welcome to

St. Louis

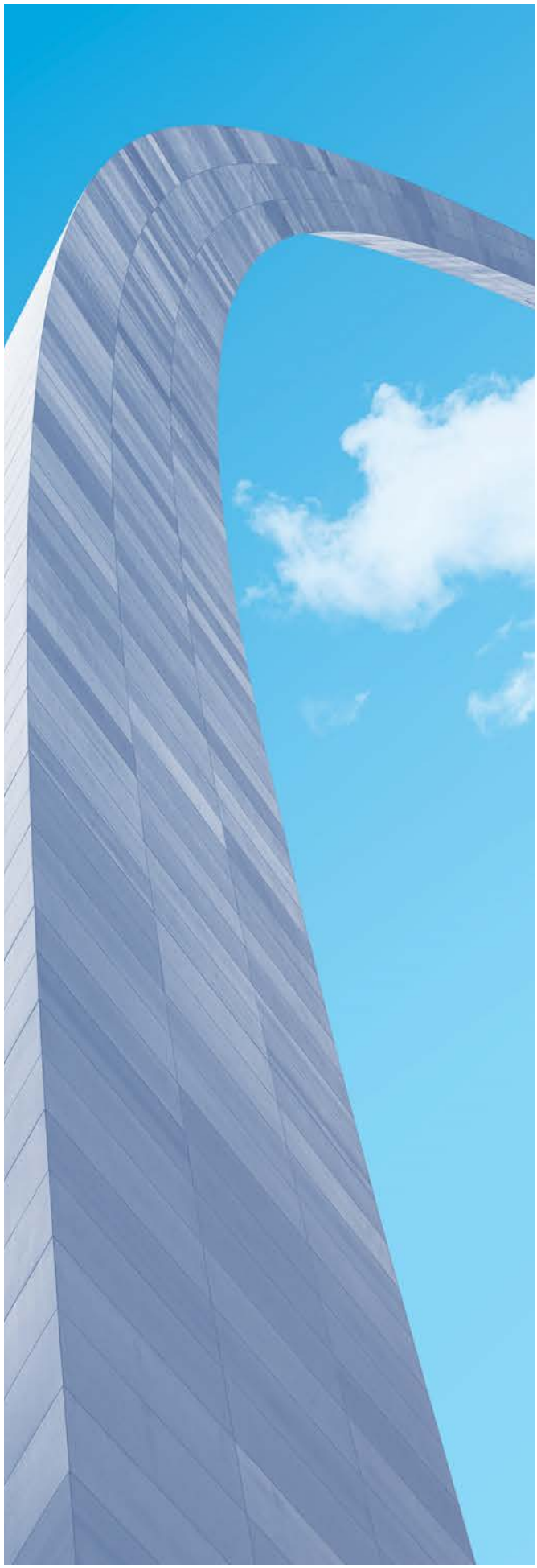


explore st.louis

welcome

St. Louis is bursting with one-of-a-kind attractions, restaurants and entertainment options for you to explore before and after your conference duties are done. We hope you'll find this booklet helpful as you navigate your way around St. Louis. And if you should need any additional visitor information, please stop by our visitor center on the first floor – near the Washington Avenue entrance of America's Center – and speak with one of our friendly destination specialists.

Enjoy your stay!



weather

The St. Louis region experiences four distinct seasons, including moderate springs, sunny and warm summers, cool and comfortable autumns and milder winters. No matter what time of year you visit, it's usually a good idea to bring a jacket because when it's warm outside, we're not shy about turning down the air conditioning.

Winter	25-42 degrees
Spring	50-66 degrees
Summer	69-88 degrees
Fall	50-68 degrees

stay connected

BROADCAST TV

Channel 2 / KTVI, Fox	www.fox2now.com
Channel 4 / KMOV, CBS	www.kmov.com
Channel 5 / KSDK, NBC	www.ksdk.com
Channel 9 / KETC, PBS	www.ninepbs.org
Channel 11 / KPLR, CW	www.fox2now.com
Channel 30 / KDNL, ABC	www.abcstlouis.com

NEWSPAPERS

St. Louis Post-Dispatch
www.stltoday.com
Local and national daily news

St. Louis American
www.stlamerican.com
The largest local independent newspaper for the African-American community

getting around



TAXIS

For taxi service, contact the following recommended companies:

St. Louis County & Yellow Taxi	(314) 991-5300 www.countycab.com
Laclede Cab	(314) 652-3456 www.lacledecab.com

BUS

The MetroBus fleet consists of nearly 400 buses operating 75 bus routes. Many MetroBus routes connect to MetroLink stations. Go to www.metrostlouis.org to view a description of how Metro can connect you with many great attractions in the St. Louis area.

METROLINK

A one-way ride on the MetroLink light-rail system costs $2.50 (except for the airport to downtown, which costs $4.00). Tickets may be purchased at each station and must be validated with a time stamp before boarding. Trains, in the downtown area, run every 10 minutes during the day. Early morning and late night service runs every 30 minutes. For schedule information, log on to www.metrostlouis.org or call (314) 231-2345.

DRIVING

Downtown St. Louis is a square grid pattern, with north/south streets generally numbered from the river westward. (Exceptions are Broadway, which is 5th Street, and Tucker, which is 12th Street.) Most streets are one way and alternate directions every other street. Rush hour is 7-9 a.m. and 4-6 p.m. East-west street addresses correspond to north-south cross streets (e.g. 600 Olive is at 6th and Olive).

WALKING

Many downtown attractions such as the Gateway Arch, Soldiers Memorial Military Museum, Citygarden, Union Station and the Old Courthouse are also within eight to ten blocks of the Convention Center.

PARKING

Abundant parking is available in high-rise garages and on surface lots throughout downtown.

Parking meters are available on the streets and generally have a two-hour time limit that is strictly enforced. Parking at most meters in the City of St. Louis is free after 7 p.m., Monday-Saturday, and all day on Sunday.

personal safety

The St. Louis Metropolitan Police Department encourages visitors and residents to observe the following safety suggestions:

- Pay close attention to your surroundings.
- Carry as few items as possible.
- Avoid shortcuts that take you through alleys, gangways, and other unlit, isolated areas.
- Carry a small amount of cash, and only the credit cards that you intend to use.
- Make sure belongings in your car are properly stored away from view.
- Park at one of 15 Preferred Downtown Parking Facilities that meet both the security and service standards our guests expect.
- Panhandling is illegal in St. Louis. Do not encourage or reward panhandling.
- Call or text (314) 280-4817 to request a safety officer to walk with you to your destination.

area attractions

For a complete listing of St. Louis attractions, go to www.explorestlouis.com.

ANHEUSER-BUSCH BREWERY

One Busch Place | (314) 765-2040
www.budweisertours.com

Built in 1852, the Anheuser-Busch complex consists of nearly 150 structures on 142 acres. The Clydesdale Stables, the Brewhouse and the Administration Building (the former Lyon's Schoolhouse) are all on the National Register of Historic Places. The outdoor patio, The Biergarten, is a truly unique space that offers a charming view of an urban landscape as you kick back and enjoy the premium beers and fare from the full menu.

BALLPARK VILLAGE

601 Clark | (314) 797-7530
www.stlballparkvillage.com

Located in the heart of the central business district and adjacent to Busch Stadium. Contains more than 100,000 sq. ft. of retail and entertainment, including flagship anchors Cardinals Hall of Fame Musuem and Cardinals Nation Restaurant, Bally Sports Live! and Budweiser Brew House.

CATHEDRAL BASILICA OF SAINT LOUIS

Lindell Blvd. at Newstead Ave. | (314) 373-8200
www.cathedralstl.org

World's largest display of mosaic art under one roof. Museum and shop. Open daily for masses and self-guided tours. FREE admission.

CITY FOUNDRY

3730 Foundry Way
www.cityfoundrystl.com

City Foundry STL is the adaptive reuse of the former 15-acre Century Foundry complex in St. Louis. The iconic and historic foundry building has been transformed into a dynamic hub of innovation complete with St. Louis' first true food hall, and a curated retail experience infused with historic industrial architecture.

CITY MUSEUM

750 N. 16th St. | (314) 231-2489
www.citymuseum.org

Explore a fantastic world built from recycled, salvaged and found materials turned into innovative and interactive art. Climb through caves, tree tunnels, planes, cranes, castles and sky tunnels.

GATEWAY ARCH NATIONAL PARK

11 N. Fourth St. | (314) 982-1410
www.gatewayarch.com

Renovated in 2018, the majestic Gateway Arch, at 630 feet, is our nation's tallest manmade monument. FREE admission to the museum, there is a fee for the tram to the top, riverboat cruise and movie.

SCOTT JOPLIN HOUSE STATE HISTORIC SITE

2658 Delmar Blvd. | (314) 340-5790
www.mostateparks.com/scottjoplin.htm

This restored post-Civil War structure was once the home of the famous ragtime composer and is a National Historic Landmark. Guided tours daily on the hour. Group tours require advance reservations.

THE MAGIC HOUSE, ST. LOUIS CHILDREN'S MUSEUM

516 S. Kirkwood Rd. | (314) 822-8900
www.magichouse.org

Nationally acclaimed children's museum that offers more than 100 hand-on educational exhibits for kids from one to 101. Explore the Children's Village, STEAM Center and three-story slide.

MISSOURI BOTANICAL GARDEN

4344 Shaw Blvd. | (314) 577-5100
www.missouribotanicalgarden.org

A National Landmark featuring 79 acres of beautiful display and demonstration gardens. FREE for children under 12. Narrated tram tours, restaurant, gift shop. Free on-site parking.

MISSOURI HISTORY MUSEUM

5700 Lindell Blvd. | (314) 746-4599
www.mohistory.org

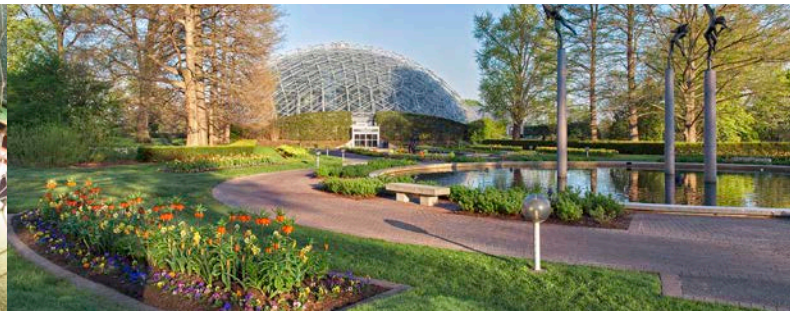
Originally built as the first national monument to Thomas Jefferson, the Missouri History Museum looks at the history of St. Louis from its founding in 1764 up to the present day. Discover the city's base-ball history from the Browns to the Cardinals, marvel at the magnitude of the 1904 World's Fair and much more.

NATIONAL BLUES MUSEUM

615 Washington Ave. | (314) 925-0016
www.nationalbluesmuseum.org

Exploring the Blues and celebrating the genre as the foundation of modern American music with technology-driven experiences and exhibits.





SAINT LOUIS ART MUSEUM

1 Fine Arts Dr. (in Forest Park) | (314) 721-0072
www.slam.org

Built as the Fine Arts Palace of the 1904 World's Fair and one of the nation's leading comprehensive art museums. Collections include works of art of exceptional quality from virtually every culture and time period. Hightlights include free admission to special exhbitions on Friday and programs that range from films to performances. FREE admission.

ST. LOUIS PUBLIC LIBRARY

1301 Olive St. | (314) 241-2288
www.slpl.org

The beautiful Italian Renaissance-style Central Library building was designed by Cass Gilbert, completed in 1912 and funded in part by a donation from Andrew Carnegie. More than 1.5 million books and three million other resources, including maps, videocassettes and CDs, are contained in the library's collections. FREE admission.

SAINT LOUIS SCIENCE CENTER

5050 Oakland Ave. (in Forest Park) | (314) 289-4400
www.slsc.org

Explore 700 hands-on exhibits on environment, aviation, technology and more, life-size dinosaurs and the James S. McDonnell Planetarium's Boeing Space Station experience. OMNIMAX® Theater and traveling exhibitions for nominal fee. FREE admission.

ST. LOUIS UNION STATION

1820 Market St. | (314) 923-3900
www.stlouisunionstation.com

Capture the essence of history, fun and entertainment that the city offers, with the bonus of being able to stay in the hotel right on site. Guests will get a bird's-eye-view of the historic train shed – once the busiest train station in the world – and the iconic St. Louis skyline when you board the neighboring 200-foot St. Louis Wheel. Anchoring Union Station is the stunning St. Louis Aquarium.

SAINT LOUIS ZOO

One Government Dr. (in Forest Park) | (314) 781-0900
www.stlzoo.org

World-class zoo with more than 19,000 animals. Home to Sea Lion Sound, Penguin & Puffin Coast, River's Edge and the Insectarium. Natural habitat areas include Big Cat Country and Primate Canopy. FREE admission.

WORLD CHESS HALL OF FAME

4652 Maryland Ave | (314) 367-9243
www.worldchesshof.org

The World Chess Hall of Fame (WCHOF) celebrates one of the world's classic and best-loved games through vibrant, engaging exhibitions and creative programming. The organization presents exhibitions that explore the history of the game as well as its remarkable impact on arts and culture.





sports

St. Louis Battlehawks

710 Convention Plaza | (314) 342-5201
www.theufl.com/teams/st-louis

Ka-Kaw! As part of the UFL's latest reboot, the team plays at The Dome at America's Center from March-June.

St. Louis Blues

1401 Clark Ave. | (314) 622-5454
www.nhl.com/blues

A member of the National Hockey League, the Blues' season runs October-April, followed by the Stanley Cup Playoffs.

St. Louis Cardinals

700 Clark St. | (314) 345-9000
www.mlb.com/cardinals

Catch exciting baseball action and cheer for the St. Louis Cardinals, the most successful National League franchise, March-September. Busch Stadium tours, (314) 345-9565.

St. Louis City SC

2100 Market St. | (314) 924-6800
www.stlcitysc.com

The first majority female-owned MLS soccer club. The season runs from February-October.

services

PRINT & SHIP

FedEx Office Print & Ship Center
Hyatt Regency St. Louis at The Arch
315 Chestnut St. | (314) 588-2464
www.fedex.com/mo/saint-louis/office-5615/

Marriott St. Louis Grand Hotel *(lower level)*
800 Washington Ave. | (314) 405-3312
www.fedex.com/mo/saint-louis/office-0199/

POST OFFICES

Jefferson Memorial
111 N. 6th St. | (800) 275-8777

Main St. Louis Branch
1720 Market St. | (314) 436-4407

CONVENIENCE/GROCERY STORES

DGX
622 Washington Ave. | (314) 474-0410
www.dollargeneral.com

Fresh Thyme Market
3701 Foundry Way | (314) 597-4400
www.freshthyme.com

Schnuck's Downtown
315 N. Ninth St. | (314) 436-7694
www.nourish.schnucks.com
Pharmacy on site, (314) 436-7491

Walgreens
1530 Lafayette Ave. | (314) 678-1039
www.walgreens.com
Pharmacy on site

EYEGLASS REPAIR

Clarkson Eyecare
917 Olive St. | (314) 621-5303
www.clarksoneyecare.com

DRY CLEANER

Band Box Cleaner
1110 Locust St. | (314) 421-3122

DEAF SERVICES

Deaf Inc.
(314) 714-6400 | www.deafinc.org

BLIND SERVICES

St. Louis Society For The Blind
(314) 968-9000 | www.slsbvi.org

MOVIES

Chase Park Plaza Cinemas
212 Kingshighway Blvd. | (314) 367-0101
www.stlouiscinemas.com

MX Movies
618 Washington Ave. | (314) 222-2994
www.mxstlmovies.com

SHOPPING

Arch Apparel
771 Clark Ave. | (314) 801-8060
www.archapparel.com

The Arch Store
The Gateway Arch
www.gatewayarch.com

CITY Goods *(St. Louis CITY SC team store)*
2018 Market St. | (314) 818-2981
www.mlsstore.com/st-louis-city-sc

LUXE
2920 Washington Ave. | (314) 486-6827
www.luxe-online.net

Official St. Louis Cardinals Team Store
708 Clark Ave. | (314) 345-9180
www.mlbshop.com/st-louis-cardinals

STL Authentics *(St. Louis Blues team store)*
1401 Clark Ave. | (314) 622-5495
www.stlauthentics.com

WHEELCHAIR & SCOOTER RENTAL

Medical West Healthcare
(314) 725-1888 | www.medicalwesthealthcare.com

Mobility City
(636) 434-2860 | www.mobilitycity.com

Scootaround Mobility Solutions
(888) 441-7575, ext. 6222 | www.scootaround.com

emergencies

Emergency: 911

24 Hour Emergency number at America's Center
(314) 342-5081 or (314) 342-5016

HOSPITALS & URGENT CARE

Barnes-Jewish Hospital

One Barnes-Jewish Hospital Plaza | (314) 747-3000
www.barnesjewish.org

SSM Health Saint Louis University Hospital

1201 S Grand Blvd. | (314) 577-8000
www.ssmhealth.com/sluhospital

Total Access Urgent Care

3114 S. Grand Blvd. | (314) 696-2178
www.totalaccessurgentcare.com

DENTIST

Coleman Dental

1010 Locust St. | (314) 241-0885
www.coleman-dental.com

Downtown Dental Associates

720 Olive St., Unit 1700 | (314) 241-4232
www.downtowndentalstl.com

Karen J. Harris DMD & Associates

2000 Locust St. | (314) 231-4893
www.kjhdentistry.com

tourist info

Explore St. Louis

(314) 421-1023 | www.explorestlouis.com
visitorinfo@explorestlouis.com

Missouri Division of Tourism

(800) 519-2100 | www.visitmo.com
tourism@ded.mo.gov

Illinois Office of Tourism

(800) 226-6632 | www.enjoyillinois.com

visitor services

Below is a list of visitor services available in St. Louis.

Disabled Accessibility Information

Voice: (314) 622-3686
TDD: (314) 622-3693

Foreign Currency Exchange

St. Louis Lambert International Airport – Terminal 1

U.S. Bank in the lower level, adjacent to the C/D checkpoint. Passengers should contact the bank for available currencies at (314) 429-1248. *(Currently only available for U.S. Bank customers)*

Highway Conditions

(888) 275-6636 | www.modot.org

visitor info

Visitor Information Centers exist at these locations:

America's Center

8th & Washington, inside the Convention Complex

Forest Park

5595 Grand Dr., in Forest Park (Dennis & Judith Jones Visitor & Education Center; east of the Missouri History Museum)

Gateway Arch

Lower museum level lobby

Kiener Plaza (seasonal)

600 Chestnut St.

St. Louis Lambert International Airport

Terminal 1: lower level by baggage claim area #3

Terminal 2: lower level by baggage claim area; door #12

St. Louis Union Station

At the entrance to the St. Louis Aquarium from the parking lot

Our friendly and informed specialists are available to answer all of your questions about your visit to St. Louis. Free brochures, maps and up-to-date event information on St. Louis area attractions and restaurants is available in additon to copies of the *Official St. Louis Visitor Guide*.

restaurants

BREAKFAST

Restaurants listed in this category have an opening time of 7 a.m. The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other breakfast options.

BLT – Breakfast, Lunch & Tacos (10 a.m.)

Blueprint Coffee

Café de Blaire

Chris' @ the Docket

The Clover & the Bee

The Cobblestone STL

Colleen's

Egg

Elicious Restaurant

First Watch

Half & Half

Java Plus Café & Catering

Kaldi's Coffee

Katie's Pizza & Pasta Osteria (10 a.m.)

Kingside Diner

Meshuggah Cafe

The Mud House

The Original Pancake House

Panera (St. Louis Bread Co.)

Park Avenue Coffee

The Pennydrop (The Pennywell)

Pickle's Deli

The Preston (Chase Park Plaza)

Ramsay's Kitchen (Four Seasons)

Red Kitchen (Hyatt Regency)

Robie's Restaurant (Magnolia Hotel)

Rooster

Rush Bowls

Smoothie King

Snarf's

Schnuck's Downtown

Southwest Diner

Starbucks (Hilton St. Louis at the Ballpark, Horseshoe Casino, Hyatt Regency, Marriott St. Louis Grand)

UKRAFT Café & Catering

Union 30 (Hotel Saint Louis)

Winslow's Table

Zenia Bar & Grille (Marriott St. Louis Grand)

SNACKS & DESSERTS

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other options.

Bella's Frozen Yogurt

Blue Owl

Café de Blaire

The Caramel House

Clementine's Creamery

The Cobblestone STL

Colleen's

Crown Candy Kitchen

Donut Drive-In

The Fountain on Locust

La Pâtisserie Chouquette

Ices Plain & Fancy

Insomnia Cookies

Java Plus Café & Catering

Jilly's Cupcake Café

John's Donuts

Nathaniel Reed Bakery

Omen Coffee

Park Avenue Coffee

Pharoah's Donuts

Ramsay's Kitchen (Four Seasons)

Soda Fountain at Union Station

Starbucks (Hilton St. Louis at the Ballpark, Horseshoe Casino, Hyatt Regency, Marriott St. Louis Grand)

Ted Drewes

COFFEE

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other coffee break options.

BLT – Breakfast, Lunch & Tacos

Café de Blaire

Catalyst Coffee Bar

High Low

Java Plus Café & Catering

Northwest Coffee Roasting

Omen Coffee

Park Avenue Coffee

Starbucks (Hilton St. Louis at the Ballpark, Horseshoe Casino, Hyatt Regency, Marriott St. Louis Grand)

Rooster

UKRAFT Café & Catering

Red italics indicate downtown location.

LUNCH

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other options.

1894 Cafe at Union Station

Aubergine Café

Ballpark Village:
Cardinals Nation
Condado Tacos
FanDuel Sports Network Live!
Katie's Pizza & Pasta Osteria
Salt & Smoke
Sports & Social

Beffa's

BLT – Breakfast, Lunch & Tacos

Blueprint Coffee

Brasserie by Niche

Café de Blaire

Chris' @ the Docket

City Foundry Food Hall

The Clover & the Bee

The Cobblestone STL

Colleen's

Commonwealth

Dao Tien Bistro

Domino's

Egg

Elicia's Pizza

Elicious Restaurant

First Watch

Half & Half

Havana's Cuisine Restaurant

Hi-Pointe Drive-In

Good Company

Gourmet Soul

Grace Meat + Three

The Gramophone

Gyro Express

Imo's Pizza

Java Plus Café & Catering

Jimmy John's

Kaldi's Coffee

Kimchi guys

Kingside Diner

Landry's Seafood House

Maggie O'Brien's Restaurant

Medina Grill

Meshuggah Cafe

The Mud House

Old Spaghetti Factory

The Original Pancake House

Over/Under Grill

Panera (St. Louis Bread Co.)

Papa John's

Park Avenue Coffee

Pi Pizzeria

The Pitch

Puttshack

Ramsay's Kitchen (Four Seasons)

Rigazzi's

Riverfront Grill

Robie's Restaurant (Magnolia Hotel)

Rooster

Rosalita's

Rush Bowls

Russell's Cafe & Bakery

Salt + Smoke

Sauce on the Side

Sen Thai

Shake Shack

Smoothie King

Snarf's Sandwiches

Schlafly

Schnuck's Downtown

The Soda Fountain

Southwest Diner

Starbucks (Hilton St. Louis at the Ballpark, Horseshoe Casino, Hyatt Regency, Marriott St. Louis Grand)

Sugarfire

Syberg's on Market

The Tin Roof

Tree House

UKRAFT Café & Catering

Union 30 (Hotel Saint Louis)

Winslow's Table

Zenia Bar & Grille (Marriott St. Louis Grand)

LATE NIGHT

Restaurants listed in this category have a closing time of 9 p.m. or later. The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other late night dining options.

801 Chophouse

801 Fish

Aubergine Café

Ballpark Village:
Cardinals Nation
Condado Tacos
Crown Room
FanDuel Sports Network Live!
Salt & Smoke
Sports & Social

The Bellwether

Blood & Sand

Blueberry Hill

Bootleggin' BBQ

Brick River

Broadway Oyster

C.J. Muggs

The Capital Grille

The Cobblestone STL

Eclipse Restaurant

Edera Italian Eatery

Eleven Eleven Mississippi

Epic Pizza

Favazza's on The Hill

Fitz's Bottling Company

Flamingo Bowl

The Fountain on Locust

Frazer's Restaurant

Hamilton's Urban Steakhouse

Imo's Pizza

Juniper

Kingside Diner

Landry's Seafood House

Louie

Maggie O'Brien's Restaurant

The Midwestern

Mizu Sushi

Molly's in Soulard

Morton's The Steakhouse

Over/Under Grill

Polite Society

Puttshack

Ramsay's Kitchen (Four Seasons)

Retreat Gastropub

Rosalita's

Sauce on the Side

Schlafly

Sen Thai Asian Bistro

Session Taco

Shake Shack

Sophie's Artist Lounge

SqWires

Three Sixty

Tin Roof

Train Shed at Union Station

Tucker's Place

Union 30 (Hotel Saint Louis)

Up Late

Red italics indicate downtown location.

GROUP RESERVATIONS

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other options.

1860's Saloon

Aubergine Café

BLT – Breakfast, Lunch & Tacos

Cardinals Nation

Carmine's Steak House

Edera Italian Eatery

FanDuel Sports Network Live!

Grace Meat + Three

Katie's Pizza & Pasta

Landry's Seafood House

The Midwestern

Morton's Steakhouse

Old Spaghetti Factory

Over/Under Grill

The Preston (Chase Park Plaza)

Puttshack

Quattro Trattoria + Pizzeria (The Westin)

The Pennydrop (The Pennywell)

Rigazzi's

Robie's Restaurant (Magnolia)

Rooster

Rosalita's

Ruth's Chris Steak House

Sen Thai

Session Taco

Union 30 (Hotel Saint Louis)

DELIVERY

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other options or use your preferred mobile food delivery app for more options.

The Caramel Room by Pure Catering

Domino's

Elicia's Pizza

Imo's Pizza

Insomnia Cookies

Jimmy John's

Panera (St. Louis Bread Co.)

Papa John's

Sauce on the Side

Snarf's Sandwiches

UKRAFT Cafe & Catering

VEGETARIAN OPTIONS

The local directory may be used to confirm the restaurant's address and phone number. Please consult with your hotel's staff for other options.

360 Rooftop

Aubergine Café

Blondie's Coffee

Café De Blaire

Cardinal's Nation

City Foundry Food Hall

Dao Tien Bistro Downtown

Domino's

Elicia's Pizza

Edera Italian Eatery

Epic Pizza

FanDuel Sports Network Live!

The Gramophone

Hi-Pointe Drive-In

Imo's Pizza

Java Plus Cafe & Catering

Jimmy John's

Katie's Pizza & Pasta Osteria

Kimchi Guys

Mizu Sushi

Old Spaghetti Factory

Over/Under Grill

Papa John's

The Pennydrop (The Pennywell)

Pickle's Deli

Ramsay's Kitchen (Four Seasons)

Red Kitchen (Hyatt Regency)

Robie's Restaurant (Magnolia)

Rosalita's

Sauce on the Side

Sen Thai

Snarf's Sandwiches

The Soda Fountain

Sports & Social

Starbucks (Hilton St. Louis at the Ballpark, Horseshoe Casino, Hyatt Regency, Marriott St. Louis Grand)

UKRAFT Cafe & Catering

Red italics indicate downtown location.

NEIGHBORHOOD RESTAURANTS

4 Hens Creole Kitchen

Akar

Alibi Cookies

Aubergine Cafe

Bar Italia

Bar Moro

Beyond Sweet Kitchen

Burger 809

Bus Loop Burgers

Caribbean Delight

Caribbean Soul

Cathy's Kitchen

Chao Baan

Chez Ali

Cream Coffee Bar

Creole With a Splash of Soul

Diner's Delight

Eat Today

Egg

Elicious

El Molino

Esca

The Fattened Caf.

French Frie Factory

Gokul

Goss'Up Pasta

Gourmet Soul

Havana's

Hive Cafe

Indo

Jaden's Diner

JC Supper Club

Joyful House

King of Soul

Lâ Patisserie Chouquette

Latté Lounge & HG Eatery

Lefty's Fried Rice

Lemongrass

Levels Nigerian Cuisine

Mai Lee

Meskerem Ethiopian Restaurant

Mi Hungry

Patty's Cheesecakes

Pharaoh's Donuts

Prime 55-Delmar Loop

Red's The One & Only BBQ

Rouge Bistro

Sado

Sameem Afghan Restaurant

Sen Thai

Seoul Taco

Steve's Hot Dogs

SweetArt Bakeshop & Café

Too Much Sauce

Touch of Texas BBQ

Turn

Vails Brothers

Videira Wine Shop & Bar

Red italics indicate downtown location.







HOTEL RESTAURANT LIST

$: under $20; $$: over $20; $$$: over $30

Courtyard St. Louis Downtown/Convention Center: The Bistro ($)

Breakfast (6-11 a.m.)
- Fruit & Oatmeal
- French Toast
- Egg Entrees

Lunch & Dinner (11 a.m.-10 p.m.)
- Salads
- Sandwiches
- Pizza

Embassy Suites St. Louis Downtown: The Atrium ($)

Dinner (Sun.-Sat.: 5-10 p.m.)

Appetizers
- Cheese Quesadilla
- Toasted Ravioli,
- Chicken Tenders

Entrees
- Burgers
- Chicken Sandwiches
- Pizza

Four Seasons St. Louis: Ramsay's Kitchen ($$$)

Breakfast (7-11 a.m.)
- French Toast & Traditional Pancakes
- Omelets
- Egg White Frittatas

Lunch & Dinner (Sun.-Thur.:11 a.m.-10 p.m.; Fri.-Sat.: 11 a.m.-11 p.m.)

Appetizers
- Crab Cakes
- St. Louis Ribs
- Burgers

Entrees
- Salmon
- Filet Mignon
- Salads

Offers gluten free, dairy free, vegetarian & vegan options

Holiday Inn St. Louis – Downtown Convention Center: St. Louis Sports Hall of Fame Grill ($)

Breakfast (Mon.-Fri.: 6:30-9:30 a.m.; Sat.-Sun.: 7-10:30 a.m.)
- Omelets
- Waffles

Dinner (5-9 p.m.)
- Burgers
- Salads

HoteLumiére – Horseshoe St. Louis ($-$$$)

Morton's The Steakhouse (5-10 p.m.)
- Steaks
- Seafood
- Sandwiches

Riverfront Grill (Sun.-Thur.:11 a.m.-10 p.m.; Fri.-Sat.: 11-12 a.m.)
- Sandwiches
- Nachos
- Burgers

The Slice Pizzeria & Pasta (Sun.:11-1 a.m.; Mon.-Thur.: closed; Thur.: 5 p.m.-1 a.m.; Fri.-Sat.: 11-2 a.m.)
- Pizza
- Sandwiches
- Salads

Magnolia Hotel St. Louis: Robie's ($$)

Breakfast/Brunch (Daily 6:30 a.m.-1 p.m.)
- Omelet
- Waffles
- Avocado Toast

Dinner (Daily 4-10 p.m.)
- Salads & Sandwiches
- Pasta
- Filet Mignon

Marriott St. Louis Grand: Zenia ($$)

(Mon.-Thurs.: 11 a.m.-11 p.m.; Fri.-Sat.: 11-12 a.m.; Sun.:11 a.m.-11 p.m.)

Appetizers
- Hummus
- Chicken Wings
- Salads

Entrees
- Roasted Chicken
- Glazed Salmon
- Steak & Frites