Stow

**Cloudbase Café & Gallery**
23 Tweedfoot, Stow TD1 2LN
Daily specials, delicious home baking, locally sourced food and organic ingredients. A great café with friendly service and good coffee.
Tel: 01896 318978
www.cloudbasecafe.co.uk

**Springbank Tearoom**
130 Galashiels Road, Stow TD1 2RE
A traditional tea room serving homemade food seven days a week, to eat in or take away.
Tel: 01578 730441
www.facebook.com/pages/Springbank-Tea-Room

Galashiels

**Alex Dalgetty & Sons**
21 Island Street, Galashiels TD1 1NZ
A range of delicious handmade Scottish bakery goods, using original recipes and the highest quality natural ingredients. Makers of the original Selkirk Bannock.
Tel: 01896 752508
www.alex-dalgetty.co.uk

**Overlangshaw Farmhouse Ice Cream**
Overlangshaw Farm, Galashiels TD1 2PE
Luxury ice cream using our own creamy milk and fresh farm eggs. Variety of flavours and fresh fruit sorbets, using locally grown fruits in season.
Tel: 01896 860244
www.overlangshawfarm.co.uk

**Paolo’s Italian Restaurant**
Award-winning traditional Italian dishes, home made using the freshest ingredients.
Tel: 01896 750888
www.facebook.com/PaolosItalianRestaurant

**Salmon Inn**
54 Bank Street, Galashiels TD1 1EP
Family run and traditional and welcoming inn serving good honest pub grub, home made puddings and real ales. B and B accommodation.
Tel: 01896 752577 / 07793 591656
www.salmoninn.co.uk

**Turnbull’s**
8 High Street, Galashiels TD1 1SD
Fresh home baking, teas and coffees. Brasserie restaurant; deli and wine bar – locally sourced produce and own brands.
Tel: 01896 750577
www.turnbulls.co.uk

**Herges on the Loch**
1 Tweedbank Drive, Tweedbank TD1 3RP
Waterside restaurant Herges offers neighbourhood fine dining at its best! Fresh seasonal and local ingredients inspire dishes that incorporate flavours from around the world.
Tel: 01896 759909
www.ergesontheloch.com

**Tempest Brew Co**
1 & 2, Block 11, Tweedbank Industrial Estate, Tweedbank TJ1 3RS
Micro-brewery making fresh core, seasonal and limited edition craft beers. We use Golden Promise barley malts - grown locally in the Kelso area and milled by nearby maltsters, Simpsons Malt in Berwick-upon-Tweed.
Tel: 01896 759500
www.tempestbrewco.com

**Ochiltrees**
Abbotsford, Melrose TD6 9QH
A stylish restaurant situated at Abbotsford, home of Sir Walter Scott, serving a range of refreshments and meals including morning coffee, lunches and afternoon tea. Fresh seasonal menus are available throughout the day.
Tel: 01896 663962
www.ochiltrees.co.uk

**Mainstreet Trading Company**
Main St, St. Boswells, Melrose TD6 6AT
Cafe, bookshop, artisan home wares and wonderful deli, with a particular focus on cheeses, cured and smoked meats, plus a range of foods cooked on the premises. Winner of many awards.
Tel: 01835 824087
www.mainstreetbooks.co.uk

**The Mainstreet Trading Company**
Main St, St. Boswells, Melrose TD6 6AT
Family butcher where quality and service are considered essential ingredients.
Tel: 01835 822061
www.facebook.com/pages/JC-Douglas-Butchers

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**Selkirk Deli**
17 High Street, Selkirk TD7 4BZ
A great deli in the centre of town, offering a wide range of specialist foods, charcuterie and cheeses – with a coffee shop, home baking and light meals.
Tel: 07563 365242
www.facebook.com/SelkirkDeli

**The Community Food Fund**
www.bordersfoodnetwork.co.uk
Following the historic Waverley Route, the new Borders Railway is one of the most scenic rail lines in Scotland, connecting the capital city of Edinburgh with the heart of the Scottish Borders. Passing through rolling green hills, pretty villages and wooded valleys along the course of the Gala Water - whether you step off to enjoy a wander around attractive Stow, or carry on to the central Border town of Galashiels or its neighbour Tweedbank, you will find a very warm welcome. The Borders is famous for its hospitality and great food, produced by a community who are passionate about provenance, freshness and flavour. This leaflet offers some ideas, but for travelling further afield, take a look at: www.bordersfoodnetwork.co.uk where you can download a full directory to food and drink and eating out in the beautiful Scottish Borders.