



eat well, sxsw

“Where the health can you eat around here?”



sustainable and healthy food listings by eatwellguide.org, edibleaustin.com & healthymonday.org

LEGEND

- ★ CONVENTION CENTER
- 1 RESTAURANTS/STORES
- STREETS
- PARKS

1. Aquarelle Restaurant and Wine Bar \$\$\$
 606 Rio Grande St. (512) 479-8117
 One of Austin's premier gourmet restaurants offering authentically prepared, seasonal French cuisine, served in a warm and romantic turn of the century home located in the heart of downtown Austin.
 – Dinner

2. Austin Farmers Market \$
 4th and Guadalupe at Republic Square Park Downtown. (512) 236-0074
 The definition of sustainable, this year-round farmers market features locally made breads, cheese and prepared goods as well as fruit, vegetables, meat, honey and more.
 – Saturdays 9am to 1pm

3. Beets Living Food Cafe \$

1611 West 5th St., Suite 165. (512) 477-2337
Utilizing seasonal vegetables, fruits, nuts and seeds, and local and organic ingredients whenever possible, "Beets" creates a delicious raw menu from scratch.
– Vegan; Breakfast, Lunch, Dinner

4. Blue Dahlia Bistro \$\$–\$\$\$

1115 East 11th St. (512) 542-9542
This French-influenced bistro serves up an array of tartines, salads, and nightly specials with a focus on sustainable ingredients and the local community.
– Breakfast, Lunch, Dinner

5. Borboleta \$

1221 West 6th St. (512) 828-7404
This "living foods" restaurant offers nutrient dense, gluten free foods with an ever changing seasonal menu and freshly-extracted juices, yummy smoothies, and cocktails.
– Vegetarian, Vegan; Breakfast, Lunch, Dinner

6. Buenos Aires Cafe \$\$–\$\$\$

1201 East 6th St. (512) 382-1189
2414 South First St. (512) 441-9000
An Argentine-inspired restaurant serving authentic dishes such as Lomito, Chorizo, and Milanesas using organic meats and local organic produce.
– Breakfast, Lunch, Dinner

7. Casa de Luz \$

1701 Toomey Rd. (512) 476-2535
More than just a restaurant, Casa de Luz serves organic, vegan, macrobiotic, and gluten free food to the most conscious of eaters with a menu updated daily.
– Vegan, Macrobiotic; Breakfast, Lunch, Dinner

8. Chez Nous \$\$–\$\$\$

510 Neches St. (512) 473-2413
Open by three French friends in 1982, Chez Nous brings authentic bistro cuisine to Austin with a large menu of classic dishes.
– Lunch, Dinner

9. Cipollina West Austin Bistro \$\$–\$\$\$

1213 West Lynn St. (512) 477-5211
"A sample of central-Texas and the season," this menu offers something for everyone and boasts a serious list of local cheese, meat, and produce providers.
– Lunch, Dinner

10. East Side Showroom \$\$–\$\$\$

1100 East 6th St. (512) 467-4280
A dynamic showroom for local artists and a café and bar with a menu inspired by the delicatessens and bistros of pre-war locals from France to Texas.
– Dinner

11. Guero's Taco Bar \$\$–\$\$\$

1412 South Congress Ave. (512) 447-7688
A popular Austin Taqueria since 1986, with a menu full of Mexican specialties created using fresh produce and meats.
– Lunch, Dinner, Weekend Brunch

12. Home Slice Pizza \$

1415 South Congress Ave. (512) 444-7437
An independent neighborhood pizza joint serving authentic NY-style pizza — homemade, hand tossed, bonafide pies for either dine in or carry out.
– Lunch, Dinner

13. La Condesa \$\$

400 A West 2nd St. (512) 499-0300
Contemporary Mexican cuisine ranging from street food favorites to sophisticated specialties using local, organic and humanly raised ingredients when possible.
– Dinner, Weekend Brunch

14. Leaf \$

419 West 2nd St. (512) 474-5323
The place to get farm fresh salads in Austin, create your own or choose from the "Big 12" menu.
– Lunch, Dinner

15. Magnolia Cafe \$

1920 South Congress Ave. (512) 478-8645
Soups, salads, sandwiches, enchiladas, tacos and more — fresh food cooked with passion in a comfortable setting that will make you feel at home.
– Breakfast, Lunch, Dinner

16. Manuels \$\$–\$\$\$

310 Congress Ave. (512) 472-7555
Regional Mexican cooking featuring coastal seafood, sizzling fajitas, and fresh flavors.
– Lunch, Dinner, Weekend Brunch

17. Mulberry \$\$–\$\$\$

360 Nueces St. (512) 320-0297
A cozy wine bar in downtown Austin, Mulberry serves an array of seasonal snacks and entrees.
– Dinner, Weekend Brunch

18. Olivia \$\$\$

2043 South Lamar Blvd. (512) 577-7969
With a produce-based menu inspired by the back yard garden, this hot-spot was named one of America's best new restaurants in 2000 by *Bon Appétit*.
– Lunch, Dinner

19. Perla's \$\$–\$\$\$

1400 South Congress Ave. (512) 293-7100
Features fish and oysters flown in daily from both coasts with an emphasis on the freshest catch from the Gulf of Mexico and simple, clean preparations.
– Lunch, Dinner, Weekend Brunch

20. Progress Coffee \$

500 San Marcos St. (512) 493-0963
Serving coffee that meets the highest standards — fair trade, organic, shade-grown and custom roasted by hand — it's definitely one of the coolest hangouts in town. Serves local food too!
– Breakfast, Lunch, Early Dinner

21. Snack Bar \$

1224 South Congress Ave. (512) 445-2626
From South America to the Mediterranean to Asia, this lengthy yet original menu sources local and sustainable ingredients whenever possible.
– Breakfast, Lunch, Dinner

22. Somnio's Cafe \$

1807 South First St. (512) 442-2500
With a selection of items to please omnivores, vegetarians, vegans, and gluten-free eaters alike, this is tasty sustainable food with a south-Texas twist.
– Lunch, Dinner, Sunday Brunch

23. Thai Fresh \$

909 West Mary St., Suite B. (512) 494-6436
Spicy curries, sweet and sour salads, mild fish fries — it's locally sourced and well balanced Thai food to delight all the senses.
– Lunch, Dinner

24. Whip In Parlour Cafe & Market \$

1950 IH35 South. (512) 442-5337
South-Asian inspired food featuring homemade naan and chutney with lots of vegetarian options that you can eat in or take out.
– Lunch, Dinner

25. Wink Restaurant \$\$\$

1014 North Lamar Blvd. (512) 482-8868
Working with Texas farmers and ranchers, this fine establishment has a long menu of new-American appetizers and entrees, as well as two chef's tasting menus and a bar menu.
– Dinner

26. Whole Foods Austin \$

550 Bowie St. (512) 476-1206
Open 8am to 10pm seven days a week, the flagship Whole Foods is a reliable option for meals, snacks and home-cooking provisions.

FOR MORE LISTINGS IN THE AUSTIN AREA GO TO WWW.EATWELLGUIDE.ORG/AUSTIN



edible AUSTIN



Healthy Monday
The day all health breaks loose