESTAURANT**
- Yut Sun Restaurant
  - Sri Annapoorana Curry House
  - TK Mano Banana Leaf Restaurant
  - Medan Ikan Bakar Hilir Perak
  - Pusat Penjaja Jalan Maharani
  - Liew Kee Chee Cheong Fun
  - Restoran Gulam Rasul

- SNACKS TO GRAB ON THE GO**
- Sing Weng Fai Peanut Candy Shop

## 08 MUALLIM

- SNACKS TO GRAB ON THE GO**
- Yir Mun Tanjung Malim Pau

## FOOD AND CULTURAL IMPORTANCE

Just like the rest of Malaysia, **PERAK IS A MELTING POT OF CULTURES, SO IT'S NO SURPRISE THAT ITS FOOD IS ALSO RICH IN DIVERSITY.**

Here you will find a variety of Malay, Chinese and Indian cuisines, influenced by various traditions that date back generations. Ipoh, the capital of Perak, also reflects the various multi-ethnic cultures and cooking styles of its people. It is this diversity that makes the food here uniquely flavourful and interesting.

### Malay Food



Malay food has to be halal and prepared in accordance with Muslim laws. There are a few ways of cooking Malay dishes – *masak asam* (cooked in sour tamarind), *masak merah* (cooked in tomato sauce), *masak pedas* (cooked in spicy sauce), and *masak lemak* (cooked in coconut milk), to name a few.

Other dishes that shouldn't be missed include *sambal belacan* (chilli paste with shrimp, calamansi lime, salt and sugar), *serunding* (beef floss), *nasi lemak* (rice steamed with coconut milk), beef *rendang* (dried curry) and *satay* (barbecued meat skewers on a stick), which all originate from the Malay culture.

### Chinese Food



As for Chinese cuisine, there are many different influences and cooking styles such as Hokkien, Hakka, Cantonese, Hainanese and Teochew. 70% of the population in the capital is Chinese, making Ipoh the perfect place for Chinese food lovers to visit. Popular Chinese dishes in Perak include dim sum, chicken rice, traditional handmade biscuits, Nyonya *kuih* (cakes), *yong tau foo*, traditional Chinese coffee, chicken floss noodles, and more.

### Indian & Mamak Food



Food cooked by the Indian community is distinctively different from other ethnicities. Curries are their expertise and famous dishes include banana leaf and the Chettinad cuisine. Their cooking is usually enhanced with exotic local spices, and they are also known to widely use Ghee in most Indian dishes. Indian Muslim (Mamak) dishes, on the other hand, are a mixture of Indian and Malay cooking styles. Throughout Perak and even across Malaysia, all races, religions and ages frequent Mamak stalls mainly to *lepak* or catch a late-night football game while enjoying a cup of hot *teh tarik*.

## FOOD ETIQUETTE

The dining etiquette in Malaysia is similar to Southeast Asia. **HOWEVER, THE MULTICULTURAL MIX IN MALAYSIA HAS RESULTED IN DIFFERENT STYLES OF EATING TOO.** Just like practising customs associated with their ethnic groups, the food etiquette for the Malays, Chinese and Indians are somewhat different.



Whilst all Malaysians can eat using a fork and spoon, some – mostly the Malays and Indians, prefer to eat with their hands. Thus, certain restaurants only give out utensils upon request. Usually, there is a jug of water or a sink nearby for customers to wash their hands after meals.



Most Chinese are adept at scooping rice, vegetables, chicken and whatever else using chopsticks. A soup spoon is also used when eating soupy dishes. However, there are many eating taboos in Chinese culture. For starters, it is frowned upon to cross one's chopsticks on top of a bowl. Placing chopsticks upright in a bowl is considered rude as this is similar to how food offerings are presented for the departed. Guests must also finish their food as most Chinese believe that wasting food will lead to a shortage of food in the future.



# BREAKFAST IDEAS



From breakfast picks like toast served the Malaysian way with *kaya* (coconut egg jam), to the all-time morning favourite, dim sum, breakfast options are endless in a place like Perak. Remember to leave some room and savour all this state has to offer. Be sure to also try the world-famous white coffee, born in Perak's capital and wake your taste buds up with some *roti canai* best accompanied with mildly spicy *dhal* (lentil curry). As you can see, there's plenty of options to choose from. **DUE TO**

**OUR EXOTIC HERITAGE, THE LIST OF FOOD**

**IS ENDLESS.** It is this beautiful mix of cultures that makes Perak a wonderfully delicious experience for any local or globe-trotting foodie.

\* Check opening times online before starting your food hunt.

- Muslim Friendly
- Vegan Options Available

## Dim Sum



These little baskets of steamed treats are made of pork, chicken or seafood and are served hot. They are an all-time favourite of the locals. Be sure to turn up early for a bountiful choice of dim sum and to avoid waiting in line for long. That being said, it is definitely worth the wait!

<b>Ming Court Hong Kong Dim Sum</b> 📍 36, Jalan Leong Sin Nam, 30300 Ipoh 🕒 Opens at 6:00am	<b>Foh Sun Restaurant</b> 📍 51, Jalan Leong Sin Nam, 30300 Ipoh 🕒 Opens at 6:30am
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## Kaya Toast



Toasted bread slathered with fragrant handmade *kaya* and sometimes with butter is what locals call kaya toast. It is usually served with a half-boiled egg and goes well with traditional Chinese coffee.

<b>Kedai Kopi Sin Yoon Loong</b> 📍 15A, Jalan Bandar Timah, 30000 Ipoh 🕒 Opens at 6:00am	<b>Yut Sun Restaurant</b> 📍 78, Jalan Pasar, 34000 Taiping 🕒 Opens at 8:00am
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## Roti Canai



*Roti Canai* is a round flatbread made from flour. You will find a wide variety of *roti canai* served in Indian eateries, namely: *roti canai telur*, *roti planta*, *tosai*, *chapati* and many more. *Roti canai* is a popular breakfast option and is often served with dhal curry.

<b>Restoran Capati Maklong</b> 📍 37, Lengkok Perpaduan, 31150 Ipoh 🕒 Opens at 7:00am	<b>Sri Annapoorana Curry House</b> 📍 164 6 166, Jalan Taming Sari, 34000 Taiping 🕒 Opens at 7:00am
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## White Coffee



Named one of the top three coffee towns by Lonely Planet, the world-famous white coffee is roasted with palm oil margarine and is usually served with condensed milk. White coffee was introduced in the 19th century by Chinese migrants who came to work in the tin mines. A must-try when visiting Ipoh and a popular souvenir for friends and family back home!

<b>Kedai Kopi Sun Yuan Foong</b> 📍 17, Jalan Bandar Timah, 30000 Ipoh 🕒 Opens at 7:00am	<b>Kedai Kopi Sin Yoong Loong</b> 📍 15A, Jalan Bandar Timah, 30000 Ipoh 🕒 Opens at 6:00am
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## Egg Tart



Considered a quintessential snack amongst locals, the local traditional egg tart that is crispy and flaky on the outside with a soft, creamy filling is a pastry you definitely shouldn't miss out on.

<b>Hong Kee Egg Tart</b> 📍 Tingkat Pasar, Taman Jubilee, 30300 Ipoh 🕒 Opens at 7:30am	<b>Nam Heong White Coffee</b> 📍 2, Jalan Bandar Timah, 30000 Ipoh 🕒 Opens at 7:00am
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# HOW ABOUT RICE FOR LUNCH?



So, you're **DONE WITH BREAKFAST AND NOW HANKERING FOR SOMETHING ELSE TO EAT AS LUNCH APPROACHES.**

Fret not because we're here to help. Lunch in Perak is usually heavier than other meals served throughout the day and involve generous portions of rice no matter the cuisine type. So, what's our advice? Well, be sure to have a place to rest after devouring your meal because you're going to need it.

\* Check opening times online before starting your food hunt.

Muslim Friendly  
 Vegan Options Available

## Nasi Ganja



Also known as *nasi vanggey* or *nasi kandar ayam merah*, *nasi ganja* is rice with chicken in curry. This flavourful dish tastes so good and addictive that it keeps you coming back for more.

**Nasi Ganja Kedai Kopi Yong Suan**

2, Jalan Yang Kalsom, Taman Jubilee, 30300 Ipoh

Opens at 9:30am

**Restoran Nasi Vanggey**

1, Persiaran Greentown 5, Greentown Business Centre, 30450 Ipoh

Open 24 Hours

## Banan Leaf Rice



Rice is served on a banana leaf instead of plates, with three or four assortments of vegetables, pickles and other condiments. Banana leaf dishes are usually eaten by hand. Remember to fold the banana leaf inwards as a sign of gratitude to the eatery.

**TK Mano Banana Leaf Restaurant**

20, Jalan Wah Keng Jooi, 36000 Teluk Intan

Opens at 11:00am

**Kanaa's Banana Leaf Bamboo Masala Briyani**

Jalan Perhentian, Medan Kidd 30000 Ipoh

Opens at 7:00am

## Chicken Rice



The Hainanese chicken rice popularly known as *nga choy kai* is fragrant oil rice served with poached chicken bathed in a tasty soy sauce-based dressing. A signature Chinese dish in Ipoh.

**Ipoh Restoran Tauge Ayam Lou Wong**

49, Jalan Yau Tet Shin, Taman Jubilee, 30000 Ipoh

Opens at 10:00am

**Onn Kee Restaurant**

51, Jalan Yau Tet Shin, 30300 Ipoh

Opens at 10:00am

## Nasi Kuning



Also known as *nasi kuning* (meaning yellow rice), *nasi kunyit* is glutinous rice cooked with coconut milk and turmeric. It is usually eaten with curry chicken. *Nasi kunyit* is a must-have when it comes to a baby's full moon celebration for the Peranakans or Nyonyas.

**Pusat Penjaja Jalan Maharani**

Jalan Maharani, 84000 Teluk Intan

**Jun Chillax Café**

9 Jalan Medan Ipoh 6, Bandar Baru Medan Ipoh, 31400 Ipoh

Opens at 6:00pm

## Ikan Bakar



Grilled fish, known as *ikan bakar* in Bahasa Malaysia, is a popular Malay dish eaten with rice and sambal (squashed chilli paste). The fish is wrapped in banana leaf and marinated with aromatic spices before being grilled.

**Medan Ikan Bakar Hilir Perak**

Lot 199, Jalan Bash Batch, Simpang Empat, 36400 Hutan Melintang

Opens at 6:00pm

**Wan Ikan Bakar**

Kampung Batu 4, 1/2 Kampung Pasir, 34600 Taiping

Opens at 10:00am

## Ayam Penyet



This fried chicken is smashed against a brick to make it softer. Boiled in spice marinade and water to tenderize the meat before deep-frying, this spicy traditional dish is cooked with a generous amount of local spices.

**Subur Jaya Ayam Penyet**

30, Lorong S52/2, Taman Sejai 2, 32000 Sitiawan

Opens at 10:00am

**Ayam Penyet Jawa Timur**

106, 96, Jalan Ppmp 8, 32040 Seri Manjung

Opens at 12:00pm



## TEATIME FAVS & NOODLES GALORE



It's almost tea time, the third meal of the day. Don't worry, as tea time favourites are so light it will be long digested by the time dinner comes round. As you can tell, noodles are the highlight of **OUR LUNCHTIME SPECIAL AND COME IN A VARIETY OF SHAPES AND FLAVOURS**, served in soups, broths or accompanied by sauces.

\* Check opening times online before starting your food hunt.

Muslim Friendly  
 Vegan Options Available

### Laksa



A bowl of famous noodle soup from Peranakan culture, Laksa is made out of a spicy soup base typically infused with fish broth, tamarind, galangal, lemongrass and served with thick rice flour noodles. Laksa is famously celebrated all across Malaysia & South East Asia, each state and country offers its take on this classic dish.

#### Laksa Kak Zai

Jalan Venice Raya 2,  
Desa Manjung Raya, 32200 Lumut  
 Opens at 11:00am

### Laksa Sarang



*Laksa Sarang* or Nest Laksa is a special kind of laksa because it replaces the typical boiled egg found in most Laksa served with a very special fried egg. Not only does Laksa Sarang boast a rich tangy broth that will leave you drooling for more but also garnished with a perfectly crisp nest made of fried eggs.

#### Kafe Setinggalan

1, Margosa Road, D / 8 Margosa Series,  
Botanical Gardens, Ipoh  
 Opens at 12:00pm

#### Laksa Saranghae

1374, Jalan Merak,  
Kampung Dato' Ahmad Said,  
30020 Ipoh  
 Opens at 4:30pm

### Yong Tau Foo



Subject to many variations, *Yong Tau Foo* is said to have originated as a Hakka Chinese cuisine. Eaten either dry, in a soup or with a sauce, this dish consists mainly of tofu filled with a mixture of ground meat or fish paste. Other kinds of *Yong Tau Foo* include an assortment of vegetables stuffed with fish or meat paste, fish balls, fried dumplings and deep-fried meat cakes.

#### Dai Shu Geok (Big Tree Foot) Ipoh Famous Yong Tau Foo

652, Jalan King, Pasir Pinji, 31650 Ipoh  
 Opens at 8:30am

### Chee Cheong Fun



Enjoyed at breakfast or during supper as a snack, *Chee Cheong Fun* is a rice noodle roll often filled with shrimp or beef, served with a side of pickled chilli's or doused in a spicy chilli or sweet soy sauce and topped with a generous sprinkling of toasted sesame seeds.

#### Liew Kee Chee Cheong Fun

Jalan Hill, Petan Teluk Intan,  
36000 Teluk Intan  
 Opens at 5:30pm

#### Canning Garden Chee Cheong Fun

27, Lorong Cecil Rae, Taman Canning,  
31400 Ipoh  
 Opens at 7:00am

### Kai Si Hor Fun



*Kai Si Hor Fun* or Shredded Chicken Kuey Teow is a silky flat-rice noodle served in a light savoury broth or a dark soy sauce gravy and dressed up with a generous portion of shredded chicken, shrimp, Chinese broccoli, chopped spring onions and a side of sliced pickled chillies.

#### Ipoh Ah Tiong Chicken Kuey Teow @ Pulau Sembilan Restaurant

2, Jalan Bunga Raya 5, Taman Boon Bak,  
Pasir Puteh 31650 Ipoh  
 Opens at 7:00am

#### Moon De Moon Restaurant

148, Hala Wah Keong, 31400 Ipoh  
 Opens at 7:30am



## TEATIME FAVS & NOODLES GALORE



### Wan Tan Mee



*Wan Tan Mee* or Wonton noodles, is a delicious breakfast dish made of stringy egg noodles glazed in dark soy sauce and served with wontons – often homemade with fresh prawn meat or pork mince – vegetables and slices of meat.

#### Chong Kee Wan Tan Noodle

📍 542, Jalan Sekolah, Buntong, 30100 Ipoh  
🕒 Opens at 5:45am

#### Loh Dee Wan Ton Mee

📍 Kampung Sira, 33400 Lenggong  
🕒 Opens at 6:30am

### Hakka Noodles



Stir-fried noodles in a thick lardy sauce, vegetables and minced meat, Hakka Noodles are made of rice or wheat flour. These silky noodles are boiled in water then tossed into a wok for a quick and delicious meal on the go.

#### Famous Hakka Mee @ Paris Restaurant

📍 164, Jalan Sultan Iskandar, 30000 Ipoh  
🕒 Opens at 7:00am

### Fish Ball Char Kway Teow



Stir-fried flat rice noodles with shrimp, sprouts, meat and greens over a searing hot wok, this dish is bound to satisfy your taste buds. The only variation found in Perak is the addition of fish balls to the dish. In comparison to the usual *Char Koay Teow* found everywhere

else is that it's slightly wet in consistency, making it extra slurpy with each mouthful.

#### Larut Matang Food Court

📍 Jalan Panggung Wayang, 34000 Taiping  
🕒 Opens at 5:00am

### Moonlight Noodles



Stir-fried flat rice noodles (*koay teow*) with an assortment of seafood, meat and vegetables cooked in dark soy sauce for a truly decadent feast, Moonlight Noodles gets its name from the yellow egg cracked on top of a steaming plate right before being presented to customers.

#### Ipoh Tuck Kee

📍 61, Jalan Yau Tet Shin, Ipoh 30300  
🕒 Opens at 5:00pm

### Curry Noodles



Originating in South East Asia, Curry Noodles consists of springy yellow egg noodles, fried bean curd, a halved hard-boiled egg, sprouts, shredded chicken, cockles and shrimp served up in a hearty soup mix of spicy red chilli paste, shrimp paste and coconut milk. The heat and flavour will leave your lips burning and wanting more.

#### Mee Kari Ami

📍 64, Kg Gunung Mesah Hilir, Gopeng  
🕒 Opens at 8:30am

#### Yee Fatt Dry Curry Noodles

📍 39, Jalan Kampar, 31650 Ipoh  
🕒 Opens at 7:30am

### Mee Rebus



A Malay noodle dish, *Mee Rebus* is an egg noodle dish served in a spicy-sweet potato gravy. The flavour is intensified with a good squeeze of lime juice. It is often garnished with bean sprouts, fried shallots, fried bean curd and a hard-boiled egg.

#### Restoran Mee Rebus Ramli

📍 67, Persiaran Taman Tasik, Jalan Kuala Kangsar, 31400 Ipoh  
🕒 Opens at 6:00am

### Clay Pot Crab Glass Noodles



Served piping hot in a clay pot, this crab noodle dish is fit for a king and is served in a fragrant soup that comes with a generous portion of cooked crab and an assortment of meat and vegetables. Here's a fun fact, glass noodles are a type of transparent noodle made from starch and water. We promise you'll be slurping every last bit.

#### Different Taste Restaurant

📍 72, Persiaran Bercham Selatan 2, Desa Kencana, Bercham, 31400 Ipoh  
🕒 Opens at 11:30am



# SOMETHING COOL & SWEET TO BEAT THE HEAT



A typical day in Perak consists of either rain, shine, or a mix of both. If it's during the dry season, temperatures can get intense. As such, we recommend you **TAKE A BREAK FROM THE HEAT AND QUENCH YOUR THIRST WITH THESE ICY TREATS.**

\* Check opening times online before starting your food hunt.

Muslim Friendly  
 Vegan Options Available

## Cendol



*Cendol* is a combination of green jelly-like noodles, palm sugar, coconut milk, and red kidney beans. This icy and creamy dessert will not only cure a sweet tooth craving but also cool you down on a hot day.

<b>Bismillah Cendol</b>	<b>Ansari Famous Cendol</b>
233, Jalan Barrack, 34000 Taiping	92, Jalan Barrack, 34000 Taiping
Opens at 8:00am	Opens at 10:00am

## Ais Kacang



*Ais Kacang*, known locally as ABC, is a popular Malaysian dessert. In the past, special machines were made to churn the shaved ice by hand. Today, everything can be done using automated machines. Topping selections include red kidney beans, sweet corn, grass jelly and palm nuts. You might find it unusual at first, but we guarantee you'll change your mind after having a taste.

<b>Rojak N Cendol Padang Ipoh</b>
17, Jalan Tun Sambanthan, 30000 Ipoh
Opens at 10:30am

## Caramel Custard



Also known as Caramel Pudding or Crème Caramel, these egg custards are not your average ones. Wobbly to the touch with a glazed coating of brown sugar, these custards are simple to make yet brings a heavenly taste. Here's a tip: they go well with a cup of White Coffee.

<b>Restoran Thean Chun</b>
73, Jalan Bandar Timah, 30000 Ipoh
Opens at 8:00am

## Soya Milk



Sold on the side of the streets and at markets all across Malaysia, Soya Milk stands sell freshly squeezed soya bean served hot or with ice. Soya Milk is typically made with soya beans, sugar syrup and pandan leaves for that special flavour.

<b>Funny Mountain Soya Bean</b>
49, Jalan Theatre, 30300 Ipoh
Opens at 10:30am

## Ice Ball



A nostalgic dessert popularised in the 1950s and 1960s, the ice ball is considered legendary amongst many Malaysians. The shaved ice is moulded into mounds, drizzled with evaporated milk and topped with a rainbow of coloured syrups. Mesmerising to look at, these balls of ice could satisfy anyone travelling in the sweltering heat.

<b>Bits &amp; Bobs</b>
99, Jalan Sultan Yusuf, 30000 Ipoh (@ Kong Heng Square)
Opens at 10:00am

## Red Bean Ice



A drink originally from Hong Kong, Red Bean Ice is made up of a blend of red beans mixed with either milk, condensed milk or coconut milk. Laid the finishing touch with a scoop of vanilla ice cream, this slushy mix will refresh your senses on a hot day.

<b>Second Mama Red Bean Ice @ Concubine Lane</b>
18, Lorong Panglima, 30000 Ipoh
Opens at 9:00am

## Snow Beer





Popularised in Ipoh, Perak Snow Beer is as good as the food it's accompanied by. So, what better way to enjoy this ice-cold, creamy beer than with a hot plate of Chinese Seafood? Note that these beer slushies could spill over so be sure to chug them quickly!

<b>Kafe Fei Bo Snow Beer</b>
8, Jalan Medan Ipoh 3, Taman Ipoh Timur, 31400 Ipoh
Opens at 5:45pm

## Beli Belah Food-to-Go SNACKS TO GRAB ON THE GO

Before you leave, we have a few more snacks we believe you should take with you to savour on your drive back home or as gifts for your friends and family. So tell us, what's your flavour? **SWEET OR SAVOURY, WE HAVE WHAT YOU'RE LOOKING FOR.**

\* Check opening times online before starting your food hunt.



 Muslim Friendly |  Vegan Options Available



### Pao

Pao or Bao is a type of bun bursting with an assortment of Chinese fillings. The yeasty dumplings are steamed till they puff up into doughy balls of goodness. Pao is most often stuffed with juicy meat or diced vegetables and mushrooms. Other fillings include red bean paste, lotus paste or kaya jam.

#### Yir Mun Tanjung Malim Pau



 1, Jalan Slim Lama,  
35900 Tanjung Malim  
 Opens at 9:00am

### Kuih Muih

A variety of traditional cakes, *Kuih Muih* that is either fried or steamed are cakes that come from a mixture of Malaysian backgrounds. Some famous picks include the colourful *kuih lapis* or layered cake made from wheat flour, rice flour, cornflour, coconut milk and sugar. Another is *kuih talam* that is made using rice flour, potato flour and coconut milk.



#### Pusat Kuih & Kek Khoo Eng Chee



 44, Jalan Tokong, 31650 Ipoh  
 Opens at 8:00am





### Kaya Puff

A puffy pastry that's flaky on the outside and filled with luscious kaya jam on the inside, the Kaya Puffs are worth every ringgit. These traditional treats are often baked with a combination of wheat flour, oil, kaya jam, icing sugar, water and eggs. They make for the perfect tea time snack so be sure to try some whenever you're in Ipoh.

#### Sin Eng Heong Biscuit Shop

 64, Jalan Mustapha Al-Bakri,  
30300 Ipoh  
 Opens at 9:00am

#### Ming Yue Confectionery



 50, Jalan Peh Kee Koh,  
Taman Kampar, 30250 Ipoh  
 Opens at 9:30am



### Peanut Candy

Peanut Candy should be on your list of snacks to grab on the go. It is a traditional Chinese confection, consisting of a sweet crunchy peanut brittle that's held together by crystallised sugar and a dash of salt. Try not to binge-eat it all on your drive back!

#### Sing Weng Fai Peanut Candy Shop



 69 & 69A, Jalan Yau Tet Shin,  
Taman Jubilee, 30300 Ipoh  
 Opens at 9:30am



### Heong Peng

There truly is nothing better than melted brown sugar wrapped in a flaky wheat pastry. Flaky bits of the pastry will often get everywhere but each bite will have you wanting more. We recommend you have it with some White Coffee or *Teh Tarik* (pulled milk tea). A tip: dip it in the drink for an added experience!

#### Sing Weng Fai Peanut Candy Shop

 830-D, Jalan Mak Intan,  
Pelan Teluk Intan, 36000 Teluk Intan  
 Opens at 8:00am




### Salt-Baked Chicken

Step aside KFC, a signature Hakka dish known as Salt-Baked Chicken is definitely as finger-licking good. Encrusted in salt, the chicken is baked to perfection along with an assortment of spices and so tender that it'll just fall off the bone. Sold freshly baked or vacuum

packed, we recommend taking the chicken with you on your journey back home.

#### Aun Kheng Lim Salted Chicken

 24, Jalan Theatre, 30300, Ipoh  
 Opens at 9:00am



## Beli Belah Food-to-Go SNACKS TO GRAB ON THE GO



### Pomelo

In the orchards of Tambun, you will find some of the sweetest and juiciest Pomelos in all of Malaysia. Some say the heavier the fruit, the juicier it is, while others say you can tell how fleshy the fruit is by giving it a good knock. Whatever the method, be sure to grab a couple on your way out.

#### Fruits Talk Pomelo Tambun Kedai Limau

📍 36, Jalan Tambun Baru, 31400 Ipoh  
🕒 Opens at 10:00am

#### Gerai Limau Bali Heng Kee

📍 Lot 160186, Jalan Ampang Baru 6, Ampang Baru New Village, 31400 Ipoh  
🕒 Opens at



### Ikan Bilis

*Ikan Bilis* or anchovies are a staple in Malaysia's favourite breakfast, *nasi lemak*. It is packed with omega-3 fatty acids and is also known to lower cholesterol. Lumut and Pangkor Island are both famed for its lush beaches and blue-eyed anchovies. The anchovies found here are said to be found only in Pangkor and nowhere else. So, don't forget to get a bag full before you leave.

#### Hasil Laut Jamilah

📍 331, Jalan Titi Panjang, 32200 Lumut  
🕒 Opens at 8:00am



### Old Ginger

Old Ginger is known for its medicinal properties. Ground into a fine powder, old ginger is often used in teas, traditional herbal remedies, as well as in most Chinese cooking. It's the perfect mix to warm you up from the inside out that's chock-full of nutritional value.

#### Old Ginger Plantation & Trading

📍 Kampung Batu Lima, 34000 Changkat Jering  
🕒 Opens at 9:00am



### Gaharu Products

Gaharu, derived from Agarwood, is prized for its strong fragrance and life-giving properties. Venture to Gopeng to feast your eyes on a vast Gaharu plantation and don't forget to visit the retail shop for some Gaharu tea, cookies, oil, woodchips and even instant noodles!

#### Gaharu Tea Valley

📍 Lot 9840, Mukim Sg. Teja, 31600 Gopeng  
🕒 Opens at 9:00am



### Antong Coffee

One of the oldest coffee mills in operation, Antong Coffee Mill/ Factory offers charcoal-grilled coffee beans made the old-fashioned way. If you happen to be in the area, be sure to visit this historical landmark that makes for a great educational trip or pop on over for a coffee tasting session.

#### Antong Café

📍 8A, Assam Kumbang, 34000 Taiping  
🕒 Opens at 8:30am



## Beli-Belah Souvenirs TRADITIONAL CRAFTS MAKE THE BEST SOUVENIRS

Who says modern beats traditional? We believe that when it comes to souvenirs, the best kinds are those that have an interesting story behind them. Be it leaf mats or clay pitchers, **THERE'S A TALE TO TELL BEHIND EVERY CRAFT FOUND IN PERAK.**

### Kraf Kuala Kangsar

Built on the banks of the Perak River, Kraf Kuala Kangsar showcases a variety of local and traditional crafts such as decorative trays, rattan baskets, screw-pines or palm tree leaf mats, seashells and iron goods to name a few. Other dying crafts found only in the royal city include velvet and gold threads used as wedding accessories, handmade fans, pillows and more.

#### Kraf Kuala Kangsar

66-1, Jalan Dato Maharaja Lela,  
Ground Floor, Bangunan MPKK,  
33000 Kuala Kangsar.

Opens at 10:00am



### Pangkor Crafts & Memorabilia

Not just known for its fishing industry and lush beaches, Pangkor also has some lovely memorabilia that you might be interested in. You'll be able to find beautiful batik printed beachwear and sarongs (shawls) just by the jetty terminal, or if beach style bits and bobs are what you're after, then venture on down to Teluk Nipah! If you're looking for something to remember Pangkor by, we recommend Aishah Craft located by the Dutch Fort for handmade seashell wind chimes and "I love Pangkor" t-shirts.

#### Aishah Craft

(Right Opposite the Dutch Fort)  
32300 Pangkor Island



### WOW Perak Official Merchandise Shop

Visit the World of Wonders Perak Official Merchandise Shop by Concubine Lane and Kong Heng Square for some updated Ipoh merchandise. Here, you'll find nifty printed t-shirts in local Ipoh slang, postcards, magnets, tumblers, mugs and more. Head on down to Kinta Riverwalk for your next souvenir purchase.

#### World Of Wonders Perak Official Merchandise Shop

128, Jalan Sultan Yusof, 30000 Ipoh

Opens at 10:00am

### Labu Sayong

Used to store water and to keep it cool throughout the day, Labu Sayong is a traditional clay water pitcher. Amazingly, the art of making Labu Sayong has survived for the past 300 years. Did you know that some villagers believe that drinking from it is said to enhance your health? Fact or fiction, these beautifully carved pitchers are worth taking home.

#### IKT Kraf dan Asiliah Kraf Labu Sayong

78, Kampung Sayong Hulu,  
33040 Kuala Kangsar

Opens at 9:40am



# BELI-BELAH SOUVENIRS



## Concubine Lane

The legendary Concubine Lane is a must-visit when in Ipoh. The streets here are filled with nostalgia and charming souvenir stores, colourful dessert pop-ups, hipster chic cafés and busy streets with scenic murals lining the lanes. Don't forget to soak up all the history around you and ensure you venture into every nook and cranny. Remember, you're walking on streets that have been around for more than a century!

<b>Concubine Lane</b>	
	Lorong Panglima, Concubine Lane, 30000 Ipoh
	Opens at 7:00am

## Market Lane

You know you've stepped onto Market Lane when you look up and see a rainbow of umbrellas strewn across the sky, held up by shophouses on both ends. The street makes for a lovely Instagram post, with its colourfully cultural mural art walls and no shops around. There is, however, one coffee shop called Nam Chau that serves a delicious cup of Ipoh white coffee and pearl milk tea.

<b>Market Lane</b>	
	Jalan Bandar Timah, 30000 Ipoh
	Opens at 7:00am

<b>Kedai Kopi Nam Chau</b>	
	54, Jalan Bandar Timah, 30000 Ipoh
	Opens at 7:30am



## Gerbang Malam

Ipoh's famous night market, *Gerbang Malam* needs very little introduction. As you walk past the archway, you'll see all kinds of products being sold, lined in perfect symmetry on both sides of the street. Shoes, bags, telephone accessories and clothes are just some of the things you'll find on the bustling street of *Gerbang Malam*.

<b>Gerbang Malam</b>	
	Jalan Dato Tahwil Azar, Taman Jubilee, 30300 Ipoh
	Opens at 6:00pm



## Bazar Cross Street

Another famous night market just a town over, Bazar Cross Street in Taiping offers not just mere trinkets or souvenirs but also authentic Malay food and a slew of other interesting activities to enjoy visually or to join in, some of which include poetry recitals, ice carving demos and henna art services.

<b>Bazar Cross Street</b>	
	Jalan Alang Ahmad, 34000 Taiping
	Opens at 7:00am



# TOP 5 INSTA-WORTHY HOT SPOTS



**INSTA-WORTHINESS HELPS PUTS A PLACE, FOOD OR PRODUCTION THE MAP.** Whether you're seeking to share good food hangouts or places to pose, here are our top five picks of Instagram worthy spots in Perak so you can do it for the gram yourself with ease.



## Plan B

A hipster haven, Plan B is beautifully situated in the central area of Ipoh Old Town. The food here is unique as most western classics are served with a local spin and the coffee is decent but can be a tad pricey. But what makes Plan B a definite must-visit is its location and atmosphere. It's definitely designed for selfies and group photos as well as full-blown photo shoots.

### Plan B, Ipoh

📍 75, Jalan Panglima, 30000 Ipoh  
🕒 Opens at 10:00am

## Burps & Giggles

One of the first cafés in Ipoh Old Town, Burps & Giggles is both charming and cosy. The walls of the shop have a particularly childlike fondness that transports you to Ipoh in the 1990s or perhaps even earlier than that. Cluttered with yesteryear keepsakes and very delicious burgers, pizzas and coffee, Burps & Giggles has definitely earned its spot on the must-visit list.

### Burps & Giggles

📍 93 & 95, Jalan Sultan Yusuff, 30000 Ipoh  
🕒 Opens at 9:00am

## The Happy 8 Café & Retreat

A pleasant blast from the past is what you get when you walk through the doors of The Happy 8. It is a lovely spot to spend an afternoon in and the perfect chance to cool off from a long day of adventuring. The coffee is said to be especially good and it also serves freshly pressed juices. The interior is decked with wooden furniture and finishes, giving it a very rustic feel while the walls are painted with picturesque nature scenes.

### The Happy 8 Café & Retreat

📍 46, Jalan Market, 30000 Ipoh  
🕒 Opens at 9:30am

## Kong Heng Square

An artisan market, Kong Heng Square has some really special finds for arts and crafts lovers or anyone that enjoys the pleasures of pretty collectables. Leather-bound engraved books, batik inspired artwork, plush seahorses and decorative wooden fish are just some of the things you will find here. It is truly a place where passion meets creativity.

### Kong Heng Square Artisan Market

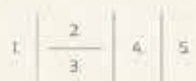
📍 Jalan Panglima, 30000 Ipoh  
🕒 Opens at 11:00am

## BookXcess Kong Heng Ipoh

From a bank to a bookstore, BookXcess now gives customers a chance to shop for books amongst age-old bank vaults and safety deposit boxes. A new addition to Kong Heng Square, BookXcess features a wide range of genres. The setting is made up of mostly recycled materials and makes for an amazing photo op.

### BookXcess Kong Heng Ipoh

📍 91, Jalan Sultan Yusoff, 30000 Ipoh  
🕒 Opens at 9:00am



1. Plan B
2. Burps & Giggles
3. The Happy 8 Café & Retreat
4. Kong Heng Square
5. BookXcess Kong Heng Ipoh



# PERAK FOOD TRAIL

## DAY 01

Gerik » Lenggong » Taiping

### Gerik



Ikan Bakar @ Castella Cafe

- Ikan Bakar @ Castella Café
- Mee Rebus @ Che Nah
- Laksa Sarang Burung, ABC Dessert @ Kak Cah

### Lenggong



Steamed Fish Belly @ Sin Hup Yik Seafood Restaurant

- Steamed Fish Belly @ Sin Hup Yik Seafood Restaurant
- Seafood @ Restoran Tasik Raban Lenggong

### Taiping



PSL Goreng Pisang

- PSL Goreng Pisang
- Ansari Famous Cendol
- Fish Ball Wet Char Koay Teow, Hor Ga Sai, Radish Cake, Kuih @ Larut Matang Food Court



Ansari Famous Cendol

Stay Overnight @ Taiping

## DAY 02

Taiping » Kuala Kangsar » Ipoh

### Taiping



Bomb Mee @ Lian Thong

- Fried Snacks & Bomb Mee @ Lian Thong
- Popiah, Nasi Kunyit, Char Koay Teow @ Tai Chien
- Antong Coffee Mill (Buy Coffee)
- Biskut Tupai Emas (Buy Local Biscuits)



Ansari Famous Cendol

### Kuala Kangsar



Labu Sayong

- Laksa @ Laksa Pokok Limau
- Labu Sayong (Buy Souvenir)

### Ipoh



Yoong Tau foo @ Dai Shu Geok

- Yoong Tau foo @ Dai Shu Geok
- Nasi Ganja @ Kedai Kopi Yong Suan
- Chicken Rice @ Lou Wong/Onn Kee

Stay Overnight @ Ipoh

## DAY 03

Ipoh

### Ipoh



Egg Tart @ Nam Heong

- Dim Sum @ Ming Court/Foh Sun
- White Coffee, Egg Tart @ Nam Heong
- Kai Si Hor Fun, Chee Cheong Fun, Caramel Pudding @ Thean Chun



Soya Bean @ Funny Mountain Soya Beancurd



Moonlight Noodles @ Restoran Tuck Kee

- Soya Bean @ Funny Mountain Soya Beancurd
- Ayam Garam Aun Kheng Lim (Buy Salted Chicken)
- Gaharu Tea Valley (Buy Tea)
- Moonlight Noodles @ Restoran Tuck Kee

Stay Overnight @ Ipoh

## DAY 04

Ipoh » Teluk Intan » Lumut » Pangkor Island

### Teluk Intan



Nasi Kandar @ Gulam Rasul

- Chee Cheong Fun @ Liew Kee
- Nasi Kandar @ Gulam Rasul

### Lumut



Ikan Bakar @ Lumut



- Ikan Bakar @ Lumut

Stay Overnight @ Lumut

Head to Pangkor

### Pangkor Island



Daddy's Cafe

- Daddy's Café
- Nipah Deli
- Seafood @ Yelin Restaurant

# IPOH FOOD TRAIL

## Breakfast

8am | Ming court **OR** Foh San  
Dim Sum

take 5 mins **OR** take 20 min  
to Nam Heong



9am | Nam Heong  
White Coffee, Egg Tarts, Toast

take 5 min  
to Thean Chun

## Lunch

11am | Thean Chun  
Kai Si Hor Fun - Hicken Noodle  
Soup, Egg Custard Caramel  
Pudding, Chee Cheong Fun

take 2 min  
to Kong Heng Square



2pm | Funny Mountain  
Soya Bean

take 2 min  
to Kedai Deen Cendol

12am | Bits n Bobs  
(Kong heng square)  
Ice Balls

Can stop by plan B / Burps &  
Giggles for aesthetic café vibes

take 15 min  
to Kedai Kopi Yong Suan

3pm | Deen CT Corner Cendol  
Cendol

take 7 mins **OR** take 24 min  
to Dai Shu Geok



1pm | Kedai Kopi Yong Suan  
Nasi Ganja

On the way can buy Salted  
Chicken @ Aun Kheng Li  
or kaya puff / biscuits  
@ Sing Eng Heong Biscuit Shop

take 4 min  
to Funny Mountain Soya Bean



4pm | Dai Shu Geok  
Translated into Big tree foot,  
known for their Yong tau foo  
and their famous red bean  
blended drink.

take 7 mins **OR** take 25 min  
to Lou Wong

## Dinner

7pm | Lou Wong **OR** Onn Kee  
Chicken Rice

8 min walk to Tong Sui Kai,  
can walk around Gerbang Malam –  
Night Market, buy Pomelo/biscuits

take 2 min  
to Kong Heng Square



9pm | Tong Sui Kai  
Cantonese Desserts, Shaved Ice  
with Fruits

- \* Check opening times before visiting restaurant/stall
- \* Many places in Ipoh close on Mondays/Tuesdays
- \* Weekends are the best time to visit
- \* Suggested itinerary (times/places) based on tourist popularity – may not fit all preferences

Cafe:  
• Burps n giggles  
• Plan B at Kong Heng

Takeaway:  
• Ipoh Biscuits  
• Salted Chicken (Ayam Garam Aun Kheng Lim)  
• Kaya Puffs  
• Peanut Cake  
• Sachima  
• Pomelo

# TOURISM INFO CONTACT NUMBERS & TOUR AGENTS

## Tourism Info Contact Numbers

Tourism Enquiries BK Radio Taxi	+605 253 4188
Electric Train Services (ETS) & KTMB	+605 254 7910
Ipoh City Tourist Centre (ITIC)	+605 241 2061
Tourist Information Centre, Ipoh City	+605 208 3151 / 5
Tourist Information Centre, Lumut	+605 683 4057
Tourism Unit, Manjung	+605 685 1078
Municipal Council, Pangkor	+605 253 1957
Perak Tourism Management Bhd	+605 253 1957
Perak State Park Corporation	+605 791 4543

## Kerian

### Bagan Serai

Sukta Jaya Travel & Tours Sdn Bhd	+605-721 2360
Zaini Travel And Tours Sdn Bhd	+605-721 5736

## Larut, Matang and Selama

### Taiping

Andalusia   Umrah Packages	+6012-546 7461
Embun Ritz Travel Network Taiping	+605-829 0555
Fulham Tours Sdn Bhd	+605-807 3069
Holiday Gogogo Tours Sdn Bhd	+6010-221 6385
Ivy Holidays Sdn Bhd	+6016-555 8921
Kamatravel & Tours Sdn Bhd	+605-806 7777
Poly Travels Sdn Bhd	+605-808 1515
Remaja Travel & Tours Sdn Bhd	+605-805 2927
Waja Kembara Travel & Tours Sdn Bhd	+605-891 3552

## Kuala Kangsar

### Kuala Kangsar

Salkan Travel & Tours Sdn Bhd	+605-777 3390
Asmin Travel & Tours Sdn Bhd	+605-776 1208
Suvenisa Travel & Tours Sdn Bhd	+605-776 5995
Kanya Merdelta Travel & Tour Sdn Bhd	+605-770 1638
Ajaq Global Travel & Tours Sdn Bhd	+6013-443 9861

## Muallim

### Tanjung Malim

D Arrasyh Travel & Tours Sdn Bhd	+605-458 4340
Tiram Travel Tanjung Malim	+6019-956 3818
Vistanika Tours & Travel Sdn Bhd	+605-459 9999

## Kinta

### Ipoh

Aidil Travel & Tours Sdn Bhd	+605-254 3244 / +605-255 0303
Adventure360 Tours Sdn Bhd	+6010-434 6865
Annur Travel & Tours Sdn Bhd	+605-311 4500
Chan Chee Kheong & Bros Sdn Bhd	+605-251 1244 / +605-253 1913
First Travel Services Sdn Bhd	+605-241 4594 / 7982
Hwa Yik Tours & Travel Sdn Bhd	+605-253 7952 / +605-255 4060
Hyt Travel Services Sdn Bhd	+605-2554060
Ipoh Best Tour & Travel Sdn Bhd	+605-243 6934
Ipoh Golden Dragon Tours Sdn Bhd	+605-255 1150 / 498
Ipoh Overland Tours & Travel Sdn Bhd	+605-253 2766 / 1188
Ipoh Permai Travel & Tours Sdn Bhd	+605-323 5053 / +6012-456 4029
Ipoh Secrets Tours Sdn Bhd	+6012-532 0686 / +6012-521 2773

## Batu Gajah

Keris Travel & Tours Sdn Bhd	+605-241 7100 / 042
Poly Travels Sdn Bhd	+605-807 0155 / 5485
Radak Adventure	+605-359 2528
Sri Ipoh Travel Sdn Bhd	+605-241 8928 / 4255
ST Nivel Tour Sdn Bhd	+605-312 6178
Golden Century Tour & Travel Sdn Bhd	+605-253 5333
Zulkama Travel & Tours (M) Sdn Bhd	+605-529 4545 / 4546

## Hulu Perak

### Gerik

Mizwah Travel & Tours Sdn Bhd	+605-791 1914
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Penagkalan Hulu

Guatemala Travel Sdn Bhd	+604-477 8050
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## Perak Tengah

### Seri Iskandar

Yellow Trading Travel Sdn Bhd	+605-371 2838
Fa Izni International Travel & Tours	+605-371 1062

## Manjung

### Lumut

Batuta Travel Sdn Bhd	+605-683 2088
DJ Travel And Tours Sdn Bhd	+605-683 2786

### Seri Manjung

Arwana Travel & Tours Sdn Bhd	+605-688 6292
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### Sitiawan

STO Travel & Enterprise Sdn Bhd	+605-691 2521
Fulham Tours Sdn Bhd	+605-807 3069

## Kampar

Rhino Airiel Travel & Tours Sdn Bhd	+605-466 3653
Homes Travel & Tours Sdn Bhd	+605-466 9808

## Hilir Perak

### Teluk Intan

Andalusia Travel & tours Teluk Intan	+605-622 9261
Jaya Berjaya Travel & Tours Sdn Bhd	+605-621 3180
Nathan Travel & Tour Sdn Bhd	+605-621 1920
Punsu Travel & Tours Sdn Bhd	+605-623 1821
River Cruise Teluk Intan Perak	+6012-596 6375

### Hilir

Aulia Travel & Tours Sdn Bhd	+605-621 9708
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[www.tourismperakmalaysia.com](http://www.tourismperakmalaysia.com)



Tourism Perak



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霹靂州旅遊局

All information stated in the brochure is correct at time of printing.

