

Chengdu food

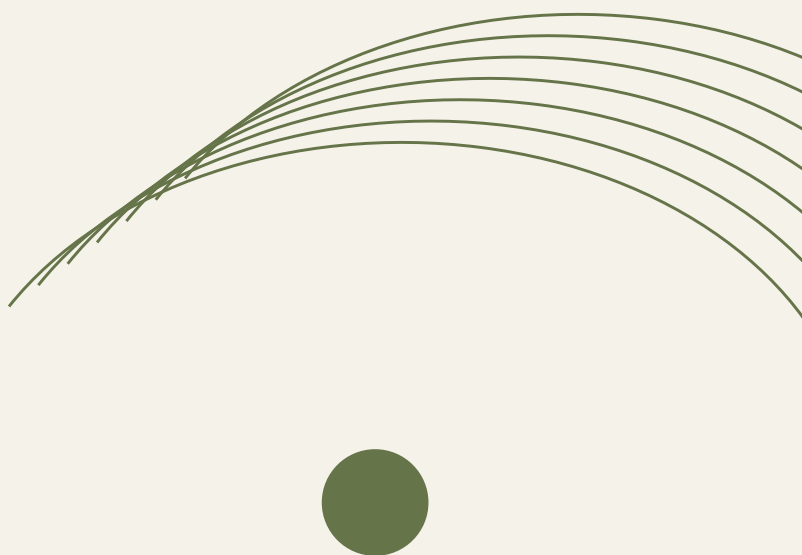
Chengdu, beyond the chilli

Noodles, wontons, tofu and sweets at four named food stops

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 compact Chengdu food companion with four different formats: a noodle bowl, a wonton meal, a tofu-and-rice meal and a sweet stop. It does not require every meal to be intensely spicy. Use clear portion and ingredient questions, and keep the western Qinghua Road meal separate from the central snack route.

Route A | central wontons and a sweet stop

Use Long Chao Shou at 63 Chengshou Street as the meal anchor. Lai Tangyuan on Zongfu Road can be a later small sweet stop after a break and public-street exploration. These are two named addresses around the central commercial area; check a live walking route and the entrance of each. Do not order a large set lunch simply to sample everything before dessert.

Route B | one substantial Sichuan meal

Choose Chen Mapo Tofu's Qinghua Road branch for the main meal and keep the rest of the afternoon in that side of the city or return to your base. A bowl of noodles at Lao Chengdu San Yang Mian belongs in another meal block or another day. The noodle-shop and Qinghua Road addresses are separate stops, not a five-minute tasting circuit.

Choose by appetite, not a ranking

For a light solo meal, begin with noodles or wontons. For two people wanting a shared meal, choose tofu with rice and one additional dish only if needed. Finish with tangyuan on a different occasion if you are already full. The route order is our recommendation; shop opening and menu availability must be checked locally.

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

Chen Mapo Tofu - Qinghua Road

陈麻婆豆腐（青华路店／旗舰店）

Units 10-12, 10 Qinghua Road, Qingyang

成都市青羊区青华路10号附10-12号

What makes this a stop

Michelin's Qinghua Road listing identifies mapo tofu with ground beef and spices at this specific branch; Amap confirms the unit-level address.

Choose it for

Choose it for a proper seated Sichuan meal. The useful combination is a main dish with rice, not a long tasting list. Do not choose it on the assumption that tofu means vegetarian. It is also a better meal to enjoy when you can sit and recover than a rushed stop between timed transfers.

A useful first order

Ask which mapo-tofu portion is available and whether a milder preparation is possible; the answer may change the order. Confirm the meat content, rice charge and total price. For two diners, start with the tofu and rice, then add one contrasting dish if still wanted. A classic dish name does not guarantee the exact preparation suits your dietary needs.

Place it in your day

Navigate to the Qinghua Road address rather than another Chen Mapo branch. Keep the afternoon in the same side of the city or make the return transfer deliberate.

Show this question

请问麻婆豆腐里有肉吗？可以少辣吗？

Does the mapo tofu contain meat? Can it be made less spicy?

Source: branch and speciality

[Open this branch in Amap](#)