Celebrating 50 FINE YEARS OF FOOD AT PARAP

Cypriot born Napolean (Paul) Pantazis, and Perth born Greek girl Irene Kanaris met when they were both working at the Rendezvous Café in Darwin.

Owning a produce driven food business Parap Fine Foods is a haven for me, the produce is simply fantastic and they are the only place in Darwin which offers such fantastic quality unique produce. I love the family atmosphere, friendly and knowledgeable staff, there is simple no where else in Darwin quite like Parap Fine Foods.

Martin Wildman

I can't remember a time when my family didn't shop at Parap Fine Foods some of my earliest childhood memories involve Paul sneaking me Spanish olives at the deli counter. Their exceptional range, their knowledge and welcoming service (which comes with being a true family business) have kept me coming back. Parap Fine Foods pioneered foodie Culture in Darwin and we owe them a great debt for their contribution to the community.

Steph Carter

I came into Parap Fine Foods from my first day in Darwin and keep coming back. I love good food, especially cheese but also always leave laughing as the staff are friendly, passionate and always teach me something new about food. So for me shopping at Parap Fine Foods is always an adventure rather than a chore. I also like to support local businesses where ever I can!

Jodi Phillips

Coming to Parap Fine Foods for me is a pleasure, it's where I can find a bit of home. The cheese, bread, red wine and prosciutto takes me back and helps me when I feel homesick. Thank you Parap Fine Foods for the multiple choice of love you have on your shelves.

Anthony Golzio-Casa

I come to Parap Fine Foods because I love to cook. I buy special ingredients here. I especially love to come here for the variety of French champagne!

Eilish Moloney

Hi, this is Micky from spring tied safaris I love shopping at the Parap Fine Foods for home and for my clients on a fishing charter. Quality of food is awesome and service is even better. I have been shopping here for at least 20 years.

Micky Qaiser

I have come to Parap Fine Foods since I was born.. I just love it! It's my local store. Rene, Paul, Paula and Neville are some of my favourite people in Darwin. Parap Fine Foods is one stop shop for the nicest groceries in Darwin, the greatest! How lucky am I that I grew up with this.

Nina Fitzgerald

I am from the Czech Republic. I like shopping at Parap Fine Foods as I can find products that are familiar to me, that remind me of my home. I can recreate recipes that I've grown up with and the staff are so helpful.

Kristina Slechtova

We are passionate about trying to buy local produce with environmentally friendly packaging, such as items in glass. Not only does Parap Fine Foods support such initiative but, they provide such a personal touch. They great us by name and with big smiles! It feels like you are one of the family when you step in. Love the store!

Sophia Scaturchio

As a Darwin born kid, shopping in Parap Fine Foods is something my family has done for many years. As an adult, I come to Parap Fine Foods for the pasta. There is simply no where else in town that has the variety that they do, simply the best!

Alasdair Henderson

We like to shop at Parap Fine Foods for delicious paleo and vegan options, the paleo breads are great and the Rozas sauces and condiments are to die for. The deli is also amazing and the fresh fruit and veg!

George, Niki, Mihali and Angeliki

Family, excitement and surprise! These are the reasons I walk into Parap find foods. Supporting a local family run business and knowing every time I visit I leave with a smile. Thank you Pantazis Family for offering a true unique experience for Darwin

Rossi Kourounis

We make it a weekly tradition to come into Fine Foods to purchase our favourite deli foods. The quality of the food is the best in Darwin. Not only is the food great, the friendly service and atmosphere that is created by this beautiful family is truly special.

Michael and Ellie Poulter

I have been shopping at Parap Fine Foods for almost 10 years and have always had a wonderful experience and excellent food. My wife and I enjoy the delicacies that Parap Fine Foods offers and the vast array of produce, there are so many options. The only place in town to find such quality!

Ed Hardy

We've been shopping at Parap Fine Foods for as long as I can remember. Apart from the awesome staff and friendly service, the huge range of specialty products is what keeps us coming back. We especially love the Roza's gluten and dairy free range - the pesto is delicious!

Renae Milatos

Entering the doors of Parap Fine Foods is an experience you will not get anywhere else in Darwin. A striking yet small detail is the mood enhancing music followed by a sincere greeting from staff. The selection of cheese, sweets and meats at the deli for me is the highlight of the experience, where offers of a taste test and pairing of produce are freely available. The gingerbread babies in the big glass jar are the consistent favourite for my 3 and 5 year old whilst the ham off the bone reminds me of my childhood.

Jodie Fitzpatrick

Open 7 days with that personal touch. Great choice of European coffee. Freshly ground to your desire. The Deli is my 'lolly shop', the staff have great product knowledge and love a chat, I finish work Saturday arvo and head straight to PFF with no real food plan in mind, trouble is everything is so good I get home and find ingredients for four different dishes!!

Stephen Greene

You walk in and you know you've arrived somewhere special, not only is it filled with unique products that remind you of different continents around the world but it's a shop owned and staffed with some of the most friendly people you'll ever meet. Any problem you have can be solved with the goodies in there whether it's the Portuguese tarts, French gooey cheese, the candy corner or a friendly hello from Paula or Neville, PFF has us Darwinians covered.

Elizabeth Halikos

I come into Parap Fine Foods because they have the best deli in Darwin and lovely service.

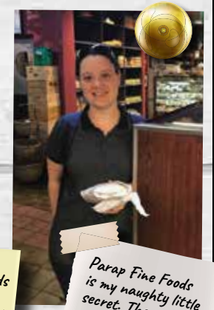
Trinity Everrest

I love to cook for my family. When I need inspiration for dinner we come to Parap Fine Foods, they always have something different.

Pedro Rigas

I love to shop at Parap Fine Foods not only for the amazing and interesting array of delicacies but also for the warm and hospitable service. The staff are always so friendly, knowledgeable and go above and beyond. They make you feel like the family. A great sense of community.

Lucy Moon



Parap Fine Foods is my naughty little secret. The wide array of gorgeous gluten free goodies keeps me coming back for more, and oh! The cheeses.

Joanna Winslade

THE MOST BEAUTIFUL GIFT HAMPERS

The famous Parap Fine Foods gift hampers are now available throughout the year for that perfect gift for any celebration.

Feeling at home in Darwin, and with two young children, in 1968 they established their family business, Parap Fruit and Vegetable Supply. Losing everything but their lives during Cyclone Tracy, they rebuilt the shop on Parap Road with the help of family, friends and customers. 'I visited and studied many cultures, learning how to diversify the business into what is now Parap Fine Foods,' said son, Neville. 'Focusing on its future and giving it a whole new look, we not only expanded our product range but employed staff from all over the world to converse with customers and advise on products and best preparations.' Parap Fine Foods is still renowned for providing and sourcing hard to find products, along with that personal, family touch, that has been there since the beginning. 'We're creating a food precinct and a foodies destination here in Parap,' said Neville. 'We regularly have guest hosts on Saturdays, further educating people about the wines and foods we stock.' Today, Paul and Rene's children Neville and Paula, and granddaughter Larena have proudly turned the little shop into a nationally recognised emporium, which continues its love affair with international foods and wines.

Come and talk fine food and wine with the Pantazis family at 40 Parap Road in the friendly suburb of Parap in Darwin. T: 8981 8597

W: www.parapfinefoods.com