

506 *Lofts*

N A S H V I L L E

WELCOME TO NASHVILLE

Thank you for choosing 506 Lofts for your stay in Music City! Whether you are here on business or for pleasure—our goal is to provide you with the most comfortable and enjoyable experience possible.

The team at **Anchor Rentals** is here to help manage your stay. If you have any questions or are less than satisfied with any part of your experience, please contact us right away so we can assist in remedying the situation!

The contact information for Anchor Rentals is:

phone **615.861.9535**

email **manager@506lofts.com**

website **www.anchorrentals.net**

Our five-star rating is very important to us, and we appreciate the opinions of our guests. If you were happy with your stay, please leave us a review on the website you used when booking your unit. If you are less than satisfied, get in contact with us right away so we can make it right. Don't leave a problem unsolved—we're here for you!

MAKE SOME MEMORIES

Part of the fun of being in a different city is going without an itinerary and making it up as you go! This book contains detailed lists of places to eat, things to see, and experiences to try in downtown Nashville and several nearby neighborhoods. Since something new and interesting happens every day in Nashville, we couldn't possibly list it all!

Here are some of the best websites to help you find your next spontaneous adventure:

www.nashvilleguru.com

www.nowplayingnashville.com

www.wannadolocal.com/nashville

www.nashvillescene.com/calendar

www.get-offline.com/nashville -local focused guide with an ongoing calendar of what's happening in Nashville! User-friendly app as well!

NEARBY CONVENIENCES

The nearest grocery store, H.G. Hill Urban Market, is less than a block away! Simply exit the front of the building, turn left, cross over 5th Ave. & Church Street until you are in front of the Presbyterian Church. The market is on the same side of the street; you will be able to see its sign. They are open Monday–Friday from 6:30 am until 9 pm and Saturday–Sunday from 8 am until 9 pm. If you continue past the market, you will find Metropolitan Wine & Spirits situated partially underground beneath the Bank of Nashville. They are open Monday–Saturday from 10 am until 11 pm. There is also a Walgreens on your block, just exit through the front entrance, take a left around the corner, and go up 5th Avenue a few paces.

GETTING AROUND TOWN

UBER AND LYFT

Both of these ride-sharing companies have a strong presence in Nashville. Whether it is midday or midnight, just open your UBER or LYFT app on your smartphone and a ride will appear within minutes.

TAXIS

Nashville, like any other city, has taxis of all shapes and colors. There are so many taxi companies that we really cannot recommend any one over another, and we encourage you to investigate rates and reviews to find one that suits your needs.

MTA BUSES

The MTA (Metro Transit Authority) Buses run all over Metro Nashville and even some surrounding counties. Very reasonable

fares and the wide range of routes make the bus a cheap and easily navigable choice for visitors. The Music City Circuit route is free and includes many stops along key points of downtown Nashville. Visit their website for information on fares and routes, www.nashvillemta.org

NASHVILLE B-CYCLE

Nashville's bicycle sharing program has been a huge success with locals and tourists. Simply walk up to any Nashville B-Cycle station, swipe your credit card and pick out your red bike! With rates starting at \$5 for the first hour, why not give it a try? When you're finished riding, just return the bike to the nearest station—there are 31 scattered throughout the city. Learn more at nashville.bcycle.com

DISCOVER **NASHVILLE**

DOWNTOWN

Listed as a must-visit city in 2017 by Travel & Leisure Magazine and one of the top places to visit in 2013 by Conde Nast, downtown Nashville attracts tourists from around the world as well as residents from down the street with its wide variety of restaurants, entertainment, live music, sports and sights.

WHERE TO EAT

MERCHANTS / \$\$

401 Broadway, Nashville, TN 37203

T: 615.254.1892

H: Bistro opens at 11am; 2nd floor opens at 5pm

merchantsrestaurant.com

The first floor bistro with its black and white theme features a lively atmosphere and casual cuisine. The second floor offers finer fare and a more intimate feel. The third floor is reserved for special events.

ETCH / \$\$\$

303 Demonbreun St, Nashville, TN 37201

T: 615.522.0685

H: Mon-Thurs: 11am-2pm; 5pm-10pm; Fri: 11am-2pm; 5pm-10:30pm; Sat: 5pm-10:30pm

etchrestaurant.com

Latest concept from Chef Deb Paquette located in the SoBro district in downtown Nashville.

RIPPY'S SMOKIN' BAR & GRILL / \$\$

429 Broadway, Nashville, TN 37203

T: 615.394.3457

H: 11am-3am

rippysbarandgrill.com

We offer a main dining area that hosts our very talented musicians, an east side area filled with flat screens for the sports lover, and an amazing open-air rooftop patio where one can people watch on lower Broadway or just kick back and relax in the sun!

PUCKETT'S GROCERY / \$\$

500 Church St, Nashville, TN 37203

T: 615.770.2772

H: Sun-Thurs: 7am-10pm; Fri-Sat: 7am-11pm

puckettsgro.com

Authentic comfort food—barbecue smoked slow 'n' low over cherry wood, home-cooked sides, even a few upscale dishes—is what we aim for you to remember, years after sitting at our table.

THE CAPITOL GRILLE / \$\$\$

The Hermitage Hotel – 231 6th Ave N, Nashville, TN 37219

T: 615.345.7116

H: Breakfast: 6:30am-11am; Lunch: 11:30am-2pm; Dinner: 5pm-10pm

capitolgrillenashville.com

Featuring rotating cuts of dry-aged, grass fed beef, the menu shifts with the season based on what is the freshest and best available.

OAK BAR / \$\$

The Hermitage Hotel – 231 6th Ave N, Nashville, TN 37219

T: 615.279.3767

H: Mon-Sat: open at 11:30am; Sun: 12pm

capitolgrillenashville.com/oak-bar

The Oak Bar, next door to Capitol Grille, has been beautifully restored. It offers a private, relaxing retreat to begin an evening or bring it to a satisfying close.

COFFEE SHOPS

FROTHY MONKEY / \$\$

235 5th Ave N, Nashville, TN 37219

T: 615.891.1015

H: Mon-Thurs: 7am-9pm; Fri-Sat: 7am-10pm; Sun: 8am-9pm

frothymonkey.com

Frothy Monkey is the breakfast through dinner coffeehouse featuring creative folks using local ingredients to prepare original dishes served in a cozy and approachable atmosphere.

THE SOUTHERN STEAK & OYSTER / \$\$\$

150 3rd Avenue S, Nashville, TN 37201

T: 615.724.1762

H: Mon-Thurs: 7:30am-10pm; Fri: 7:30am-12am; Sat: 9:30am-12am; Sun: 9:30am-10pm

thesouthernnashville.com

Featuring a state-of-the-art, shuck-to-order oyster bar, a real wood-fired grill, locally-grown produce, deliciously tender meats and directly-sourced, sustainable seafood, The Southern combines indigenous flavors with exotic ingredients to offer an authentically southern experience with a twist.

THE STILLERY / \$\$

113 2nd Ave N, Nashville, TN 37201

T: 615.942.8080

H: Sun-Wed: 11am-10pm; Thur-Sat: 11am-11pm

stillerynashville.com

The Stillery offers amazing mason jar cocktails, burgers & brick-oven pizza in a modern space with live music on weekends. They also have a great local beer selection! Must try!

MARTIN'S BBQ / \$

410 4th Ave S, Nashville, TN 37201

T: 615.288.0880

H: Mon-Sun: 11am- 10pm

martinsbbqjoint.com

Big roadhouse-style eatery known for its whole-hog pit-fired BBQ, with chicken, tacos, burgers, and more! Head upstairs for rooftop games, beer, live music, and a huge year round patio area! (Tip: If the line out front is really long, check the line by the order window on the patio to the left of the stage!)

HUSK / \$\$

37 Rutledge St, Nashville, TN 37210

T: 615.256.6565

H: Mon-Thurs: 11am-2pm, 5pm-10pm; Fri: 11am-2pm, 5-11; Sat: 10am-2pm, 5pm-11pm; Sun: 10am-2pm, 5pm-11pm

husknashville.com

Husk is the newest outpost of the Neighborhood Dining Group and James Beard Award-winning Chef Sean Brock's renowned restaurant. The kitchen reinterprets the bounty of the surrounding area, exploring an ingredient-driven cuisine that begins in the rediscovery of heirloom products and redefines what it means to cook and eat in Nashville.

HATTIE B'S / \$

112 18th Ave S, Nashville, TN 37203

T: 615.678.4794

H: Mon-Thur 11am-10pm, Fri-Sat 11am-12am, Sun 11am-4pm

hattieb.com

Nashville Hot Chicken restaurant that serves mild to very spicy fried chicken, southern sides, & local brews in a casual, counter-service eatery. (Usually a long line during prime lunch/ dinner hours but not always and it's worth the wait!)

STARBUCKS / \$

424 Church St, Nashville, TN 37219

T: 615.248.3339

H: Mon-Fri: 5:30am-7pm; Sat-Sun: 6am-6pm

starbucks.com

We're not just passionate purveyors of coffee, but everything else that goes with a full and rewarding coffeehouse experience. We also offer a selection of premium teas, fine pastries and other delectable treats to please the taste buds. And the music you hear in store is chosen for its artistry and appeal.

THINGS TO DO / THE ARTS

TENNESSEE PERFORMING ARTS CENTER

505 Deaderick Street, Nashville, TN 37243
T: 615.782.4000
tpac.org

The performance venues at TPAC are Andrew Jackson Hall (2,472 seats), James K. Polk Theater (1,075), Andrew Johnson Theater (256) and War Memorial Auditorium (1,661), the historic landmark located across 6th Avenue from the Center. Among its many operations, TPAC presents a series of Broadway shows and special engagements, and administers a comprehensive education program.

SCHERMERHORN SYMPHONY CENTER

One Symphony Place, Nashville, TN 37201
T: 615.687.6400
nashvillesymphony.org

Led by Music Director Giancarlo Guerrero and President and CEO Alan D. Valentine, the Nashville Symphony has established an international profile with its innovative programming and steadily expanding discography. Founded in 1946, the orchestra is one of Tennessee's largest and longest-running nonprofit performing arts organizations. With 140 performances annually, the Symphony's concert schedule encompasses a diverse mix of classical, pops, jazz and family programs, along with extensive community outreach efforts.

COUNTRY MUSIC HALL OF FAME & MUSEUM

222 5th Ave S, Nashville, TN 37203
T: 615.416.2001
countrymusicHalloffame.org

The Country Music Hall of Fame and Museum is the definitive home

of America's music, safeguarding more than 2.5 million priceless artifacts, including countless recordings and photographs, numerous stage costumes, musical instruments, and more. Also, experience our other historic properties, RCA Studio B and Hatch Show Print.

FRIST CENTER FOR THE VISUAL ARTS

919 Broadway, Nashville, TN 37203
T: 615.244.3340
fristcenter.org

The Frist Center for the Visual Arts is a nonprofit art-exhibition center, with approximately 24,000 square feet of gallery space, dedicated to presenting the finest visual art from local, state and regional artists, as well as major U.S. and international exhibitions.

RYMAN AUDITORIUM

116 5th Ave N, Nashville, TN 37219
T: 615.889.3060
ryman.com

Take a journey through entertainment history with a daytime tour of the Ryman Auditorium, the most famous former home of the Grand Ole Opry. Be immersed in the Ryman's magical history during the one-of-a-kind "Soul of Nashville" theater experience and enjoy five new exhibits complete with videos hosted by stars including Nicole Kidman, Charles Esten and Trisha Yearwood.

THINGS TO DO / BARS & MORE

ROBERT'S WESTERN WORLD

416 Broadway, Nashville, TN 37203
robertswesternworld.com
H: Mon-Sat: 11am-3am, Sun: 12pm-3am

Robert's Western World is Nashville's undisputed home of traditional country music. Live music is always playing, the grill is sizzling all night long and there is never a cover charge. Sit down, enjoy a cold PBR, a tasty burger, and listen to some of the best hillbilly, rockabilly and traditional country music that Nashville has to offer. Y'all come on in!

PINEWOOD SOCIAL

33 Peabody St, Nashville, TN 37210
pinewoodsocial.com
H: Mon-Fri: 7am-1am, Sat-Sun: 9am-1am

Think of us as a comfortable place to work with a cup of coffee in the morning or grab a casual lunch with a co-worker. Think of us as a place to meet friends for cocktails and dinner. Think of us as a place to play, whether that means bowling or playing bocce ball. Come hang out and enjoy all the different elements we have to offer at Pinewood Social, a place to meet.

ACME FEED & SEED

101 Broadway, Nashville, TN 37201
www.theacmenashville.com

H: Mon-Thur: 11am-11pm, Fri: 11am-2am, Sat: 10am-2am, Sun: 10am-11pm

Acme Feed & Seed creates a uniquely 'Nashville' atmosphere that honors the unparalleled character of the city's past, present and future. With 22,000 square feet of cocktail, culinary and entertainment space, The Acme invites guests to experience an entirely new Lower Broadway.

TENNESSEE BREW WORKS

809 Ewing Ave, Nashville, TN 37203
tnbrew.com
H: Mon-Sat: 11am-10pm, Sun: 11am-8pm

We are proud to call the great state of Tennessee home to the Tennessee Brew Works brewery and taproom, where we create our "finely tuned craft beer." With fine traditions in many things including both music and spirits, we hope to capture the essence of the land and culture in all of our brews.

BOURBON STREET BLUES & BOOGIE BAR

220 Printers Alley, Nashville, TN 37219
bourbonstreetbluesandboogiebar.com
H: Mon-Sun: 11am-3am

At this New Orleans themed club tucked within Downtown's historic Printers Alley district, live blues and a Cajun-American menu are on tap seven nights a week until 3am. Great service, constant live music, and affordable drinks make Bourbon Street the blues bar to visit in Nashville.

HOW TO GET THERE

BY FOOT / 506 Lofts is close enough to walk to anything in the heart of the city. For places a little further than you'd like to walk, a taxi or Lyft/Uber can get you there for just a couple of dollars.

THINGS TO DO / TOTAL ACCESS PASS

ACCESS PASS INFO

The Music City Total Access Pass lets you put together a unique experience all at a cool discount. Enjoy the freedom – and the savings – then go write your own ticket to entertainment!

For \$75, you get:

Admission into your choice of 4 attraction and tours from the 22 options listed to the right.

Free admission to The Parthenon

Free admission to the Tennessee Sports Hall of Fame

25% off the Music City Hop On/Off Trolley Tour

10% off at Shop Music City at the Visitor Information Center

Call 1-800-657-6910 or visit <http://www.visitmusiccity.com/visitors/discountsdeals/totalaccess> for more information

ACCESS PASS ATTRACTION OPTIONS

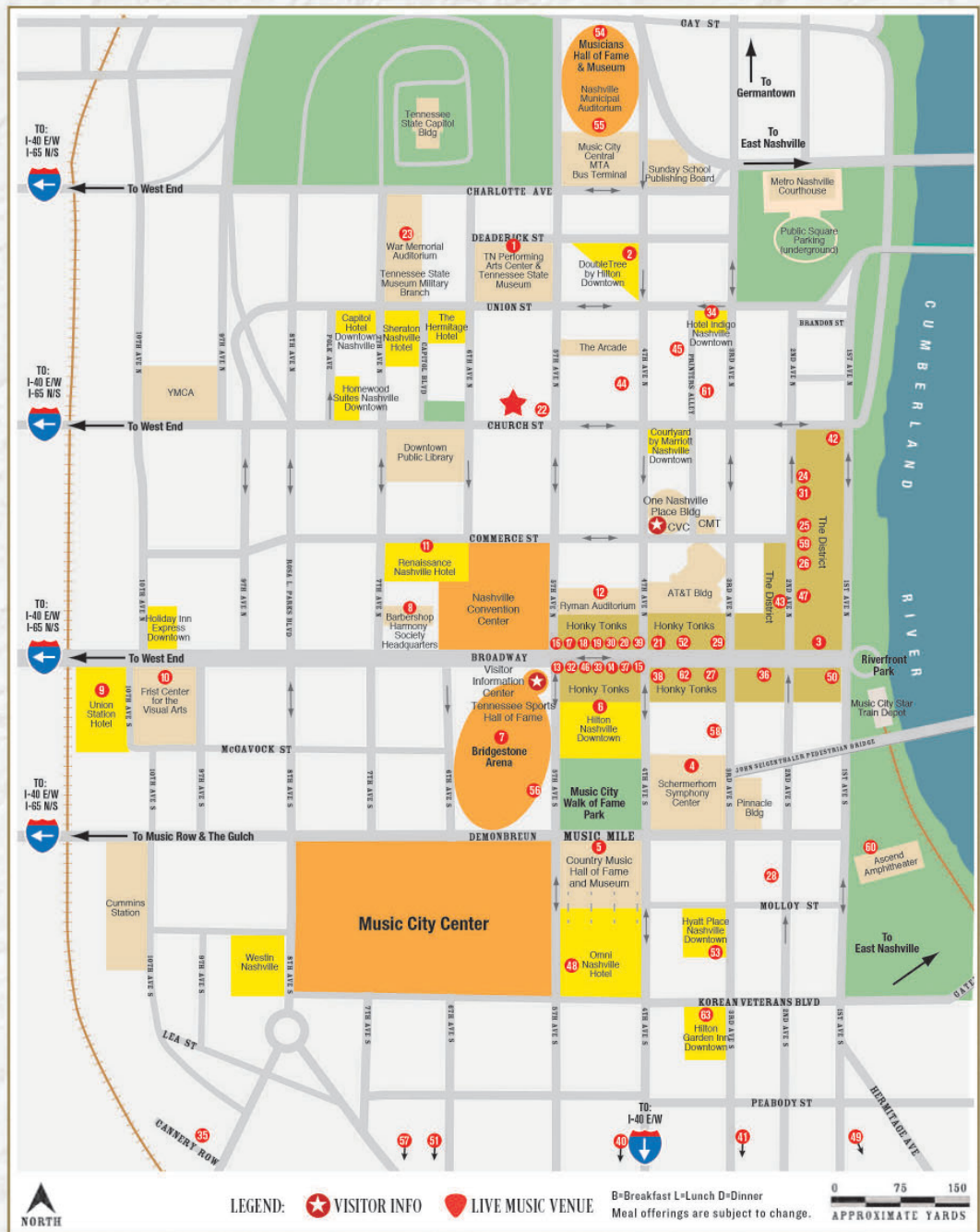
Adventure Science Center
Andrew Jackson's Hermitage
Belle Meade Plantation
Belmont Mansion
Cheekwood Botanical Garden & Museum of Art
Country Music Hall of Fame & Museum
Cruzzin Nash
The Delta Riverboat Company at Gaylord Opryland
Echoes of Nashville
Famous Footsteps (Walking Tour)
The Fontanel Mansion & Farm
Frist Center for the Visual Arts
George Jones Museum
Grand Ole Opry House Backstage Tour
Hatch Show Print
Hick Chick Tours
Historic RCA Studio B
Historic Travellers Rest Plantation & Museum
Jack Daniel Distillery/Dry County Tour
Johnny Cash Museum
Lucky Ladd Farms
Madame Tussauds
Music City Double Decker & Trolley Hop On/Off Tour
Music City Rollin' Jamboree
Musicians Hall of Fame & Museum
Nashville Shores Lakeside Resort
Nashville Zoo at Grassmere
Old Town Trolley Tour
Patsy Cline Museum
The Redneck Comedy Bus Tour
Ryman Auditorium
The Sound Music Tour

For additional downtown choices for dining and entertainment, please reference the maps on the following pages.

WELCOME TO MUSIC CITY

DOWNTOWN ENTERTAINMENT

1. Tennessee Performing Arts Center
2. Fourth & U at DoubleTree Hotel
3. Hard Rock Cafe
4. Schermerhorn Symphony Center
5. Country Music Hall of Fame and Museum
6. Hilton Nashville Downtown
7. Bridgestone Arena
8. Barbershop Harmony Society
9. Union Station Hotel
10. Frist Center for the Visual Arts
11. The Bridge at Renaissance Nashville Hotel
12. Ryman Auditorium
13. Rippy's Smokin' Bar & Grill
14. Nashville Crossroads
15. Paradise Park Trailer Resort
16. Legends Corner
17. Tootsie's Orchid Lounge
18. The Second Fiddle
19. Layla's Bluegrass Inn
20. The Stage
21. Jimmy Buffett's Margaritaville
22. Puckett's Grocery
23. War Memorial Auditorium
24. Buffalo's Billiard Parlor
25. B.B. King's Blues Club & Restaurant
26. Wildhorse Saloon
27. Tequila Cowboy
28. The Listening Room Cafe
29. Whiskey Bent Saloon
30. Robert's Western World
31. Dick's Last Resort
32. Full Moon Saloon
33. The Wheel
34. The District Bar & Kitchen at Hotel Indigo
35. Cannery Ballroom/Mercy Lounge/The High Watt
36. Bootleggers Inn
37. The Big Bang
38. Honky Tonk Central
39. Bailey's Sports Grille
40. Rocketown
41. 3rd & Lindsley
42. Riverfront Tavern
43. Benchmark Live Music & Sports Bar & Grill
44. Back Alley Diner
45. Bourbon Street Blues and Boogie Bar
46. Troubadours Karaoke Bar
47. Doc Holliday's Saloon
48. Barlines
49. Pinewood Social
50. Acme Feed & Seed
51. City Winery
52. Tin Roof Broadway
53. Hyatt Place Nashville Downtown
54. Musicians Hall of Fame & Museum
55. Nashville Municipal Auditorium
56. Tavern '96
57. Tennessee Brew Works
58. The Johnny Cash Museum
59. George Jones Museum
60. Ascend Amphitheater
61. Skull's Rainbow Room
62. Wanna B's Karaoke Bar
63. SoBro Sports Bar and Grill - LD



I - 2016

WELCOME TO MUSIC CITY

DOWNTOWN DINING

1. Riverfront Tavern - LD
2. B.B. King's Blues Club & Restaurant - LD
3. Wildhorse Saloon - LD
4. Hard Rock Cafe - LD
5. Rock Bottom Restaurant & Brewery - LD
6. Tequila Cowboy - LD
7. Jimmy Buffett's Margaritaville - LD
8. Jack's Bar-B-Que - LD
9. Merchants Restaurant - LD
10. Paradise Park Trailer Resort - LD
11. Rippy's Smokin' Bar & Grill - LD
12. The Palm Restaurant - LD
13. The Old Spaghetti Factory - LD
14. Bajo Sexto - LD
15. Sole Mio - LD
16. The Listening Room Cafe - D
17. Frist Center Cafe - L
18. Prime 108 - LD
19. The Bridge in Renaissance Hotel- LD
20. Commerce Street Grille in Renaissance Hotel - BLD
21. Morton's-The Steakhouse - D
22. Puckett's Grocery - BLD
23. The Capitol Grille in Hermitage Hotel - LD
24. 417 Union - BLD
25. Cafe Lula at the Ryman Auditorium - BLD
26. Oak Bar in Hermitage Hotel - LD
27. The Southern Steak & Oyster - BLD
28. Domo's Steak & Spaghetti House - LD
29. Joe's Crab Shack - LD
30. Panera Bread - BLD
31. Bailey's Sports Grille - LD
32. Dick's Last Resort - LD
33. Etch Restaurant - LD
34. Mike's Ice Cream & Coffee Bar - Snack
35. Benchmark Live Music and Sports Bar & Grill - LD
36. Provence Breads & Cafe - BL
37. Robert's Western World - LD
38. Honky Tonk Central - LD
39. Savannah's Candy Kitchen - Snack
40. The Melting Pot - D
41. Rodizio Grill - L (Thu-Sun) D
42. Buffalo's Billiard Parlor - LD
43. Back Alley Diner - LD
44. Bourbon Street Blues and Boogie Bar - LD
45. Pub5 - LD
46. Husk Restaurant - LD
47. Luigi's City Pizza - LD
48. Cherry Street Eatery & Sweetery - BL
49. Bob's Steak & Chop House - D
50. Barlines - LD
51. Kitchen Notes - BLD
52. The Farm House - LD
53. Fourth & U in the DoubleTree- LD
54. Pinewood Social - BLD
55. Acme Feed & Seed - LD
56. City Winery - LD
57. Frothy Monkey - BLD
58. The District Bar & Kitchen in Hotel Indigo - BLD
59. Tin Roof Broadway - LD
60. Trattoria Il Mulino - LD
61. Tavern '96 - LD
62. 3rd & Lindsley - LD
63. Tennessee Brew Works - D
64. Rocket Fizz Soda Pop & Candy Shop - Snack
65. The George Rooftop Bar & Restaurant - LD
66. Choices Restaurant at George Jones Museum - LD
67. Leon's Candy - Snack
68. Goo Goo Shop - Snack
69. Ty's Soups & Sandwiches - L
70. Southernaire Market - L
71. Jeff Ruby's Steakhouse - LD
72. 2122 Eatery - L
73. Cinco de Mexican Restaurant - LD
74. SoBro Sports Bar and Grill - LD



I - 2016

EAST NASH VILLE

The always growing, thriving, eclectic, historic, and hip, East Nashville has become one of the city's most-desired areas to live and play. Its low-key vibe and neighborly personality make this community a great place to escape without leaving town. As Budget Travel Magazine calls Historic East Nashville "Nashville's version of New York's East Village," East Nashville has attracted many musicians and visual artists to the neighborhood. Mingle with the patrons of the local hangouts and you're bound to meet more than a few musicians and songwriters.

WHERE TO EAT

THE PHARMACY / \$\$

731 McFerrin Ave, Nashville, TN 37206
T: 615.712.9517
H: Sun-Thurs: 11am-10pm; Fri-Sat: 11am-11pm
thepharmacynashville.com

The Pharmacy Burger Parlor & Beer Garden believes in serving the very best products at the very best value. They use 100% Tennessee—raised beef to create legendary burgers and 100% pure cane sugar in the soda.

MARCHE ARTISAN FOOD / \$\$

1000 Main Street, Nashville, TN 37206
T: 615.262.1111
H: Tues-Fri: 8am-9pm; Sat: 8am-4pm, 5pm-9pm; Sun: 9am-4pm
marcheartisanfoods.com

Marché Artisan Foods is a bustling European style eatery located near the heart of Historic East Nashville in “Five Points.” We are a diner’s dream serving seasonal cuisine for Breakfast, Lunch, Dinner and the ever popular weekend Brunch.

MARGOT CAFÉ & BAR / \$\$\$

1017 Woodland Street, Nashville, TN 37206
T: 615.227.4668
H: Tues-Sat: 5:30pm-10pm; Sun: 11am-2pm
margotcafe.com

Margot Café & Bar is a casual, fine dining restaurant located at “Five Points” in Historic East Nashville offering rustic French and Italian cuisine with an emphasis on the regions of Provence and Tuscany. The menu changes daily but the foundation remains constant with six appetizer choices, seven entrees, and five desserts.

ROSEPEPPER / \$\$

1907 Eastland Ave, Nashville, TN 37206
T: 615.227.4777
H: Mon-Thurs: 11am-2pm, 4pm-9:30pm; Fri-Sat: 11am-10:30pm;
Sun: 11am-9:30pm; Happy Hour: 4-7pm
rosepepper.com

Rosepepper Cantina mirrors the food of the Mexican state of Sonora—a fusion of traditional Mexican, French and native influences—making it the unique Mexican dining experience in Nashville. The food is as diverse and creative as the environment, with options ranging from Chile Verde to Cabo Tacos and Carne Asada.

FIVE POINTS PIZZA / \$\$

1012 Woodland Street, Nashville, TN 37206
T: 615.915.4174
H: Sun-Thur 11am-11pm, Friday- Saturday: 11am-12pm
fivepointspizza.com

Some of the best pizza in Nashville! Simple spot with craft beers on tap & New York-style pizzas made to order or by the slice..

EASTLAND CAFÉ / \$\$

97 Chapel Ave, Nashville, TN 37206
T: 615.627.1088
H: Call for hours
eastlandcafe.com

For Nashville dining in a vibrant neighborhood, Eastland Cafe is both comfortable and casually elegant. The open dining room has an inclusive, inviting feel, with dark mahogany wood panels and generous, warmly lit tables. The menu is approachable and solid, featuring daily specials and seasonal offerings.

PENINSULA / \$\$

1035 West Eastland Ave, Nashville, TN 37206
T: 615.679.0377
H: Tue-Sat: 5pm-10pm
peninsulanashville.com

Inspired by the Iberian Peninsula, this cozy East Nashville bistro serves a rotating menu of Spanish, Portuguese and Southern French small plates and mains, plus a European-focused wine list and multiple takes on the gin and tonic.

PEPPERFIRE HOT CHICKEN / \$

1000 Gallatin Ave, Nashville, TN 37206
T: 615.582.4824
H: Mon-Weds: 11am-9pm; Thurs-Sat: 11am-10pm
pepperfirehotchicken.com

Best known for their consistent, unique flavor, Pepperfire’s spice can be enjoyed across a wide array of heat levels from ‘Light Mild’ to ‘XX Hot.’ And with dishes ranging from authentic hot chicken to the innovative Tender Royale, tenders atop a deep-fried grilled cheese sandwich, Pepperfire blends its spice with an authentic credibility and modern interpretations.

THE WILD COW / \$\$

1896 Eastland Ave, Nashville, TN 37206
T: 615.262.2717
H: Sun-Mon: 11am-9pm; Weds-Thurs: 11am-9pm; Fri-Sat: 11am-10pm
thewildcow.com

The Wild Cow serves vegetarian & vegan fare in a fun, casual environment in the heart of East Nashville.

PORTER ROAD BUTCHER / \$\$

501 Gallatin Ave, Nashville, TN 37206
T: (615) 650-4440
H: Weds-Sat: 11am-7pm
prbutcher.com

Porter Road Butcher is a neighborhood butcher shop determined to provide Nashville with the highest quality products. Serving local, grass fed meats and other fine local and regional products, they hand cut all of the meat and make products with fresh ingredients.

BUTCHER & BEE / \$\$

902 Main Street, Nashville, TN 37206
T: 615.226.3322
H: Sun: 5pm-12am; Mon-Thurs: 11am-2pm, 5pm-12am; Fri: 11am-2pm, 5pm-2am; Sat: 5pm-2am
butcherandbee.com

It all started with a vision... of sandwiches. A gourmet meal between two pieces of bread. Now the dream has grown beyond sandwiches to all types of foods, brought to you from local farmers who produce spectacular flavors.

DINO’S / \$

411 Gallatin Ave, Nashville, TN 37206
T: 615.226.3566
H: Mon-Fri: 4pm-3am; Sat-Sun: 12pm-3am
dinosnashville.com

Miranda Whitcomb Pontes and longtime friend, Alex Wendkos, took over Dino’s Restaurant in November 2014 and reopened the spot on January 2015 after much clean up and lots of love. But the new Dino’s is still the same old Dino’s—ice cold beer, delicious burgers, and great music.

DRIFTERS BBQ / \$\$

1008-B Woodland Street, Nashville, TN 37206
T: 615.262.2776
H: Sun-Thurs: 11am-1am (kitchen closes at 12am); Fri-Sat: 11am-3am (kitchen closes at 2am)
driftersnashville.com

Drifters BBQ features Hickory Smoked BBQ – Brisket, Pork, Chicken, Sausage and Ribs. Ice Cold Tall Boys, a full liquor bar, and Live out door music on our two huge patios. (back patio is tent covered for winter)

DUKES / \$

1000 Main Street, Nashville, TN 37206
H: Sun-Sat: 12pm-3am
dukesnashville.com

The straight-up little bar offers sandwiches that are better than you'd expect, drinks that are cheaper than you'd expect, and tunes for everyone.

COFFEE SHOPS & DESSERT STOPS

BARISTA PARLOR / \$\$

519 Gallatin Ave, Nashville, TN 37206
T: 615.712.9766
H: Mon - Fri 7:00am - 8:00pm; Sat - Sun 8:00am - 8:00pm
baristaparlor.com

The original Barista Parlor that started it all, located at 519 Gallatin Avenue in East Nashville, Barista Parlor resides in an old transmission shop converted into a wonderful place for art and commerce to meet.

THINGS TO DO / BARS & MORE

NO. 308

407 Gallatin Ave, Nashville, TN 37206
H: 5pm-3am
Trendy late-night hangout features innovative cocktails, cozy but energetic atmosphere, patio seating, and friendly neighborhood vibe!

3 CROW BAR

1024 Woodland Street, Nashville, TN 37206
H: 11am-3am
A lively East Nashville spot for drinks, trivia nights, happy hour specials & upscaleamerican pub grub.

HEY ROOSTER GENERAL STORE

1106 Gallatin Ave, Nashville, TN 37206
H: 11am-6pm
The shop is a rotating selection of ready-to-enjoy small batch food, handmade functional goods for the home and body, and gifts.

OLIVE & SINCLAIR CHOCOLATE CO

1628 Fatherland St, Nashville, TN 37206
T: 615.262.3007
Factory Tours: We will walk through the process of making bean-to-bar chocolate, roasting & tasting your way through the process, using our antique melangers (stone mills) and sharing the story of Olive & Sinclair. By the end, you will have a good taste of what it feels (and smells!) like to be a southern artisan chocolate maker— and don't worry, you get plenty of samples along the way!

HOW TO GET THERE

UBER / under \$10

LOCKELAND TABLE / \$\$

1520 Woodland Street, Nashville, TN 37206
T: 615.228.4864
H: Mon-Sat: 5pm-10pm
lockelandtable.com
The dishes are identifiable to the food we loved growing up, but crafted into an exquisite and delightful experience far from most mothers' kitchen tables.

MAS TACOS POR FAVOR / \$

732 McFerrin Ave, Nashville, TN 37206
T: 615.543.6271
H: Mon-Fri: 11am-8pm; Sat: 10am-3pm
eatmastacos.com
Mas Tacos por Favor started in a 1974 Winnebago and has since become one of Nashville's favorite eateries, known and loved for serving scratch-made Mexican cuisine.

JENI'S ICE CREAM / \$\$

1892 Eastland Ave, Nashville, TN 37206
T: 615.262.8611
H: 12pm-11pm
jenis.com
Famous ice cream with smooth texture, buttercream body, bright flavor, and clean finish. No artificial colors or flavoring! Delicious!

VINYL TAP

2038 Greenwood Ave, Nashville, TN 37206
H: Tues-Sun: 12pm-1am; Mon: 5pm-1am
Vinyl Tap is part draft house lounge and part record store that offers a casual environment with a living room vibe, where customers can settle in to enjoy music, beer, and friends. The founder and co-owner, Todd Hedrick, was eager to share his lifelong obsession with music and his appreciation for high-quality brews with neighbors and the Nashville community.

WALK EAT NASHVILLE

walkeatnashville.com
You'll savor tastings at six restaurants and specialty food shops and enjoy interactions with local chefs and owners. Between bites, you'll stroll through one of Nashville's oldest neighborhoods filled with architectural gems and historic landmarks.

FIVE POINTS

The Five Points area is located along Woodland Street east of the Cumberland River and marks the heart of super-hip East Nashville, where the historic neighborhoods are in the midst of a renaissance. Within a small, walkable distance are some great local businesses and stores.

12 SOUTH

One of Nashville's hottest neighborhoods, 12South has emerged as the perfect one-stop destination to live, eat, drink, play, and socialize. Stylish shops, beautifully-restored homes, charming coffee shops, and a wide array of dining options are all within walking distance. You are likely to find a vintage guitar, local craft beer, gourmet popsicle, hand-stitched pair of jeans, and a fabulous meal all in one visit.

WHERE TO EAT

JOSEPHINE / \$\$\$

2316 12th Ave S, Nashville, TN 37204

T: 615.292.7766

H: Mon-Thurs: 5pm – 10pm; Fri: 5pm – 11pm; Sat: 10am – 11pm;
Sun: 10am – 10pm; WEEKEND BRUNCH: 10AM - 3PM

josephineon12th.com

Josephine is a contemporary restaurant featuring american farmhouse cuisine located in the vibrant, 12 South neighborhood of Nashville, TN. The restaurant focuses on simple, classically composed recipes accompanied by a small but carefully selected wine list in a soft industrial space that emphasizes a sense of home.

TAQUERIA DEL SOL / \$

2317 12th Ave S, Nashville, TN 37204

T: 615.499.4293

H: Tues-Thurs: 11am-2pm, 5:30pm-9pm; Fri: 11am-2pm, 5:30pm-10pm; Sat: 11am-10pm; Sun: 11am-9pm

taqueriadelсол.com

The clean and playful design of the restaurant, the speed at which “from scratch” Southern, Mexican and Southwestern dishes are delivered, and the taste of such original selections creates a dining experience unlike many others.

MAFIAOZA’S PIZZERIA & NEIGHBORHOOD PUB / \$\$

2400 12th Ave S, Nashville, TN 37204

T: 615.269.4646

H: Tues-Fri: 4pm-3am; Sat: 11am-3am; Sun: 11am-3am

mafiazas.com

The popular 1920s New York-style Italian restaurant—known for serving the finest stone-oven pizza in the southeast—offers dishes using fresh, seasonal ingredients, many of which are locally grown and produced by Kentucky’s famed Sylvanus Farms.

EMBER’S SKI LODGE / \$\$

2410 12th Ave S, Nashville, TN 37204

T: 615.866.5652

H: Bar is open until 2am, 7 days a week. Kitchen Hours: Mon-Thurs: 11am-10pm; Fri: 11am-11pm; Sat and Sun: 10am-10pm
embersskilodge.com

Embers Ski Lodge features a from-scratch, seasonally influenced gastropub menu inspired by Lars’ travels to ski resorts in the Pacific Northwest and around the country.

12SOUTH TAPROOM / \$\$

2318 12th Ave S, Nashville, TN 37204

T: 615.463.7552

H: 11am-12am

12southtaproom.com

With an ambience as eclectic as its patrons, the Taproom serves as an inviting home to all the residents of 12 South and beyond. Our hot and made-to-order culinary delights, distinct and well-crafted libations, and well-informed (and good looking) staff combine to create an experience that is simultaneously novel and intimately familiar.

BURGER UP / \$\$

2901 12th Ave S, Nashville, TN 37204

T: 615.279.3767

H: 11am-10pm

burger-up.com

In 2008, a light-hearted conversation that began with small talk about what kind of business would fit well at the corner of 12th and Paris,

eventually led to talk of a quality burger place—a community-driven restaurant—a place where people of all ages would feel welcome—a place to take the kids out to dinner—a place appropriate for a business lunch, first date, or an anniversary.

THE FLIPSIDE / \$\$

2403 12th Ave S, Nashville, TN 37204

T: 615.292.9299

H: Mon-Wed: 10am-9pm; Thur-Fri: 11am-10pm; Sat: 10am-12am;
Sun 10am-9pm

theflipside12south.com

Relaxed ‘50s style place that specializes in pan-sautéed chicken with a range of toppings, plus milkshakes, cocktails & beer! (If you want to check out one of the biggest bloody Mary’s in Nashville, this is the place for you!)

EDLEY’S BAR-B-QUE / \$\$

2706 12th Ave S, Nashville, TN 37204

T: 615.953.2951

H: 11am-11pm

edleysbbq.com

Unlike other BBQ joints, we do not stop with just the smoked meats. We prepare eight to ten Southern style side dishes made from scratch everyday with recipes derived from mothers, grandmothers, nannies and housekeepers. These side dishes coupled with the fresh, smoked meats will quickly and easily make Edley’s Bar-B-Que the best Bar-B-Que in Nashville.

URBAN GRUB / \$\$

2506 12th Ave S, Nashville, TN 37204

T: 615.679.9342

H: Tues-Thurs: 4pm-1am; Fri: 4pm-2am; Sat: 11am-2am; Sun 11am-12am

urbangrub.net

The menu is a combination of southern traditions with a “flavored up tweak,” fresh fish and seafood, fresh shucked oysters, smoked and grilled meats and vegetables, and cantina style hand-helds.

BARTACO / \$\$

2526 12th Ave S, Nashville, TN 37204

T: 615.269.8226

H: 11:30am-late

bartaco.com

Inspired by the beach culture of Punta del Este and Buzios in South America, Bartaco brings upscale street food with a coastal vibe in a relaxed environment.

EPICE / \$\$

2902 12th Ave S, Nashville, TN 37204

T: 615.720.6762

H: Tues-Sat: 11am-10pm; Sun: 11am-9pm

epicenashville.com

Epice is a neighborhood bistro serving moderately priced, simple and authentic Lebanese foods reflective of Lebanon’s flavorful Mediterranean cuisine.

HATTIE B’S / \$

2222 8th Ave, Nashville, TN 37204 (Downtown location as well)

T: 615.970.3010

H: Mon-Thur 11am-10pm, Fri-Sat 11am-12am, Sun 11am-4pm

hattieb.com

Nashville Hot Chicken restaurant that serves mild to very spicy fried chicken, southern sides, & local brews in a casual, counter-service eatery.

COFFEE SHOPS & DESSERT STOPS

FROTHY MONKEY / \$

2509 12th Ave S, Nashville, TN 37204

T: 615.292.1808

H: Mon-Thurs: 7am-9pm; Fri-Sat: 7am-10pm; Sun: 8am-9pm

frothymonkey.com

Frothy Monkey is the breakfast through dinner coffeehouse featuring creative folks using local ingredients to prepare original dishes served in a cozy and approachable atmosphere.

PORTLAND BREW / \$

2605 12th Ave S, Nashville, TN 37204

T: 615.732.2003

H: 7am-7pm

portlandbrewcoffee.net

Serving local coffee, delicious breakfast sandwiches and homemade baked goods 8 days a week.

JENI'S ICE CREAM / \$\$

2312 12th Ave S, Nashville, TN 37204

T: 615.292.7794

H: 12pm-11pm

jenis.com

Famous ice cream with smooth texture, buttercream body, bright flavor, and clean finish. No artificial colors or flavoring! Delicious!!

LAS PALETAS / \$

2911 12th Ave S, Nashville, TN 37204

T: 615.386.2101

H: Tues-Sat: 11am-7pm; Sun-Mon: 11am-5pm

laspaletasnashville.com

Made in the store's kitchen, Las Paletas offers "cream" paletas that have the texture of an ice cream bar and "fruit" paletas that have the texture of a traditional ice pop. You will find traditional Mexican flavors next to flavors suggested by our customers and seasonal flavors as well!

BOX- BONGO+BAKERY / \$

2229 10th Ave S, Nashville, TN 37204

T: 615.777.5282

H: Mon-Sun: 7am-5pm

BOX features a full Bongo Java coffee bar and an on-site bakery. The cafe also serves breakfast and lunch. The original Bongo Java location is the oldest coffeehouse in Nashville and their bakery is a local favorite!

FIVE DAUGHTERS BAKERY / \$\$

1110 Caruthers Ave , Nashville, TN 37204 (East Nashville location as well)

T: 615.490.6554

H: Mon-Fri: 7am-10pm, Sat-Sun: 8am-10pm

fivedaughtersbakery.com

Local family run bakery known for its 100-layer donuts & classic pastries! Do not leave town with out one of these donuts...they are AMAZING!

THINGS TO DO/SHOPPING

DRAPER JAMES

2608 12th Ave S, Nashville, TN 37204

The goal at Draper James is to bring contemporary, yet timeless Southern style to your wardrobe and your home, no matter where you live.

EMERSON GRACE

2304 12th Ave S, Nashville, TN 37204

Nashville based contemporary women's clothing.

CADEAU

2308 12th Ave S, Nashville, TN 37204

Home décor.

HERO

2306 12th Ave S, Nashville, TN 37204

A blend of high-end designer looks with a mixture of merchandise, all amid a comfortable, eclectic atmosphere.

JUDITH BRIGHT

2307 12th Ave S, Nashville, TN 37204

Contemporary Handcrafted Designer Jewelry for women of all shapes, sizes & tastes.

SERENDIPITY EMPORIUM

2301 12th Ave S, Nashville, TN 37204

Unique & eclectic collection of accessories, locally made & one-of-a-kind sterling jewelry, hand-made sweaters, jeans, gifts, baby, scarves, boots, dresses and more!

SAVANT VINTAGE COUTURE

2302 12th Ave S, Nashville, TN 37204

A small house turned into a store, Savant Vintage has a beautiful and eclectic collection of men's and women's vintage pieces and is a frequent stop for celebrities and stylists.

THE LABEL NASHVILLE

2222 12th Ave S, Nashville, TN 37204

Menswear boutique in the heart of Nashville's 12th South neighborhood with a limited selection of women's wear and accessories.

MODA

2511 12th Ave S, Nashville, TN 37204

MODA, meaning "fashion" in Italian, is Nashville's edgy chic boutique. Located in the trendy 12 South District, the boutique is a hub for designer clothing and jewelry.

IMOGENE + WILLIE

2601 12th Ave S, Nashville, TN 37204

These Nashville-based purveyors of self-branded jeans and shirts sell their high-quality wares out of a shop that's based in a converted old gas station, and should you be lucky enough to stop by at the right time, you might be able to grab a bite from the taco truck out front or jam out to some live music out back.

WHITE'S MERCANTILE

2908 12th Ave S, Nashville, TN 37204

White's Mercantile, is a completely curated shop stocked with owner Holly's favorite items that she's found while spending much of her life on the highway playing music to adoring fans.

HOW TO GET THERE

UBER / under \$10

Germantown

One of Nashville's historic neighborhoods is bringing people closer to town to live and play. Germantown, so named because of the influx of German immigrants in the mid nineteenth- century, was Nashville's first suburb.

WHERE TO EAT

LITTLE DONKEY / \$\$

1120 4th Ave N, Nashville, TN 37208
T: 615.567.5886
H: Sun-Thurs: 11am-9:30pm; Fri-Sat: 11am-10:30pm
thelittledonkey.com

Little Donkey was born out of our love of the vibrant flavors and brilliant combinations that traditional Mexican cooks have created for centuries.

GERMANTOWN CAFÉ / \$\$

1200 5th Ave N, Nashville, TN 27208
T: 615.242.3226
H: Mon-Fri: 11am-3pm; Sat-Sun: 10am-2pm; dinner nightly beginning at 5pm
germantowncafe.com

Germantown Café is known for hosting the best night in Nashville— incredible food prepared from a menu of new American-style creations, splendid drinks and desserts, as well as the greatest view in all the city. Germantown Café has built a reputation not based on any gimmicks, but rather pure quality in dining, service, ambiance.

MONELL'S / \$\$

1235 6th Ave N, Nashville, TN 37208
T: 615.248.4747
H: Mon: 10:30am-2pm; Tues-Fri: 10:30am-2pm, 5pm-8:30pm; Sat: 8:30am-3pm, 5pm-8:30pm; Sun: 8:30am-4pm
monellstn.com

Great Southern food served family style in a historic setting. Skillet-fried chicken, green beans, cheese grits, cornbread, biscuits and gravy, pork chops, pot roast; menu changes daily.

MAD PLATTER / \$\$

1239 6th Ave N, Nashville, TN 37208
T: 615.242.2563
H: Mon-Weds: 11am-2pm; Thurs: 11am-2pm, 5pm-9pm; Fri: 11am-2pm, 5:30pm-10pm; Sat: 5:30pm-10pm; Sun: 10am-2pm, 5pm-9pm
madplatternashville.com

There is a distinct magic about the MaD PLATTeR restaurant in historic Germantown. Appropriately named in homage to the fairy tale Alice in Wonderland, the MaD PLATTeR has been enchanting Nashvillians since 1989 with its transporting atmosphere and delicious food.

CITY HOUSE / \$\$

1222 4th Ave N, Nashville, TN 37208
T: 615.736.5838
H: Mon: 5pm-10pm; Weds-Sat: 5pm-10pm; Sun: 5pm-9pm
cityhousenashville.com
Italian and Southern menu items.

ROLF AND DAUGHTERS / \$\$\$

700 Taylor Street, Nashville, TN 37208
T: 615.866.9897
H: Mon-Sun: 5:30pm-10pm
rolfanddaughters.com
The kitchen staff takes pride in sourcing locally raised meats and Tennessee produce, but the handmade pasta is what really keeps a line snaking out the door. The rustic décor matches the menu at Rolf and Daughters, which keeps dinner simple with just a few ingredients in each dish.

312 PIZZA CO / \$\$

371 Monroe Street, Nashville, TN 37208
T: 615.730.7888
H: Mon-Thurs: 11am-10pm; Fri-Sat: 11am-12am; Sun: 11am-10pm
312pizzaco.com

As Chicago natives, we take pride in bringing you authentic Chicago deep dish pizza and other specialties from the Windy City. 312 Pizza sauce recipe has been passed down over three generations from our grandmother, who spent time cooking with the Italian immigrants in Little Italy.

SILO / \$\$

1121 5th Ave N, Nashville, TN 37208
T: 615.750.2912
H: Bar opens at 4pm; Dinner at 5pm; Sun Brunch at 10:30am; closed Mon
silotn.com
Guests will enjoy a creative, chef-driven menu with a focus on the bounty of regional farmers and producers.

5TH & TAYLOR / \$\$\$

1411 5th Ave N, Nashville, TN 37208
T: 615.242.4747
H: Mon-Thurs: 5pm-10pm; Fri-Sat: 5pm-12am; Sun: 10:30am-2:30pm, 5pm-9pm
5thandtaylor.com
5th & Taylor is Chef Daniel Lindley's homage to the American family meal. Inspired by Sunday dinners from his childhood, the menu features familiar yet refined expressions of traditional fare meant to foster a sense of community among guests.

BUTCHERTOWN HALL / \$\$

1416 4th Ave N, Nashville, TN 37208
T: 615.454.3634
H: Mon-Thurs: 11am-10pm; Fri: 11am-11pm; Sat: 10am-11pm; Sun: 10am-10pm
butchertownhall.com

As Germantown's "neighborhood joint," we offer our guests warm hospitality in a gorgeous setting. We cook food with soul, utilizing primitive wood-fired cooking techniques for sandwiches, brisket and handmade sausage by the pound, Tex-Mex favorites, and much more.

THE CUPCAKE COLLECTION / \$

1213 6th Ave N, Nashville, TN 37208
T: 615.244.2900
H: Sun: 11am-4pm; Mon-Thurs: 9:30am-4:30pm; Fri: 9:30am-4pm
thecupcakecollection.com

At The Cupcake Collection, we are not trying to reinvent the wheel. We are just trying to do classic things well. Our cupcakes taste homemade because they are homemade.

THE RED BICYCLE COFFEE AND CREPES / \$

1200 5th Ave N, Nashville, TN 37208
T: 615.516.1986
H: Mon-Fri: 6:30am-9pm; Sat-Sun: 7:30am-9pm
redbicyclecoffee.com

The Red Bicycle was started with the goal of doing things differently, with a vision that's always been a little left-of-center, and with the focus squarely on quality. We source the best coffees in the world and strive to maintain the deepest, quality-based, relationships with our customers along the way. We are also a full service Crêpe shop!

GERMANTOWN PUB / \$\$

708 Monroe St, Nashville, TN 37208
T: 615.457.2145
H: Sun-Thurs: 11am-12am; Fri-Sat: 11am-2:30am
germantownpub.com
Unpretentious neighborhood bar providing American pub fare, tap brews & cocktails, plus TVs & a patio. Try the trifecta wings! (not on the menu)

VON ELROD'S / \$\$

1004 4th Ave N, Nashville, TN 37219

T: 615.866.1620

H: Mon-Wed: 4pm-11pm; Thur: 4pm-12am; Fri: 11am-12am; Sat: 10am-12am; Sun: 10am-9pm

vonelrods.com

Sprawling beer garden serving house made sausages & pub grub in industrial surrounds. Fresh herbs, bold flavors, and live-fire cooking truly make their sausages stand out. Pair that with a 1L stein of world-class beer from 36 taps, and you will experience the pure joy of beer and sausage Von Elrod's is known for.

THINGS TO DO

LOCAL TASTES OF NASHVILLE TOUR

localtastesofnashville.com

This tour starts at the Farmers Market where you will have your first restaurant tasting. We then walk through the Bicentennial Capitol Mall Park which is an outdoor museum of history, geography and civics. You will also see the carillon of bells where you can dance or sing if you would like! We then walk on brick sidewalks through historic Germantown, the first Nashville neighborhood, which is in the peak of redevelopment. We will eat at five to six popular and delicious restaurants and specialty shops, as well as stop for a "taste" of history along the way! You will be full and more than satisfied by the end of the tour!

BICENTENNIAL CAPITOL MALL STATE PARK

tnstateparks.com/parks/contact/bicentennial-mall

With just a simple walk in the 19-acre park visitors can experience many facets of Tennessee's history including a 200-foot granite map of the state, a World War II Memorial, a 95-Bell Carillon, a Pathway of History and the Rivers of Tennessee Fountains. The 11 planters along the Walkway of Counties show native plant species from different regions of the state. The two page park map is a helpful and informative tool for those wishing to take a self-guided tour of the park.

HOW TO GET THERE

UBER/ approximately \$5

HENRIETTA RED / \$\$\$

1200 4th Ave N, Nashville, TN 37208

T: 615.490.8042

H: Mon: Closed, Tue-Thur: 5pm-12am, Fri: 5pm-1am, Sat: 10am-2pm 5pm-1am, Sun: 10am-2pm 5pm-10pm

henriettared.com

Airy, chic spot for oysters from the raw bar, elevated seafood, small plates, and weekend brunch! Plus they have a separate bar for cocktails!

NASHVILLE SOUNDS

nashvillesounds.com

The Nashville Sounds are a minor league baseball team of the Pacific Coast League (PCL) and the Triple-A affiliate of the Oakland Athletics. They are located in Nashville, Tennessee, and are named for the city's association with the music industry. The team plays its home games at First Tennessee Park which opened in 2015 and is partially located on the former site of the historic Sulphur Dell ballpark.

NASHVILLE FARMERS' MARKET

nashvillefarmersmarket.org

The Nashville Farmers Market (NFM) is home to farmers, artisans, restaurateurs, shop-owners, crafters, flea merchants, special events and more throughout the year.

THE GULCH

The Gulch is located a little bit south of Downtown Nashville and has an upscale, trendy vibe. The Gulch is extremely walkable because it's located between several different areas. You can walk to shops and restaurants in the Gulch as well as other areas such as Downtown Nashville, Demonbreun and Midtown.

WHERE TO EAT

ARNOLD'S COUNTRY KITCHEN / \$

605 8th Ave S, Nashville, TN 37203
T: 615.256.4455
H: Mon - Fri 10:30am - 2:45pm
arnoldscountrykitchen.com

Arnold's has been serving up home-cooked "Meat & 3" here in Nashville for more than 30 years! This cafeteria style diner is a local favorite that you do not want to miss!

THE 404 KITCHEN / \$\$\$

404 12th Ave S, Nashville, TN 37203
T: 615.251.1404
H: Tues - Thurs 5:00pm - 10:00pm; Fri - Sat 5:00pm - 11:00pm
the404nashville.com

Housed in a former shipping container in the Gulch neighborhood of Nashville, The 404 Kitchen offers a modern take on classic European cuisine, with an emphasis on local, seasonal fare.

ADELE'S / \$\$

1210 McGavock St, Nashville, TN 37203
T: 615.736.5122
H: Mon - Thurs 5:00pm - 10:00pm; Fri 11:30am - 3:00pm;
5:00pm - 10:00pm; Sat 11:00am - 3:00pm; 5:00pm - 10:00pm;
Sun 11:00am - 3:00pm; 4:00pm - 9:00pm
adelesnashville.com

Housed in the old Universal Tire Center, Adele's features a large wood burning oven and old fashioned charcoal grill. Chef Waxman's menu at Adele's is classic and simple, featuring the freshest of local and seasonal ingredients.

BISCUIT LOVE / \$

316 11th Ave S, Nashville, TN 37203
T: 615.490.9584
H: Mon - Sun 7am - 3pm
biscuitlove.com

Southern biscuits, breakfast and lunch served daily in the heart of Nashville, TN. Home of Bon Appetit's Best Sandwich in America for 2015.

KAYNE PRIME / \$\$\$\$

1103 McGavock St, Nashville, TN 37216
T: 615.259.0050
H: Sun - Thurs 5:00pm - 10:00pm, Fri - Sat 5:00pm - 11:00pm
mstreetnashville.com/kayne-prime

Kayne Prime is the artful fusion of a chef-chic boutique restaurant, with the greatamerican steakhouse. Progressive in every sense - cuisine, wine & mixology, stylish design—Kayne Prime is the modern evolution of the classic upscale steakhouse. Market-driven, farm-to-table creations, sophisticated cocktails, an exceptional wine list, award-winning steaks.

MOTO / \$\$\$

1120 McGavock St, Nashville, TN 37203
T: 615.736.5305
H: Mon - Sun 5:00pm - close
mstreetnashville.com/moto

Moto features inspired rustic-modern Italian cuisine. The menu is a contemporary approach to authentic Italian cooking that utilizes product consciously sourced from local farms and artisans balanced by premium product imported from Italy. Moto's headliners are seasonal 'market' items and perfectly crafted house-made pasta dishes.

PARTY FOWL / \$\$

719 8th Ave S, Nashville, TN 37203
T: 615.624.8255
H: Mon - Fri 11:00am - 10:00pm, Sat - Sun 10:00am - 10:00pm

partyfowlnashville.com

Party Fowl, the new East Gulch District restaurant, opened its doors to the public Sunday, September 28, 2014. Party Fowl will feature hot chicken, but offer much more to the New Nashville diner looking for great food, great drinks and great music—all under one roof.

PEG LEG PORKER / \$\$

903 Gleaves St, Nashville, TN 37203
T: 615.829.6023
H: Mon - Tues 11:00am - 9:00pm; Wed - Sat 11:00am - 10:00pm
peglegporker.com

Peg Leg Porker opened in 2013 to offer Peg Leg Porker sauces and rubs, a new line of professional-grade home smokers, and Peg Leg Porker Tennessee Straight Bourbon Whiskey. And of course, Carey still offers his award-winning BBQ at his restaurant located in Nashville's Gulch neighborhood at 903 Gleaves Street. In 2013, Peg Leg Porker was named one of the "16 Hottest BBQ Joints" in the country by Eater National.

POTBELLY SANDWICH SHOP / \$\$

220 11th Ave S, Nashville, TN 37203
T: 615.454.6001
H: Mon - Sat 11:00am - 9:00pm; Sun 11:00am - 8:00pm
potbelly.com
Get in line and go with the "flow." You'll be amazed by the fancy footwork and expert sandwich making skills of the folks behind the counter.

SAINT ANEJO / \$\$

1120 McGavock St, Nashville, TN 37203
T: 615.736.5301
H: Mon - Sun 11:00am - 1:30am
mstreetnashville.com/saint-anejo

Saint Añejo is M Street's premiere Mexican restaurant, featuring inspired Mexican cuisine, Latin mixology, and a premium tequila and mezcal menu of over 120 labels. The menu showcases creative tacos, house made guacamole, and regionally-influenced Chef specialties. Saint Añejo's cocktail list features craft margaritas and Latin mixology classics, constructed with premium spirits, fresh, exotic produce and botanicals, and unique combinations of nectars and spices.

VIRAGO / \$\$\$

1126 McGavock St, Nashville, TN 37216
T: 615.254.1902
H: Mon - Sat 5:00pm - midnight; Sun 5:00pm - 10:00pm
mstreetnashville.com/virago

As an original pioneer of the blossoming Nashville restaurant & food scene, Virago is the gold standard for Asian fusion and Sushi.

WHISKEY KITCHEN / \$\$

118 12th Ave S, Nashville, TN 37203
T: 615.254.3029
H: Mon - Sun 11:00am - 3:00am
mstreetnashville.com/whiskey-kitchen

Whiskey Kitchen is the cool, intimate hot spot that offers a bit of everything. The menu is a mix of chef-inspired pub favorites, southern classics, and wood-fired pizzas. An extensive list of cool cocktails accompany the city's largest collection of world-class whiskeys, bourbons, ryes, and scotches.

COFFEE SHOPS

BARISTA PARLOR GOLDEN SOUND

610 Magazine St, Nashville, TN 37203

T: 615.712.9766

H: Mon - Fri 7:00am - 8:00pm; Sat - Sun 8:00am - 8:00pm
baristaparlor.com

Located in the Gulch on Magazine Street, Golden Sound, previously a thriving recording studio, has been transformed into a full roasting room and coffee bar. An extension of Barista Parlor that again showcases local artists and an inspiring aesthetic.

ZOLLI KOFFEE

701 8th Ave S, Nashville, TN 37203

T: 615.308.3465

H: Mon - Wed 6:30am - 2:00pm; Thurs - Fri 6:30am - 8:00pm;
Sat 8:00am - 8:00pm; Sun 8:00am - 4:00pm
zollikoffee.com

Nashville's Zolli Koffee blends together the perfect amount of quirk & charm that we search for in an independently owned cafe. Located next to Jackalope Brewery on 8th Ave S. Zollie's coffee, baked goods, & food selection make it a great destination for breakfast, lunch, or a quick snack.

THINGS TO DO / BREWERIES

YAZOO BREWING COMPANY

910 Division Street, Nashville, TN 37207

T: 615.891.4649

yazoobrew.com

Experience what is rapidly becoming a Nashville tradition – a Yazoo brewery tour! You'll hear about the history of the little brewery, and learn about the different styles of beer they brew.

Tours are \$8.00 per person, and include a 5oz souvenir logo glass and samples of the beers during the tour (don't worry about the glass... you get a lot of beer). Tours usually last about 45 minutes.

JACKALOPE BREWING COMPANY

701 8th Ave S, Nashville, TN 37203

T: 615.873.4313

jackalopebrew.com

Tour the brewery! Taste some beer! Have some fun! More...stuff! Tours are an hour-long and include a pint glass, tasting of year-round brews, and a tour of the brewery. Tours are offered every Sat at 2:00, 3:00, and 4:00pm.

HOPS & CRAFTS

319 12th Ave S, Nashville, TN 37203

T: 615.678.8631

hopscrafts.com

Hops + Crafts was opened on July 4, 2013 featuring 36 rotating taps of local and regional craft beer selections. Along with pint sales, Hops + Crafts offers growler fills and an assortment of shareable snacks.

THINGS TO DO / LIVE MUSIC

THE STATION INN / \$

402 12th Avenue South, Nashville TN 37203,

T: 615.255.3307

stationinn.com

Cold beer, hot pickin' and friends you won't meet until you get here. Be sure to say Hi when you stop by.

12TH AND PORTER / \$\$

114 12th Ave N, Nashville, Tennessee 37203

T: 615.678.7722

12andporter.com

12th & Porter was recently voted by readers of the Nashville Scene as 2nd only to the historic Ryman Auditorium as Nashville's best place to hear live music.

HOW TO GET THERE

UBER / approximately \$5-10

MUSIC CITY CIRCUIT / free

Runs weekdays between 6:30am and 11pm and weekends between 11am and 11pm.

The closest pickup point is at the southeast corner of 5th and Church St.

GIVING BACK



At 506 Lofts, we strive to provide our guests with an exceptional vacation experience while also giving back to the Nashville community. No stay at 506 Lofts goes without helping someone in need. For every stay, we donate 5% to the surrounding Nashville homeless shelters. Therefore, those without a home are able to find a place to stay due to your stay at 506 Lofts.



HOPE FOR TODAY

An open door with open hearts.

In order for hearts to be open to change, we must first meet the physical needs of the people we serve. We seek to address poverty, hopelessness and homelessness in a way that is both transformational and Christ-centered.

We must give hope for today through alleviating homelessness and hunger before we can look toward tomorrow.

HOPE FOR TOMORROW

The power of community.

The problem of poverty is much more a problem of broken relationships than it is a lack of material resources. As individuals see and experience increased opportunities, relational support, improved situations and genuine joy, hope begins to take root.

Our Life Recovery Programs, education classes, job training and counseling provide students the opportunity to build a better future.

HOPE FOR ETERNITY

This is not our home.

As hope is restored we seek to show the everlasting benefits of a life lived in service of the One who restores and renews. Jesus said, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Through spiritual training, counseling and the benefits of living in community with believers, students find a hope greater than material items or personal achievement.



In the beginning, December 1986, four congregations committed to shelter homeless people through March 1987. By the end of that winter, 31 congregations had joined. Now we have over 190 congregations in Middle Tennessee and over 6,500 volunteers, in addition to our downtown campus, sheltering almost 1,400 men and women from November 1st through March 31st each season. 365 days a year we offer emergency services, transitional programs, and long-term solutions to help people rebuild their lives.

The heart of Room In The Inn remains its hospitality. In 1995 we moved from Demonbreun Street to 8th Avenue South to make way for Bridgestone Arena. In 2010, we opened a new 45,000 square foot building and began offering permanent supportive housing for the first time. We now can walk with people on their journey out of chaos, through periods of great change, and continue to support them as they rejoin the workforce, seek education, and work with partner agencies. We do this work with an emphasis on one-on-one relationships and a commitment to serving all those who call the streets of Nashville home.

CONNECT WITH US

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