



The Chicago "Good Food" Dining Guide

Eating Locally, Seasonally and Sustainably in Downtown Chicago

By Angie Tagtow, Mf, RD, LD, Environmental Nutrition Solutions

When visiting Chicago, support the local food system by savoring the delicious fare at these locally-owned restaurants. This guide is a sample of some of my favorite establishments in the downtown loop that celebrate fresh, seasonal foods by making a commitment to sustainable food production, local farmers, and vibrant communities. Check the restaurant's website for sample menus, hours, events and reservations. Bon Appétit!



312 Chicago*

136 N LaSalle, Chicago, 312.696.2420; Italian, local and organic ingredients, supports sustainable agriculture; \$\$\$; www.312chicago.com

BIN 36*

339 N Dearborn, Chicago, 312.755.9463; Contemporary, seasonal menu, extensive artisan cheese selection; \$\$; www.bin36.com

Bistro Campagne*

4518 N Lincoln, Chicago, 773.271.6100; French, seasonal menu, sustainable and organic ingredients; \$\$\$; www.bistrocampagne.com

Blackbird

619 W Randolph, Chicago, 312.715.0708; Contemporary American, seasonal artisanal menu; \$\$\$\$; www.blackbirdrestaurant.com

Blue Water Grill*

520 N Dearborn Street, Chicago, 312.777.1400; Seafood, sushi, seasonal and organic ingredients; Certified Green Restaurant; \$\$\$; www.brguestrestaurants.com

Cafe at Wild Things!

Lincoln Park Zoo, 2001 N Clark Street, Chicago, 312.742.2000; American, local, organic, sustainable ingredients; \$; www.lpzoo.org

Cafe Too! Dine Well. Do Good.

4715 N Sheridan Road, Chicago, 773.275.0626; American, trains individuals to be self-sufficient and develops employment skills; \$\$; www.cafetoo.org

Crofton on Wells*

535 N Wells, Chicago, 312.755.1790; Contemporary American, seasonal menu; \$\$\$; www.croftononwells.com

Crust. Eat Real!

2056 W Division, Chicago, 773.235.5511; Certified Organic Restaurant, eat-in, take-out; \$; www.crustchicago.com

Custom House*

500 S Dearborn, Chicago, 312.523.0200; Contemporary American, organic and naturally-raised meats; \$\$\$; www.customhouse.cc

Fiddlehead Cafe*

4600 N Lincoln Avenue, Chicago, 773.751.1500; Contemporary American, local, seasonal and sustainable ingredients; \$\$; www.fiddleheadcafe.com

Frontera Fresca

111 N State Street, 7th Floor Macy's, Chicago, 312-781-4884; Authentic Mexican Street Food, supports local farmers; \$; www.rickbayless.com/restaurants/fresco.html

Frontera Grill

445 N Clark Street, Chicago, 312.661.1434; Mexican, seasonal menu, sustainably-raised ingredients and seafood, supports local farmers; \$\$; www.rickbayless.com/restaurants/grill.html

Green Zebra*

1460 W Chicago, Chicago, 312.243.7100; Contemporary, vegetarian, organic ingredients; \$\$\$; www.greenzebrachicago.com

Hannah's Bretzel

180 W Washington @ Wells Street & 233 N Michigan Avenue, Chicago, 312.621.1111; Organic carry-out eatery, use biodegradable containers; \$; www.hannahsbretzel.com

Intelligentsia Coffee

3123 N Broadway; 53 W Jackson Boulevard; 53 E Randolph Street, Chicago; Coffee House, direct trade business philosophy (work directly with growers) and sustainable social practices; \$; www.intelligentsiacoffee.com

Kendall College Dining Room*

900 N Branch Street, Chicago, 312.752.2328; Contemporary American, student-run restaurant; \$\$; www.kendall.edu

Looseleaf Lounge

2915 N Broadway, Chicago, 773.348.7881; Tea House, organic teas, pastries; \$; <http://looseleaflounge.com>

Lula Cafe

2537 N Kedzie Boulevard, Chicago, 773.489.9554; Contemporary American, seasonal menu, host Monday evening farm dinners; \$\$; www.lulucafe.com

Marche*

833 W Randolph, Chicago, 312.226.8399; French, seasonal menu; \$\$; www.marche-chicago.com

MK*

868 N Franklin, Chicago, 312.543.6270; Contemporary American, seasonal, organic ingredients; \$\$\$; www.mkchicago.com

*Dining reservations can be made at www.opentable.com

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Naha*

500 N Clark, Chicago, 312.321.6242; Contemporary American, seasonal menu, organic ingredients, supports local organic farmers; \$\$\$\$; www.naha-chicago.com

North Pond Cafe*

2610 N Cannon, Chicago, 773.477.5845; American, seasonal menu, organic and local ingredients, supports farmers; \$\$\$\$; www.northpondrestaurant.com

One Sixtyblue*

1400 W Randolph, Chicago, 312.850.0303; Contemporary French, free-range chicken, buy directly from farmers; \$\$\$; www.onesixtyblue.com

Perennial*

1800 N Lincoln Avenue, Chicago, 312.981.7070; Contemporary, seasonal menu; \$\$\$; <http://perennialchicago.com>

Roti Mediterranean Grill

10 S Riverside Plaza, Chicago, 312.775.7000; Casual Mediterranean, fresh, fast; \$; www.rotiusa.com

Sepia*

123 N Jefferson, Chicago, 312.441.1920; American, seasonal menu, organic & sustainable ingredients, support local artisan farmers; \$\$\$; www.sepiachicago.com

Sola*

3868 N Lincoln Avenue @ Byron, Chicago, 773.327.3868; Contemporary American/Hawaiian, seasonal menu, support local farmers; \$\$\$; www.sola-restaurant.com

Swim Cafe

1357 W Chicago Avenue, Chicago, 312.492.8600; Coffee House, organic and fair trade coffee and tea; \$; www.swimcafe.com

Table Fifty-Two

52 W Elm, Chicago, 312.573.4000; Contemporary Southern, organic ingredients from Midwest farms; \$\$; www.tablefifty-two.com

Topolobampo*

445 North Clark Street, Chicago, 312.661.1434; Mexican, seasonal menu, sustainably-raised ingredients and seafood, support local farmers; \$\$\$; www.rickbayless.com/restaurants/topolobampo.html

Trattoria No. 10*

10 N Dearborn, Chicago, 312.984.1718; Italian, seasonal menu, organic ingredients; \$\$\$; www.trattoriaten.com

Uncommon Ground

1401 West Devon Avenue & 3800 N Clark Street, Chicago, 773.465.9801; Contemporary American, seasonal, local and organic ingredients, features local farmers on Fridays; \$; www.uncommonground.com

Vie*

4471 Lawn, Western Springs, 708.246.2082; Contemporary American, seasonal menu, purchase directly from Midwest farms, organic ingredients; \$\$\$\$; www.vierestaurant.com

West Town Tavern

1329 W Chicago, Chicago, 312.666.6175; American, seasonal produce; \$\$\$; www.westtowntavern.com

Zealous

419 W Superior Street, Chicago, 312.475.9112; Contemporary American, seasonal vegetarian five-course tasting menu; \$\$\$\$; www.zealousrestaurant.com

Dining Resources

Chef's Collaborative
www.chefscollaborative.org

Chicago Green City Market
www.chicagogreencitymarket.org

Chicago Magazine
<http://chicagomag.com>

Chicago Tribune
<http://metromix.chicagotribune.com/dining/>

Green Restaurant Association
<http://dinegreen.com>

Slow Food Chicago
www.slowfoodchicago.org

The Local Beet - Eating Green in Chicago
www.thelocalbeet.com

Zagat
www.zagat.com

Angie Tagtow, M/J, RD, LD is a Food & Society Policy Fellow and Environmental Nutrition Consultant working to educate consumers, opinion leaders and policy makers on sustainable food systems that promote good health, vibrant communities and environmental stewardship. She is dedicated to assuring all eaters have access to "good food" and takes an ecological approach to food and health by focusing on the public health benefits of sustainable food systems. Send your sustainable dining finds to Angie Tagtow, M/J, RD, LD, Environmental Nutrition Solutions, angie.tagtow@mac.com; www.environmentalnutritionsolutions.com and www.foodandsocietyfellows.org.