



# WELCOME TO PARRAMATTA

# LIFESTYLE

WHERE  
IT'S  
**PARRAMATTA**



Welcome to the City of Parramatta.

This document contains information on food, dining and lifestyle in our City. Please use this as a guide to help you get settled and familiar with all that our great City has to offer. For more information, please contact [marketing@cityofparramatta.nsw.gov.au](mailto:marketing@cityofparramatta.nsw.gov.au).

# FOOD & BEVERAGE

Whether you're looking for your next favourite lunch spot or a place to unwind for an after-work drink, Parramatta's food and beverage scene has a lot to offer.

From cosy cafes to classy cocktail bars, you'll be surprised at the variety of unique venues that are sure to become your new local.

For your morning coffee, try Circa Espresso, Teddy Black, or Double Mac to get you started. And when it's time to unwind, settle into a balcony seat at Nick and Nora's and enjoy the views of Sydney.

To explore more local venues, please visit <https://discoverparramatta.com.au/eat-and-drink>.



Nick & Nora's



The Coffee Emporium

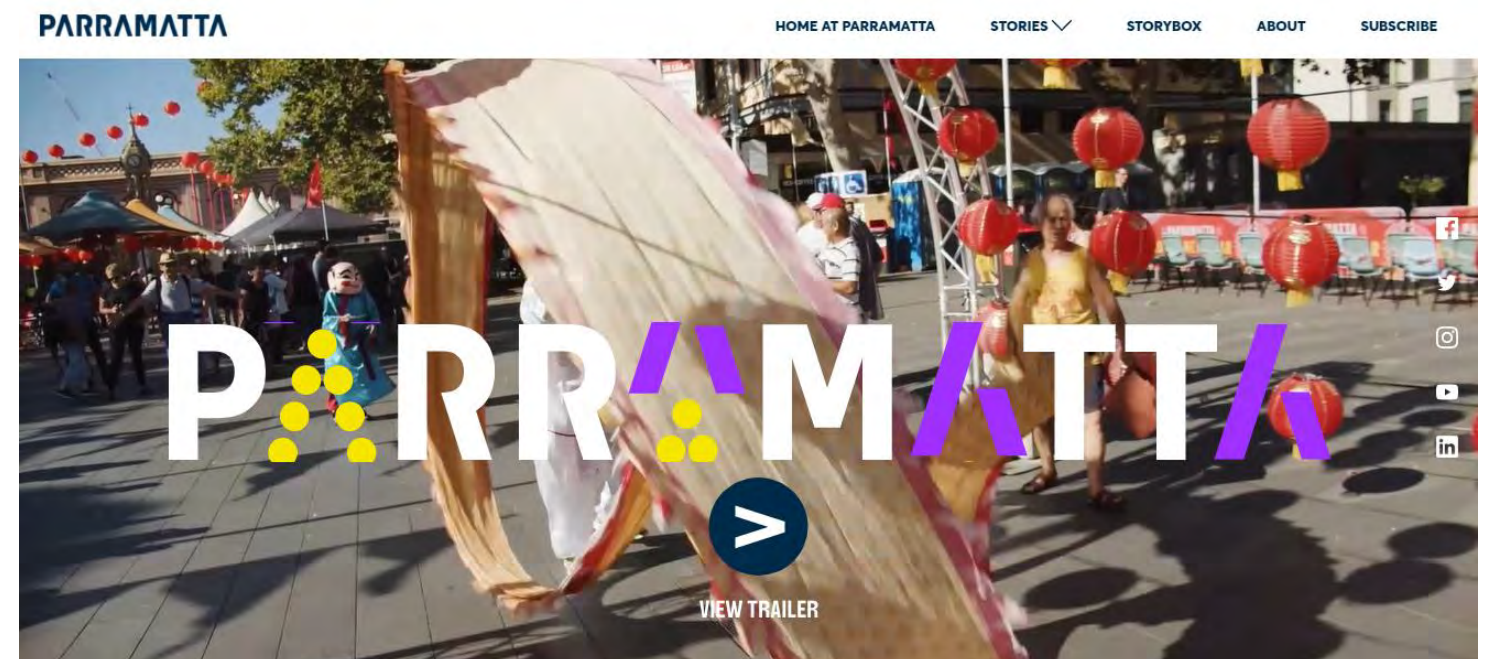
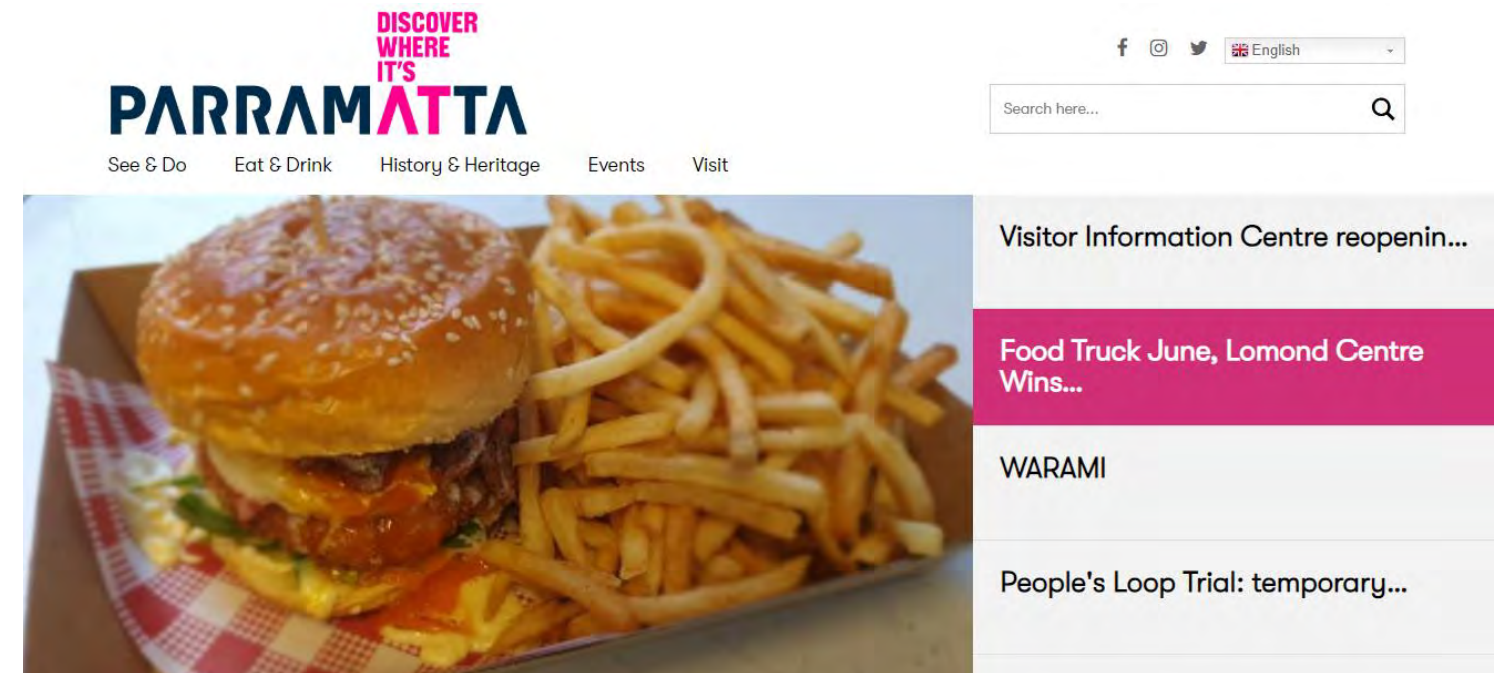


# PARRAMATTA ONLINE

There is so much to do and explore in Parramatta. From our open green spaces, to our rich heritage and thriving night time scene, you'll never be at a loss for something to do.

For the latest information on all there is to see, do, eat and drink in Parramatta, visit [DISCOVER PARRAMATTA](#) or [AT PARRAMATTA](#).

To receive the latest news direct to your inbox, sign up to Discover Parramatta [here](#).

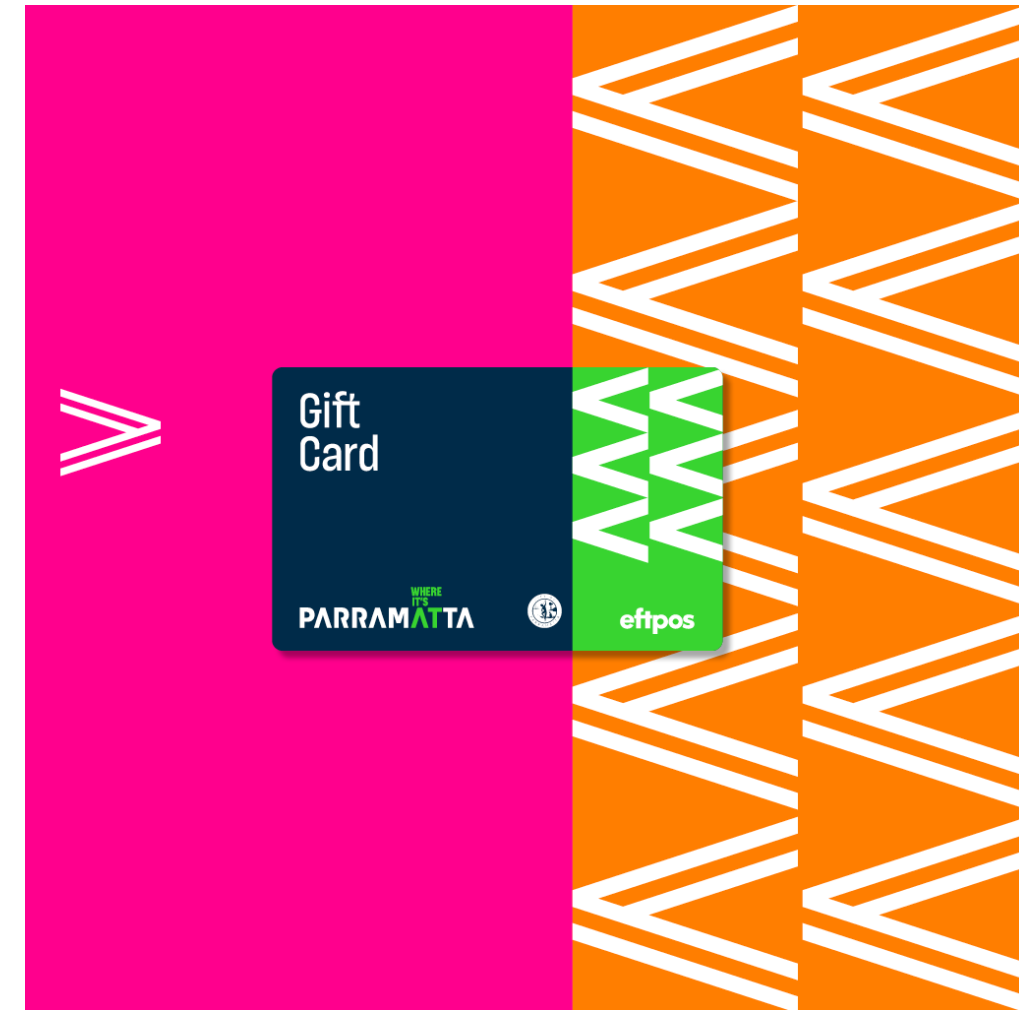


# AT PARRAMATTA GIFT CARD

Introducing the AT PARRAMATTA Gift Card – your local gift card that can be used at participating businesses within the Parramatta Local Government Area.

By purchasing a gift card for yourself or someone you know, you'll be showing your support for local businesses while engaging in a touch of retail therapy or dining out.

For more information, please [click here](#).





# SHOPPING

Home to one of the largest Westfields in NSW, Parramatta is the perfect destination to engage in some retail therapy. Find everything you need from Australia's iconic department stores to boutique buys – and it's located right in the heart of the CBD.

But the shopping experience doesn't stop there. The streets and laneways of Parramatta are filled with hidden gems worth exploring. And with new retail businesses moving into Parramatta Square, the local shopping experience is set to become even better.



# GYMS

Parramatta has a wide range of gyms and fitness centres to choose from.

- [Active Parramatta](#)
- [Anytime Fitness](#)
- [Xtend Barre](#)
- [Crunch](#)
- [Genesis Health & Fitness](#)
- [F45 Training](#)
- [Fernwood](#)
- [Fitness First](#)
- [PCYC](#)
- [Plus Fitness](#)
- [Rush Hour](#)
- [Strive Fitness](#)
- [UFC Gym](#)
- [Universal Fitness Group](#)





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