

# DOWNTOWN

## EATING

Downtown Asheville is a tourist-friendly place, with street musicians a-plenty, and parking meters free after 6:30pm. Before that time, you may want to go to one of the many parking garages. The first hour there is free, and rates are reasonable after that.



= our recommendations

**Asheville Pizza & Brewing Company:** The Downtown version of APB purportedly has the largest patio, and is a fine place to hang out. They serve an Italian dish known as "pizza." It's not unlike a frisbee, but comes with more cheese. No cinema here, though. That would be the North Asheville location.



**Bouchon French Bistro:** Surprisingly, it's French. Moules/frites specials Monday through Wednesday, and a smaller, cheaper cafe (Creperie Bouchon) round the back for a more Parisian time. J'aime la "Croque Madame."



**Chai Pani:** Fantastic Indian street food with a modern twist. Indian folk flock from miles around to get an authentic taste of their homeland. Namaste, y'all!



**Curate:** Great tapas bar, though a little on the expensive side. Good if one of you has a birthday, perhaps...

**Double D's Coffee & Desserts:** It's a bus! It's a big, red bus!

**Early Girl Eatery:** Great breakfast/dinner place, with southern food a-plenty.

**Farm Burger:** If you like burgers, but worry they don't originate from a farm, this place has you covered. It's round the corner from French Broad Chocolate Lounge, so don't get dessert.



**French Broad Chocolate Lounge:** You're missing out if you don't visit this place. Amazing chocolate, coffee, cheese, wine; open late; regular music. The "Mudwrestler" is highly recommended - local stout beer, espresso, ice-cream and chocolate topping. Seriously.

**Laughing Seed Cafe:** Great organic, seasonal, vegetarian joint. They serve vegetarian food (vegetables, etc.). And it's delicious.

**Limones:** High-end Mexican cuisine. Small place, large lines for brunch, but it's pretty great.

**Market Place:** Farm-to-table restaurant. Good stuff.

**Mela:** More great Indian food in downtown Asheville. Also has a lunch buffet.

**Mellow Mushroom:** Good pizza and local beer selection. Trivia on Wednesday nights. It is a chain, though.

**Posana:** Another high-end joint. Delicious, though, as you'd expect.

**Rhubarb:** Modern Southern delicacies. A little bit up there in price, but a solid choice in the heart of Downtown

**Thai Orchid:** Voted best thai in town. Choose your level of spice.

**Tupelo Honey Cafe:** Probably the most well-known eatery in Asheville, it's renowned for its biscuits. Veeeery touristy, so make sure to arrive a long time before you'd like to eat. The *Shrimp & Grits* are great, if you're into that type of thing. They don't take reservations.



**White Duck Taco Shop:** Wonderful fusion taco shop's second location. Get the *Bangkok Shrimp*, if you're into that sort of thing. This author can't think of a finer tasting treat on this mortal plain. Blissful.

# DOWNTOWN

## DRINKING

**Ben's Tune Up:** Large beer garden venue with an eastern food bent (ramen, saki, etc.).

**Bier Garden:** A big sports bar that seems to attract tourists and folks about to see a show at the Civic Center.

 **Burial Beer:** A newer brewery in the up-and-coming "South Slope" district with a great selection of beers and outdoor seating. Avoid the tourists (no offense)!

 **High Five Coffee Bar:** Great coffee house. Free internet for an hour only, but it's open late, has a good crowd, and serves beer and wine... helps with studying.

**Hi-Wire Brewing:** A light-hearted circus theme can be seen at this place. Never been, but not because I'm scared of clowns. Next to Ben's Tune Up, for a great (though short) pub crawl.

**Jack of the Wood:** Popular pub (more with tourists than with locals, it seems). It has Monday night trivia and Thursday night bluegrass jam (which is recommended if you want a taste of the region). Home to Green Man Brewery.

**Lexington Avenue Brewery (LAB):** Popular bar/brewery that has its fair share of live music. Good on the weekends for sitting by the open windows and watching the tourists go by (no offense).

 **MG Road:** Beneath Chai Pani is its basement bar, including small plates and house desserts. Recommended by Food & Wine magazine. They have a guest chef on Mondays and Tuesdays that is described as "Vietnamese-Chinese-Japanese-Thai-Southern-fusion-punk-rock'n'roll-cooking."

**One Stop:** Lively, small joint where local bands play regularly.

**Skybar:** If you like drinking on a fire escape, but being rewarded by views, this is your place.

**The Southern:** Next to LAB, with probably the best patio Downtown.

 **Thirsty Monk:** Voted one of the best bars in (insert impressive fact here). Always busy, as you'd expect from a downtown bar. Large selection of thirst quenchers.

 **Wicked Weed Brewing:** Lively place to eat, drink, and be merry. The double IPA is a hit around these parts. Also, ask to sample some sours.

# WEST AVL

## EATING

West Asheville is the Brooklyn of our city. You'll mix with students, granola chewers, hipsters, younger families, sustainable farmers, and mustachioed folk, but very few tourists. The closest "hood" to our clinic and a good place to relax.

 = our recommendations

-  **The Admiral:** Kind of expensive, but has a fantastic reputation for sea food. You'll need to make a reservation.
- Bandidos:** Cuban fare, but a smaller, diner-type place. The plantains are exceptional, though.
-  **Biscuit Head:** Whether you know it or not, you love biscuits. At least here. The jam and butter choices will mess with your head, but there are worse quandaries in this world.
- El Que Pasa:** The Wassup? Same owners as the Papa's & Beer restaurants, this is hearty Mexican stuff. You won't go hungry. Dig the warm bean dip and salsa bar. On Patton Ave., so not walkable from the rest of West Asheville.
-  **Green Tea Sushi:** Arguably the best sushi place in Asheville, and barely falling within the West Asheville boundary. Don't fall into the pond when you walk in.
- The Hop West:** Locally-made ice cream with a constant run of interesting flavors. Don't be surprised if you see a feta and gravy scoop. Student discount, so bring your student IDs.
- Isis Restaurant & Music Hall:** Combines a fairly high-end restaurant with a music venue and bar. Sunday nights are jazz nights, with \$5/\$3 entry.
- Lucky Otter:** Kind of okay Mexican place, with great margarita deals. I feel old when I go there, as I don't travel by skateboard.
- Nine Mile (West):** This Jamaican joint's second location.
-  **Sunny Point Cafe:** Busy for brunch and lunch in West Asheville, because the food is awesome, but evening dining is usually quieter. Try the *Huevos Rancheros*.
- West Asheville Lounge & Kitchen (WALK):** Good place to hang out, with good bar food. Also pool, if you want to hustle.
- West End Bakery:** Great cafe in West Asheville with "local" on its mind. Free internet. Now open for evening drinks and small plate and dessert treats on Fridays and Saturdays.
- Zia Taqueria:** Great Mexican food. The *verde* sauce is a winner.



# WEST AVL

## DRINKING

-  **Altamont Brewing Co:** A Humane Alliance staff favorite. There's beer, there's usually a food truck outside, and there are ping pong tables. What happens in the Altamont stays in the Altamont!
- BattleCat Coffee Bar:** Smaller than West End Bakery, and without a food selection to speak of, but it's a popular hangout.
- Desoto Lounge:** Slightly grimy neighborhood bar with a good vibe.
-  **Isis Restaurant & Music Hall:** Combines a fairly high-end restaurant with a music venue and bar. Sunday nights are jazz nights, with \$5/\$3 entry.
- The Mothlight At Mr. Fred's:** Newly-opened music venue and bar. Show at least three nights a week. It's a private club, so one of you will need to acquire membership and sign everyone else in.
- The Odditorium:** Bit of a rock club, though they host comedians, freak shows, trivia, and poetry, too.
- Oskar Blues Brewery (Trolley):** Based in Brevard, NC, on Saturdays the Oskar Blues Brewery will ship you to-and-from the Westville Pub (4:45pm pickup; 8:45pm dropoff) and the Aloft Hotel downtown (5:00pm pickup; 9:00pm dropoff).
- Oyster House Brewing Company:** A spin-off project of Downtown's *Lobster Trap*, this is a good place to drink after a Sunny Point meal.
- Universal Joint:** Across the street from the Westville, this bar has a much better outdoor area, but lacks the hipster factor associated with WVP.
-  **The Westville Pub:** Great pub located in West Asheville. Friday night trivia.

# RIVER ARTS DISTRICT

If West Asheville is the Brooklyn of our city, River Arts District (occasionally affectionally referred to as RAD) is our East Village. Once just a home to artists needing cheap work space, the area has recently encountered a boom, which will reach its loudest when the New Belgium brewery opens down there in a few years. On the second Saturday of each month, artists open their studios to the public, so take a gift home to your loved ones and support the local creative types.

 = our recommendations

## EATING

 **12 Bones Smokehouse:** Where Obama eats when he's in town. A barbecue joint in the River Arts District that's only open weekdays for lunch. Good, cheap butt, as they say. If you go here and don't get the corn pudding, you've made our list.

**All Souls Pizza:** Pretty standard pizza place. There are better places in town if that's what you're looking for.

**Blue Kudzu Sake:** Another new place, featuring Pan Asian and "Appal-Asian" (see what they did there?) delights. I haven't been there yet, but their website says it's good. So, y'know...

**Clingman Café:** The usual bready options wait for you here. Hard to find a seat in summer, as it's full of older folk taking a respite during their arts district tours. Don't think they have restrictions on Internet usage, so that's a plus.

**The Junction:** A tucked-away gastropub with some great food. Turned me on to Brussel sprouts.

**Taqueria Con Cuida (at the Grey Eagle):** Unless you're waiting for a show to start, head down the road to White Duck.

 **White Duck Taco Shop:** Wonderful fusion taco shop in the River Arts District. Get the *Bangkok Shrimp*, if you're into that sort of thing. This author can't think of a finer tasting treat on this mortal plain. Blissful. They've also just opened their Downtown shop.

## DRINKING

 **The Bywater:** Voted the best bar in town. It's mostly outside and by the water (surprisingly). It's pet- and kid-friendly and has music most nights. Bring your own food to grill, or get something delicious from the various food trucks that stop by, in case you'd rather not put the effort into preparing your own food. There's a \$5 membership charge, but only one of you will need it. Not so popular in winter, however...

**The Grey Eagle Tavern:** Smaller than the Orange Peel, but still attracts touring bands.

**New Belgium Brewery:** The new east coast operations epicenter of Colorado's New Belgium brewery, the outdoor patio has great river views.

 **Salvage Station:** Great, huge outdoor/indoor space by the river. Lots of live music, games, beer, and pretty decent food to boot. You can easily float here on a lazy day.

 **Wedge Brewery:** Recommended local brewery in the middle of the River Arts District. They play movies against the side of a truck in the summer. Head to the Iron Raid IPA bar at the other side of the building for quicker service.

# NORTH AVL

Although much more residential than other neighborhoods, North Asheville is also home to UNC-Asheville, the Botanical Gardens, Beaver Lake, and the Grove Park Inn. There are plenty of good restaurants up there, which will be slightly less crowded, though the bar scene isn't as happening.



= our recommendations

## EATING

 **Asheville Pizza & Brewing Company:** Not only does this place have arguably the best pizza in town, it also has a \$3 cinema, playing second-run movies.

**Avenue M:** Seems to have a slightly older crowd and medium-priced food, but it has great ginger tofu, and its vegan stir-fry is, and I quote, "redonkulous."

 **HomeGrown:** There's no better place in town to get fried chicken. It also hits all of Asheville's buzzwords: local, organic, sustainable (and delicious).

**The Hop:** Locally-made ice cream with a constant run of interesting flavors. Don't be surprised if you see a feta and gravy scoop.

 **Luella's Bar-B-Que:** Locals fight about which is the best BBQ joint in town: this or 12 Bones. They both have their plus points, but I'd say the actual sauce wins out here, even if the sides aren't as tasty. Has regular live music and is open on an evening, so it certainly trumps 12 Bones for those. Try both and make up your own mind!

**Nine Mile:** Tucked away in the Historic Montford District, just north of Downtown, Nine Mile serves great Caribbean food.

 **Plant:** Vegan restaurant just north of downtown. The "cheese" plate is, frankly, amazing.

**Stoney Knob Café:** 10 minutes north of Downtown, it's a Greek/Mediterranean joint, that's on the pricier side of life.

**Vinnie's Neighborhood Italian:** Good Italian food and always packed to the gills. Voted best in Western North Carolina several years in a row.

 **Zen Sushi:** I'm a big sushi fan, and Zen beats all the Downtown restaurants, in my humble opinion. Try the incredibly un-Japanese "Silkworm Roll" for a sweet banana/fish combo. It's actually really good.

## DRINKING

 **Asheville Pizza & Brewing Company:** Not only does this place have arguably the best pizza in town, it also has a \$3 cinema, playing second-run movies. And, like, it has beer. To drink. As many UNC-Asheville students can attest to. This is really the only bar I would recommend going to in North AVL, but it's a good 'un.

# BILTMORE VILLAGE

## AND SOUTH AVL

Biltmore Village is where the Vanderbilt's man-servants used to live back in the day. Now, it's full of people visiting the big house (or triple-wide, as we've heard it be referred as), mostly of an older generation. The boutique shops and restaurants are priced accordingly, though lunch deals are around. South Asheville is as close to suburban as we get here, but offers satellite versions of some of Asheville's most popular restaurants (i.e., 12 Bones, Tupelo Honey), that have different (better) hours and fewer lines.

 = our recommendations

## EATING

 **Corner Kitchen:** Everyone in Asheville and beyond raves about this place, but I have to wait for scraps round the back like a Victorian orphan, as they are fairly pricey. The scraps do taste good, though. Also, the *Pecan-Crusted Trout*.

 **Rezaz Mediterranean Cuisine:** Excellent food that's worth going to lunch for to save a few bucks.

**The Village Wayside Bar & Grille:** Probably the cheapest place in Biltmore Village, for your standard pub fare.

## DRINKING

**French Broad Brewery:** Good, little brewery with top-notch ales. Music on Fridays.

 **Highland Brewing Company:** Currently the largest home-grown brewery in town and a local hangout. There's regular live music in the huge tasting room, a whiskey tasting room next door, and a large outdoor space with a bandstand. Very kid-friendly, so don't be surprised if you're head-butted in a sensitive area. No food, but there's always a lurking food truck (look out for El Kimchi, by the way. It's Korean-Mexican fusion. Very good!). If you're here in November/December, see if you can get hold of a pint of Cold Mountain Winter Ale. It usually sells out within a week in stores, coz it's freaking delicious.

 **Sierra Nevada Brewing:** Beautiful and luxurious, this brewery has regular music, a fantastic outdoor space, a beer hall, and extensive tours. It's also right next to the airport, so a great place to stop for a fond farewell of Asheville.