

Shanghai food

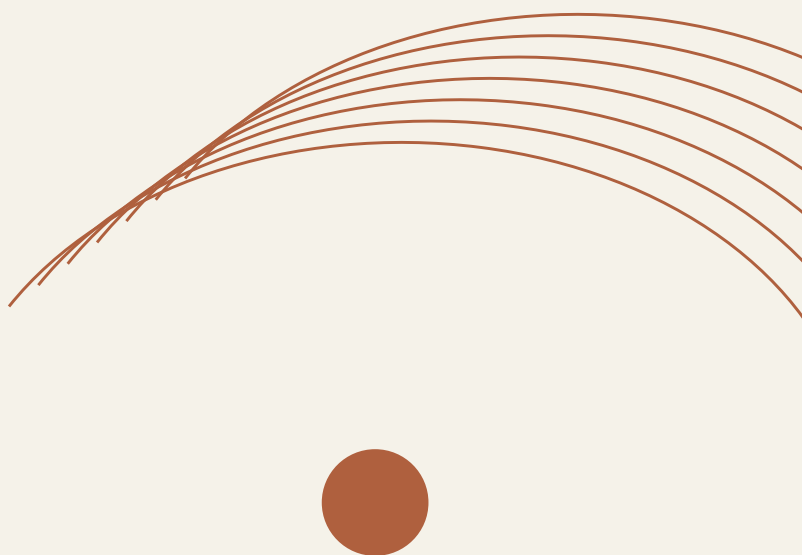
Shanghai, one bite at a time

Four named food stops, two neighbourhood routes and a useful order card

Independent routes. Practical decisions. Space to explore.

Inside: a usable plan, transport decisions, budget worksheet, Chinese search names and official source links.

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CHINA SIDEWAYS / 01 / TWO ROUTES

Eat by neighbourhood

A small, practical food companion for Shanghai: pan-fried buns, soup dumplings, sesame noodles and a savoury pastry stop. These are documented classic names, not a claim that every local prefers them. The guide selects specific branches so you can actually find the places.

Route A | riverfront to garden

Start with Da Hu Chun on Middle Sichuan Road as one food anchor. Pair it with a Bund walk. After a proper break, choose Nanxiang in the Yuyuan area only if you want a second dumpling meal. This is a two-area route: use a local map for the transfer rather than assuming the whole journey is a short walk. If you are solo or not very hungry, choose one shop and leave the other for tomorrow.

Route B | a noodle bowl and a pastry

Use Wei Xiang Zhai on Yandang Road as the meal anchor, then take a public street walk around the Huaihai Road area. Guang Ming Cun is an optional pastry purchase, not a second full lunch. Check the exact pickup/counter arrangement before joining a queue. A long line is a reason to postpone the pastry, not to lose the entire afternoon.

How to fit this around sightseeing

Choose one food route per day. Keep a museum or walking district in the same part of the city; do not travel across Shanghai for every snack. Suggested sequence and meal size are China Sideways recommendations. No opening time, queue length or live availability is guaranteed.

Research-based selection, not a first-hand tasting review. Branch facts are linked to publisher/operator and map records. Recheck the exact branch before travel.

CHINA SIDEWAYS / 02 / FOOD STOP

Da Hu Chun

大壶春（四川中路店）

136 Middle Sichuan Road, Huangpu

上海市黄浦区四川中路136号

What makes this a stop

A Shanghai pan-fried-bun specialist. The named Middle Sichuan Road branch is listed by Michelin; its food includes pork buns and other fillings.

Choose it for

Choose it when you want one recognisable Shanghai snack as a light meal near the riverfront. It works better as a deliberate stop than as the beginning of a marathon dumpling comparison. Count buns as food, not just tasting samples, especially if you plan another restaurant later.

A useful first order

Begin with one small available portion of shengjian. Confirm the filling, portion size and total price. Ask about other fillings only after reading the current menu. The hot filling deserves time to cool; split your order rather than buying a large selection simply because it looks attractive.

Place it in your day

Pair with a Bund walk, then pause before the next meal. Do not assume the brand's other branches have the same menu or hours.

Show this question

请问生煎包一份几个？
How many pan-fried buns are in one portion?

Source: branch and speciality