

Dining in Kansas City

Quick Bites: Fast Service and Close to the Hotel

Latté Land

1201 Main St
816-474-9889

www.kaldiscoffee.com

\$5-\$15

Latté Land is a casual coffeehouse that also serves light pastries. Great for a quick breakfast or an afternoon pick-me-up.

Cosentino's Downtown Market

10 East 13th Street
816-595-0050

www.cosentinos.com

\$5-\$15

Cosentino's Downtown Market is a small grocer that offers a unique sandwich menu each day. Their website contains current menu selections.

Chipotle

1370 Walnut Street
816-421-4342

www.chipotle.com

\$5-\$15

Chipotle Mexican Grill is a casual dining restaurant. Chipotle is committed to using all hormone free meat in their restaurants and strive to purchase as much local produce as possible. Their burritos are large and filling and the service is quick. Great for a quick, filling meal out.

The Mixx

1347 Main
816-283-0300

www.mixxingitup.com

\$5-\$15

The Mixx is a casual dining restaurant specializing in soups, salads, and light sandwiches. They allow you to customize just about anything and the casual dining experience keeps the prices low. Its customizable experience makes this a great option for vegetarians, vegans, and gluten-free diners.

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Walking Distance

Drunken Fish

14 E. 14th St.

816-474-7177

www.drunkenfish.com

\$15-\$30

Drunken Fish is a hip, modern Japanese restaurant located in The Power and Light District of Kansas City. Entrees include sushi, seafood, soups, and salads. The menu includes gluten-free options and is vegetarian friendly. Business casual dress is suggested.

Recommended for: A lunch or dinner out when you have a little time to kill and want to be in a fun and modern atmosphere.

Maker's Mark Bourbon House & Lounge

1333 Walnut

816-442-8115

www.makersmarkrestaurant.com

\$15-\$30

Maker's Mark is a quiet elegant steakhouse. While their specialties are their steaks, the menu also offers options for vegetarian and gluten-free dinners including delicious and fresh salads.

Recommended for: A quiet dinner with a focus on excellent steak. Not open for lunch service or on Sundays.

Bar Louie

101 E. 14th Street

816-841-9100

www.barlouieamerica.com

\$10-\$20

Bar Louie is a casual, fun restaurant with a diverse menu for both food and cocktails. Burgers, sandwiches, and full plates make up the bulk of their menu, but there are still several vegetarian options.

Recommended for: A casual lunch or dinner when you are craving great bar food.

The Dubliner

170 East 14th Street

816-268-4700

www.thedublinerkc.com

\$15-\$30

The Dubliner is a traditional Irish Pub located in the Power and Light District. The menu includes many traditional Irish dishes and drinks. Often there will be live music so check the website to see what to expect

Recommended for: A lunch or dinner that is filling and delicious, particularly if you love traditional Irish food.

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Tengo Sed Cantina

1323 Walnut

816-442-8124

www.tengosedcantina.com

\$10-\$20

Tengo Sed Cantina is a Mexican restaurant located in the Power and Light District. Their menu contains all the favorite Mexican favorites such as tacos, fajitas, and taco salads. The atmosphere is high-energy and fun with a newly designed menu and location.

Recommended for: A lunch or dinner out at a high-energy and fun restaurant.

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A Short Drive

Café Gratitude

333 Southwest Blvd
816-474-5683
www.cafegratitudekc.com/

\$10-\$20

Café Gratitude is a 100% organic, plant based restaurant located just south of downtown Kansas City. Their menu is vegan, vegetarian, and gluten-free based and their environment is clean and bright. Along with lunch and dinner, Café Gratitude also has a breakfast menu.

Recommended for: A breakfast, lunch or dinner. Café Gratitude is particularly wonderful for vegetarian, vegan, and gluten-free dinners.

Fiorella's Jack Stack BBQ

101 W 22nd St
816-472-7427
www.jackstackbbq.com

\$15-\$30

No trip to Kansas City is complete without BBQ and Fiorella's Jack Stack is considered some of the best in town. The atmosphere is upscale but relaxed and the portions are enormous. Jack Stack is particularly well known for their ribs and huge towering onion rings. Come hungry!

Recommended for: A "slice-of-Kansas City" lunch or dinner. While there are several salads offered this wouldn't be a great option for vegan or vegetarian diners.

The Foundry

424 Westport Road
816-960-0866
www.foundrykc.com

\$10-\$20

The Foundry is a casual bar restaurant located in historic Westport, just south of Downtown Kansas City. Its menu includes bar-food-favorites as well as gluten-free and vegetarian options. The atmosphere is lively and casual with a large deck with outside seating and large garage doors if the weather permits for an indoor/outdoor experience. The Foundry is only open in the evenings and is located on a busy corner in the Westport Entertainment District.

Recommended for: A lively dinner in the heart of the "night-life" of Kansas City. The Foundry is particularly great if you love high quality bar food.

Gates BBQ

3205 Main
816-753-0828
www.gatesbbq.com

\$5-\$15

Gates offers a different Kansas City BBQ experience with a high energy and casual dining experience. Gates is particularly well known for their sandwiches and variety of BBQ sauces. The casual dining experience keeps the prices low but there is little at-table service.

Recommended for: Great BBQ fast. Gates is a short drive from downtown.

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Korma Sutra

4113 Pennsylvania Ave

816-931-7775

www.kckormasutra.net

\$10-\$20

Korma Sutra is one of the top Indian Cuisine restaurants in the Westport District. Courteous wait staff serve a variety of Indian dishes including chicken, lamb, seafood, and several vegetarian options. Along with individual meals Korma Sutra also offers family dishes, large enough to feed 2-4 people.

Recommended for: A delicious lunch buffet or evening full service. Great for vegetarian diners or groups.

Ghengis Khan Mongolian BBQ

3906 Bell St.

816-753-3600

www.gkbbq.com

\$10-\$20

Ghengis Khan is one of Kansas City's first and best Mongolian BBQ restaurants. Diners enjoy their choice of meat or vegetarian Mongolian BBQ buffet or several delicious entrees.

Recommended for: A dinner out where the entertainment is included. Great for a hungry diner.

Blue Koi Noodles and Dumplings

1803 W 39th St

816-561-5003

www.bluekoi.net

\$10-\$20

As seen on Food Network's "Diners, Drive Ins, and Dives," Blue Koi is an Asian restaurant located in midtown Kansas City. Popular dishes include their dumplings, roasted duck, and of course the popular "awesome sauce." Blue Koi offers several loose leaf teas, vegetarian and vegan options, and bubble tea.

Recommended for: Asian cuisine with a fun flair. In particular vegetarian and vegan diners will enjoy this cozy Asian restaurant.

Thai Place

4130 Pennsylvania Ave

816-753-8424

www.kcthaiplace.com

\$10-\$20

Thai Place specializes in fresh ingredients, delicious curry, stir-fry and Pad-Thai. Thai Place is vegetarian friendly and has lots of options for any lover of Thai food.

Recommended for: Any lover of Thai food. Open for both lunch and dinner service. Vegetarian friendly.

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Novel

815 W 17 St

816-221-0785

www.novelkc.com

\$15-\$25

Novel, a new American restaurant, specializes in upscale American cuisine. Popular menu items include roast chicken, wild salmon, and Ricotta Gnocchi. The menu is friendly to vegetarian diners.

Novel was written up in the New York Times in July:
http://www.nytimes.com/2014/07/30/dining/ny-chefs-discover-america.html?_r=0

Recommended for: A unique and quaint dinner out. Not open for lunch service.

West Side Local

1663 Summit St

816-997-9089

www.thewestsidelocal.com

\$15-\$30

West Side Local tries to serve their community by purchasing as much locally grown ingredients as possible. Their menu includes American comfort food like Mac & Cheese and burgers as well as fresh vegetarian, vegan, and gluten free options like kale salad, heirloom quinoa, and summer penne.

Recommended for: Lots of options for a lunch or dinner out. Just about any diner will find a dish they love at West Side Local.

Blue Bird Bistro

1700 Summit St

816-221-7559

www.bluebirdbistro.com

\$15-\$25

Blue Bird Bistro is a local restaurant that specializes in all organic, local, and all-natural food. Open for breakfast, lunch, and dinner, Blue Bird is very vegetarian and vegan friendly. Menu items range from large and filling bison burgers to polenta and vegetables made with fresh, local vegetables.

Recommended for: Any meal out. Particularly great for vegan or vegetarian diners.

Little Freshie

811 W 17th St

816-287-1444

www.littlefreshie.com

\$10-\$20

Little Freshie is a cute little espresso bar and soda fountain, perfect for a quiet lunch alone or a casual lunch with friends. Sandwiches are sold from 10:30 until they are sold out and include vegetarian options.

Recommended for: A quiet lunch in a fun and quaint atmosphere.