

**Meat\*\*must be Halal; see Halal resources section**

1. Beef
2. Goat
3. Fish
4. Chicken

**Vegetables**

1. Potatoes
2. Carrots
3. Onions
4. Tomatoes
5. Green beans
6. Yellow zucchini
7. Green zucchini
8. Butternut squash
9. Field pumpkin
10. Okra
11. Eggplants
12. Peas
13. Spinach
14. Cucumber
15. Lettuce
16. Bell pepper
17. Cilantro
18. Green/spring onions
19. Reddish
20. Garlic

**Grains**

1. Jasmine or Basmati rice
2. Green lentil
3. Yellow/red lentil
4. Kidney bean
5. Yellow split peas
6. Green split peas
7. Garbanzo or chickpea
8. Black-eye beans
9. Pinto beans
10. Regular beans
11. Mung bean/dal
12. Chana dal

### Spices

1. Salt
2. Black pepper
3. Cumin
4. Turmeric
5. Garam Masala
6. Curry Powder
7. Paprika
8. Chili pepper
9. Cloves
10. Cardamom

### Other Staples

1. Vegetable or regular cooking oil
2. Regular sugar
3. Black tea
4. Green tea
5. Caramel candy

### Grocery Stores & Restaurants with Halal Meat and Food Staples:

A&Y Global Market	15 N 4th St, Columbia, MO (573)875-8724	Grocery sells halal food
Shwe Market International Foods Asian Grocery	800 Vandiver Dr. Columbia, MO (573)514-7010	Grocery sells Asian, halal
Clovers natural Market	2100 Chapel Plaza Ct, Columbia MO (573)445- 0990	Grocers, have spices, but don't have halal

Cafe Berlin	(573)441-0400	Restaurant, they do provide halal, call the manager in advance
Med Mex Cafe	2609 E Broadway, Columbia MO 65201 (573)442-8727	Restaurant, everything is halal, eat-in, don't do orders over the phone
Taj Mahal Indian Cuisine	601 Business Loop 70 Parkade Plaza (573)256-6800	Restaurant, goat, and lamb are halal but not chicken, for orders more than 20 needs advance notice
Taj Market	St. Louis, MO (314)771-0740	Grocery store, halal, in store shopping
St. Louis Halal Meat Market	St. Louis MO (314)427-8500	Grocery, delivery
USA Halal Meat LLC	St. Louis MO (314)939-1194	Grocery, in store shopping
Tawakal Grocery	St. Louis MO (314)752-5633	Grocery, in store shopping
Akbar Grocery	St. Louis MO (314)428-1900	Grocery store, in store shopping
Double AA market	St. Louis MO (314)481-0992	Grocery, in store shopping
Hamorabi Food Market	St. Louis MO (314)889-0590	Grocery, in store shopping
International Market	St. Louis MO (314)481-2535	Grocery, in store shopping
Salam Market	St. Louis MO (314)885-2616	Grocery, in store shopping

Alhuda 2 Market LLC	St. Louis MO (314)696-2926	Grocery, in store shopping, delivery
Jay International Food Co	St. Louis MO (314)772-2552	Market style store with produce, halal meats
Alsalam Grocery & Bakery	St. Louis MO (314)449-1419	Grocery, in store shopping
United Provisions	St. Louis MO (314)833-5699	Grocery, in store shopping
Aryana Market	St. Louis MO (314)352-4999	Convenience store, in store shopping, curbside pickup
Waberi Store	St. Louis MO (314)762-9506	Grocery, in store shopping
Baghdad Halal Supermarket	Grand Blvd, St. Louis, MO 63118	Grocery store
Afghan Market	St. Louis MO (314)664-5555	Grocery, able to deliver groceries
Mideast Market	Manchester MO (636)230-7018	Restaurant, halal, dine in & take out
Salam Market	Manchester MO (636)527-6444	Grocery, in store shopping
Al-Amier Market	Florissant MO (314)830-3625	Grocery, in store shopping