

## Restaurants

<b>Capital Grille</b>	\$\$\$\$	<b>Ruth's Chris Steakhouse</b>	\$\$\$\$
201 N. Tryon Street Sales and Marketing: Jill Mohler (704) 348-1400 Upscale steak, seafood, extensive wine list <a href="http://www.thecapitalgrille.com">www.thecapitalgrille.com</a>		222 S. Tryon St. (704) 338-9444 <a href="http://www.ruthschris.com">www.ruthschris.com</a>	
<b>McCormick &amp; Schmick's Seafood</b>	\$\$\$\$	<b>BLT Steak</b>	\$\$\$\$
(704) 377-0201 or (888) 344-6861 200 South Tryon Street Fresh fish & seafood as well as steak & chicken. <a href="http://www.mccormickandschmicks.com">www.mccormickandschmicks.com</a>		110 N. College St. 28202 – closed for dinner on Sundays (704) 972-4380 <a href="http://www.ritzcarlton.com/en/Properties/Charlotte/Dining/BLTSteak/Default.htm">www.ritzcarlton.com/en/Properties/Charlotte/Dining/BLTSteak/Default.htm</a>	
<b>Cafe Sienna</b>	\$\$\$	<b>Morton's The Steak House</b>	\$\$\$\$
230 N. College Street (Located in the Holiday Inn Center City) (704) 602-2750 Mediterranean w/ daily lunch buffets <a href="http://www.caffesienacharlotte.com">www.caffesienacharlotte.com</a>		227 W. Trade Street, Suite 150 (704) 333-2602 Upscale, steak & seafood, extensive wine list <a href="http://www.mortons.com">www.mortons.com</a>	
<b>Dandelion Market</b>	\$\$\$	<b>La Belle Helene</b>	\$\$\$
118 W. 5 <sup>th</sup> Street (704) 333-7989 <a href="http://www.dandelionmarketcharlotte.com">www.dandelionmarketcharlotte.com</a>		300 S. Tryon St. (704) 969-2550 <a href="http://www.labellehelenerestaurant.com">www.labellehelenerestaurant.com</a>	
<b>BlackFinn American Saloon</b>	\$\$\$	<b>VIDA Mexican Kitchen</b>	\$\$\$
210 E Trade Suite B-120 Charlotte NC 28202 Inside the EpiCentre (704) 971-4440 (704) 971-0522 <a href="http://www.blackfinncharlotte.com/index.php">www.blackfinncharlotte.com/index.php</a>		210 East Trade Street Suite 104A Charlotte, NC 28202 Inside the EpiCentre (704) 971- 8432 <a href="http://www.VidaCantina.com">www.VidaCantina.com</a>	
<b>5Church</b>	\$\$\$	<b>Aria Tuscan Grill</b>	\$\$\$
127 N Tryon St #8 704-9191-1322 <a href="http://www.5church.com">www.5church.com</a>		100 N Tryon Street #10 – closed for lunch on weekends Actual location (corner of Trade and College) (704) 376-8880 <a href="http://www.ariacharlotte.com">www.ariacharlotte.com</a>	

**Essex** \$\$  
101 S Tryon Street Suite 14  
(980) 406-3857  
[www.essexnc.com](http://www.essexnc.com)

**Duckworth's Grill and Taphouse** \$\$  
330 N. Tryon Street  
(980) 939-1166  
[www.uptown.duckworths.com](http://www.uptown.duckworths.com)

**Cowbell Burger & Whiskey Bar** \$\$  
201 N Tryon Street  
(980) 224-8674  
[www.eatmorecowbell.com](http://www.eatmorecowbell.com)

**Howl at the Moon – dueling piano bar** \$\$  
210 E. Trade St. Suite A-340  
Charlotte, NC 28202  
Phone: (704) 936-howl  
Fax: (704) 936-4699  
3rd Floor of The EpiCentre – closed  
Sunday and Monday  
[www.howlatthemoon.com](http://www.howlatthemoon.com)

**Kings Kitchen** \$\$  
129 W. Trade Street – closed for lunch  
Saturday, closed Sunday  
(704) 375-1990  
[www.kingskitchen.org](http://www.kingskitchen.org)

**Jason's Deli** \$\$  
Best salad bar in town and free ice cream!  
Closed on weekends  
210 E. Trade Street  
Charlotte, NC 28202  
Inside the EpiCentre  
(704) 688-1004  
[www.jasonsdeli.com](http://www.jasonsdeli.com)

**Stoke** \$\$  
100 W Trade Street  
(704) 353-6005  
[www.stokecharlotte.com](http://www.stokecharlotte.com)

**Whisky River** \$\$  
210 East Trade Street  
Suite A-208  
Charlotte, NC 28202  
Inside the EpiCentre  
(704) 749-1097  
[www.whiskyrivercharlotte.com](http://www.whiskyrivercharlotte.com)

**7<sup>th</sup> Street Public Market** \$\$  
224 E 7<sup>th</sup> Street  
Charlotte, NC 28202  
704-230-4346

Enclosed farmers market with food and  
drink stands including fresh local  
sandwiches, pizza, sushi, desserts, wine,  
beer, and coffee.  
[www.7thstreetpublicmarket.com](http://www.7thstreetpublicmarket.com)

**Mert's Heart and Soul** \$\$  
214 N. College Street – closed for lunch  
on weekends  
(704) 342-4222  
Soul Food  
[www.mertsuptown.com](http://www.mertsuptown.com)

**Ri-Ra The Irish Pub** \$\$  
208 N. Tryon Street  
(704) 333-5554  
Traditional and modern Irish Cuisine  
[www.rira.com](http://www.rira.com)

**Basil Thai** \$\$  
210 N Church St 28202 – closed for  
lunch on weekends  
(704) 332-7212  
[www.eatatbasil.com](http://www.eatatbasil.com)

<b>Soho Bistro</b>	\$\$	<b>Queen City Q</b>	\$\$
214 N. Tryon Street Actual location (College St. across from Holiday Inn) (704) 333-5189 <a href="http://www.uptown2go.com">www.uptown2go.com</a>		225 E. 6 <sup>th</sup> St. 28202 (704) 334-8437 <a href="http://www.queencityq.com/">www.queencityq.com/</a>	
<b>Graham St. Pub &amp; Patio</b>	\$\$	<b>Brixx Woodfired Pizza</b>	\$\$
400 S Graham St (980-218-9228 <a href="http://www.grahamstnc.com">www.grahamstnc.com</a>		225 E. 6 <sup>th</sup> Street (704) 347-2749 <a href="http://www.brixxpizza.com">www.brixxpizza.com</a>	
<b>Mortimer's Café and Pub</b>	\$\$	<b>KO Sushi</b>	\$\$
210 E. Trade St. Suite C-140 28202 (704) 688-0366 Inside the EpiCentre <a href="http://www.mortimerspub.com/">www.mortimerspub.com/</a>		230 S. Tryon St. Suite R2 28202 – closed for lunch Saturdays and on Sundays (704) 372-7757 <a href="http://www.kosushiexpress.com/">www.kosushiexpress.com/</a>	
<b>Starbucks Coffee</b>	\$\$	<b>Panera Bread</b>	\$\$
101 N Tryon St 28246 (704) 377-2790 <a href="http://www.starbucks.com">www.starbucks.com</a>		201 S. College St. 28244 (704) 998-2074 <a href="http://www.panerabread.com/">www.panerabread.com/</a>	
<b>Fitzgerald's Irish Pub</b>	\$\$	<b>Starbucks Coffee</b>	\$\$
201 E. 5 <sup>th</sup> St. 28202 (704) 900-8088 <a href="http://www.fitzgeraldscharlotte.com/">www.fitzgeraldscharlotte.com/</a>		135 Levine Avenue of the Arts (704) 372-6114 <a href="http://www.starbucks.com">www.starbucks.com</a>	
<b>The Local</b>	\$\$	<b>Mellow Mushroom</b>	\$\$
105 E. 5 <sup>th</sup> St. 28202 (704) 347-0035 <a href="http://www.thelocalcharlotte.com">www.thelocalcharlotte.com</a>		225 W. Martin Luther King Jr. Blvd. (704) 371-4725 <a href="http://www.mellowmushroom.com">www.mellowmushroom.com</a>	
<b>Amelie's French Bakery</b>	\$	<b>American Roadside Burgers</b>	\$
301 S Tryon Street Charlotte, NC 28202 704-899-0088 Very popular French bakery featuring food, pastries, wine and beer, and a very large seating area. Open 7am-10pm Sun-Thurs 7am-2am Friday and Saturday <a href="http://www.ameliesfrenchbakery.com">http://www.ameliesfrenchbakery.com</a>		440 S Church St (704) 335-3352 <a href="http://www.americanburgerco.com">www.americanburgerco.com</a>	
		<b>Vapiano</b>	\$
		201 S. Tryon St. 28202 Open 7 days a week for Lunch and Dinner (704) 332-2440 <a href="http://www.vapianointernational.com/vapiano/locations/us-locations/us-locations.html">www.vapianointernational.com/vapiano/locations/us-locations/us-locations.html</a>	

**Energy Café** \$  
550 S Tryon St. #120 – closed for dinner  
and on weekends  
(704) 910-1094  
[www.energycafecharlotte.com/](http://www.energycafecharlotte.com/)

**Showmars** \$  
214 N. Tryon Street (*skywalk inside Hearst  
Tower*) – closed for dinner and on  
weekends  
(704) 333-5833  
[www.showmars.com](http://www.showmars.com)

**Smoothie King** \$  
301 S College St, 2<sup>nd</sup> floor – closed  
weekends  
(704) 979-6911  
Call ahead ordering and Delivery  
[/www.smoothieking.com/](http://www.smoothieking.com/)

**Jimmy John's** \$  
230 S Tryon Street  
(704) 333-7827  
[www.jimmyjohns.com](http://www.jimmyjohns.com)

**Fuel Pizza** \$  
214 N. Tryon St.  
Actual location (College St. across from  
Holiday Inn)  
(704) 350-1680  
[www.fuelpizza.com](http://www.fuelpizza.com)

**Which Wich** \$  
101 S Tryon St Suite 18 – inside the  
overstreet mall  
(704) 503-9192  
[www.whichwich.com](http://www.whichwich.com)

**The Pita Pit** \$  
214 N. Tryon St., unit 120  
Actual location (College St. across from  
Holiday Inn) closed Sundays  
(704) 333-5856  
[www.pitapitusa.com](http://www.pitapitusa.com)

**Hazlenuts Creperie** \$  
200 S. Tryon St. –closed for dinner  
In the lobby between 3<sup>rd</sup> and 4<sup>th</sup> street  
(704) 332-4015  
[www.hazelnutscreperie.com/](http://www.hazelnutscreperie.com/)

**Sabor Latin Street Grill** \$  
300 N College Street  
(980) 294-0002  
[www.saborcharlotte.com](http://www.saborcharlotte.com)

**Hooters** \$  
123 W. Trade Street  
(704) 333-4566  
[www.hooters.com](http://www.hooters.com)

**Redeye Diner** \$  
210 E. Trade Street  
Charlotte, NC 28202  
Inside the EpiCentre- OPEN 24 HOURS  
(980)585-2867  
[www.redeuedinercharlotte.com](http://www.redeuedinercharlotte.com)

## Grocery Stores

**Harris Teeter (Uptown)**  
325 W . 6th St.  
(704) 332-8479  
6:00am - 11:00pm

**Whole Foods Market**  
400 E Stonewall Street  
(704) 969-5950  
7:00am – 10:00pm

**Trader Joe's (1.6 mi)**  
1133 Metropolitan Ave. 28204  
(704) 334-0737  
Mon-Sun 8am - 9pm