

# Hunger and Environmental Nutrition

a dietetic practice group of the  
**eat right.** Academy of Nutrition and Dietetics

# Food & Culinary Professionals

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## *Philadelphia Restaurant Eating Guide 2012*

**W**hile visiting Philadelphia, you can support the local food system by savoring this city's fresh, seasonal foods. Use this guide as a reference in seeking restaurants that celebrate Philadelphia's culinary diversity while also promoting fresh, local, sustainable foods.



# **About this Guide**

*This guide has been provided by the following Dietetic Practice Groups:*

## **Sustainable Eateries**

These restaurants source some or all of their menu items from sustainably produced and/or local sources. All have vegetarian, vegan friendly menus.

For on-line map of these restaurants go to:  
<https://www.google.com/maps/ms?msid=200331930779454361266.0004c73ff811b0ad9091e&msa=0&ll=39.991851,-75.174637&spn=0.142037,0.33783>

## **Food Trucks**

In addition to restaurants, some locally owned food trucks offer foods from sustainably produced and local sources; check websites for locations.

## **Ethnic Cuisine**

Philadelphia has no shortage of restaurants to represent the flavors of the world. The places listed are frequented by Philly locals – so you know the food is worth the trip!

## **Take Note**

*This restaurant list is extensive but not exhaustive. Please check local listings for additional options.*

Many of the restaurants listed are BYOB meaning you can bring your own alcoholic beverages and drink them at the restaurant without a corkage fee. In Pennsylvania, wine and spirits are sold at State-owned stores.

Locations can be found at [www.finewineandgoodspirits.com](http://www.finewineandgoodspirits.com). Beer can be purchased at many local markets or from bars that have take-out service.

## **Hunger & Environmental Nutrition (HEN)**

**HEN Vision:** HEN members optimize the nation's health by promoting access to nutritious food and clean water from a secure and sustainable food system.

**HEN Mission:** To empower members to be leaders in sustainable and accessible food and water systems.

**Sustainability:** HEN defines sustainability as, "A sustainable and resilient food system [that] conserves and renews natural resources, advances social justice and animal welfare, builds community wealth, and fulfills the food and nutrition needs of all eaters now and in the future" (Harmon A. & Tagtow A., 2008).

To learn more visit: [www.hendpg.org](http://www.hendpg.org)

## **Food & Culinary Professionals (FCP)**

**FCP Mission:** Empower members to be the nation's food, culinary and nutrition leaders.

**FCP Vision:** Optimizing the nation's health through food and nutrition.

To learn more visit: [www.foodculinaryprofs.org](http://www.foodculinaryprofs.org)

## **Restaurant Resources**

1. Farm to Philly : [www.farmtophilly.com](http://www.farmtophilly.com).
2. Grid Magazine: [www.gridphilly.com](http://www.gridphilly.com)
3. Philly Homegrown: [www.food.visitphilly.com](http://www.food.visitphilly.com)
4. Urbanspoon: [www.urbanspoon.com](http://www.urbanspoon.com)
5. [Today's Dietitian Dining Guide](#)

**\*Reservations can be made through Opentable.com**

# Sustainable Eateries

## **Alla Spina\***

1430 Mount Vernon Street; 215.600.0017  
Italian gastropub. Locally sourced ingredients.  
<http://allaspinaphilly.com>  
\$8-18 per entrée

## **American Sardine Bar**

1800 Federal Street; 215.334.2337  
Gastropub. Locally sourced ingredients. Herbs grown in backyard garden plot.  
[www.americansardinebar.com](http://www.americansardinebar.com)  
\$5-10 per sandwich

## **Amís\***

412 S 13<sup>th</sup> Street; 215.732.2647  
Italian Trattoria. Local ingredients.  
[www.amisphilly.com](http://www.amisphilly.com)  
\$15-20 per entrée

## **Audrey Claire**

276 S. 20<sup>th</sup> Street; 215.731.1222  
Mediterranean, local, organic produce. BYOB. Open for dinner and cash only.  
[www.audreyclaire.com](http://www.audreyclaire.com)  
\$15-20 per entrée

## **Barbuzzo\***

110 South 13<sup>th</sup> Street; 215.546.9300  
Mediterranean, seasonal menu, locally sourced ingredients, house-cured meats.  
[www.barbuzzo.com/barbuzzo](http://www.barbuzzo.com/barbuzzo)  
\$9-17 per entrée

## **Betty's Speakeasy**

2241 Grays Ferry Avenue; 215.735.9060  
New American. Local, organic, fair trade breakfast and lunch options.  
[www.bettysfudge.com](http://www.bettysfudge.com)  
\$5-10 per entrée

## **Bistro 7\***

7 North 3rd Street; 215.931.1560  
Contemporary American, seasonal menu, local and organic ingredients. BYOB  
[www.bistro7restaurant.com](http://www.bistro7restaurant.com)  
\$20-30 per entrée

## **Burger.org**

326 South Street; 267.639.3425  
Burgers, 100% organic, vegan and GF options.  
[www.burgerorg.net](http://www.burgerorg.net)  
\$5-10 per entrée

## **C19\***

267 South 19<sup>th</sup> Street; 215.545.0441  
Venetian. Partners with farmers to provide local, organic ingredients. Operates a CSA.  
[www.c19philly.com](http://www.c19philly.com)  
\$15-20 per entrée

## **Café Estelle**

444 N 4<sup>th</sup> Street; 215.925.5080  
Flatbreads, sandwiches, salads. Local, organic ingredients. Breads, pastries, cheese, sausage, turkey, ice cream made on site. Serves breakfast, lunch and weekend brunch. BYOB  
[www.cafeestelle.com](http://www.cafeestelle.com)  
\$5-10 per entrée

## **Cosmic Café at Lloyd Hall**

1 Boathouse Row; 215.978.0900  
Deli, sandwiches made with organic eggs and meats. Vegan, GF muffins. Open 8 am – 4 pm.  
[www.cosmicfoods.com](http://www.cosmicfoods.com)  
\$ 5-7 per sandwich

## **Capogiro Gelato Artisans**

119 South 13<sup>th</sup> Street; 215.351.0900  
Paninis, soup, salads and gelato made with local ingredients and grass-fed cow's milk.  
[www.capogirogelato.com](http://www.capogirogelato.com)  
\$5-7 per sandwich or cone

\*Reservations can be made through [Opentable.com](http://Opentable.com)

**Chloe**

232 Arch Street; 215.629.2337  
Contemporary American, local ingredients,  
does not accept reservations. BYOB  
[www.chloebyob.com](http://www.chloebyob.com)  
\$20-25 per entrée

**Ela\***

627 South 13<sup>th</sup> Street; 267.687.8512  
Rustic American, seasonal menu, locally  
sourced ingredients.  
<http://elaphilly.com>  
\$11-25 per entrée

**Fare\***

2028 Fairmount Ave; 267.639.3063  
Contemporary American dishes made with  
organic, local and sustainable foods.  
<http://farerestaurant.com>  
\$15-25 per entrée

**FARMiCiA\***

15 South 3rd Street; 215.627.6274  
Contemporary American, seasonal menu, local  
and organic ingredients, supports sustainable  
agriculture.  
[www.farmiciarestaurant.com](http://www.farmiciarestaurant.com)  
\$16-30 per entrée

**Fish\***

1234 Locust Street; 215.545.9600  
Seafood, locally sourced produce, sustainably  
sourced fish. Raw bar.  
<http://www.fishphilly.com/>  
\$8-15 (small plates) Market Price entrées

**Fork Restaurant & Fork Etc.\***

306-308 Market Street; 215.625.9425  
Contemporary American, seasonal menu, local  
ingredients, gourmet store next door.  
[www.forkrestaurant.com](http://www.forkrestaurant.com)  
\$19-38 per entrée/lighter fare & take-out  
available in store.

**Franklin Fountain**

116 Market Street; 215.627.1899  
Handmade ice cream from locally sourced  
ingredients made in an old-fashioned soda  
shoppe. Cash only.  
[www.franklinfountain.com](http://www.franklinfountain.com)  
\$4 per cone

**Fuel Center City**

1225 Walnut Street; 215.922.3835  
Café with only organic ingredients serving  
salads and paninis. All dishes under 500  
calories. BYOB  
[www.fuelrechargeyourself.com](http://www.fuelrechargeyourself.com)  
\$5-9 per entrée

**GeeChee Girl Rice Cafe**

5946 Germantown Avenue; 215.843.8113;  
Traditional Southern with Asian influences,  
local ingredients, vegetarian, does not accept  
credit cards. BYOB  
[www.geecheegirlricecafe.com](http://www.geecheegirlricecafe.com)  
\$15-20 per entrée

**Good Karma Café**

928 Pine Street; 267.519.8860  
Café selling Fair Trade coffees, organic salads  
and wraps. Serves breakfast and lunch. Cash  
only.  
[www.thegoodkarmacafe.com](http://www.thegoodkarmacafe.com)  
\$7-8 per lunch entrée

**HipCityVeg**

127 S 18<sup>th</sup> Street; 215.278.7605  
Vegan, locally and sustainably sourced  
ingredients, composts kitchen scraps,  
compostable packaging, deliveries via bicycle.  
[www.hipcityveg.com](http://www.hipcityveg.com)  
\$8-9 per entrée

**\*Reservations can be made through Opentable.com**

**Honey's Sit n' Eat**

800 North Fourth Street; 215.925.1150  
Southern and Jewish cuisine, local and seasonal ingredients, serves breakfast and lunch; cash only.

[www.honeysitneat.com](http://www.honeysitneat.com)

\$7-10 per entrée

**Ida Mae's Bruncherie**

2302 East Norris Street; 215.426.4209  
Irish, seasonal and local ingredients, buy directly from farmers, no credit cards.

[www.idamaes.com](http://www.idamaes.com) \$5-10 per entrée

**Jamonera\***

105 South 13<sup>th</sup> Street; 215-922-60661  
Spanish cuisine, seasonal menu, locally sourced ingredients, house-cured meats.

<http://jamonerarestaurant.com/jamonera>

\$8-22 per entrée

**Kennett**

848 South 2<sup>nd</sup> Street; 267.687.1426  
American cuisine, all sustainable ingredients. Follows guidelines of The Green Restaurant Association.

<http://kennettrestaurant.com>

**LaCroix at Rittenhouse\***

210 W. Rittenhouse Square; 215.790.2533  
French, local ingredients, tasting menu.

[www.lacroixrestaurant.com](http://www.lacroixrestaurant.com)

\$35-50 per entrée

**London Grill\***

2301 Fairmount Avenue; 215.978.4545  
American Continental, seasonal, local and organic ingredients.

[www.londongrill.com](http://www.londongrill.com)

\$15-20 per entrée

**Matyson\***

37 South 19th Street; 215.564.2925  
Contemporary American, seasonal and local ingredients, weekly tasting menu. BYOB

[www.matyson.com](http://www.matyson.com)

\$25-30 per entrée

**Mercato**

1216 Spruce Street; 215.985.2961  
Italian, local and seasonal ingredients; BYOB, cash only.

\$20-25 per entrée

**Monk's Cafe**

264 S 16<sup>th</sup> Street; 215.545.7005  
Belgian Brasserie, local and organic produce and meats, provides fryer oil to a farmer to heat a greenhouse, first restaurant in Pennsylvania to be wind-powered.

[www.monkscafe.com](http://www.monkscafe.com)

\$15-25 per entrée

**Mugshots Coffee House**

1925 Fairmount Avenue; 267.514.7145  
Social and environmentally conscious coffee house, fair-trade and organic coffee and tea, local and organic ingredients, vegetarian.

[www.mugshotscoffeeshouse.com](http://www.mugshotscoffeeshouse.com)

\$7 per entrée

**Nomad Pizza**

611 South 7<sup>th</sup> Street; 215.238.0900  
Pizzeria using local, organic ingredients, composts biodegradable tableware for own garden. Grows herbs and tomatoes in season. Seasonal menu.

[www.nomadpizzaco.com](http://www.nomadpizzaco.com)

\$10-15 per pizza

\*Reservations can be made through [Opentable.com](http://Opentable.com)

**Plenty**

1710 East Passyunk Avenue; 267.909.8033  
Artisanal sandwiches made from local,  
sustainable organic ingredients.  
[www.plentyphiladelphia.com](http://www.plentyphiladelphia.com)  
\$5-10 per entrée

**Pumpkin\***

1713 South Street; 215.545.4448  
Contemporary American, seasonal menu, local  
and organic ingredients; BYOB, cash only.  
[www.pumpkinphilly.com](http://www.pumpkinphilly.com)  
\$25 per entrée

**Pure Fare**

119 South 21<sup>st</sup> Street; 267.318.7441  
American with international influences,  
organic, sustainable ingredients and business  
practices.  
[www.purefare.com](http://www.purefare.com)  
\$7-10 per entrée

**Rotisseur**

102 South 21<sup>st</sup> Street; 215.496.9494  
Antibiotic-free, hormone-free, locally sourced  
roisserie chicken with all the fixin's.  
[www.rotisseur.net](http://www.rotisseur.net)  
\$10 per meal

**Royal Tavern**

937 East Passyunk Avenue; 215.389.6694  
American, local, seasonal and organic  
ingredients.  
[www.royaltavern.com](http://www.royaltavern.com)  
\$10-15 per entrée

**Russet \***

1521 Spruce Street; 215.546.1521  
Italian and French inspired daily menu using  
local and seasonal ingredients. Dinner only.  
[www.russetphilly.com](http://www.russetphilly.com)  
\$20-25 per entrée

**Standard Tap**

901 North 2nd Street; 215.238.0630  
New American, local, seasonal ingredients.  
[www.standardtap.com](http://www.standardtap.com)  
\$15-20 per entrée

**Square 1682\***

121 South 17<sup>th</sup> Street; 215.563.5008  
New American, local, organic, seasonal  
ingredients, LEED-certified, green  
restaurant/bar.  
[www.square1682.com](http://www.square1682.com)  
\$15-20 per entrée

**Supper\***

926 South Street; 215.592.8180  
New American. Seasonal menu with local  
ingredients. Dinner only.  
[www.supperphilly.com](http://www.supperphilly.com)  
\$20-25 per entree

**Talula's Garden\***

210 West Washington Square; 215.592.7787  
New American, local ingredients, partners  
with farmers and cheese-makers, garden  
setting.  
[www.talulasgarden.com](http://www.talulasgarden.com)  
\$25-30 per entrée

**The Abbaye**

637 North 3<sup>rd</sup> Street; 215.627.6711  
Belgian-style pub fare, burgers, salads,  
sandwiches, seasonal menu, local ingredients.  
<http://theabbaye.net>  
\$7-12 per entrée

**The Farm and the Fisherman\***

1120 Pine Street; 267.687.1555  
New American, socially, ethically and  
sustainably sourced ingredients/products,  
seasonal menu.  
[www.thefarmandfisherman.com](http://www.thefarmandfisherman.com)  
\$25-30 per entrée

\*Reservations can be made through [Opentable.com](http://Opentable.com)

**The Gold Standard Café**

4800 Baltimore Avenue; 215.727.8247  
 New American, locally grown ingredients.  
[www.thegoldstandardcafe.com](http://www.thegoldstandardcafe.com)  
 \$8-10 per entrée

**Twenty Manning\***

261 South 20th Street; 215.731.0900  
 Contemporary American, Asian, free-range  
 chicken, chef uses herbs from his own garden.  
[www.twentymanning.com](http://www.twentymanning.com)  
 \$15-25 per entrée

**Valanni Restaurant & Lounge\***

1229 Spruce Street; 215.790.9494  
 Mediterranean, seasonal menu, Tapas local  
 ingredients.  
[www.valanni.com](http://www.valanni.com)  
 \$25-30 per entrée

**Valley Green Inn\***

Valley Green Road at Wissahickon Creek  
 (Fairmount Park); 215.247.1730  
 American, Continental, seasonal menu,  
 free-range chicken.  
[www.valleygreeninn.com](http://www.valleygreeninn.com)  
 \$20-25 per entrée

**Vedge\***

1221 Locust Street; 215.320.7500  
 New American Vegan. Local ingredients,  
 seasonal menu.  
[www.vedgerestaurant.com](http://www.vedgerestaurant.com)  
 \$10-15 per entrée

**Vetri\***

1312 Spruce Street; 215.732-3478  
 Italian, seasonal and local ingredients,  
 seasonal tasting menu on Saturdays complete  
 with hand-painted menus by Chef Vetri.  
[www.vetriristorante.com](http://www.vetriristorante.com)  
 \$135 per person

**Village Whiskey**

118 South 20th Street; 215.665.9057  
 Burger and Pickle joint serving sustainable  
 beef and homemade pickles.  
[www.villagewhiskey.com](http://www.villagewhiskey.com)  
 \$10-15 per entree

**Wedge + Fig**

160 N 3<sup>rd</sup> Street; 267.603.3090  
 Cheese-bistro, artisan cheeses, soups, salads  
 and sandwiches, locally sourced ingredients.  
[www.wedgeandfig.com](http://www.wedgeandfig.com)  
 \$5-10 per entree

**White Dog Cafe\***

3420 Sansom Street; 215.386.9224  
 Contemporary, seasonal menu, purchase  
 directly from local sustainable farmers.  
[www.whitedog.com](http://www.whitedog.com)  
 \$20-25 per entrée

## **Food Trucks**

**Local 215**

American, seasonal menu, locally sourced  
 ingredients.  
[www.local215foodtruck.com](http://www.local215foodtruck.com)

**Lucky Old Souls**

Burgers, milkshakes and sodas. Local,  
 sustainable ingredients.  
[www.luckyoldsouls.com](http://www.luckyoldsouls.com)

**Yumtown, USA**

Seasonal menu, local ingredients.  
[www.yumtownusa.com](http://www.yumtownusa.com)

**Zea May's**

Native American ingredients with a twist.  
 Local, sustainable ingredients.  
[www.zeamayskitchen.com](http://www.zeamayskitchen.com)

\*Reservations can be made through [Opentable.com](https://www.opentable.com)

# **Ethnic Cuisine**

## **Modomio**

161 W Girard Avenue; 215.203.8707  
Regional Italian cuisine, BYOB.  
[www.modomiorestaurant.com](http://www.modomiorestaurant.com)  
\$10-20 per entrée

## **Radicchio**

314 York Avenue; 215.627.6850  
Rustic Italian, BYOB, no reservations.  
[www.radicchio-cafe.com](http://www.radicchio-cafe.com)  
\$15-25 per entrée

## **Zahav**

237 St. James Place; 215.625.8800  
Modern Israeli cuisine.  
[www.zahavrestaurant.com](http://www.zahavrestaurant.com)  
\$8-12 per entrée

## **Amada**

217 Chestnut Street; 215.625.2450  
Authentic Spanish tapas.  
[www.amadarestaurant.com](http://www.amadarestaurant.com)  
\$15-30 per entrée

## **Vietnam Café**

816 South 47th Street; 215.729.0260  
Family-owned Vietnamese restaurant.  
[www.eatatvietnam.com](http://www.eatatvietnam.com)  
\$10-15 per entrée

## **Kanella**

1001 Spruce Street; 215.422.1773  
Greek and Cyprus-inspired menu.  
[www.kanellarestaurant.com](http://www.kanellarestaurant.com)  
\$20-25 per entrée

## **Chifa**

707 Chestnut Street; 215.925.5555  
Peruvian and Cantonese fusion cuisine.  
[www.chifarestaurant.com](http://www.chifarestaurant.com)  
\$10-20 per entrée

## **Buddakan**

325 Chestnut Street; 215.574.9440  
Modern Asian cuisine.  
[www.buddakan.com](http://www.buddakan.com)  
\$20-30 per entrée

## **El Vez**

121 South 12<sup>th</sup> Street; 215.928.9800  
Twist on traditional Mexican food in funky atmosphere.  
[www.elvezrestaurant.com](http://www.elvezrestaurant.com)  
\$10-20 per entrée

## **Osteria**

640 North Broad Street; 215.763.0920  
Traditional Italian osteria; intimate environment.  
[www.osteriaphilly.com](http://www.osteriaphilly.com)  
\$15-30 per entrée

**\*Reservations can be made through Opentable.com**