Welcome to San Francisco where there is so much to see and do! San Francisco is 7x7-square miles with about 750,000 residents. The city has excellent walkability and public transportation with the famous cable cars, street cars, BART and MUNI systems, and cabs. Welcome & enjoy!

Getting To and Around San Francisco

511 Transit
http://www.transitinfo.org/
Provides the routes and schedules of many transit services. Use the trip planner to find the best route to your destination.

Bay Area Rapid Transit
http://www.bart.gov/index.asp
With routes to different regions in the Bay Area and service to/from SFO and Oakland Airports.

Map of San Francisco and MUNI lines
http://transit.511.org/providers/maps/SF_822005123955.pdf

Golden Gate Ferry
http://www.goldengateferry.org/
Information on fares, schedules, and special events

Visitors Bureau
http://www.sfvisitor.org/
Official site of the San Francisco Convention and Visitors Bureau

Guide to San Francisco
http://www.baycityguide.com/
Comprehensive guide to sights & attractions, restaurants, shopping, and entertainment.

Bay Area Backroads
Local show exploring all the best the Bay Area has to offer.
City Tours

All San Francisco Tours
http://www.allsanfranciscotours.com/
1 800 566 5868
Tour Center: Beach Street, Fisherman’s Wharf

San Francisco Tours
http://www.sftours.com/
(415) 899-0060
Many options

Things to Do - Totally San Francisco

- Ride the Cable Car: http://www.sfcablecar.com/
- Visit the Golden Gate Fortune Cookie Factory in Chinatown on Ross Alley - http://www.sanfranciscochinatown.com/attractions/ggfortunecookie.html
- Sample chocolate at Ghiradelli Square: http://www.ghirardellisq.com/ghirardellisq/
- Go behind bars at Alcatraz: http://www.nps.gov/alcatraz/
- Wind down Lombard Street – “the Crookedest Street in the World”: http://gocalifornia.about.com/od/casfmenu/a/lombard.htm
- Enjoy the food and sites at the Farmer’s Market on Saturday morning: http://www.ferrybuildingmarketplace.com/
- Have clam chowder in a sourdough bread bowl at Fisherman’s Wharf

Nightlife

Rooms with a View San Francisco bars and restaurants with spectacular views:

- View Lounge 55 Fourth Street (415) 896-1600
- Cityscape Bar and Restaurant 333 O’Farrell St. (415) 923-5002
- Carnelian Room 555 California St. (415) 433-7500 – atop the Bank of America building
- Harry Denton’s Starlight Room 450 Powell St (415)395-8595 – checkout the dance floor
- Top of the Mark One Nob Hill (415)616-6916 – drinks, dinner, music, and dancing

Ruby Skye
http://www.rubyskye.com/
420 Mason Street
415.693.0777
Located in the heart of downtown San Francisco just off of Union Square, Ruby Skye is one of San Francisco’s premiere nightclubs. Attracts a young crowd.
Things to Do - More Active Activities

For Hikers
http://www.bahiker.com/index.html
A site devoted to hiking in and around the Bay Area.

Walk Crissy Field to the Warming Hut and the Golden Gate Bridge
http://www.bahiker.com/sfhikes/crissy.html
Includes info on visiting Crissy Field with directions, pictures, and a bit of history.

Hike to the top of Coit Tower/Telegraph Hill
http://www.weeklywalker.com/Walks%20by%20county/San%20Francisco%20County/SF_a%20stairway%20hike.htm
A site with step by step directions and details of buildings/monuments on the tour.

Quick summaries of hiking Angel Island, Telegraph Hill/Coit Tower, and Hyde Street
http://gocalifornia.about.com/od/casfmenu/a/hikesf.htm
With directions and details

Golf at the public Presidio Golf Course
http://www.presidiogolf.com/
Website for the Presidio golf course that includes tee times and directions.

Walk/jog/bike/skate at Golden Gate Park. visit the Conservatory of Flowers, see the bison and windmills, boat in Stow Lake.
http://www.sanfranciscoonline.com/top_ten_attractions/tt_gg_park.html
Quick summaries on the places to visit and things to see at Golden Gate Park.
http://www.josephstubbscreations.com/Home2/sf/sfparks/ggpark/ggpark.html
A very detailed guide to the Golden Gate Park

San Francisco City Guides
http://www.sfcityguides.org/;  (415) 557 - 4266
200 trained volunteers lead FREE history and architectural walking tours in San Francisco.  Examples include Coit Tower Murals, the Mission District Murals, Ferry Building, Haight-Ashbury, North Beach, and Castro.

Blazing Saddles San Francisco
http://www.blazingsaddles.com/;  (415) 202 – 8888
San Francisco’s original bike rental and guided tour professionals.  Bike the Golden Gate Bridge!

Blue and Gold Fleet
http://www.blueandgoldfleet.com/
“The Only way to Alcatraz.”  Take the audio tour.  There’s even an Island Hop tour! Hike natural and scenic Angel Island.

Labyrinths of Grace Cathedral
http://www.gracecathedral.org/labyrinth/
A wonderful setting for meditative walks.  The outdoor labyrinth is open 24/7 year round and the indoor walk is open during cathedral hours.
Comedy

Comedy Clubs in San Francisco
http://sanfrancisco.about.com/od/comedyclubs/

Site that includes links and info for 4 Comedy Clubs: Cobb’s Comedy Club (415.928.4320), The Green Room Comedy Club (415.674.7567), The Punch Line Comedy Club (415.397.PLSF), and The Purple Onion (415.956.1653). Take your pick.

Movies

LOEWS THEATERS METREON/ LOEWS THEATRES IMAX
http://www.metreon.com/
101 Fourth Street, San Francisco 94103
1 800 METREON
Sony’s entertainment destination with 15 movie theaters including an IMAX, Cyber Bowling, Airtight garage, "Wild Things", high tech gadget stores and exhibits

AMC 1000 Van Ness
http://sanfrancisco.citysearch.com/profile/11277336/
1000 Van Ness Avenue
(415) 922-4AMC
The quintessential multiplex with 14 screens from which to choose a current movie.

Embarcadero Center Cinemas
http://sanfrancisco.citysearch.com/profile/892541/san_francisco_ca/embarcadero_center_cinema.html
1 Embarcadero Center
(415) 267-4893
One of the city's best art-house movie theaters.
Museums *Particularly good for children

San Francisco Museum of Modern Art
http://www.sfmoma.org/
151 Third Street (between Mission and Howard Streets); (415) 357-4000
The San Francisco Museum of Modern Art is a dynamic center for modern and contemporary art.

California Academy of Sciences*
http://www.calacademy.org/
875 Howard Street; (415) 321-8000; An aquarium, planetarium, and natural history museum.

Asian Art Museum of San Francisco
http://www.asianart.org/
200 Larkin Street; 415.581.3500
The Asian Art Museum of San Francisco is one of the largest museums in the Western world devoted exclusively to Asian art.

The Legion of Honor – a Fine Art museum of San Francisco
http://www.thinker.org/legion/index.asp
34th Avenue & Clement Street; 24-Hour Hotline 415.863.3330
The Legion of Honor displays an impressive collection of 4,000 years of ancient and European art in an unforgettable setting overlooking the Golden Gate Bridge.

Aquarium of the Bay in Fisherman’s Wharf*
PIER 39, EMBARCADERO AT BEACH STREET; 1.888.SEA.DIVE
A unique educational and entertainment facility dedicated to the rich and diverse aquatic life of the San Francisco Bay and its surrounding waters.

Musee Mecanique*
http://museemecanique.org/
The original Playland collection of 175 antique coin-operated machines is located at Pier 45 Fisherman's Wharf, at the end of Taylor St. Open M-F 10-7, S-S 10-8
(415) 346-2000

Cartoon Art Museum*
http://www.cartoonart.org/
655 Mission Street; (415) CAR-TOON; (415) 227-8666
The only museum in the US dedicated to the preservation and exhibition of cartoon art.

Exploratorium*
http://www.exploratorium.edu/
Palace of Fine Arts, 3601 Lyon Street
Housed within the walls of San Francisco's landmark Palace of Fine Arts, the Exploratorium is a collage of over 600 interactive exhibits in the areas of science, art, and human perception.

DH Young Museum
http://www.thinker.org/deyoung/index.asp
50 Hagiwara Tea Garden Drive; 24-hour hotline 415.863.3330
On October 15, 2005, the de Young Museum will re-open in a state-of-the-art new facility that integrates art, architecture and the natural landscape in one multi-faceted destination.
Music

SF Symphony
www.sfsymphony.org
Davies Symphony Hall
201 Van Ness Ave; (415) 864-6000
Visit the San Francisco Symphony and see internationally acclaimed conductor and composer, Michael Tilson Thomas. Come early for a lecture before the performance.

The Fillmore
http://www.thefillmore.com/
1805 Geary Blvd.; 415.346.6000
One of San Francisco's most prominent hosts for touring acts. The dark, cavernous space is mostly standing/dancing room only, with a few, highly coveted tables on the upstairs balcony.

Great American Music Hall
http://www.musichallsf.com/
859 O'Farrell Street, SF, CA 94109
San Francisco's oldest and grandest nightclub carries guests back to an earlier, more elegant era, with its ornate balconies, soaring marble columns and elaborate ceiling frescoes.

Bruno's
http://www.brunoslive.com/
2389 Mission Street; (415) 643-5200
Live music, dinner, and drinks at this swanky club in the Mission District.

Pearl's (North Beach)
http://www.jazzatpearls.com/
256 Columbus Ave (at Broadway), SF, CA 94133
Jazz Club Hotline: 415-291-8255
Legendary Jazz Club in San Francisco

Yoshi's
http://www.yoshis.com/
510 Embarcadero West
Oakland, CA  94607
(510) 238-9200
World class jazz house and Japanese restaurant at Jack London Square in Oakland.
Performing Arts (all located in San Francisco)

½ price ticket center
http://www.theatrebayarea.org/tix/tix.shtml
Ticket booths in Moscone Center and Union Square that sell half-priced tickets on the day of performance.

American Conservatory Theatre (A.C.T.)
http://www.act-sfbay.org/
415 Geary St.
The American Conservatory Theater is nationally recognized for its groundbreaking productions of classical works and bold explorations of contemporary playwriting.

SF Ballet
http://www.sfballet.org/
War Memorial Opera House
301 Van Ness Avenue at Grove Street
America’s first professional ballet company, San Francisco Ballet is one of the world’s finest dance companies.

SF Opera
http://www.sfopera.com/
War Memorial Opera House
301 Van Ness Avenue at Grove Street
(415) 861-4008
The second largest opera company in North America.

Beach Blanket Babylon
http://www.mapwest.com/beach_blanket/
Club Fugazi
678 Beach Blanket Babylon Boulevard (Green Street)
A zany musical spoof of pop culture with extravagant costumes and outrageously huge hats. Now in its 29th year of sold-out performances, BEACH BLANKET BABYLON is an internationally acclaimed San Francisco institution and the longest running, biggest hit musical revue in theatre history.

Info on the Orpheum, Actors Theatre of San Francisco, Curran Theatre, Marines Memorial Theatre, Post Street Theatre, can be found at this website:
http://www.sanfrancisco.com/theater/index.shtml

Orpheum
1192 Market St.
Tel. 415.551.2000
The Orpheum Theatre consistently debuts performances by national touring companies of successful Broadway shows. Phantom of the Opera, Cats, Rent and The Lion King have all made San Francisco’s flagship Orpheum Theatre their home.
**Actors Theatre of San Francisco**  
533 Sutter St.  
Tel. 415.296.9179  
The Actors Theatre of San Francisco was formed in 1989 by a collective of writers, directors and actors who wished to stage quality ensemble pieces dealing with the human condition.

**Curran Theatre**  
445 Geary St.  
Tel. 415.551.2000  
The Curran Theatre has a long history of staging successful runs of Broadway powerhouse touring companies.

**Marines Memorial Theatre**  
609 Sutter St. Suite 200  
Tel. 415.771.6900

**Post Street Theatre**  
450 Post St.  
Tel. 415.771.6900  
Refurbished as a playhouse for the whimsically avant-garde. Now a 729-seat theatre, the Post Street Theatre of San Francisco (PSTOSF) has premiered hit after hit.

**Shopping**

**Union Square**  
Experience the unique character of San Francisco's Union Square District, where the best names in fashion, dining and theater have resided for over a hundred years.

**San Francisco Shopping Center**  
865 Market St.  
Nine stories of elegant shopping, four of which belong to Nordstrom’s department store.

**Chinatown**  
Epicenter: Bush St. and Grand Ave., San Francisco CA  
Enter the Dragon Gates for access to another, redder and more-bustling world of shopping in San Francisco’s Chinatown, tucked loudly away between North Beach and Union Square shopping.

**Japantown**  
Post and Buchanan streets  
Exploring Japantown in San Francisco is an exciting trip to Japan this side of the Pacific. Home to over 40 unique Japanese stores selling everything from rice papers to imported video games to handmade furniture.
Ferry Building  
http://www.ferrybuildingmarketplace.com/  
Shopping and dining, right by the bay.

Chestnut Street  
http://www.chestnutshop.com/  
Chestnut Street is located in the Marina/Cow Hollow area of San Francisco and runs parallel to Union Street and Lombard, about 4 blocks from the Bay. Great mix of neighborhoods with trendy restaurants and shops.

Fillmore Street  
http://www.fillmoreshop.com/  
This street filled with unique and delightful stores, restaurants and coffee shops stretches from Jackson to Geary on Fillmore Street.

Union Street  
http://www.unionstreetshop.com/  
One of the most favorite and well trafficked shopping areas in San Francisco, Union Street is nestled between Pacific Heights and the Marina areas. Very upscale, unique, one-of-a-kind shops are typical on this street as well as many well known restaurants. Very social area day & night.

Haight-Ashbury  
http://www.haightshop.com/  
This scene from the sixties in San Francisco carries wonderful funky and eclectic shops along with bike and rollerblading/skating rental shops. Haight is nothing if not colorful and the people up and down the street as well. Shop awhile and then rent a bike or skates and take a trip through the Golden Gate Park.
Restaurants

Restaurants within walking distance from the SF Marriott that can accommodate large groups:

**AME: CONTEMPORARY AMERICAN**
689 MISSION (ST. REGIS HOTEL)
415-284-4040 MAIN/GROUPS
WWW.AMERESTAURANT.COM

**HANA ZEN: JAPANESE**
115 CYRIL MAGNIN STREET
415-421-2101
WWW.HANAZEN.COM

**ANABELLE’S BAR & BISTRO:**
CALIFORNIA/AMERICAN/NEW ZEALAND
68 FOURTH STREET (MOSSER HOTEL)
415-777-1200 MAIN
WWW.ANNABELLES.NET

**HAITHORNE LANE: CALIFORNIAN**
22 HAWTHORNE STREET
415-777-9779 MAIN
WWW.HAWTHORNELANE.COM

**AZIE:** ASIAN FUSION
826 FOLSOM
415-538-9444 MAIN
WWW.RESTAURANTLULU.COM

**KULETO’S: ITALIAN**
221 POWELL STREET
415-397-7720 MAIN
WWW.KULETOS.COM

**BUCA DI BEPPO: ITALIAN**
855 HOWARD STREET
415-543-7673
WWW.BUCADIPEPPO.COM

**LULU: FRENCH PROVENÇAL**
816 FOLSOM STREET
415-495-5775 MAIN
WWW.RESTAURANTLULU.COM

**E & O TRADING COMPANY: ASIAN FUSION**
314 SUTTER STREET
415-693-0303 MAIN/GROUP
WWW.EOTRADING.COM

**MORTON’S OF CHICAGO: STEAKHOUSE**
400 POST STREET
415-986-5830 MAIN
WWW.MORTONS.COM

**FARALLON:** SEAFOOD
450 POST STREET
415-956-6969 MAIN
WWW.FARALLONRESTAURANT.COM

**POSTRIO: CONTEMPORARY CALIFORNIAN**
545 POST STREET
415-776-8135 MAIN
WWW.POSTRIO.COM

**FIRST CRUSH:** AMERICAN, great wine list
101 CYRIL MAGNIN STREET
415-982-7874 MAIN
WWW.FIRSTCRUSH.COM

**PUCCINI & PINETTI: ITALIAN**
129 CYRIL MAGNIN STREET
415-392-5500 MAIN
WWW.PUCCINIAANDPINETTI.COM

**FLYTRAP:** CLASSIC SAN FRANCISCO CUISINE
606 FOLSOM STREET
415-243-0580 MAIN
WWW.FLYTRAPRESTAURANT.COM

**ROY’S: HAWAIIAN FUSION SEAFOOD**
101 SECOND STREET (ENTER ON MISSION)
415-777-0277 MAIN
WWW.ROYSRESTAURANT.COM

**GRAND CAFÉ: FRENCH**
501 GEARY STREET (HOTEL MONACO)
415-292-0101
WWW.MONACO-SF.COM

**THIRSTY BEAR:** SPANISH BREWPUB
661 HOWARD STREET
415-974-0905 MAIN
WWW.THIRSTYBEAR.COM
SF Restaurants recommended by local SBM Members
(Cynthia Castro, Joe Catania, Janine Giese-Davis, Sara Knight, David Latini, Desiree Leek, David Mohr, Thomas Plante, Jodi Prochaska, Michael Sumner) organized by neighborhood in a variety of price ranges. *Indicates restaurant is within a 1 mile radius from the SF Marriott.
**See page 16 for East Bay restaurants recommended by Prevention Institute staff.

**Chinatown**

**Hunan Home**: Great Chinese in Chinatown
622 Jackson St (cross street: Grant/Kearny)
(415) 982-2844

House of Nanking*.....best Chinese food anywhere.....only Chinese restaurant listed in Lonely Planet apparently....and not expensive......wait is on the sidewalk in a line, but the turnaround is fast....and let Peter the owner order for you! Scallops Nanking is amazing. Cash Only
919 Kearny St (cross street: Jackson Street)
(415) 421-1429

Lucky Creations*, in the heart of Chinatown. Hole-in-the-wall vegetarian restaurant where you are as likely to see a Buddhist monk as a vegan hippie. Really cheap, very small, no reservations, and not at all fancy.
854 Washington St
(415) 989-0818

**Civic Center**

Max's Opera Café, great for desserts. The restaurant menu is a little over-priced; just go to split a gigantic late-night dessert with a friend. The place is staffed by singing waiters, so you get some free entertainment.
601 Van Ness Avenue (cross street: Golden Gate Ave)
415-771-7300
http://www.maxsworld.com

**Cole Valley**

EOS: Cole Valley near the Haight....fantastic Fusion....$$....great wine list
901 Cole St. (cross street: Carl)
(415) 566-3063
http://www.eossf.com
Downtown/Financial District

Millennium* - vegan/vegetarian, pricey but tasty, upscale, with unusual (and healthy) ingredients and combinations. Pricey ($20+)
580 Geary St. (cross street: Jones)
(415) 345-3900
http://www.millenniumrestaurant.com

Rubicon*.....downtown....fantastic Fusion...$$$
558 Sacramento St (cross street: Montgomery Street)
(415) 434-4100

Tadich's Grill*..one of the oldest restaurants in SF...great seafood and other things....mid price range....great bloody Marys
240 California St. (between Front & Battery); (415) 391-1849

Embaracdero

Fog City Diner: good food in fun setting on the Embarcadero
1300 Battery St. (cross street: Lombard); (415) 982-2000
www.fogcitydiner.com

Ozumo: fabulous and pricey sushi
161 Steuart St. (cross street: Mission)
(415) 882-1333
http://www.ozumo.com

Slanted Door: very popular, delicious Vietnamese food with wonderful view, call in good advance for reservations
1 Ferry Building #3; (415) 861-8032
http://www.slanteddoor.com

Haight

Cha Cha Cha: Mid-Range place. Caribbean-Latin food, big tapas menu, city's best sangria and a festive atmosphere. Can take large parties, but doesn't take reservations; be prepared to wait. Tapas $5-9 per plate, regular dinner plates $13-16.
1805 Haight St. (cross street: Shrader)
(415) 386-5758
http://www.cha3.com

Citrus Club: popular, real inexpensive, and delicious (no reservations)
1790 Haight St. ; (415) 387-6366

531 Divisadero St; (415) 885-7133
http://www.herbivoresf.com
Marina Trendy area with a number of good restaurants and shopping

Ace Wasabi's Rock-n-Roll Sushi
3339 Steiner St (cross street: Lombard)
(415) 567-4903

Betelnut
2030 Union St.
415-929-8855
http://www.betelnutrestaurant.com

Green's - vegan/vegetarian, pricier, very fresh food. Extensive wine list, great bay views, particularly at sunset. Pricier ($15-20+).
204 Bay Street (cross street: Fort Mason Center)
(415) 771-6222
http://www.greensrestaurant.com/

Isa
3324 Steiner St (cross street: Lombard)
(415) 567-9588

Mission District

Cha Cha Cha: Mid-Range place. Caribbean-Latin food, big tapas menu, city's best sangria and a festive atmosphere. Can take large parties, but doesn't take reservations; be prepared to wait. Tapas $5-9 per plate, regular dinner plates $13-16.
2327 Mission St (cross street: 19th Street)
(415) 648-0504
http://www.cha3.com

Foreign Cinema: great food and foreign movies screened on wall outside
2534 Mission St.
(415) 648-7600

983 Valencia St. (cross street: 20th)
(415) 826-5657
http://www.herbivoresf.com

Jay's Cheesesteaks: vegetarian in addition to meaty cheesesteaks. Not quite Philly style, but quite tasty. Veggie sandwiches use thinly sliced seitan. Cheap ($5-10).
3285 21st St. (cross street: Valencia)
(415) 285-5200
Pancho Villa Taqueria: Super yummy, authentic Mexican food in the heart of the Mission District. Most menu items betw $5-$10. For $15, splurge on a huge combination plate with the works. Order at the counter and grab a seat where you can find one. Cool artwork on the walls.
3071 16th St (between Valencia and Mission St.)
(415) 864-8840
http://panchovillasf.com

Yank Sing: Excellent Dim Sum (lunch time)
One Rincon Center, 101 Spear St. (at Mission)
415-957-9300
http://www.yanksing.com

Nob Hill/Russian Hill

Swan's Oyster Depot for lunch....freshest seafood anywhere...but arrive early, wait is on the sidewalk in a line and it is just a long counter for seating....but the best seafood around! Crab salad is amazing...and soft shell crab if they have it.
1517 Polk St
(415) 673-1101

North Beach

Helmand - Afghan food - a really nice good restaurant owned by a brother or Cousine of Hamid Karzai. Get the afghan ravioli - at least as an appetizer. Most main courses 10-15 dollars
430 Broadway
(415) 362-0641

L'Osteria del Forno*: delicious Italian food in a quaint setting
519 Columbus Ave (cross street: Green Street)
(415) 982-1124
http://www.losteriadelforno.com

Ristorante Ideale* on Grant is the Italian restaurant that the staff at the Italian Cultural Institute frequent. They complain about the food there - Italians complain about everything, especially Italian food in this country - but they still keep going back. (I actually thought it was very good).
1309 Grant Avenue (cross street: Vallejo Street)
(415) 391-4129
Richmond District

Chapeau ...French Cafe...$ with 3 course $20 early bird special
1408 Clement St. (cross street: 15th Avenue)
(415) 750-9787

The Cliff House--great food, landmark building, fantastic views of the Pacific, Ocean Beach, the Marin Headlands, the ruins of the Sutro Baths, and the Golden Gate. Moderate to expensive.
1090 Point Lobos @ Ocean Beach
(415) 386-3330
http://www.cliffhouse.com/

Beach Chalet Brewery--American bistro, where Golden Gate Park meets the Pacific. Fantastic WPA frescoes, fireplace, live entertainment, and home brews. Moderate. Park Chalet downstairs is more informal and has live music at night, outdoor lunch during the day.
1000 Great Highway @ Ocean Beach
(415) 386-8439

SOMA

AsiaSF – Not for the conservative-minded, socially or financially. Pan-Asian cuisine served by gender illusionists who perform lip-sync routines on the bar/stage during the dinner seating. On the weekend, expect a prix fix menu for ~$35 plus cocktails (named after the performers). While steep, factor in the only-in-San-Francisco entertainment and it turns out to be a good deal. Great place for a truly unique San Francisco experience with some very tasty food, fun cocktails, and a crazy floor show. Reservations necessary.
201 Ninth Street (@ Howard Street)
415-255-ASIA (2742)
http://www.asiasf.com

Canton Seafood & Dim Sum House*
655 Folsom St
(415) 495-3064

Cha’Am*...great Thai food
701 Folsom St (cross street: 3rd Street)
(415) 546-9710

5th Floor*...very expensive but you only live once, right?
12 4th St. (cross street: Market)
(415) 348-1555
http://www.hotelpalomar.com/5thFloorDining.html

Pazzia*...great Italian
337 3rd St (cross street: Folsom)
(415) 512-1693
**Yank Sing**: Excellent Dim Sum (lunch time)  
49 Stevenson Street  
415-541-4949  
http://www.yanksing.com

**Tenderloin** (note: not the safest of SF areas at night)

572 O'Farrell Street  
(415) 673-3136  
http://www.goldeneravegetarian.com

**Union Square**

**First Crush Wine Bar** - Great place to try a glass of California wine, or for a real bargain, get a flight (sample of 3 wines) for $10.  
101 Cyril Magnin St (cross street: Ellis)  
(415) 982-7874  
http://www.firstcrush.com

**Le Colonial** off of Union Sq: great food in attractive setting, French Vietnamese  
20 Cosmo Place (cross streets: Taylor and Jones)  
(415) 931-3600  
http://www.lecolonialsf.com

**French Quarter**: Outdoor dining near Union Sq (but hidden, so need to ask)

**B44**  
44 Belden Place (cross street: Bush & Kearny)  
(415) 986-6287  
http://www.B44sf.com

**Cafe Bastille**  
22 Belden Place (cross street: Bush & Kearny)  
(415) 986-5673  
http://www.cafebastillesf.com

**Plouf**  
40 Belden Place (cross street: Bush & Kearny)  
(415) 986-6491  
http://www.ploufsf.com
# The East Bay Guide

## RESTAURANTS

<table>
<thead>
<tr>
<th>Place</th>
<th>Address</th>
<th>Menu Description</th>
<th>Phone #</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nan Yang Rockridge</td>
<td>6048 College Avenue, Oakland</td>
<td>Burmese w/ mix of Chinese, Vietnamese, and Thai</td>
<td>510-655-3298</td>
<td>Lunch and dinner</td>
</tr>
<tr>
<td>Shan Dong</td>
<td>328 10th St #101 Oakland, CA</td>
<td>Chinese</td>
<td>510-839-2299</td>
<td></td>
</tr>
<tr>
<td>New World Vegetarian</td>
<td>464 8th St Oakland</td>
<td>Vegetarian</td>
<td>510-444-2891</td>
<td></td>
</tr>
<tr>
<td>Café Intermezzo</td>
<td>2442 Telegraph Ave. Berkeley</td>
<td>American (Traditional), Coffeehouse</td>
<td>510-849-4592</td>
<td>Daily 8am-10pm</td>
</tr>
<tr>
<td>LA Furia Chalaca</td>
<td>310 Broadway Oakland</td>
<td>South American</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dona Tomas</td>
<td>5004 Telegraph Ave. Oakland</td>
<td>Mexican</td>
<td>510-450-0522</td>
<td>Dinner</td>
</tr>
<tr>
<td>Soizic Restaurant</td>
<td>300 Broadway Oakland</td>
<td>California, Mediterranean</td>
<td>510-251-8100</td>
<td>Tu-Fr 9:30am-2:30pm, Tu-Sat 5:30pm-9:30pm, Sun 5pm-9pm</td>
</tr>
<tr>
<td>Dopo</td>
<td>4293 Piedmont Ave. Oakland</td>
<td>Italian</td>
<td>510-652-3676</td>
<td>Lunch and dinner</td>
</tr>
<tr>
<td>Kirala</td>
<td>2100 Ward St Berkeley</td>
<td>Japanese</td>
<td>510-549-3486</td>
<td>Lunch and dinner</td>
</tr>
<tr>
<td>Masse's Pastries</td>
<td>1469 Shattuck Ave Berkeley</td>
<td>Pastry and coffee cafe</td>
<td>510-649-1004</td>
<td>8am - 5pm</td>
</tr>
</tbody>
</table>

## PLACES TO VISIT

<table>
<thead>
<tr>
<th>Place</th>
<th>Address</th>
<th>Description</th>
<th>Phone #</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Botanical Gardens</td>
<td>200 Centennial Dr, Berkeley</td>
<td>Features many unusual plants, including native, Asian, Australian, and South American collections and a redwood grove</td>
<td>510-643-2755</td>
<td>Daily 9am-5pm</td>
</tr>
<tr>
<td>Lake Merrit</td>
<td>Lakeside Dr, Oakland, CA</td>
<td>Children's Fairyland, Garden, Jog/Walk/Biking</td>
<td></td>
<td>Daily</td>
</tr>
<tr>
<td>Carquinez Bridge</td>
<td></td>
<td>Breathtaking views of the Carquinez Strait and San Pablo Bay</td>
<td></td>
<td>Daily</td>
</tr>
<tr>
<td>Strawberry Canyon-Fire trail</td>
<td>Berkeley, CA</td>
<td>Hiking Trail</td>
<td>510-643-6720</td>
<td>Daily</td>
</tr>
</tbody>
</table>

## PLACES TO SHOP

<table>
<thead>
<tr>
<th>Place</th>
<th>Address</th>
<th>Description</th>
<th>Phone #</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berkeley Bowl</td>
<td>2020 Oregon St. Berkeley</td>
<td>Independent, full-service market with wide array of organic and natural foods.</td>
<td>510-843-6929</td>
<td>Mon-Sat 9a -8p, Sun 10a-6p</td>
</tr>
</tbody>
</table>