



## WELCOME TO ISH!

Useful information & recommendations from the PTA

### GROCERIES AND SHOPPING CENTERS

#### **PALCO**

Av. 5ta y 186  
Often has better dairy selection,  
small florist inside. Open till 9pm

#### **70 y 3ra**

Av. 3ra, E/68 y 70, Miramar  
Decent Cuban quality butcher.  
Hardware and liquor store. Can  
buy Mars brand candies at  
counter in front.

#### **La Puntilla**

End of Av. Ira, Miramar  
Multi-level Store. Groceries,  
hardware, clothing. Housewares  
and toys. Smaller store across the  
street.

#### **Galeria Paseo**

Across from the Melia Cohiba.  
Small Grocery store, Florist,  
Housewares

#### **Dos Gardenias**

Av. 7ma y 28, Miramar  
Multi store/venue complex.  
Bakery at exterior entrance. Good  
Liquor store inside.

#### **42 y 5**

5taB, E/40 y 42, Miramar

### AGROMERCADOS

The Agros sell seasonal produce as well as meat, eggs, rice, beans and flour. Prices are all in CUP, Moneda Nacional. But both CUC and CUP can be used.

#### **19 y B, Vedado**

This agro sells flowers, fruits,  
vegetables, juices, eggs, and  
meats.

#### **42 y 19, Miramar**

This agro sells flowers, fruits,  
vegetables, juices, eggs, and  
meats.

### HOSPITALS

#### **Clinica Central**

##### **Cira Garcia**

Calle 20 No. 4102, Esq. a 41  
Miramar, Playa  
Tel: 7204 2811, 7204 2402

#### **CIMEQ**

Calle 216 y 11-B  
Siboney, Playa  
T: 7273 6548

#### **Instituto de Medicina**

##### **Tropical Pedro Kourí -IPK**

Avenida Novia del Mediodía  
KM 6 1/2, La Lisa  
T: 7202 0430 al 44

#### **Hospital Materno Ramon Gonzalez Coro**

Calle 21, Esq. a 4, Vedado  
T: 7838 2613, 7833 9302

#### **Instituto de Cardiología y Cirugía Cardiovascular**

Calle 17 No. 702 entre A y Paseo,  
Vedado  
T: 7830 7250, 7838 2661/6003

## RESTAURANT SUGGESTIONS

A comprehensive list is available at [lahabana.com](http://lahabana.com)

### **BELLA CIAO**

*Italian*

Calle 19 y 72  
Playa  
T: 7206 1406

### **CAFÉ LAURENT**

*Spanish/ Mediterranean*

Calle M No. 257, entre 19 y 21,  
Vedado  
T: 7832 6890

### **DOÑA EUTEMIA**

*Traditional Cuban Creole*

Callejón del Chorro No.  
60C Plaza de la Catedral,  
Habana Vieja  
T: 7861 1332

### **NERO DI SEPIA**

*Italian*

Calle 6 #122 e/1 y 3  
Miramar  
T: 5478 7871

### **LA GUARIDA**

*International*

Concordia 418 entre Gervasio y  
Escobar, Centro Habana  
T: 7866 9047

### **CORTE DEL PRÍNCIPE**

*Italian*

9a esquina 74, Playa  
T: 5255 9091

### **BVCC**

*Indian*

Esq. Tejadillo y Cuba  
Habana Vieja  
T: 7862 7379

### **SAN CRISTOBAL**

*International Cuisine*

Calle San Rafael #469, Habana  
Centro  
T: 7860 1705

### **NAZDAROVIE**

*Soviet*

Malecon #25, E/ Prado y Carcel  
Centro Habana.  
T: 7 860 2947

### **O'REILLY 304**

*International Cuisine*

Calle O'Reilly No 304, Habana  
Vieja.  
T: 7836 0206

### **VIP HAVANA**

*Mediterranean Cuisine*

Calle 9na e/ E y F No. 454,  
Vedado  
T: 7832 0178

### **RÍO MAR**

*International*

Ave. 3raA y Final #11, La  
Puntilla, Miramar  
T: 7209 4838

## EMERGENCY TELEPHONE NUMBERS

### **Police**

T: 106

### **Fire department**

T: 105

### **Information**

T: 113

## WHATSAPP GROUP – HAVANA MIX

If you would like to join a Havana based WhatsApp group in English called “Havana Mix” where you can share useful information, buy or sell items and more, please contact us via email to [pta@ish.co.cu](mailto:pta@ish.co.cu)