

MN OPENA

TWIN CITIES VISITOR GUIDE



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MAIL, POST OFFICE, & PACKAGES

MAILING ADDRESS

Your mailing address is:

Your Name
c/o Minnesota Opera
620 North First Street
Minneapolis, MN 55401
USA

You may receive a fax at Minnesota Opera at (612) 333-0869. Be sure to have the sender include your name on the cover sheet.

POST OFFICE

Main Post Office

100 South First Street
Minneapolis, MN 55401
(down 1st Street, just past Hennepin Ave.)

Phone: (612) 349-4713
Website: www.usps.com
Hours: Monday – Friday, 7:00a – 8:00p
Saturday, 9:00a – 1:00p
Sunday, Closed

An off-street parking lot is available for postal customers.

PACKAGE SHIPPING

FedEx Dropbox

ITASCA Building Lobby
708 North First Street, Minneapolis
(3 doors down from Opera Center)
Monday – Friday 7:00p Pick-Up Time
Package must fit in drop box.

UPS Dropbox

ITASCA Building Lobby
708 North First Street, Minneapolis
(3 doors down from Opera Center)
Monday – Friday 7:00p Pick-Up
Package must fit in drop box.

UPS Store

Minneapolis City Center
40 South 7th Street, Suite 212 (Skyway Level)
Minneapolis, MN 55402

Hours: Monday – Friday, 8:00a – 6:00p
Saturday, 9:00a – 5:00p
Sunday, Closed

Pick-Up Times: Monday – Friday, 4:30p

TRANSPORTATION

TAXIS

Yellow Cab

Serving Twin Cities metropolitan area and suburbs
Phone: (612) 644-6569
Website: <http://www.yellowtaxicabmn.com/>
Online reservations available

SuperShuttle

Serving Twin Cities metropolitan area and suburbs
Phone: (612) 713-7488
Website:
<https://booking.supershuttle.com/?RezMode=1>
Online reservations available

METRO TRANSIT

Busses and Light Rail
Serving Twin Cities metropolitan area and suburbs
Website: www.metrotransit.org
Online trip planner and Metro Transit App available
Phone: (612) 373-3333

RIDE SHARING APPS

Uber, Lyft, and other app-based ride hailing apps are popular in the area and available on demand via the corresponding mobile application or website.

SHARING/RENTAL

Rent bicycles & Scooters hourly from one of the many convenient kiosks throughout the metropolitan area. Rent electronic scooters from freestanding locations around the twin cities. Seasonal.

Note that it is illegal in Minneapolis to ride electronic scooters on city sidewalks.

Lime Micromobility Bike & Scooter Rentals

Website: <https://www.li.me/>

Veo Bike & Scooter Rentals

Veo: <https://www.veoride.com/minneapolis/>

Veo, Spin, Bird Scooters

Bird Scooters: <https://www.bird.co/>

Spin: <https://www.spin.app/>

BANKING

BANK

US Bank

30 4th Street NE

Minneapolis, MN 55413

Phone: (612) 378-7101

Website: www.usbank.com

Hours: Monday – Friday, 9:00a – 5:00p

Saturday, 9:00a – 1:00p

Sunday, Closed

You may cash checks at US Bank for a fee of approximately \$10 and with proper identification.

Wells Fargo Bank

615 N 7th St.

Minneapolis, MN 55411

Phone: (612) 667-1907

Website: www.wellsfargo.com

Hours: Monday – Friday, 9:00a – 6:00p

Saturday – Sunday, Closed

You may cash checks at Wells Fargo for a fee of approximately \$10 and with proper identification.

ATMs

Sunrise Banks (24-Hour)

525 N Washington Ave,

Minneapolis, MN 55401

Copham

607 North Washington Avenue

Minneapolis, MN 55401

Cuzzy's Grill & Bar

507 N Washington Ave

Minneapolis, MN 55401

HEALTH & FITNESS

HEALTH CLUBS / GYMS

Towne Place Suites by Marriott

Guests at the Towne Place Suites may use the fitness room free of charge. Your room key will give you access.

North Loop Fitness

800 N Washington Avenue, Suite 108

Minneapolis, MN 55401

Rob Duggan, Owner/Head Trainer

Email: contact@northloopfitness.com

Website: www.northloopfitness.com

Phone: (612) 250-4025

Reasonable monthly rates. Mention that you are a Minnesota Opera artist.

Lifetime Fitness Target Center

600 1st Avenue North

Minneapolis, MN 55401

Website: www.lifetimefitness.com

Phone: (612) 486-3600

Dayton YMCA at Gaviidae

651 Nicollet Mall Unit 300

Minneapolis, MN 55402

Website: <https://www.ymcanorth.org/>

Phone: (612) 371-9622

Orangetheory Fitness

411 N Washington Ave

Minneapolis, Minnesota 55401

Website: <https://www.orangetheory.com/en-us/>

Phone: (612) 217-8665

Anytime Fitness

Open 24 Hours

111 N Washington Ave

Minneapolis, MN 55401

Website:

[https://www.anytimefitness.com/gyms/281/minneapolis-mn-](https://www.anytimefitness.com/gyms/281/minneapolis-mn-55401/?utm_source=google&utm_medium=local-maps&utm_campaign=gbp-listing&utm_content=281)

[55401/?utm_source=google&utm_medium=local-](https://www.anytimefitness.com/gyms/281/minneapolis-mn-55401/?utm_source=google&utm_medium=local-maps&utm_campaign=gbp-listing&utm_content=281)

[maps&utm_campaign=gbp-](https://www.anytimefitness.com/gyms/281/minneapolis-mn-55401/?utm_source=google&utm_medium=local-maps&utm_campaign=gbp-listing&utm_content=281)

[listing&utm_content=281](https://www.anytimefitness.com/gyms/281/minneapolis-mn-55401/?utm_source=google&utm_medium=local-maps&utm_campaign=gbp-listing&utm_content=281)

Phone: (612) 339-6655

YOGA/BARRE

CorePower Yoga

501 S Washington Ave Suite 200,

Minneapolis, MN 55415

Website: <https://www.corepoweryoga.com/yoga-studios/minnesota/minneapolis/downtown-minneapolis>

Phone: (833) 448-2561

Drop in classes available

DOCTORS

MEDICAL EMERGENCY

If you encounter a medical emergency, dial **911** for emergency services.

Abbott Northwestern Emergency Room

800 East 28th Street
Minneapolis, MN 55407
Phone: (612) 863-4233
Open 24 Hours / 7 Days a week

Hennepin County Medical Center Emergency Room

Level 1 Trauma Center
730 South 8th Street
Minneapolis, MN 55415
Phone: (612) 873-3132
Open 24 Hours / 7 Days a week

URGENT CARE

The Urgency Room

3010 Denmark Avenue
Eagan, MN 55121
Phone: (651) 789-9900
Website: www.urgencyroom.com
Hours: 8:00a – 10:00p, 365 days a year
(Online Services 8:00a-8:00p)
No appointment needed
The UR specializes in the treatment of serious injuries and illnesses in adults, children, and infants. Staffed with emergency room doctors. Onsite CT, ultrasound, x-ray, high complexity lab, and sedation for adults and children.

North Memorial Health Urgency Center – Minnetonka

Minnetonka Medical Center
15450 Hwy. 7
Minnetonka, MN 5535
Phone: (763) 581-8900
Website:
<https://northmemorial.com/location/urgency-center-minnetonka/>
Hours: 8:00a – 8:00p, Everyday Except Holidays
Holiday Hours: 8:00a – 5:00p
Consider this your on-demand care for serious, but not life-threatening, illness and injury. Onsite CT, ultrasound, x-ray, high complexity lab, and sedation for adults and children.

GENERAL/FAMILY PRACTICE

University of Minnesota Physicians Mill City Clinic

Contact Roxy for help setting up appointments
Zenith Condominium Building
901 South 2nd Street, Suite A
Minneapolis, MN 55414 (across from Guthrie Theater)
Appointments: (612) 338-1383
Dr. Halberg's Nurse: (612) 339-1533
Website: <https://mphysicians.org/our-clinics/mill-city-clinic>
Hours: Monday – Friday, 8:00a – 5:00p
Saturday – Sunday, Closed

Hennepin County Medical Center North Loop Clinic & Pharmacy

800 Washington Ave N, Suite 190
Minneapolis, MN 55401 (walking distance from Opera)
Appointments: (612) 873-6963
Pharmacy / Refills: (612) 352 – 5710
Website: www.hcmc.org/clinics/NorthLoopClinic
Clinic Hours: Monday - Friday, 8:00a – 5:00p
Pharmacy Hours: Monday – Friday, 8:00 – 5:00pm
(Closed 1:00 – 1:30p)

Park Nicollet Clinic Minneapolis

2001 Blaisdell Avenue South
Minneapolis, MN 55404
Appointments: (952) 993-2000
Website:
www.parknicollet.com/Locations/Clinics/Minneapolis
Hours: Monday – Friday, 7:00a-5:00pm
Saturday – 8:00a – 12:00p
Sunday - Closed

North Memorial Health Clinic – Roseville

1835 County Road C West, Suite 150
Roseville, MN 55113
Phone: (763) 581-2273
Website:
<https://northmemorial.com/location/roseville-primary-care/>
Hours: Monday – Friday, 7:30a – 5:00p
(Online Services: 8:00a – 7:00p Seven Days a Week)
Staffed by medical doctors, Urgent Care specializes in treating illnesses and minor injuries. Basic lab work and x-ray onsite.

EAR, NOSE, AND THROAT DOCTORS

Contact Roxy for help setting up appointments

Lions Voice Clinic at University of Minnesota

Dr. George S. Goding and Dr. Stephanie Misono
M Health Fairview Clinic and Surgery Center –
Minneapolis

909 Fulton St. SE

Minneapolis, MN 55444

Appointments: (612) 626-5900

Dr. Goding's Nurse: (612) 624-0189

Website: <http://www.lionsvoiceclinic.umn.edu/>

Park Nicollet Specialty Center St. Louis Park 3800 Building

Dr. Margaret (Shelly) Browning Holmgren

3800 Park Nicollet Blvd.

St. Louis Park, MN 55416

Appointments: (952) 993-3250

Dr. Browning's Nurse: (952) 993-3851

Website:

<https://www.healthpartners.com/care/find/doctor/26626/>

(Another Practice Location:

Park Nicollet Clinic and Specialty Center Maple
Grove

9555 Upland Ln N

Maple Grove, MN 55369)

Ear, Nose, & Throat Specialty Care of Minnesota

The Xchange Medical Building

6099 Wayzata Blvd Suite 200

St. Louis Park, MN 55416

Appointments: (612)-871-1144

Website: <https://www.entsc.com/locations/st-louis-park/>

Hours: Monday – Friday, 9:00a – 5:00p

OBSTETRICS/GYNECOLOGY

Clinic Sofia

6545 France Avenue South, Suite 490

Edina, MN 55434

24 Hour Phone: (952) 922-7600

Website: www.clinicsofia.com

Hours: Monday, 8:30a – 5:00p

Tuesday – Thursday, 8:00a – 5:00p

Friday, 8:00a – 12:00n

Women's Health Consultants

All Women Physicians

Deluxe (dlx) Plaza

121 S. 8th St., Suite 600

Minneapolis, MN 55402

(Enter Building on North side of the TCF Tower on
the corner of 8th Street & 2nd Avenue and take the
elevator to 6th floor)

Phone: (612) 775-7880

After Hours 24 Hour Phone: (612) 775-7880

Website: www.womenshealthconsultantsmn.com

Hours: Monday – Friday, 8:00a – 4:00p

PEDIATRICIANS

Children's Minnesota Primary Care Clinic – Minneapolis

Children's Minnesota Specialty Center

2530 Chicago Avenue South, Suite 390

(across the street from Abbott Northwestern
Hospital)

Minneapolis, MN 55404

Appointments: (612) 813-6107

Website:

<https://www.childrensmn.org/minneapolisclinic/>

Hours: Monday – Friday, 7:30a – 5:00p

Saturday – Sunday, Closed

Walk In Hours: Monday, 8:00a – 3:30p

Tuesday & Wednesday, 8:00a –

12:00n

Thursday, 9:20a – 12n

Friday, 8:00a – 12n

(Same Day Appointments available Tuesday –

Friday from 2:00p to 5:00p. Please call the clinic to
find out about same-day appointments.)

Children's Minnesota Primary Care Clinic – St. Paul

Garden View Medical Center

345 North Smith Ave, Suite 302 (next to United
Hospital)

St. Paul, Minnesota 55102

Appointments: (651) 220-6700

Website: <https://www.childrensmn.org/stpaulclinic/>

Hours: Monday – Friday, 7:30a – 5:00p

Walk-in Ready Care Hours:

Monday – Wednesday, 8:00a – 12:00n

Thursday, 9:20a – 12:00n

Friday, 8:00a – 12:00n

(Same Day Appointments available Tuesday –

Friday from 1:00p to 5:00p. Please call the clinic to
find out about same-day appointments.)

DENTIST

Personal Care Dentistry

Dr. Walter Hunt, Dr. Kyle Hunt, Dr. Andrew Heinisch

2233 North Hamline Avenue, Suite 320

Roseville, MN 55113

Phone: (651) 615-0777

Website: www.personalcaředentistry.com

Hours: Monday, 7:30a – 5:00p

Tuesday – Thursday, 6:30a – 6:00p

Friday, 7:30a – 3:00p

Saturday – Sunday, Closed

For after-hours/24 hour emergency care, call the
main phone number and listen to the voice mail
prompts for further information.

Loop Dental

Dr. David Bates, Dr. Katie Hannon, Dr. Anne Yahiro

207 5th Ave N

Minneapolis, MN 55401

(Another Location at 410 Washington Ave N)

Phone: (612) 470-4047

Website: <https://loopdentalmn.com/>

EYE DOCTORS (OPHTHAMOLOGISTS / OPTOMETRISTS)

St. Paul Eye Clinic

North Central Professional Building, Suite 110
2680 Snelling Avenue North
Roseville, MN 55113
Phone: (651) 631-2922
Eyeglasses & Contact Lenses: (651) 631-2969
Website: <https://stpaulseye.com/locations/roseville>
Clinic Hours: Monday – Friday, 7:30a – 5:00p
Optician Hours: Monday – Friday, 8:30a – 5:00p

ORTHOPEDICS

Tria Orthopedic Urgent Care Bloomington

8100 Northland Drive
Bloomington, MN 55431
Phone: (952) 831-8742
Walk-in, no appointment necessary
Website: <https://www.healthpartners.com/care/find/location/clinics/tria/bloomington/orthopedic-urgent-care/tria-orthopedics/>
Hours: Daily, 8:00a – 8:00p

MASSAGE THERAPY

Halo Healing Therapies Co.

514 N 3rd Street, Ste. 205
Minneapolis, MN 55401
Phone: (612) 251-6495
Website: <https://halohealingtherapies.com/>
Hours: Monday – Saturday, 8:00a – 9:00p
Sunday, 8:00a – 6:00p
By appointment only

Beautiful Life Bodywork

Amy Sirivie, Clinical Massage Therapist
Phone: (612) 440-7189
Email: Amy@BeautifulLifeBodyWork.com
Website: www.beautifullifebodywork.com
Hours: Tuesday & Thursday 7:00a – 8:30p
Saturday 9:00a – 5:00p
Extra hours and special rates available for MN Opera Artists & Staff. Address and building access info will be provided upon booking a session. Amy, herself a regular performer with MN Opera, provides clinical and relaxation bodywork that is therapeutic, intuitive, and thorough. Customized sessions which resonate with natural healing systems to restructure the soft tissue and restore a healthy disposition.

CHIROPRACTOR

Dr. Bob Shepard
401 Groveland Ave
Minneapolis, MN 55403
Phone: (612) 872-9133
Website: <https://www.shepherdchiroclinic.com/>
Hours: Monday, 9:00a – 6:00p
Tuesday, Wednesday, & Friday, 8:00a – 12:00n
Thursday, 9:00a – 5:00p
Dr. Bob treats many members of the Minnesota Opera staff. Identify yourself as an Opera artist

when calling for an appointment and he will fit you in as soon as possible.

GROCERIES

Whole Foods Market – Minneapolis

222 Hennepin Avenue
Minneapolis, MN 55401
Phone: (612) 313-7100
Website: www.wholefoodsmarket.com/stores/hennepin
Hours: Daily, 8:00a – 9:00p
Free parking ramp available – entrance on 1st Avenue
Additional Services:
Whole Foods Market Liquor
Hours: Monday – Friday, 10a – 10p
Saturday, 9a – 10p
Sunday, 11a – 6pm

Trader Joe's – Minneapolis

721 Washington Ave. S.
Minneapolis, MN 55415
Phone: (612) 339-2110
Website: <https://locations.traderjoes.com/mn/minneapolis/725/>
Hours: Daily, 9:00a – 9:00p
Additional Services:
Beer, Wine, Liquor Store
Hours: Monday – Saturday, 9:00a – 9:00p
Sunday, 11:00a – 6:00p
Trader Joe's Parking 1st Hour Free – entrance on Chicago Ave

Lunds & Byerlys – University & Central

25 University Avenue SE
Minneapolis, MN 55414
Phone: (612) 548-3820
Website: <https://lundsandbyerlys.com/our-stores/locations/northeast-minneapolis/>
Free parking ramp available – entrance on 4th Street
Additional Services:
St. Croix Cleaners: (612) 436-2290
Caribou Coffee
Bachman's Flowers

Cub Foods – Lake Street

2850 26th Ave. S.
Minneapolis, MN 55406
Phone: (612) 721-2787
Pharmacy Phone: (612) 721-5840
Website: www.cub.com
Hours: Daily, 6:00a – 10:00p
Pharmacy Hours: Monday – Friday, 8:00a – 8:00p
Saturday & Sunday, 9:00a – 6:00p

GROCERIES *Continued...*

Kowalski's Market – Uptown Market

2440 Hennepin Avenue

Minneapolis, MN 55405

Phone: (612) 377-3448

Website:

<https://www.kowalskis.com/location/uptown-market-wine-spirits>

Hours: Daily, 6:00a – 10:00p

Wine & Spirits Shop Hours: Monday – Saturday,
9:00a – 10:00p

Sunday, 11:00a – 6:00p

Starbucks Hours: Daily, 6:00a – 8:00p

PHARMACIES

North Loop Clinic & Pharmacy

800 Washington Ave N, Suite 190

Minneapolis, MN 55401

Phone: (612) 352-5710

Website:

<https://www.hennepinhealthcare.org/clinic/north-loop-clinic-and-pharmacy/>

Hours: Monday – Friday, 8:30a – 5:00p

Closed 1:00p – 1:30p & Weekends

Walgreens – Nicollet Mall (nearest store)

655 Nicollet Mall

Minneapolis, MN 55402

Phone: (612) 339-0363

Website:

<https://www.walgreens.com/locator/walgreens-655+nicollet+mall-minneapolis-mn-55402/id=16275>

Store Hours: Monday – Friday, 7:00a – 8:00p

Saturday, 9:00a – 6:00p

Sunday, 10:00a – 5:00p

Pharmacy Hours: Monday – Friday, 7:00a – 6:00p

Saturday, 9:00a – 5:00p

Closed 1:30 – 2:00p & Sundays

Walgreens – Hennepin Ave

(Nearest 24 Hour Store)

2650 Hennepin Ave

Minneapolis, MN 55408

Phone: (612) 377-3308

Website:

<https://www.walgreens.com/locator/walgreens-2650+hennepin+ave-minneapolis-mn-55408/id=16361>

Store Hours: 24 Hours / 7 Days a week

Pharmacy Hours: Daily, 8:00a – 10:00p

LIQUOR STORES

Underground Leaf & Vine

706 N 1st St., Suite 100

Minneapolis, MN 55401

Phone: (612) 213-2975

Website: www.undergroundleafandvine.com

Hours: Daily, 11:00a – 8:00p

Surdyk's Liquor and Cheese Shop

Wine, Liquor, Beer, Sake, Cheese Shop, and Deli

303 East Hennepin Avenue

Minneapolis, MN 55414

Phone: (612) 379-3232

Cheese Shop: (612) 379-9757

Website: www.surdyks.com

Hours: Monday – Thursday, 9:00a – 9:00p

Friday – Saturday, 9:00a – 10:00p

Sunday, 11:00a – 6:00p

Free parking lot available – Enter either E Hennepin Avenue, University Avenue, or 1st Avenue NE

North Loop Wine & Spirits – Minneapolis

218 Washington Ave. N

Minneapolis, MN 55401

Phone: (612) 338-5393

Hours: Monday – Saturday, 9:00a – 10:00p

Sunday, 11:00a – 6:00p

Whole Foods Market – Minneapolis

Wine and Spirits Store – see above Groceries section

Trader Joe's – Minneapolis

Beer, Wine, & Liquor Store – see above Groceries section

Kowalski's Market – Uptown

Wine Store – see above Groceries section

MALLS AND SHOPPING CENTERS

Mall of America

60 East Broadway
Bloomington, MN 55425
Phone: (952) 883-8800
Website: www.mallofamerica.com
Hours: Monday – Saturday, 10:00a – 9:00p
Sunday, 11:00a – 7:00p
Check Website as Hours may vary during Holidays

Largest indoor shopping mall in America with Nickelodeon Universe amusement park in the center. Anchor stores are Macy's and Nordstrom. Wide variety of specialty stores and restaurants.

Rosedale Center (Shopping Mall)

1595 MN-36
Roseville, MN 55113
Website: <https://www.rosedalecenter.com/>
Hours: Monday – Thursday, 11:00a – 7:00p
Friday – Saturday, 10:00a – 8:00p
Sunday, 11:00a – 6:00p

Indoor shopping mall. Anchor stores are Von Maur, Macy's, and JC Penney. Variety of specialty stores and restaurants.

Nicollet Pedestrian Mall

Pedestrian mall in downtown Minneapolis, home to Nordstrom Rack, Saks Fifth Avenue Off 5th Outlet and Target. Additional specialty stores.

Target – Nicollet Mall

900 Nicollet Mall, Minneapolis
Phone: (612) 338-0085
Website: <https://www.target.com/sl/mpls-nicollet-mall/1375>

The Quarry

Strip mall containing Target, Home Depot, 5 Below, Cub Foods (grocery), Famous Footwear, Office Depot, Michael's, and PetSmart.

Directions: Take Hennepin Avenue Bridge north over the river. Follow Hennepin approximately 1 mile to Stinson Blvd. Turn left on Stinson and follow approximately ½ mile to mall.

Target – The Quarry

1650 New Brighton Blvd., Minneapolis
Phone: (612) 355-3857
Website: <https://www.target.com/sl/minneapolis-ne/1095>

RESTAURANTS

NORTH LOOP/OPERA CENTER NEIGHBORHOOD

In the Loop Coffee Company

708 North 1st Street – in the ITASCA building
Minneapolis, MN 55401
Phone: (612) 479-9300
Website: www.intheloopcoffee.com
Hours: Monday – Saturday, 7:00a – 6:00p
Sunday, 8:00a – 2:00p

Great place to grab a coffee, tea, smoothie, soup, sandwich, or pastry and it's just a few doors down from the Opera Center. Order online or through the Jump! Coffee app.

Fairgrounds Coffee & Tea

116 N 3rd Ave.
Minneapolis, MN 55401
Phone: (612) 333-9165
Website: <https://www.fairgrounds.cafe/cafe-minneapolis-north-loop/>
Hours: Daily, 7:00a – 7:00p

Showcasing a myriad of coffee and tea varieties, sourced from the best brands around the globe.

Backstory Coffee Roasters

528 Washington Avenue North
Minneapolis, MN 55401
Phone: (651) 528-7543
Website: <https://backstory.coffee/>
Hours: Daily, 7:00a – 5:00p

Full selection of classic espresso beverages, batch brew and pourovers, cold brew, seasonal specialties, and pastries. Order ahead is available.

Rise Bagel Co.

530 N 3rd St.
Minneapolis, MN 55401
Phone: (612) 354-3349
Website: <https://www.risebagel.com/>
Hours: Tuesday – Sunday, 7:00a – 1:00p
Monday, Closed

Made from scratch bagels and bagel sandwiches.

Crisp & Green

428 North Washington Avenue
Minneapolis, MN 55401
Phone: (612) 545-5120
Website: <https://crispandgreen.com/locations/crisp-and-green-minneapolis-north-loop/>
Hours: Daily, 10:30a – 9:00p

Enjoy made-from-scratch soups, salads, grain bowls and smoothies.

Sweetgreen

212 N 3rd Ave Suite 107
Minneapolis, MN 55401
Phone: (612) 444-7070
Website: <https://www.sweetgreen.com/>
Hours: Daily, 10:30a – 10:00p

Fast chain salad restaurant. Order online or through the Sweetgreen app.

STALK & SPADE

548 N Washington Ave, Suite 105
Minneapolis, MN 55401
Phone: (612) 643-2770
Website: <https://www.stalkandspade.com/>
Hours: Daily, 10:30a – 9:00p

100% plant-based, dairy-free restaurant that believes great-tasting, healthy food should also be accessible and convenient. Menu includes burgers, cheeseburgers, chick'n sandwiches, chick'n nuggets, cauliflower wings, salads, fries, and frozen treats.

Fuzzy's Taco Shop

701 N. Washington Ave, Suite 125
Minneapolis, MN 55401
Phone: (612) 208-1547
Website: <https://fuzzystacoshop.com/locations/minnesota/minneapolis/>
Hours: Sunday – Thursday, 8:00a – 10:00p
Friday – Saturday, 8:00a – 1:00a

Chain taco shop offering a chicken, fish, and pork based tacos, bowls, and sides. Full bar.

PURALIMA Cantina

548 N Washington Ave, Suite 103
Minneapolis, MN 55401
Phone: (612) 355-8957
Website: <https://puralima.com/>
Hours: Sunday – Thursday, 10:30a – 10:00p
Friday – Saturday, 10:30a – 12:00a

Mexican fare similar to Chipotle in that you design-your-own burritos, tacos, bowls, & salads. Alcoholic beverages are also sold on the premises. Order ahead & pickup is available.

Black Sheep Pizza

600 Washington Ave N (corner of 6th Ave N)
Minneapolis, MN 55401
Phone: (612) 342-2625
Website: www.blacksheeppizza.com
Hours: Sunday – Thursday, 11:00a – 10:00p
Friday – Saturday, 11:00a – 12:00a

Coal fired pizza. Eat-in, take-out, or delivery available.

NORTH LOOP/OPERA CENTER NEIGHBORHOOD**Continued...****Borough**

730 N Washington Ave
Minneapolis, MN 55401
Phone: (612) 354-3135
Website: <https://www.boroughmpls.com/>
Hours: Monday – Friday, 11:00a – 2:00p & 4:00p – 10:00p
Saturday, 4:00p – 10:00p
Sunday, Closed

Seasonal, contemporary American restaurant open for happy hour and dinner. Delivery & Takeout available.

Parlour

730 N Washington Ave
Minneapolis, MN 55401
Phone: (612) 354-3135
Website: <https://www.parlourbar.com/>
Hours: Sunday – Thursday, 4:00p – 10:00p
Friday – Saturday, 4:00p – 1:00a

Upstairs lounge offering craft cocktails & American plates. Delivery & Takeout available.

NOLO'S Kitchen & Bar

515 N Washington Ave, Suite 100
Minneapolis, MN 55401
Phone: (612) 800-6033
Website: <https://www.noloskitchen.com/>
Hours: Sunday – Thursday, 8:00a – 9:00p
Friday – Saturday, 8:00a – 10:00p

Modern American comfort food. Eat in at the upstairs restaurant or for bites & beers in the downstairs bar. Take-out is available.

The Loop

606 N Washington Avenue (corner of 6th Ave N)
Minneapolis, MN 55401
Phone: (612) 340-0010
Website: www.theloopmpls.com
Hours: Monday – Friday, 11:00a – 2:00a
Saturday, 10:00a – 2:00a
Sunday, 10:00a – 1:00a

Assorted American fare: appetizers, soups, salads, burgers, meat, seafood, and dessert. Classic weekend brunch menu. Wine, beer, and cocktails. Delivery available.

North Loop Galley

729 N Washington Avenue
Minneapolis, MN 55401
Phone: (612) 354-7450
Website: <https://northloopgalley.org/>
Hours: Tuesday – Thursday & Sunday, 11:30a – 9:00p
Friday – Saturday, 11:30a – 11:00p
Monday, Closed

North Loop Galley is a food hall and restaurant accelerator featuring multiple unique restaurant concepts.

The Freehouse

701 North Washington Ave Suite 101

Minneapolis, MN 55401

Phone: (612) 339-7011

Website: www.freehousempls.com

Hours: Monday – Wednesday, 11:00a – 10:00p

Thursday – Friday, 11:00a – 12:00a

(Kitchen Closes 11:00p)

Sunday, 8:00a – 10:00p

Buzzy brewpub serving both house made & other beers plus a menu of gastropub fare in a slick space.

Thr3 Jack

729 N Washington Ave d

Minneapolis, MN 55401

Phone: (612) 354-3667

Website: <https://www.thr3jack.com/>

Hours: Tuesday – Thursday, 11:00a – 10:00p

Friday, 11:00a – 12:00a

Saturday, 10:00a – 12:00a

Sunday, 10:00a – 6:00p

Monday, Closed

A new take on the neighborhood sports bar. There are 6 best-in-class golf simulators. Delivery & Takeout are available.

Smack Shack

603 Washington Avenue North (corner of 6th Ave N)

Minneapolis, MN 55401

Phone: (612) 259-7288

Website: www.smack-shack.com

Hours: Sunday – Thursday, 11:00a – 11:00p

(Kitchen Closes 10:00p)

Friday – Saturday, 11:00a – 1:00a (Kitchen

Closes 1:00a)

Happy Hour: Monday – Friday, 2:00p – 6:00p

Casual and coastal cuisine from across the United States. Alaskan king crab, wild salmon, po'boys, shrimp, lobster roll, etc. Wine, beer, and cocktails.

Maison Margaux

224 N 1st St

Minneapolis, MN 55401

Phone: (612) 900-1800

Website: <https://maisonmargauxmpls.com/>

Hours: Monday – Thursday, 3:00p – 11:00p

Friday – Saturday, 3:00p – 12:00a

Sunday, 3:00p – 10:00p

French Brasserie with an haute couture event center and an underground bar.

Additional North Loop Neighborhood Dining Options

Visit the North Loop Neighborhood Website for additional dining suggestions: www.northloop.org

DOWNTOWN ST. PAUL/ORDWAY

NEIGHBORHOOD

St. Paul Grill

350 Market Street (in the St. Paul Hotel)

St. Paul, MN 55102

Phone: (651) 224-7455

Website: www.stpaulgrill.com

Lunch Hours: Monday – Friday, 11:00a – 2:00p

Dinner Hours: Monday – Saturday, 5:00p – 9:30p
Sunday, Closed

Bar Hours: Friday, 11:00a – 10:30p

Saturday, 1:00p – 10:30p

Sakura Restaurant and Bar

350 St. Peter Street (corner of W 4th St)

St. Paul, MN 55102

Phone: (651) 224-0185

Website: www.sakurastpaul.com

Hours: Monday – Saturday, 4:00p – 9:00p

Sunday, 4:00 – 8:00p

Japanese and Sushi. Extensive wine, beer, sake, and spirits. Take-out available.

Chipotle Mexican Grill

29 West 5th Street West

St. Paul, MN 55102

Phone: (651) 291-5411

Website: https://locations.chipotle.com/mn/saint-paul/29-5th-st-w?utm_source=google&utm_medium=yext&utm_campaign=yext_listings

Hours: Monday – Friday, 10:45a – 8:00p

Saturday, 10:45a – 5:00p

Sunday, Closed

Fast-food chain offering Mexican fare, including design-your-own burritos, tacos & bowls.

Meritage

410 St. Peter Street (between W 6th St. and W 7th Place)

St. Paul, MN 55102

Phone: (651) 222-5670

Website: www.meritage-stpaul.com

Hours: Thursday & Sunday, 4:00p – 10:00p

Friday – Saturday, 4:00 – 11:00p

Menu pays homage to the traditional plates of a French brasserie, utilizing seasonal, local ingredients.

Cosetta

211 7th St W

St. Paul, MN 55102

Phone: (651) 222-3476

Website: <https://cosettas.com/>

Italian Market Hours: Daily, 10:00a – 8:00p

Eatery & Pizzeria Hours: Daily, 11:00a – 9:00p

Frank's Hours: Monday – Thursday, 4:00a – 9:00p

Friday, 4:00p – 10:00p

Saturday, 12:00p – 10:00p

Sunday, 12:00p – 9:00p

Cosetta Pasticceria Pastries & Gelato Hours:

Daily, 10:00a – 9:00p

Louis Ristorante Hours: Monday – Thursday, 4:00p – 9:00p

Friday, 4:00p – 10:00p

Saturday, 12:00n – 10:00p

Sunday, 12:00n – 9:00p

Part of an Italian food complex, this cafeteria-style setup serves classic pastas, hot subs, & pizza.

ENTERTAINMENT

MUSEUMS

Walker Art Center and Sculpture Garden

725 Vineland Pl

Minneapolis, MN 55403

Phone: (612) 375-7600

Website: <https://walkerart.org/visit/garden>

Internationally recognized as a leading arts venue, the Walker Art Center presents contemporary visual arts and design exhibitions; dance, theater, and music performances; and film screenings. The 11-acre Minneapolis Sculpture Garden features more than 40 works from the Walker's renowned collection.

Minneapolis Institute of Arts

2400 3rd Avenue South

Minneapolis, MN 55404

Phone: (888) 642-2787

Website: <https://new.artsmia.org/>

Three floors of galleries featuring art from all genres, periods, and cultures. Admission is always free!

Science Museum of Minnesota

120 West Kellogg Boulevard

St. Paul, MN 55102

Phone: (651) 221-9444

Website: www.smm.org

Featuring a variety of permanent and special exhibits and performances of Science Live Theater.

MUSEUMS Continued...

Minnesota Children's Museum

10 West Seventh Street

St. Paul, MN 55102

Phone: (651) 225-6006

Website: www.mcm.org

Hands-on exhibits for children. Baby and toddler friendly activities.

Minnesota History Center

345 West Kellogg Boulevard

St. Paul, MN 55102

Phone: (651) 259-3000

Website: <https://www.mnhs.org/historycenter>

Interactive museum with both permanent and changing exhibits, the Minnesota History Center hosts concerts, lectures, family days, and other special events. Also home to the Minnesota Historical Society library and archives.

CLASSICAL MUSIC

Minnesota Orchestra

Orchestra Hall

1111 Nicollet Mall

Minneapolis, MN 55403

Phone: (612) 371-5600

Website: www.minnesotaorchestra.org

St. Paul Chamber Orchestra

Administrative Offices

408 Saint Peter Street, Suite 300

Saint Paul, MN 55102

Ticket Office Phone: (651) 291-1144

Administrative Offices Phone: (651) 292-3248

Website: www.thespco.org

See website for performance venues

STAGE THEATERS

Guthrie Theater

818 South 2nd Street

Minneapolis, MN 55414

Box Office: (612) 377-2224

Website: www.guthrietheater.org

Theater company well known for its regional, national, and international productions. The Guthrie facility features three theaters, a full service restaurant, lounge with a bar and snack menu, and multiple public lobbies and gathering spaces.

Children's Theatre Company

2400 3rd Avenue South

Minneapolis, MN 55404

Box Office: (612) 874-0400

Website: www.childrenstheatre.org

Children's Theatre Company creates extraordinary theatre experiences to educate, challenge, and inspire young people and their communities.

Hennepin Theatre Trust

Managing the Orpheum, Pantages, State, and New Century Theatres in downtown Minneapolis, the Hennepin Theatre Trust features a busy Broadway season and various other special events.

Website: www.hennepintheatretrust.org

MOVIE THEATERS**The Main Cinema (formerly St. Anthony Main Theatre)**

115 SE Main Street

Minneapolis, MN 55414

(across Hennepin Ave Bridge from Opera Center)

Phone: (612) 395-4444

Website: <https://mspfilm.org/>

Landmark Theatres Lagoon Cinema

1320 Lagoon Avenue

Minneapolis, MN 55408

Phone: (612) 823-3020

Website: www.landmarktheatres.com

B&B Theatres Bloomington 13 at Mall of America

401 South Avenue

Bloomington, MN 55425

Phone: (952) 209-9949

Website:

<https://mallofamerica.com/directory/BBTheatres>

SPORTS**Minnesota Twins Baseball (April – October)**

Target Field

1 Twins Way

Minneapolis, MN 55403

Tickets: (800) 33-TWINS / (800) 338-9467

Website: www.minnesota.twins.mlb.com

Minnesota Vikings Football (September – January)

US Bank Stadium

401 Chicago Ave

Minneapolis, MN 55415

Tickets: (612) 33-VIKES / (612) 338-4537

Website: www.vikings.com

Minnesota Wild Hockey (September – April)

Xcel Energy Center

199 West Kellogg Boulevard

St. Paul, MN 55102

Tickets: (651) 222-WILD / (651) 222-9453

Website: <https://www.nhl.com/wild>

Minnesota Timberwolves Basketball (Oct – April)

Target Center

600 1st Avenue North

Minneapolis, MN 55403

Tickets: (612) 673-1234

Website: www.nba.com/timberwolves

Minnesota Lynx Basketball (May – September)

Target Center

600 1st Avenue North

Minneapolis, MN 55403

Tickets: (612) 673-8400

Website: www.wnba.com/lynx

SPORTS Continued...**Minnesota United Football Club (April – Nov)**

Allianz Field

400 Snelling Ave North

Saint Paul, MN 55104

Phone: 763.4SOCCER [(763) 476-2237]

Website: <https://www.mnufc.com/>