Starleads

Grocery & Supermarkets in Punjab: contact list (free sample PDF)

7,043 contacts · **100%** with mobile numbers · Updated Oct 2026 · Full list **₹499 (90% off)**

This list has 7,043 grocery & supermarkets in Punjab with contact details. All have a mobile number.

They are spread over 20 cities and towns; the most are in Ludhiana (883), Abohar (fazilka) (571) and Moga (561), followed by Amritsar, Dhuri Malerkotla and Bhatinda.

Punjab's list is the 9th largest of the 19 states with a grocery & supermarkets list in Starleads' data; the biggest are Uttar Pradesh (92,134) and Maharashtra (29,689).

Get all 7,043 contacts in Excel: https://starleads.in/data/grocery-supermarkets-in-punjab/

60 contacts from this list

Phone numbers and emails are partly masked in this sample; the list you buy is complete.

#	Business	Contact person	Category	Mobile	Email	Address	City	PIN
1	Aatma Singh			+91 95632 XXXXX			Abohar (fazilka)	
2	Aatma Singh			+91 84563 XXXXX			Abohar (fazilka)	
3	Abjeer Singh			+91 86536 XXXXX			Abohar (fazilka)	
4	Aggarwal Medical Store			+91 98763 XXXXX			Abohar (fazilka)	
5	Ahuja Medical Store			+91 99888 XXXXX			Abohar (fazilka)	
6	Empire International	Mr Atin Arora				433, Basant Avenue	Amritsar	143001
7	Jags Food Industries Pvt. Ltd	Darveer Singh		+91 84275 XXXXX	ja••••••••••••••••@gmail.com	111 Green Avenue	Amritsar	143001
8	Kabul Trading Co	Mr Ankush Mehra			me••••••@hotmail.com	Majith Mandi	Amritsar	143001
9	Mehra Tea Company	Mr Sanjeev Mehra			me••••••@yahoo.com	2595/3, Bazar Bikanerian, Katra Ahluwalia	Amritsar	143001
10	Sdm (shivanditta Mal & Co.)	Mr Mukesh Sindhwani	Dry Fruits Dried Fruits			Majith Mandi	Amritsar	143001
11	Ajit Karyana Store			+91 94635 XXXXX			Barnala	
12	Ak Karyana Store			+91 85569 XXXXX			Barnala	
13	Akal Medical Store			+91 84277 XXXXX			Barnala	
14	Akhil			+91 97715 XXXXX			Barnala	
15	Aman Kariyana Store			+91 94174 XXXXX			Barnala	
16	Aijay K			+91 94172 XXXXX			Bhatinda	
17	Ajad K			+91 99141 XXXXX			Bhatinda	
18	Ajad K			+91 98723 XXXXX			Bhatinda	
19	Ajeet K			+91 99889 XXXXX			Bhatinda	
20	Aman Karyana Store			+91 94789 XXXXX			Bhatinda	

#	Business	Contact person	Category	Mobile	Email	Address	City	PIN
21	A M Karyana Store			+91 98766 XXXXX			Dhuri Malerkotla	
22	Abdal Confencry. Store			+91 98889 XXXXX			Dhuri Malerkotla	
23	Abdal Medical &gernal Store			+91 98782 XXXXX			Dhuri Malerkotla	
24	Abdul Regmaan Karyana Store			+91 85579 XXXXX			Dhuri Malerkotla	
25	Ajay Karayana Store			+91 94786 XXXXX			Dhuri Malerkotla	
26	Afjal Kirana Store			+91 96484 XXXXX			Gurdaspur	
27	Aggarwal Daprment Store			+91 98888 XXXXX			Gurdaspur	
28	Aggarwal Ken Store			+91 93175 XXXXX			Gurdaspur	
29	Ajauddeen Kirana			+91 88742 XXXXX			Gurdaspur	
30	Ajay Gen Store			+91 94172 XXXXX			Gurdaspur	
31	Barista Coffee Limited	Mayur Sharma	Food & Beverage	+91 98883 XXXXX	so••••••••@rediff.com	V.P.O Dyalpur near Kartarpur Distt. Kapurthala	Jalandhar	
32	Clarks Hotel Varanasi	Shitanshu Tiwari	Food & Beverage	+91 99364 XXXXX	ks•••••@rediffmail.com	E 10, Sanjay Nagar Colony Pahariya Varansi	Jalandhar	
33	Country Inn Suites by Carlson Jalandhar	Raghavendrasingh	Food & Beverage	+91 99883 XXXXX	so•••••••••@yahoo.co.in	C/-Mr. Satyandra Kumar Singh Vill+post-Koilary Dis-Saptry Nepal	Jalandhar	
34	Country Inn Suits by Carlson Jalandhar	Santoshnegi	Food & Beverage	+91 98883 XXXXX	ne••••••••••@yahoo.com	Country Inn & Suits by Carson B.S.F. Chowk Jaladhar	Jalandhar	
35	Sushil General Store	Pankaj Arora		+91 90410 XXXXX	ge•••••••••••••••@gmail.com	No. 37 near Kuku Radio Rasila Nagar, Adda Basti Danishmanda	Jalandhar	144002
36	Ashok Army & General Store	Kapil Bhasin		+91 94175 XXXXX	bh••••••••••@yahoo.com	B-V-135 Khud Mohalla	Ludhiana	141008
37	Om Prakash Ashok Kumar	Madan Lal	Departmental Stores	+91 98767 XXXXX	op•••••••••@yahoo.co.in	Clock Tower Kapoor Hospital Market 24	Ludhiana	141008
38	Paul Karyana Store	Sishpaul Goyal Akshit Goyal	Departmental Stores	+91 98885 XXXXX		2nd Cross Lane Lokhandwala Complex, Behind Ati College	Ludhiana	141003
39	Rage Garments	Shyam Bansal		+91 93169 XXXXX	ra••••••@yahoo.co.in	HA-54 Phase-6 Focal Point, Opposite Shyam Dharam Kanta	Ludhiana	141010
40	Veejay's Fair Price Store	Veeja Kumar	Departmental Stores	+91 84272 XXXXX	ab••••••@hotmail.com	Bhai Randhir Singh Nagar Sector 34, Pimpr, New Town SCF-28F	Ludhiana	141001
41	Aashu Kirana Store			+91 99153 XXXXX			Moga	
42	Abhi Agency			+91 92171 XXXXX			Moga	
43	Ahuja Kariyana Store			+91 99154 XXXXX			Moga	
44	Aman Gen Store			+91 97807 XXXXX			Moga	
45	Amandeep Trading Company			+91 99154 XXXXX			Moga	
46	Ajay Kir(inderghar Moad			+91 92537 XXXXX			Patiala	

#	Business	Contact person	Category	Mobile	Email	Address	City	PIN
47	Aman Karyana Store			+91 99142 XXXXX			Patiala	
48	Aman Ks			+91 92454 XXXXX			Patiala	
49	Amanda Raj Karyana Store			+91 94647 XXXXX			Patiala	
50	Amar Medicos			+91 98141 XXXXX			Patiala	
51	Aggerwal General Store			+91 98721 XXXXX			Sangroor	
52	Aggerwal General Store			+91 94630 XXXXX			Sangroor	
53	Aman Kariyana Store			+91 98724 XXXXX			Sangroor	
54	Amar Kariyana Store			+91 98556 XXXXX			Sangroor	
55	Anand Medicos			+91 99144 XXXXX			Sangroor	
56	A P Kareyna			+91 88725 XXXXX			Taran Taran	
57	Abhi Kareyna			+91 97813 XXXXX			Taran Taran	
58	Ajit Kareyna			+91 80549 XXXXX			Taran Taran	
59	Ajit Karyana Store			+91 95019 XXXXX			Taran Taran	
60	Akash Medical Store			+91 98557 XXXXX			Taran Taran	

Questions

How many grocery & supermarkets are there in Punjab?
This list has 7,043 grocery & supermarkets in Punjab with contact details, all of them with a mobile number. It's the count in Starleads' data, not an official census.

How can I get the contact numbers of grocery & supermarkets in Punjab?
Download this list in Excel: 7,043 contacts, all with a mobile number. Check 60 real contacts free first, then pay ₹499 (90% off) by UPI or bank transfer.

Which cities in Punjab have the most grocery & supermarkets?
Ludhiana (883), Abohar (fazilka) (571), Moga (561), Amritsar (524) and Dhuri Malerkotla (438).

Which state in India has the most grocery & supermarkets?
In Starleads' data: Uttar Pradesh (92,134), Maharashtra (29,689), Bihar (11,230). Punjab is 9th of 19 states. These are the counts of contacts in each list, not an official census.

Is there a free grocery & supermarkets list PDF for Punjab?
Yes. The free sample PDF has 60 contacts from this list, with phone numbers and emails partly masked. The full list comes as an Excel workbook.