

# Fishponds Shopping Map

1. **Co-op Food & Post Office- Straits Parade**  
12 Straits Parade  
Mon-Sun - 07:00-23:00  
**Post Office:**  
Mon-Fri - 08:30-17:30  
Sat 09:00-13:00  
Sun CLOSED
2. **Launderette (Staffords)**  
10 Straits Parade  
Everyday 08:00-19:00
3. **Dominos Pizza**  
7-8 Straits Parade  
Everyday 11:00-22:30
4. **KFC**  
2 Straits Parade  
Sun-Thur 11:00-23:00  
Fri-Sat 10:00-23:00
5. **Porto Lounge (Cafe/Bar)**  
765 Fishponds Rd  
Everyday 09:00-23:00
6. **Sainsbury's Local**  
794 Fishponds Rd  
Everyday 07:00-23:00
7. **Barclays Bank - Fishponds**  
788 Fishponds Rd  
Mon-Fri 09:30-16:30
8. **Superdrug**  
757 Fishponds Rd  
Mon-Sat 09:00-17:30  
Sun 10:00-16:00
9. **GREGGS (Bakery)**  
741 Fishponds Rd  
Mon-Sat 06:30-17:30  
Sun 09:00-16:00
10. **Coffee#1 (Coffee Shop)**  
784a Fishponds Rd  
Mon-Sat 08:30-18:00  
Sun 08:30-18:00
11. **Lloyds Pharmacy**  
782a Fishponds Road  
Mon-Fri - 08:30-18:30  
Sat 08:30-17:30  
Sun CLOSED
12. **Natwest Bank - Fishponds**  
778 Fishponds Rd  
Mon, Tue, Thur, Fri  
09:00-17:00  
Wed 09:30-17:00  
Sat 09:00-13:00  
Sun CLOSED
13. **LIDL**  
Fishponds Rd  
Mon-Sat 08:00-22:00  
Sun 11:00-17:00
14. **POUNDSTRETCHER**  
707a Fishponds Rd  
Mon-Sat 08:30-18:00  
Sun 10:00-16:00
15. **Lloyds Bank - Fishponds**  
697 Fishponds Rd  
Mon-Fri 09:00-17:00  
Sat 09:00-13:00  
Sun CLOSED
16. **Morrisons**  
668-718 Fishponds Rd  
Mon-Sat 07:00-22:00  
Sun 10:00-16:00  
**Pharmacy:**  
Mon-Sat 08:30-20:00  
Sun 10:00-16:00
17. **ALDI**  
670-680 Fishponds Rd  
Mon-Sat 08:00-22:00  
Sun 10:00-16:00
18. **One Stop Fishponds**  
627 Fishponds Rd  
Everyday 07:00-Midnight
19. **International Food Centre**  
585-587 Fishponds Rd  
Everyday 08:00-23:00
20. **Iceland Foods**  
Channons Hill  
Retail Pk  
Mon-Sat 08:00-20:00  
Sun 10:00-16:00
21. **B&M Homestore**  
Channons Hill  
Retail Pk  
Mon-Sat 08:00-20:00  
Sun 10:00-16:00

