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)
- Chung'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)

## 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

## Other Tasty bites
- Current Fish & Oysterr
- EastWest Connection
- Feldman’s Deli
- HallPass Food Hall
- R&R BBQ
- The Dodo (GF)
- Tin Angel Café

## 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

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)

Vietnamese

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

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

Friday Night Ideas

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

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

Book Shops

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

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

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/

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

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
RESOURCES

Community

- Campus Childcare: https://childcare.utah.edu/care-options/programs.php
- Choosing a Neighborhood: https://bit.ly/3pO9luT
- Community Organizations: https://slco.org/diversity/community-organizations/

International Grocery Stores

- Black Cherry Mediterranean Market
- Chinatown Supermarket
- European Tastees
- 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)