

DINING IN BOULDER (casual to mid-range)

(This list does not include fast food like Macdonald's, KFC etc. or small, cheap, fast Mexican spots: there are plenty of those around too.)

Restaurants and bars in Colorado are non-smoking.

L = Close to LASP

P = On or close to Pearl Street Mall (Pearl Street Mall, at the center of Boulder's historic shopping and business district, is a beautifully landscaped, four-block pedestrian mall with many restaurants, shops, and entertaining street performers.)

F = Fast, counter or buffet service

AMERICAN/NEW AMERICAN

Buff Restaurant L

1725 28th Street, 303-442-9150

Burgers, soups, salads. Open for breakfast and lunch.

California Pizza Kitchen L

1711 29th St. In the 29th Street Mall, on Canyon near 28th. 303-440-3390

A chain of California cuisine-inspired pizzas, salads and pastas. High-energy, family-friendly environment. Known for its innovative take on the pizza, from Jamaican Jerk Chicken and Peking Duck to BLT.

Chili's Grill and Bar L

1729 28th Street, 303-449-9682

Baby back ribs, grilled chicken, and burgers. Open for lunch and dinner.

Dark Horse L

2922 Baseline Rd, 303-442-8162

A Boulder landmark since 1975, this unique food-and-beverage emporium is adorned with movie props and turn of the century antiques, it truly "boggles the mind". This college hangout's menu includes award-winning gourmet burgers, jumbo wings, chicken and vegetarian dishes and they are know for cheap drinks (the place smells a little like old beer). Burger Madness on Tuesdays, Thursdays and Sundays, when the original burger with fries, a salad or pasta salad is only \$3.29. Karaoke on Thursday night. Dance Wednesdays to live music and Fridays and Saturdays to a DJ. Happy Hour Monday thru Friday 4-8pm. Open daily for lunch and dinner 11am-2am.

Denny's L

2905 Baseline Rd, (303) 447-0080

For those that want the known, and need breakfast at any hour of the day or night.

Dot's Diner L

2716 28th St., (303) 449-1323

Traditional down-home diner food. Local's haunt for breakfast and lunch for decades.

7am -2pm Tues · Fri, 8am-2pm Sat -Mon.

Food, Cafe LF

2079 30th St, (303) 443-9239

Fast, friendly, small and casual and some of the best sub sandwiches in the area. Order them with everything on it for a memorable pickle-pepper-onion taste you'll come back for again and again. They have amazing inhouse-roasted beef (perfectly rare) and turkey as well as great clam chowder and other marvelous soups. Been around forever, but hidden and not well known. Monday · Friday 10:30 · 4pm.

Foolish Craig's P

1611 Pearl Street, 303-247-0383

Crêpes, omelets, sandwiches on freshly made breads, salads, and homemade soups at reasonable prices. The dinner menu features fresh seafood, steaks, chicken, and pasta.

Cocktails, wine, beer, and espresso. Open bluegrass jam every Mon 8:30-10 pm. Open daily for breakfast, lunch and dinner 8 am-10 pm.

Islands Fine Burgers and Drinks L

1855 29th St., 303-449-0333

In the 29th Street Mall, on 29th St. in the center, but facing 28th St. near Macy's.

A chain of nearly 60 restaurants that specializes in fresh specialty burgers, hand-cut fries, salads, tacos, exotic drinks and more in a fun, tropical atmosphere, Islands. The restaurant features action sports videos, an outdoor patio and decor reminiscent of a tiki beach hut.

KT's BBQ F

7464 Arapahoe Rd. and 2675 13th St, (303) 786-7608

This rib palace delivers the goods--from knockout ribs and snappy sauces to grade-A side dishes and big values for the buck. The Memphis-style pork ribs are gently smoked, dry-rubbed bones that get a quick baste and a grilling prior to hitting the plate. A trio of sauces includes modest Southern/vinegar, excellent Texas (with ample spank), and blissfully burning hot pepper. Buy ribs in various-sized baskets that come with side dishes.

Mon · Sat 11am-pm.

Mad Greens LF

1805 29th St., 303-464-7336

In the 29th Street Mall, on 29th St. in the center, but facing 28th St. near Macy's.
A small Colorado chain of four locations that specializes in entrée salads and panini.
Chooosed from chef-designed salads, or build your own creations.

Mountain Sun Pub and Brewery P

1535 Pearl Street 303-546-0886

American casual - good burgers and many vegetarian items, along with a vast array of local microbrews, from Java Porter to the Colorado Kind to homemade root beer. Boulder Weekly 2002 readers' pick for Best Brewery. Open for lunch and dinner.

Noodles & Co LF

2770 Pearl St, (303) 444-5533

Fast and fresh, chain headquartered in Boulder. Parking is very difficult, but food is good, fast and cheap. Lunch and dinner.

Old Chicago

1102 Pearl Street, 303-443-5031 P

Chicago-style deep-dish pizza, pasta, sandwiches, and salads. More than 110 brews from around the world, including the most popular microbrews. Boulder Weekly readers 2002 pick for Best Beer Selection. Open for lunch, dinner, and late night.

Olive Garden L

2685 Pearl (northwest corner of Pearl and 28th Street), 303-546-6506

Italian cuisine. Open daily from 11 am.

Original Pancake House L

2600 Canyon Boulevard, 303-449-1575

Creative and hearty breakfasts. M-F, 6:30am-2:30pm. Sat & Sun: 7am-3pm.

Panera Bread LF

1855 29th St. In the 29th Street Mall, on 29th St. in the center, near Macy-s. 303-544-1800
Artisan bread on-premise daily. The Panera chain serves breakfast, lunch, and dinner with artisan bread being the centerpiece of everything including made-to-order sandwiches and salads with free-range chicken, soup served in sourdough bread bowls, and Crispani, a thin-crust pizza in six varieties.

Railyard Restaurant and Saloon L

1710 29th St., In the 29th Street Mall 303-449-0039

American Classics Revisited - Steaks, Ribs, Maryland Blue Crab Cakes and Sesame and Panko Crusted Tuna, served with side dishes including Mashed Potatoes, Macaroni and Cheese and Creamy Spinach. Dinner 5 - 10:00 pm weekdays and till 10:30 on weekends. Lunch 11am - 2:30.

Red Robin Burgers L

2580 Arapahoe Avenue, 303-442-0320

Gourmet burgers, salads, beers, wines, and mixed drinks. Open for lunch and dinner.

Ruby's Diner L

Across from 1710 29th St., In the 29th Street Mall, phone tbd

1940s diner concept with typical diner food including red plate specials, club sandwiches, burgers and shakes, plus tacos, sliders, and salads. A large variety of breakfast favorites, *Veggie Delights*, a 40% lighter in fat Lite Fries, and lunch and dinner specials. Hours TBD.

Spicy Pickle LF

2660 Pearl Street, 303-413-0707

A better sub shop that serves meats and fine Italian Artisan breads along with a wide choice of 10 different cheeses, 21 different toppings, and 15 proprietary spreads to create healthy and delicious panini and sub sandwiches with flavors from around the world. There are over 17,000 delicious sandwich combinations to create Salads and soups too. Parking is very difficult.

Tom's Tavern - closed Dec 22, 2007

1047 Pearl Street

Tom's was a neighborhood tavern with classic burgers, Italian sausage, pork tenderloin sandwiches, tasty barbecued chicken or ribs, and a healthy vegetarian burger.

Wahoo's Fish Taco LF

2790 Pearl St., (303) 473-9072

Good fast and fresh chain. Parking is difficult, but food is cheap, healthy, sometimes fast, and good. Lunch and dinner.

Walnut Café L

3073 Walnut Street (northeast corner of Walnut and 30th Street), 303-442-9689

Breakfast served all day-fresh-baked goods, waffles, omelets, huevos rancheros. Lunch

specials, many vegetarian options. Open 7 am-4 pm daily.

ASIAN

Asian Deli F

2833 28th St, 303-541-9377

Used to be part of an Asian Market, but now separate. Small family owned Vietnamese fare. Good sized menu and reasonable prices. Very casual. and a bit funky but really authentic. Lunch and dinner.

Chez Thuy L

2665 28th St., 303-442-1700

Excellent food, large portions and prices moderate. There's always a crowd and it can get loud. But all of these are good things as they are a testament to the popularity of the food. The lunch crowd isn't any smaller, so don't bother trying to find a downtime. For starters, try the hot-and-sour soup. The seafood special is packed with seafood, and the five-spice chicken looks like they've mistakenly served a whole bird. The vegetarian hot pot is served in a black-bean sauce that's thick and flavorful, without being overbearing. Mon-Tue 11am-4pm; Wed-Thu 4pm-9pm; Fri-Sat 4pm-10pm; Sun 5pm-9pm.

China Gourmet F

3970 Broadway St Ste 102, (303) 440-3500

Some of the fresher, better Chinese food in town. Small, walk-up-and-order neighborhood place. Try the Tangerine Shrimp, sweet and a little hot with lots of veggies and shrimp.

Golden Lotus L

1964 28th Street (in front of Target), 303-442-6868

Fresh, expertly prepared, MSG-free food. Szechwan, Cantonese and Mandarin cuisines. Open for lunch and dinner.

May Wah LF

2500 Baseline Rd. (303) 499-8225

Chinese and Vietnamese. Very good, fresh and good sized portions. Although it is a sit-down restaurant, they have always been very fast!

Moongate Asian Bistro P

1628 Pearl St. 720-406-8888

A variety of Asian styles. Lovely food and presentation. Full liquor license. The

atmosphere or a nicer restaurant with the prices of an inexpensive Chinese restaurant.

Pei Wei Asian Diner LF

1675 29th St., 720-479-5570

In the 29th Street Mall, on 29th St between Arapahoe and Canyon.

The quick casual dining option from the P.F. Chang chain. Menu features intensely flavored, freshly prepared sauces, vegetables and meats cooked to order using, Asian wok techniques. Quick, healthy Asian food.

Siamese Plate L

1575 Folsom Street (northwest corner of Arapahoe and Folsom), 303-447-9718

Large selection of vegetarian entrees, no MSG used. Try the chef's special sautéed salmon, shrimp, mussels, and squid with yellow curry, zucchini, bell pepper and coconut milk; or seafood on hot plate. The 2002 top choice of Boulder Weekly readers, the restaurant is also officially recognized by the Thai government for its delicious Thai cuisine. Open for lunch Mon-Sat, 11:30 am-2:30 pm, and dinner Sun-Thurs, 5 to 10 pm, Fri-Sat until 10:30 pm.

Siamese Plate On the Go F

3033 28th St., (303) 444-3133

Some of the best fast food in town. Counter-service Thai food. Fast and inexpensive. Sushi too. Lunch and dinner.

Sumida's L

1575 Folsom (at Arapahoe), 303-449-8404

Japanese food and sushi bar. Bento Boxes for lunch as well.

Tokyo Joes LF

2525 Arapahoe Ave., (303) 443-1555

Fast food Japanese chain. rice bowls, noodle bowls, sushi, salads.

Wok and Roll F

2900 28th St, Boulder 303-449-6555

Fast Japanese food. Teriaki rice bowls, sushi. Easy for to-go.

INDIAN/NEPALESE

Himalayas PF

2010 14th St Ste 1, (303) 442-3230

An excellent selection of Nepalese and Indian dishes: tandoori chicken, vegetable pakoras, dal of yellow lentils, chicken curry, naan bread and more. Inexpensive and quick buffet at lunch. Sun-Thu 11am-2pm, 4pm-9:30pm, Fri-Sat 11am-2pm, 4pm-10pm.

Narayan's Nepal LF

3800 Baseline Rd. (in the Meadows shopping center), (303) 499-2234
Nepalese Food. Great \$7.95 quick buffet at lunch.

Royal Peacock F

5290 Arapahoe, 303-447-1409

Boulder's original Indian restaurant with a nice quick buffet at lunch. As a unique twist, they serve genuine French absinthe. How can get away with selling absinthe in America? Absinthe as a drink is not illegal, wormwood as a food additive is. Just as there are many species of roses, there are many species of wormwood. The wormwood used in their absinthe is a combination of Roman and Southern wormwood. While not as potent as the original, it keeps people coming back.

Sherpa's P

825 Walnut St, (303) 440-7151

The chef strives for simple, hearty fare native to Tibet, Nepal and India. Most dishes offer several meat choices, and many can be served vegetarian. Creamy saag arrives brilliantly green with freshly cut spinach. Rich lamb vindaloo melts in the mouth as if the meat has been simmering for hours. Tibetan momos stuffed with vegetables, chicken or beef are similar to Japanese dumplings with slightly thicker dough, while samosas come with a buttery, pastry-like crust. Finish with a rich lashi drink - fruit blended with yogurt. Sun-Thu 11am-3pm, 5pm-9:30pm; Fri-Sat 11am-3pm, 5pm-10pm.

Taj F

2630 Baseline Road, 303-494-5216

Recipes from the great Mogul court of 16th-century India, using the freshest possible ingredients. MSG is not used. Tandoori grills and breads, south Indian coconut curries and chili masalas. Nice, quick buffet at lunch. Open for lunch and dinner. Daily 11am-2pm and 5pm-10pm.

Tandoori Grill F

619 South Broadway, 303-543-7339

Punjabi Indian cuisine-curry dishes, breads, biyanis, vegetarian items, masalas, and tandoor cooking. Noted for its dessert duo of fresh rice pudding and mango custard. Open lunch Mon-Fri 11:30 am-2:30 pm, Sat-Sun noon-3 pm; and dinner Mon-Thurs

5-9:30 pm, Fri-Sat till 10 pm, Sun till 9pm.

INTERNATIONAL/ECLECTIC

8 Island F

3050 28th St., 303-440-7427

Fast-casual local Hawaiian food. A variety of beef, chicken, pork and seafood dishes as well as daily specials and "Aloha Fridays" with traditional kalua pork, poke and lomi lomi salmon. They even have Masubi (Spam sushi)!. Open Mon - Sat, 11:00am-9:00pm.

Boulder Dushanbe Teahouse P

2770 13th Street, 303-442-4993

Handcrafted and gifted to the City of Boulder by our sister city, Dushanbe of Tajikistan, this is the only authentic Persian teahouse in the western hemisphere. Eclectic international menu, breathtaking artwork, and charming ambiance. Balinese fried fish, Thai coconut curry with shrimp, Tajik lamb shish kabob, and many vegetarian dishes. A fine selection of 40 to 60 teas, cappuccino, French-press coffees, and chai. Open for morning tea Mon-Fri 8-11 am; breakfast and lunch Mon-Fri till 3pm; teatime daily 3-5pm; and dinner Sun-Thurs 5-9 pm, Fri-Sat till 10 pm.

Conor 'Neill's P

1922 13th Street, one-half block south of Pearl Street Mall, 303-449-1922

Traditional Irish pub - you feel like you walked out of Boulder and into Ireland. An extensive selection of English and Irish draft import beers and a wide variety of Irish and Scotch whiskeys. Traditional fish and chips, shepherd's pie, and steak-and-cheddar boxty. Live music nightly. Open daily for lunch and dinner till 1:30am.

Daphne's Greek Cafe L

1695 29th Street, In the 29th Street Mall (303)-440-2946

A small chain of Mediterranean cafes. Falafel, Gyros, salads and more. Open Mon-Thur. 11am-9pm and Fri-Sat 11am-10pm.

Falafel King PF

1314 Pearl Street, 303-449-9321

Fast Mediterranean food is what you'll find here. Falafel, Gyros, salads and more. Quick and tasty, right on the Pearl Street Mall. Open Mon-Sat 10:30am-9:30pm and Sun. 11:30am-9pm.

Lucille's P

2124 14th St, (303) 442-4743

Best breakfast! Cajun and Creole specialties. Lines out the door, be patient. Start with a cup of chicory coffee and an order of beignets. The traditional eggs Sardou combines poached eggs with delectable creamed spinach and fresh Gulf shrimp. The eggs New Orleans features fried eggplant slices topped with rich hollandaise sauce and a zesty red Creole sauce. Try the eggs Ponchartrain--pan-fried trout served with poached eggs and topped with béarnaise sauce. Light options are limited--even rice pudding porridge is topped with cream. Open for breakfast and lunch.

Mediterranean Market and Deli LF

2607 Pearl St., . (303) 448-9552

A small market with a nice little deli area serving falafal, salads and some of the best gyros around.

Rumbi Island Grill LF

1675 29th St. In the 29th Street Mall, on 29th St between Arapahoe and Canyon.

303-442-0411

A Hawaiian grill chain dedicated to fresh, flavorful, island-fresh cuisine including rice and meat bowls with Teriyaki, Jerk and Bali Peanut sauces; salads. Open 10am · 9pm daily.

ITALIAN**Café Gondolier P**

1738 Pearl Street, 303-443-5015

Fresh, homemade, and affordable pizzas, pastas, and a wide range of Italian specialties, with 20 beers on tap. Open daily for lunch 11:30 am-4 pm; and dinner Tues-Sat 4:30-10 pm, Sun-Mon till 9:30 pm. Live piano music Fri-Sat 7-10 pm.

Mista Italian Kitchen

2779 Iris Ave, (303) 440-1233.

Lunch buffet \$8.95 (as of 8/07) includes salads, vegetables, fish, meat, pasta and much more. Family Italian with a vast selection of affordable meals. Appetizers include the calamari fritti in tangy marinara, crocchette di funghi (mushroom croquettes in Marsala), and the vongole napoletane Manila (clams with garlic, basil and tomatoes). Entrees include salame piccante pizza; tonno puttanesca, ahi tuna with garlic, capers, Sicilian olives and pepperoncini served over linguini; and the pollo avocado chicken breast saut-ed with garlic in a truffle cream sauce topped with sliced avocado. Organic handmade pasta, Open for lunch 11:30am-2:30pm Mon-Fri; 6 dinner 4:30-10pm all week. Happy hour

Mon-Fri 4:30-6:30 half off all wines by the glass and deals on all beers, wells and Martini.

Protos Pizza

4670 Broadway, 720-565-1050

Small, local chain of creative pizza. Very good, but not too cheap. They serve wine as well as balsamic vinegar to put on your pizza-very different, but actually very good. On Fridays they have a quite clam pizza. Mon-Thurs 11am-9pm, Fri and Sat 11am-10pm, Sundays 3pm-9pm

MEXICAN/SOUTHWESTERN

Casa Alvarez L

3161 Walnut Street (northeast corner of Walnut and 30th Streets), 303-546-0630

Food of old Mexico featuring award-winning green, red, and vegetarian chilis; fajitas; seafood, meat, and vegetarian dishes; and carnitas enchiladas. Full bar with draft beers and the finest aged tequilas. Ample free parking. Open for lunch and dinner Sun-Thurs 11 am-10 pm, Fri-Sat till 11 pm.

Chipotle Mexican Grill LF

In the 29th Street Mall, on 28th between Canyon and Arapahoe.

A Colorado-based chain specializing in gourmet burritos and tacos. They are known for their chunky guacamole, large burritos, and emphasis on high quality and natural beef.

Efrain's Mexican Restaurant

1630 63rd St, Ste 10, (just north of Arapahoe) (303) 440-4045

The sister restaurant to a very popular family run Mexican restaurant in Lafayette. Some of the better Mexican food in town, but so out of the way and hidden that many Boulderites don't even know there's an outpost in here and still drive to the other one.

Juanita's P

1043 Pearl Street, 303-449-5273

Colorful, high-energy neighborhood restaurant and bar voted Best Mexican Food for 14 years by locals. Authentic, modestly priced Mexican and Tex-Mex standards plus specialities such as chicken chipotle, cuervo chicken, shrimp asada, snapper Vera Cruz, and key lime pie. Boulder Weekly readers' 2002 pick for Best Mexican. Open for lunch and dinner Sun-Thurs 11:30 am-10 pm, Fri-Sat till 11 pm.

Rio Grande Mexican Restaurant P

1101 Walnut Street, 303-444-3690

Authentic Tex-Mex food, charbroiled specialties, award-winning margaritas, extensive appetizer menu. Open for lunch Mon-Fri 11 am-2 pm, Sat-Sun till 2:30 pm; and dinner 5-10 pm.

NATURAL/VEGETARIAN

Turley's L

2805 Pearl Street, 303-442-2800

Buffalo burgers, spit-roasted chicken, lasagna, chicken-fried steak, salads, large vegetarian selection, and many low-fat menu items. Open daily for breakfast, lunch, and dinner.