

Every step we take to choose goods and services that use economically and environmentally sustainable business practices moves us toward “responsible capitalism.”

We're proud to share LOHAS' important goals.

Welcome to The People's (and other Creatures') Republic of Boulder. Happy dining!



find good food
local. sustainable. organic.

Looking for local sustainable food outlets in the US and Canada? Check out EatWellGuide.org to find restaurants, stores, farms and more!



sustainable table
serving up healthy food choices

Sustainable Table celebrates local, sustainable food, educates consumers on food-related issues and works to build community through food.



Produced by Sustainable Table and Free Range Studios, The Meatrix movies expose the dirty truth behind today's industrial meat and dairy production. Using action and humor to educate audiences, TheMeatrix.com offers alternatives to industrial agriculture.



Healthy Monday proposes Monday as the day to start and sustain healthier habits every week. A growing network of campus communities, health advocacy organizations, and business and consumer groups are using the Monday motivation idea to further their health messaging, prevention initiatives and increase sales.

COVER: Moopheus, Leo, and Chickity (The Meatrix heroes, created by FreeRangeStudios.com) take a break from confronting industrial agriculture, in front of the Boulder Theater

Where the health can you eat around here?



EatWellGuide.org | SustainableTable.org | TheMeatrix.com | HealthyMonday.org

GREAT FEEDING OPTIONS IN BOULDER!

Enjoy healthy & sustainable foods at these nearby dining spots

The Med 1002 Walnut Street 303.444.5335 Daily 11am-10pm (Th-Sa close 11pm) *Tapas, fresh salads & seafood, paella, pastas, grilled & organic specialties, wood oven pizzas & house made desserts* \$4 tapas, \$8-24 entrees themedboulder.com **1** **07**

Sushi Tora 2014 10th Street 303.444.2280 T-F 11:30am-2pm & 5-10pm; Sa 12-10pm; Su 4:30-9:30pm *Japanese, using highest quality, local ingredients available (fish from Japan)* \$4 rolls, \$10 entrees sushitora.net **2** **1**

The Kitchen 1039 Pearl Street 303.544.5973 Daily 8am-2pm & 5:30pm-close (open Sa-Su 9am) *Bistro using sustainable, seasonal, local products* \$10 starters, \$20-25 entrees thekitchencafe.com **2.5** **2**

Tahona Tequila Bistro 1035 Pearl Street 303.938.9600 Daily 4pm-close *Mexican with high quality, locally grown ingredients* \$4-10 starters; \$10-15 entrees tahonaboulder.com **2.5** **2**

Black Cat 1964 13th Street 303.444.5500 M-Sa 5:30pm-close *Bistro using sustainable, seasonal, local products* \$10-15 starters, \$25 Entrees blackcatboulder.com **3.5** **3**

Boulder Farmers' Market 13th Street between Canyon Boulevard & Arapahoe Avenue 303.910.2236 Sa 8am-2pm (April 5-Nov 1); W 4pm-8pm (May 7-Oct 1) *Farmers' Market* boulderfarmers.org/boulder/boulder.html (marketplace, not restaurant) **3.5** **3**

Q's Restaurant 2115 13th Street 303.442.4880 Daily 6:30am-2pm & 5:30-10pm *Sustainable local cuisine* \$10 starters, \$20-25 entrees qsboulder.com in Hotel Boulderado **6** **5**

Leaf Vegetarian 2010 16th Street 303.442.1485 M-F 11:30am-9pm; Sa-Su 10am-10pm *Organic seasonal vegetarian* \$6-10 starters, \$15 entrees leafvegetarianrestaurant.com **7.5** **6**

Frasca 1738 Pearl Street 303.442.6966 M-Sa 5:30pm-close *Italian using local, seasonal, farm products* \$10 starters, \$20-25 entrees frascafoodandwine.com *Reservations recommended* **9** **7**

Mateo Restaurant Provencal 1837 Pearl Street 303.443.7766 M-Sa 11:30-2pm & 5-10pm *Mediterranean home-style using local products* \$8 starters, \$15-25 entrees mateorestaurant.com **9** **7**

Sunflower Organic Dining 1701 Pearl Street 303.440.0220 T-Su 11am-10pm *Healthy & environmentally friendly food & restaurant* \$10 starters, \$20-29 entrees sunflowerboulder.com **9** **7**

Dish Gourmet 1918 Pearl Street 720.565.5933 M-F 7am-8pm; Sa 11am-8pm *Deli using fresh, local ingredients (meat from local farmers, in-house made cold cuts)* \$7-10 sandwiches dishgourmet.com **10** **8**

Radda Trattoria 1265 Alpine Avenue 303.442.6100 Daily 7am-10pm (9am Sa-Su) *Italian inspired "neighborhood" restaurant using seasonal, local products* \$5 starters, \$10-15 entrees raddatrattoria.com **12** **9**

Alba Ristorante 2480 Canyon Blvd 303.938.8800 Daily 11am-2pm & 5:30pm-10pm (dinner only Sa-Su) *Italian using local, seasonal, farm products* \$10 starters, \$20-25 entrees albaboulder.com **15** **1.2**

Laudisio 1710 29th Street 303.442.1300 M-F 11:30am-9pm; Sa-Su 10am-10pm *Italian using local, seasonal, farm products* \$10 starters, \$15-25 entrees laudisio.com **20** **1.6**

Whole Foods Market 2905 Pearl Street 303.545.6611 Daily 7:30am-10pm *Prepared Foods department has deli, hot & cold salad bar available* wholefoodsmarket.com/stores/boulder **24** **1.9**

Pasta Bozza 3070 28th Street 303.442.0049 M-F 7am-8pm; Sa 11am-8pm *Fresh pasta made in-house from organic flour & eggs* \$5 salads, \$7 pasta entrees pastabozza.com **27** **2.3**

Organic Orbit 1200 Yarmouth Avenue 303.440.8348 W-Sa 11am-3pm; 6-10 pm *Eco-fine dining* \$10 starters, \$20-25 entrees organicorbit.com **37** **3**

Distance from the St. Julien Hotel: = blocks ♥ = miles

For more health tips and free programs:

EatWellGuide.org | SustainableTable.org | TheMeatrix.com | HealthyMonday.org