



# **RGS-IBG Annual International Conference**

Eat Out Guide

## **Welcome to Birmingham!**

As you explore this vibrant superdiverse city during the RGS-IBG Annual International Conference, let your taste buds travel too. As someone who did her PhD on how the Caribbean cuisine advertises to the city of Birmingham, I can assure you there is plenty to find (and not just Caribbean) in the city.

Birmingham is a culinary crossroads, offering everything from British to Peruvian, Indian or Ethiopian, if you look for it you'll probably find it. We even have the famous Balti Triangle and a Chinese Quarter.

Whether you're grabbing a quick bite between sessions or planning a dinner with colleagues this guide is here to help. Unfortunately I can't include everywhere in this Eat Out Guide but it does highlight the best local spots within easy reach of the conference venue.

Dig in and discover the diverse foodscape that makes Birmingham a true gastronomic destination.

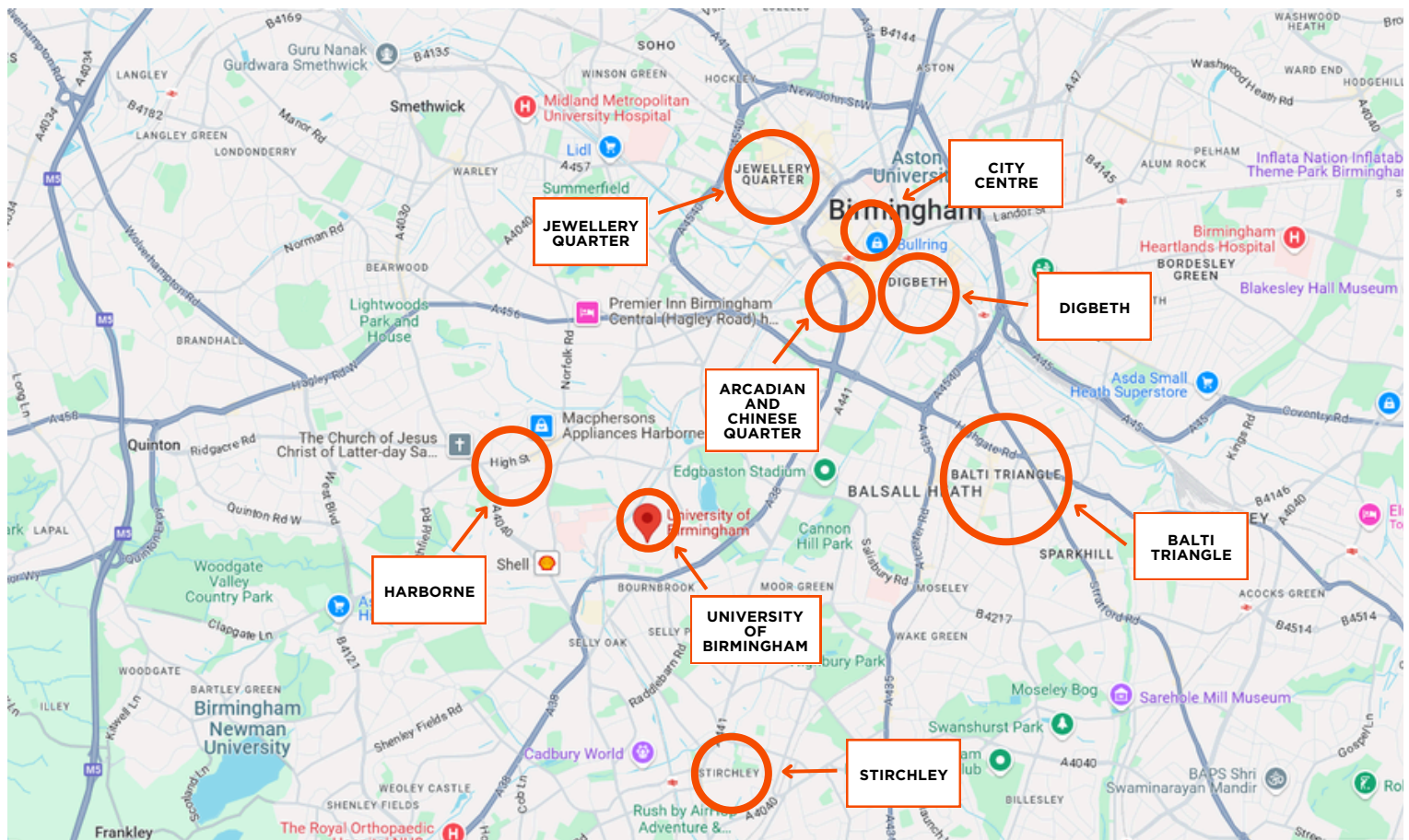
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## HOW TO GET THERE (MAP OF CONTEXT)

# RGS-IBG Annual International Conference

## Eat Out Guide



This map of context provides a visual overview of areas mentioned in this guide. However, the guide mainly focuses on eateries in Selly Oak, Harborne, Stirchley and the City Centre. These areas have a variety of restaurants, cafés, and quick bites within walking distance or a short public transport journey away from the University of Birmingham. Designed to support both convenience and exploration, the map aims to give visitors an idea of the area while enjoying local culinary offerings during breaks or after sessions.



## HOW TO GET THERE (ALL DIRECTIONS START FROM OLD JOE CLOCK TOWER)

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### City Centre

- Walk 5-10 minutes from the Old Joe clock tower to University North Gate (gate next to the train station) and catch the X21 or X22, it will take you straight to the city centre in 15-20 minutes
- Alternatively, catch the train from University station itself, it's no more than a 15 minute ride to the city centre. Get off at Birmingham New Street. Trains are approximately every 10-15 minutes

### Harborne

- All restaurants in Harborne are a 25-35 minute walk from the Old Joe clock tower
- Alternatively walk 10-15 minutes from the Old Joe clock tower to Queen Elizabeth hospital and catch the 55, 19, 48 or 76 from bus stop QA. Get off at Harborne High Street

### Selly Oak

- All restaurants suggested are a 10 - 20 minute walk from the Old Joe clock tower

### Stirchley

- Walk 5-10 minutes from the Old Joe clock tower to University North Gate to get to University Station
- Catch the train and get off at Bournville station. Trains are approximately every 10-15 minutes
- Walk another 10 minutes and then you are in Stirchley

### ***Google Maps is your friend***

These are very brief instructions to give you an idea of how long it takes to get to each place. Please do use Google maps for precise instructions.

## SELLY OAK

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### Cafe 55

- Cafe 55 is a warm and welcoming contemporary East Asian café which has delicious dishes freshly prepared. Gluten free and vegetarian options available
- Approximately £10-£20 (Meal and Drink)
- *Recommendation: Takoyaki (balls of deep fried octopus)*

### Cafe Face

- Cafe Face has been in Selly Oak for over 20 years. It is known for its breakfast, brunch, and lunch offerings. Vegetarian and vegan options available
- Approximately £5-£15 (Meal and Drink)
- *Recommendation: Stacked Pancakes (available with fruit or bacon)*

### Dilshad

- Dilshad brings Indian food to Selly Oak with many options and a cosy atmosphere. Vegetarian and vegan options available
- Approximately £20-£30 (Meal and Drink)
- *Recommendation: Balti Jalfrezi (available with meat or vegetables)*

### Kimchi

- Kimchi is a Korean restaurant known for its vibrant atmosphere and delicious food, making it a popular spot for students
- Gluten free, vegan and vegetarian options available
- Approximately £15-£25 (Meal and Drink)
- *Recommendation: Pa Jeon (savoury seafood pancake)*

### Nando's

- Nando's is known for its flame-grilled PERi-PERi chicken. The PERi-PERi sauce is made with African Bird's Eye chillies. Gluten free, vegetarian and vegan options available
- Approximately £15-£25 (Meal and Drink)
- *Recommendation: Sunset Burger*

## HARBORNE

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### Henry Wong

- Enjoy classic Chinese comfort food alongside signature dishes. Vegetarian and gluten free options available
- Approximately £30-£40 (Meal and Drink)
- *Recommendation: Shimeji and King Oyster Mushroom Spring Roll with Black Truffle*

### Pho

- Pho is a lively and welcoming restaurant for healthy, fresh Vietnamese dishes. Vegetarian, vegan and gluten free options available
- Approximately £20-£25 (Meal and Drink)
- *Recommendation: Spicy Curry (available with chicken, beef brisket, king prawn, fish, tofu or THIS isn't chicken)*

### Rudy's Pizza

- This is the spot for authentic Neapolitan pizza, known for its soft, light, and fluffy crust cooked in traditional ovens. Vegan and vegetarian options available
- Approximately £20-£30 (Meal and Drink)
- *Recommendation: Tarantina (Anchovy and Capers pizza)*

### The Junction

- The perfect setting for a laid-back dining experience. The Junction offers flavoursome food and a homely atmosphere. Vegan, gluten free and vegetarian options available
- Approximately £25-£35 (Meal and Drink)
- *Recommendation: 8oz Sirloin Steak*

### The Plough

- The Plough offers a diverse menu featuring delicious homemade dishes, including stone-baked pizzas and gourmet burgers. Vegan, gluten free and vegetarian options available
- Approximately £25-£35 (Meal and Drink)
- *Recommendation: Grilled Cuban Sandwiches (available with roasted vegetables, chicken, pork or beef)*

## STIRCHLEY

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### Alicia's Micro Bakehouse

- Alicia's Micro Bakehouse is known for its artisan wood-fired sourdough pizzas and other Italian dishes. They've added seasonal pizzas to their menu, which change throughout the year. Vegan and vegetarian options available
- Approximately £25-£30 (Meal and Drink)
- *Recommendation: Portobello Pizza*

### caneat

- This quaint cafe is the place to head if you're looking for classic breakfast and brunch plates with a twist. Gluten free, vegetarian and vegan options available
- Approximately £15-£20 (Meal and Drink)
- *Recommendation: Spicy Sweetcorn Soup with Toast*

### Eat Vietnam

- Eat Vietnam offer umami-packed traditional Vietnamese food with the freshest ingredients. Gluten free and vegetarian options available
- Approximately £20-£30 (Meal and Drink)
- *Recommendation: Marmite and Peanut Butter Cauliflower*

### Original Patty Men

- Based in the British Oak, one of the oldest pubs in Stirchley, OPM makes the finest burgers and wings. Vegetarian, vegan and gluten free options available. Drake ordered from here when he had a concert in Birmingham
- Approximately £20-£30 (Meal and Drink)
- *Recommendation: Pineapple Express Burger*

### Yardbirds

- Yardbirds is a restaurant specialising in American-style fried chicken. It's known for its crispy, buttermilk fried chicken and unique flavour combinations. Vegan and vegetarian options available
- Approximately £15-£25 (Meal and Drink)
- *Recommendation: Gravy Chick Burger*



## CITY CENTRE

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### Asha's

- An award-winning Indian restaurant owned by singer Asha Bhosle. Tom Cruise ate here once. Vegetarian, vegan and gluten free options available
- Approximately £30-£45 (Meal and Drink)
- *Recommended: Amritsari Chole (A spicy and tangy preparation of chickpeas and baby potatoes topped with onions & chutney)*

### Devon House

- At the Heart of the Jewellery Quarter, Devon House Restaurant & Bar serve a wide range of traditional Jamaican dishes to tantalise taste buds. Gluten free, vegan and vegetarian options available
- Approximately £30-£40 (Meal and Drink)
- *Recommended: Curried Mutton*

### HANBAO

- HANBAO is a restaurant in the hip Digbeth area that offers a unique dining experience with its fusion of Eastern and Western culinary influences, particularly evident in its burgers and drinks. Vegetarian and vegan options available
- Approximately £25-£35 (Meal and Drink)
- *Recommended: O.D.B Burger*

### Hen and Chickens

- Hen and Chickens offers North Indian cuisine in a stylish setting in Birmingham's Jewellery Quarter. You can't leave Birmingham without trying an Indian mixed grill. The England Cricket team ate here once. Vegetarian and vegan options available
- Approximately £20-£35 (Meal and Drink)
- *Recommended: Small Mixed Grill*

### Mythos Greek Taverna

- Located in the famous Arcadian, metres from the Chinese Quarter, Mythos brings the flavour of Greece to Brum. Vegan, vegetarian and gluten free options available
- Approximately £25-£35 (Meal and Drink)
- *Recommended: Fried Halloumi*



## **Enjoy!**

I hope this Eat Out Guide is useful during your time at the RGS-IBG Annual International Conference. I hope it helps you experience a taste of Birmingham's incredible culinary diversity. As someone who spent years researching how Caribbean cuisine speaks to and through this city, it's been a joy to share just a slice of what Birmingham has to offer, from comforting classics to bold global flavours.

While this guide can't capture everything, I hope it gives you a starting point to explore and enjoy the superdiverse foodscape that makes Birmingham such a unique and delicious destination.

Bon appétit, and happy exploring!

***Dr Charlene Rose***

*CENTRE-UB Research Fellow (in partnership with the Royal Geographical Society and Geographical Association)*