



RESOURCE GUIDE



GREAT BITES

AMERICAN

- Avenue Proper (GF)
- Cubby's
- Cucina
- Copper Kitchen (GF)
- Hires Big H
- Lucky 13 Bar & Grill
- Over the Counter Café
- Pretty Bird Chicken
- Proper Burger
- Provisions (GF)
- Ruth's Diner
- RYE
- Tradition (GF)
- One-0-Eight Bistro
- Wildwood

Breakfast/Brunch

- Blue Plate Diner
- Hub & Spoke Diner
- Pig & a Jelly Jar
- Roots Café (GF)
- Straw Market
- The Bagel Project
- The Park Café (GF)
- Publik kitchen

Chinese

- New Golden Dragon
- Mom's Kitchen
- Hero Hot Pot

Hawaiian

- Hanaya Poke (GF)
- The Salty Pineapple
- Mo' Bettahs

Indian

- Bombay House (GF)
- Curry Fried Chicken
- Himalayan Kitchen (GF)
- Kathmandu (GF)
- Saffron valley

Italian

- Caffé Molise (GF)
- Michelangelo's On Main
- Osteria Amore
- Per Noi Trattoria
- Stoneground Italian Kitchen
- Valter's Osteria
- Stanza Italian Bistro & Wine Bar

Japanese & Sushi

- Kaze Sushi Bar & Grill
- Kyoto Japanese Restaurant (GF)
- Mr. Shabu
- Sapa Sushi Bar & Asian Grill
- Takashi (GF)
- Tsunami Restaurant & Grill (GF)
- Yi Sushi Bistro

GREAT BITES

Mediterranean

- Bombay House (GF)
- Curry Fried Chicken
- Himalayan Kitchen (GF)
- Kathmandu (GF)
- Saffron valley

Mexican

- Chile-Tepin (GF)
- Chunga's
- El Chihuahua Restaurant
- Lone Star Taqueria (GF)
- Rancherito's Mexican Food
- Real Taqueria (GF)
- Red Iguana (GF)
- Santo Taco
- Taco Taco (GF)
- Tacos Mi Caramelo
- Taqueria 27 (GF)

Other Tasty bites

- Current Fish & Oysterr
- EastWest Connection
- Feldman's Deli
- HallPass Food Hall
- R&R BBQ
- The Dodo (GF)
- Tin Angel Café

Pizza

- Este Pizza
- Litzas Pizza
- Nomad East
- Pizza Factory
- Settebello Pizzeria Napoletana
- The Pie Pizzeria (GF)
- Pizza NoNo
- From Scratch

Pubs & Breweries

- Bohemian Brewery
- Craft by Proper
- Desert Edge Brewery
- East Liberty Tap House (GF)
- Emigration Brewing Co.
- Hopkins Brewing Co.
- Red Rock Brewing Co.
- Shades Brewing
- Wasatch Brewery (GF)
- Traditions

Quick Bites

- Café Rio
- Caputo's Market & Deli
- Crown Burger (GF)
- Hector's Mexican Food
- Vessel Kitchen (GF)
- Sushi Burrito
- Buds Sandwich Shop
- Balabé Senegalese Cuisine (Food Truck)

GREAT BITES

Ramen

- JINYA Ramen Bar
- Kobe
- Tosh's Ramen
- Yoko Ramen SLC

Vietnamese

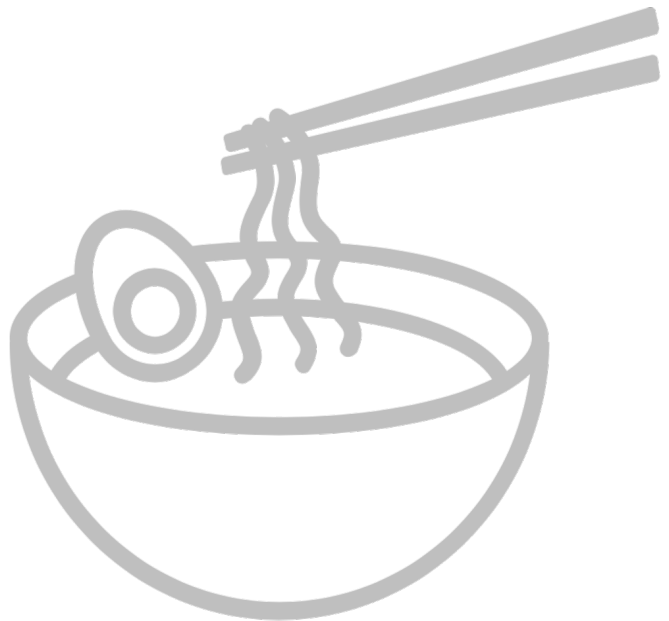
- Café Trang
- Little Saigon
- Oh Mai Sandwich Kitchen (GF)
- Pho Saigon Noodle House (GF)
- Pho Thin
- La cai
- Somi (GF)

Thai

- Chanon Thai Café (GF)
- Dee Garden Thai Kitchen
- Laan Na Thai
- Mano Thai Diner
- Sawadee
- Skewered Thai (GF)
- Thai Archer (GF)
- Thai Garden Bistro (GF)

Vegetarian & Vegan Options

- Afghan Kitchen
- All Chay (GF)
- Arempas (GF)
- Café Shambala
- Mahider Ethiopian Restaurant
- Normal Ice Cream (GF)
- Rawtopia (GF)
- The Green Pig Pub
- Trolley Wing Co. (GF)
- Vertical Diner (GF)



GREAT BITES

Bakeries & Pastries

- Banbury Cross Donuts
- Carol's Pastry Shop
- City Cakes & Café (V/GF)
- Doki Doki Dessert Café
- Fillings & Emulsions
- Gourmandise
- Karim Bakery
- Les Madeleines
- Mrs. Backers Pastry Shop
- Tulie Bakery
- Mims
- Chip

Frozen Treats

- Dolcetti Gelato (GF)
- Handel's Ice Cream
- Nielson's Frozen Custard
- Penguin Brothers
- Spilled Milk Ice Cream & Cereal Bar
- Sweetaly Gelato
- Normal Ice Cream



GREAT BITES

Coffed

- 3 Cups
- Alchemy Coffee
- Blue Copper Coffee Room
- Bjorn's Brew
- Café on 1st
- Caffé Espresso
- Coffee Garden
- Coffee Noir
- High Point Coffee
- Jack Mormon Coffee
- Java Jo's
- Nostalgia Café
- Red Moose Coffee Company (GF)
- Salt Lake City Roasting Co.
- Sugar House Coffee (LGBTQ+ Friendly/GF)
- Sunset Coffee Company
- The Rose Establishment (GF)
- Watchtower Coffee & Comics
- Publik Coffee
- Alpha Coffee
- Three Pine Coffee
- Pinyon Coffee
- The People's Coffee
- Campos Coffee

Tea

- Kung Fu Tea
- Space Tea
- Tea Bar
- Tea Zaanti
- Tea's Memory
- The Tea Grotto



ACTIVITIES

Hiking Trails

- Bonneville Shoreline Trail
- Corner Canyon
- Desolation Trail
- Donut Falls
- Ensign Peak
- Gloria Falls
- Grandeur Peak
- Lisa Falls
- Mount Timpanogos
- Millcreek Canyon (Dog Friendly)
- Muller Park Hikes
- Pfeifferhorn Trail
- Little cottonwood Red pine Trailhead
- Living room hike for an overlook of the salt lake valley at sunset
- Red Pine Lake Trail
- Shoreline trail
- Pipeline Trail
- The Living Room
- White Pine Lake Trail
- Wasatch Crest Trail to Desolation Lake

TIP! If you are planning to hike in the winter or early spring, check <https://utahavalanchecenter.org> for avalanche conditions before heading out.

Tubing, Sledding & Snowshoeing

- Big Cottonwood Canyon
- Deer Valley
- Neffs Canyon
- Soldier Hollow
- Snowshoeing in Ferguson canyon

Skiing

- Alta
- Brighton
- Snowbird
- Solitude

TIP! Check out the Ikon or Epic Pass

TIP! Get discounted lift tickets through the U



ACTIVITIES

Family Friendly

- Bonneville Salt Flats
- Boondocks Food & Fun
- Clark Planetarium
- Discovery Gateway Children's Museum
- Evermore Park
- Hogle Zoo
- Lagoon Amusement Park
- Loveland Living Planet Aquarium
- Red Butte Garden
- Kennecott Copper Mines
- Natural History Museum of Utah
- Splash Pads
- Thanksgiving Point
- The Clark Planetarium
- This is the Place
- Tracy Aviary

Friday Night Ideas

- Top Golf
- Axe Throwing
- Tracy Aviary
- Symphony
- Ballet
- Eccles Theater
- Trivia Nights
- Downtown Park City
- Temple Square lights (Christmas Time)

Book Shops

- Central Book Exchange
- Ken Sanders
- King English
- Weller Book Works

State Attractions

- Zion
- Bryce Canyon
- Goblin Valley
- The Uintas
- Lake Powell
- Dead Horse State Park
- Snow Canyon
- Logan Canyon
- Capital Reef
- Moab
- Escalante
- Drive up Big and Little Cottonwood Canyon
- Antelope Island
- Utah state Capital

Arts

- Broadway Centre Cinemas
- Ballet West
- Desert Star Playhouse
- Eccles Theater
- Hales Center Theater
- Keys on Main Piano Club
- Live Music at Lake Effect
- Pioneer Theatre Club
- Red Butte Garden Concerts
- Soundwell
- Storytelling Night at The Bee
- The Leonardo
- Utah Symphony | Utah Opera
- Utah Museum of Fine Art
- Wiseguys Comedy Club

Shopping

- 9th and 9th
- 15th and 15th
- City Creek Center
- Fashion Place Mall
- The Gateway

ACTIVITIES

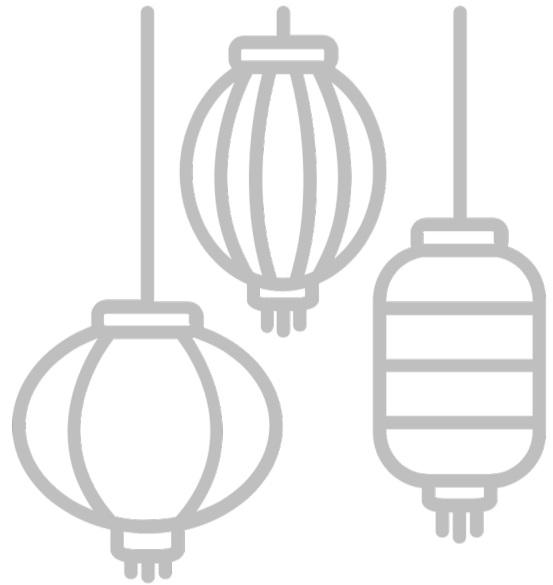
Sports

- Utah Jazz Basketball
- Real Salt Lake Soccer
- Salt Lake Bees Baseball
- Utah Grizzlies Hockey

Weekend Getaways

- Anniversary Inn
- Bear Lake
- Big Sky Resort, MT
- Causey Reservoir
- Cliffs Spa at Snowbird
- Dinosaur National Monument
- Flaming Gorge
- Heber City and Midway, UT
- Jackson Hole, WY
- Jordanelle Reservoir
- Ketchum, ID
- Lava Hot Springs
- Lake Powell
- Meadow Hot Springs
- Mirror Lake
- Ninemile Canyon
- Pineview Reservoir
- St. George, UT
- Sun Valley, ID
- The Cliff Lodge at Snowbird
- Yellowstone & Grand Teton National Parks

TIP! Visit “The Mighty 5” National Parks in Utah. All are about 4 hours away from Salt Lake City!



Local Festivals

- Avenues Street Fair
- The African Festival
- Christkindlmarkt
- Festa Italiana
- Holi Festival of Colors
- Ice skating at the Gallivan center in the winter
- Living Traditions Festival
- Nihan Matsuri
- Oktoberfest at Snowbird
- Oakley rodeo
- Pie and Beer day celebrations
- Salt Lake Greek Festival
- Strawberry Days in Pleasant Grove
- Swiss Days in Midway
- Tour de Brewtah
- Utah Arts Festival
- Utah Pride Festival
- Utah State Fair
- Yappy Hour
- Zoo Brew

TIP! Find more events at saltlakecountyarts.org

RESOURCES

Hair Salons & Barbershops

- African Braiding Hair Salon and Beauty Supply
- Black Borough Barbershop
- Black Diamond Barbershop and Salon
- Buffalo Barbers
- The Bureau Barber
- Curl Co. Hair and Beauty Salon
- Ebony & Ivory Hair Design
- Kraken Barbershop
- Jed's Barbershop
- Lunatic Fringe Sugar House
- Landis
- Sandra's Ethnic Care Salon
- Skull Cutters Barbershop
- University Barbershop

TIP! Find Black owned/operated hair salons on
[HTTPS://utahblackpages.com](https://utahblackpages.com)

Student Discounts

- Arempa's - 10% off all food
- Athleta - 10% off your purchase
- BLICK Art Materials - 10% off your purchase
- Dan's on Foothill - 10% off on Thursdays for Dan Plus Program members
- Knead a Massage - \$5 off services Rebel House 10% off services

TIP! For more discounts, visit:
<https://attheu.utah.edu/students/student-discounts-30/>

Preschool/Childcare

- First Baptist church day care
- U of U daycare
- Miss Billie's Kids Kampus
- Bright horizons in research park
- North Salt Lake KinderCare
- Wasatch Kids Camps

Car Repair & Maintenance

- Third avenue car clinic
- Master Muffler
- Burt Brothers Tire & Service

Fitness Centers

- The Front Climbing Club
- The Jewish Community Center (JCC) – special resident membership rate
- Body Wise Fitness in Foothill shopping village
- SL Sports Complex
- Cottonwood Heights rec center
- Xcel Fitness- Holladay
- Anytime Fitness, Parley's location
- VASA – Some have childcare
- Holladay Lions (corporate rate when you show U ID)
- Centered City Yoga
- Wasatch Yoga Upstairs
- 24 Hour Fitness – U employee/partner discount Sugarhouse and Trolley Square locations, both have childcare
- Core Power Yoga
- Bountiful Rec Center
- Therapy Social Fitness by Liberty Park

LGBTQ+ safe spaces in SLC area

- Encircle safe house for lgbtq+ teens and families
- 9th and 9th area
- Utah Price Center
- LGBTQ Chamber

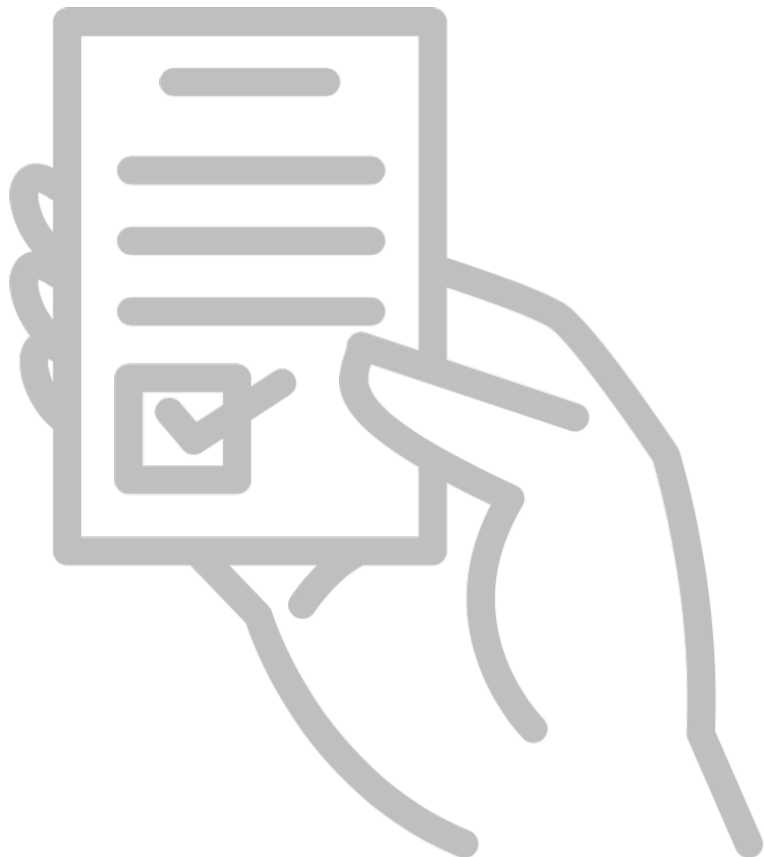
RESOURCES

Community

- Campus Childcare: <https://childcare.utah.edu/care-options/programs.php>
- Choosing a Neighborhood: <https://bit.ly/3pO9luT>
- Finding a Home: <http://homes.utahpim.com/>
- Community Organizations: <https://slco.org/diversity/community-organizations/>
- LGBTQ+ Resources: <https://bit.ly/2P6RfHN>

International Grocery Stores

- Black Cherry Mediterranean Market
- Chinatown Supermarket
- European Tastes
- Japan-Sage Market
- Kim Long Fresh Market
- La Pequeñita International Market
- La Rosa's Mexican Market
- Qaderi Sweetz N Spicez
- Shaku Maku Market
- Tejeda's Market



LACTATION SPACES

U hospital, affiliates, and surrounding buildings

University of Utah Hospital

- Rooms 2053 and 2055 (Off the main visitor elevators on Level 2, take right off the elevator then a left. They are located directly across the hall from the Women's Special Care unit room 2301)
- Room 3151B (Curtained area off the Women's OR locker room by the scrub machine)
- Room P5434 (5th floor - Critical Care Pavilion)
- W2365 (2nd floor - West Pavilion)

IMC (you have to request badge access to these spaces - contact your program coordinator)

- 8th floor behind nurses' station in the tower.
- LL1 by the ED and Nutritional support
- Doty on L1 by the main hallway

Huntsman Cancer Hospital

- Room 5140 (5th floor)

Primary Children's Hospital

- Level 1 - main hallway (1) & CPC (1)
- Level 2 - outside CICU (1)
- Level 4 - outside NICU (5) punch code needed from the NICU clerk

Primary Children's Eccles Outpatient Services Building

- Level 2 - main hallway (1)
- Level 3 - main hallway (2)

Moran Eye Center

- Main floor - N1020 (Name on door: Lactation)

Sugarhouse Health Center

- 3rd floor Hallway A Consult Rooms 1 and 2

Veteran's Affairs Hospital

- 1B02 - across from radiology, "Mother's Room"

Department of Family and Preventative Medicine

- Lower level - attached to women's Restroom

School of Medicine

- Rooms 2B422 and 4B432A (code for door: 421)

Eccles Health Sciences Library

- Room 2165 (Located in Women's restroom north side, top floor)
- Lower level by the kitchen area

LACTATION SPACES

U hospital, affiliates, and surrounding buildings

College of Nursing

- Room 3615 (3rd floor)

College of Pharmacy

- Rooms located on the north side of main elevators on all floors. Rooms are labeled "Pantry"

Ambulatory Care Center (ACC or Area E)

- B Level - B004
- 1st floor - 1038 and 1320
- 2nd floor - 2313
- 3rd floor - 3331
- 5th floor - 5335 (future)
- 6th floor - 6335 (future)

Craig H. Neilsen Rehabilitation Hospital

- 1st floor - Room 1510 (future)
- 5th floor - Room 5452 (future)

