

# MN OPERA

## TWIN CITIES VISITOR GUIDE



# Contents

MAIL, POST OFFICE, & PACKAGES.....	3
TRANSPORTATION.....	3
BANKING.....	4
HEALTH & FITNESS.....	4
DOCTORS.....	5
GROCERIES.....	7
PHARMACIES.....	7
LIQUOR STORES.....	8
MALLS AND SHOPPING CENTERS.....	8
RESTAURANTS.....	8
ENTERTAINMENT.....	11

## **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 care of 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 1<sup>st</sup> Street, just past Hennepin Ave.)

Phone: (612) 349-4713  
Website: [www.usps.com](http://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 7<sup>th</sup> Street, Suite 212 (Skyway Level)  
Minneapolis, MN 55402

Hours: Monday – Friday, 8:00a – 6:00p  
Saturday, Closed  
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](http://www.metrotransit.org)  
Online trip planner and Metro Transit App available  
Phone: (612) 373-3333

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.

### BICYCLE SHARING/RENTAL

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

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

Rent electronic bikes & scooters from freestanding locations around the twin cities. Note that it is illegal in Minneapolis to ride electronic scooters on city sidewalks.

## **BANKING**

### **BANK**

#### **US Bank**

30 4<sup>th</sup> Street NE

Minneapolis, MN 55413

Phone: (612) 378-7101

Website: [www.usbank.com](http://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](http://www.wellsfargo.com)

Hours: Monday – Friday, 9:00a – 6:00p

Saturday, 9:00a – 2:00p

Sunday, Closed

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

### **ATMs**

#### **Fifth Avenue Market**

201 N 5th Ave

Minneapolis, MN 55401

Call for store hours: (612) 332-2221

#### **Sunrise Banks (24-Hour)**

525 N Washington Ave,

Minneapolis, MN 55401

#### **Copham**

607 North Washington Avenue

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 Washington Avenue North, Suite 108

Minneapolis, MN 55401

Rob Duggan, Owner/Head Trainer

Email: [contact@northloopfitness.com](mailto:contact@northloopfitness.com)

Website: [www.northloopfitness.com](http://www.northloopfitness.com)

Phone: (612) 250-4025

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

#### **Barry's**

701 N Washington Ave

Minneapolis, MN 55401

Website: [www.barrys.com](http://www.barrys.com)

Phone: (612) 470-4141

#### **Lifetime Fitness Target Center**

600 1<sup>st</sup> Avenue North

Minneapolis, MN 55401

Website: [www.lifetimefitness.com](http://www.lifetimefitness.com)

Phone: (612) 486-3600

#### **YMCA Downtown Minneapolis**

30 South 9<sup>th</sup> Street

Minneapolis, MN 55402

Website: [www.ymcatwincities.org](http://www.ymcatwincities.org)

Phone: (612) 371-9622

#### **Orangetheory Fitness**

411 Washington Ave N

Minneapolis, Minnesota 55401

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

Phone: (612) 217-8665

### **YOGA/BARRE**

#### **CorePower Yoga**

501 S Washington Ave Suite 200,

Minneapolis, MN 55415

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

Drop in classes available

#### **Pure Barre**

300 South Second Street, Suite 2

Minneapolis, MN 55401

Website:

<https://www.purebarre.com/location/downtown-minneapolis-north-loop-mn>

# DOCTORS

## MEDICAL EMERGENCY

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

### **Abbott Northwestern Emergency Room**

800 East 28<sup>th</sup> 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**  
701 Park Avenue  
Minneapolis, MN 55415  
Phone: (612) 873-3000  
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](http://www.urgencyroom.com)  
Hours: 8:00a – 9:00p, 365 days a year  
Online & In-Person Care  
\*Schedule your visit online  
*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 Urgent Care – Roseville**

1835 County Road C West, Suite 150  
Roseville, MN 55113  
Phone: (763) 783-6200  
Website: <http://www.northmemorial.com/north-memorial-urgent-care---roseville>  
Hours: Monday – Friday, 8:00a – 7:00p  
No appointment needed  
*Staffed by medical doctors, Urgent Care specializes in treating illnesses and minor injuries. Basic lab work and x-ray onsite.*

## GENERAL/FAMILY PRACTICE

### **University of Minnesota Physicians Mill City Clinic**

Zenith Condominium Building  
901 South 2<sup>nd</sup> 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, 8:00a – 12:00n  
Sunday, Closed

## GENERAL/FAMILY PRACTICE Continued...

### **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  
Website: [www.hcmc.org/clinics/NorthLoopClinic](http://www.hcmc.org/clinics/NorthLoopClinic)  
Hours: Monday - Wednesday, 7:00a – 7:00p  
Thursday & Friday, 7:00a – 5:00p  
Walk-in appointments available

### **Park Nicollet Clinic Minneapolis**

2001 Blaisdell Avenue South  
Minneapolis, MN 55404  
Appointments: (952) 339-1533  
Website: [www.parknicollet.com/Locations/Clinics/Minneapolis](http://www.parknicollet.com/Locations/Clinics/Minneapolis)  
Hours: Monday – Friday, 7:00a-5:00pm

## EAR, NOSE, AND THROAT DOCTORS

### **Lion's Voice Clinic at University of Minnesota**

Dr. George S. Goding and Dr. Stephanie Misono  
Department of Otolaryngology, 8<sup>th</sup> Floor  
Philips-Wangensteen Building  
516 Delaware Street South-East  
Minneapolis, MN 55455  
Appointments: (612) 626-5900  
Dr. Goding's Nurse: (612) 624-0189  
Website: <http://www.lionsvoiceclinic.umn.edu/>

### **Park Nicollet Clinic St. Louis Park**

Dr. Margaret (Shelly) Browning Holmgren  
3800, 3850, and 3900 Park Nicollet Blvd.  
St. Louis Park, MN 55416  
Appointments: (952) 993-2761  
Dr. Browning's Nurse: (952) 993-3851  
Website: <http://www.parknicollet.com/locations/clinics/st-louis-park>

## **Ear, Nose, & Throat Specialty Care of Minnesota**

Dr. Jon Thomas, Dr. Michael Johnson, Dr. Jeffrey Manlove, Dr. Michelle Naylor, & Dr. Geoffrey Service  
347 North Smith Avenue, #602 (next to United Hospital)  
St. Paul, MN 55102  
Appointments: (651) 227-0821  
Website: [www.entsc.com](http://www.entsc.com)

## **OBSTETRICS/GYNECOLOGY**

### **Clinic Sofia**

Dr. Donna Block, Dr. Jewelia Wagner, Dr. Kellie Stecher,

and Dr. Jennifer Somilinski

6545 France Avenue South, Suite 490  
Edina, MN 55434

24 Hour Phone: (952) 922-7600

Website: [www.clinicsofia.com](http://www.clinicsofia.com)

Hours: Monday, 8:30a – 5:00p

Tuesday, Wednesday, Thursday, 8:00a –

5:00p

Friday, 8:00a – 12:00n

### **Women's Health Consultants**

10 Physicians (all women)

TFC Tower, Suite 600

121 South 8<sup>th</sup> Street

Minneapolis, MN 55402

Phone: (612) 333-4822

Website: [www.womenshealthconsultantsmn.com](http://www.womenshealthconsultantsmn.com)

Hours: Monday – Friday, 8:00a – 4:00p

## **PEDIATRICIANS**

### **Children's Hospitals & Clinics of Minnesota**

#### **General Pediatric Clinic – Minneapolis**

2530 Chicago Avenue

(across the street from Abbott Northwestern Hospital)

Minneapolis, MN 55404

Appointments: (612) 813-6107

Website: [www.childrensmn.org](http://www.childrensmn.org)

Hours: Monday – Friday, 7:40a – 5:00p

Saturday – Sunday, Closed

### **Children's Hospitals & Clinics of Minnesota**

#### **General Pediatric Clinic – St. Paul**

345 North Smith Ave (next to United Hospital)

St. Paul, Minnesota 55102

Appointments: (651) 220-6807

Website: [www.childrensmn.org](http://www.childrensmn.org)

Hours: Monday – Thursday, 8:00a – 8:00p

Friday, 8:00a – 5:00p

Saturday – Sunday, Closed

## **DENTIST**

### **Personal Care Dentistry**

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

2233 North Hamline Avenue, Suite 320

Roseville, MN 55113

Phone: (651) 636-0655

Website: [www.personalcaredentistry.com](http://www.personalcaredentistry.com)

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. Geoff Sudit

207 5<sup>th</sup> Ave N

Minneapolis, MN 55401

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

## **ORTHOPEDICS**

### **Tria Acute Injury Clinic**

8100 Northland Drive

Bloomington, MN 55431

Phone: (952) 831-8742

Walk-in, no appointment necessary

Website: <http://tria.com/services/acute-injury-clinic/>

Hours: 7 Days a week, 8:00a – 8:00p

## **MASSAGE THERAPY**

### **Halo Healing Therapies Co.**

514 N 3<sup>rd</sup> 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

University Ave W, between Raymond & Vandalia

St. Paul, MN 55114

Phone: (612) 440-7189

Email: [Amy@BeautifulLifeBodyWork.com](mailto:Amy@BeautifulLifeBodyWork.com)

Website: [www.beautifullifebodywork.com](http://www.beautifullifebodywork.com)

Hours: Tuesday, Thursday, Friday 9:00a – 7:30p

Wednesday 9:00a – 5:30p

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.*

### **Remedy Healing Arts**

Sherie Tazelaar, M.A.

2950 Ulysses St NE

Minneapolis, MN 55418

Phone: (612) 607-2544

## **CHIROPRACTOR**

Dr. Bob Shepard

(612) 872-9133

401 Groveland Ave

Minneapolis, MN 55403

*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](http://www.wholefoodsmarket.com/stores/hennepin)  
Free parking ramp available – entrance on 1<sup>st</sup> Avenue

### Trader Joe’s – Minneapolis

721 Washington Ave. S.  
Minneapolis, MN ZIP 55415  
Phone: (612) 339-2100  
Hours: 8:00a – 9:00p, daily  
Additional Services:  
Beer, Wine, Liquor Store  
Hours: 8:00a – 9:00p, Monday – Saturday  
11:00a – 6:00p, Sunday

### Lunds & Byerlys – University & Central

25 University Avenue SE  
Minneapolis, MN 55414  
Phone: (612) 548-3820  
Website: <http://www.lundsandbyerlys.com/>  
Free parking ramp available – entrance on 4<sup>th</sup> Street  
Additional Services:  
Pharmacy (612) 548-3835  
White Way Cleaners (612) 436-2290  
Caribou Coffee  
Bachman’s Flowers

### Cub Foods – Lake Street

2850 26<sup>th</sup> Ave. S.  
Minneapolis, MN 55406  
Phone: (612) 721-0906  
Website: [www.cub.com](http://www.cub.com)

### Kowalski’s Market – Uptown

2440 Hennepin Avenue  
Minneapolis, MN 55405  
Phone: (612) 377-3448  
Website: <http://www.kowalskis.com/>

## 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 8:30a – 5:00p, Monday – Friday  
Closed 1:00p – 1:30p & Weekends

### Lunds Pharmacy

Inside Lunds Grocery Store  
25 University Avenue SE  
Minneapolis, MN 55414  
Phone: (612) 548-3835  
Hours: 8:00a – 9:00p, Monday – Friday  
9:00a – 5:00p, Saturday – Sunday

### Walgreens – Broadway (nearest store)

621 W Broadway Avenue  
Minneapolis, MN 55411  
Phone: (612) 522-2383  
Website: [www.walgreens.com](http://www.walgreens.com)  
Store Hours: 8:00a – 10:00p, Daily  
Pharmacy Hours: 9:00a – 9:00p, Monday – Friday  
10:00a – 6:00p, Saturday - Sunday

### Walgreens – Central Avenue NE

(nearest 24-hour store)  
2643 Central Avenue NE  
Minneapolis, MN 55418  
Phone: (612) 789-6251  
Website: [www.walgreens.com](http://www.walgreens.com)  
Store Hours: 24 Hours / 7 Days a week  
Pharmacy Hours: 8:00a – 10:00p, Daily

## LIQUOR STORES

\*The State of Minnesota does not allow liquor sales after 6:00p on Sundays

### **Underground Leaf & Vine** *(Soon to be Itasca Liquor)*

706 N 1<sup>st</sup> St Suite 100  
Minneapolis, MN 55401  
Hours: 11:00a – 8:00p, Monday – Saturday  
11:00a-6:00p, Sunday  
Just a few doors down from the Opera Center!

### **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](http://www.surdyks.com)  
Hours: 9:00a – 9:00p, Monday – Thursday  
9:00a – 10:00p, Friday – Saturday  
Closed Sunday  
Free parking lot available

### **North Loop Wine & Spirits – Minneapolis**

218 Washington Ave. N  
Minneapolis, MN 55401  
Phone: (612) 338-5393  
Hours: 9:00a – 9:00p, Monday – Saturday  
11:00a – 6:00p, Sunday

### **Whole Foods Market – Minneapolis**

Wine and Spirits Store – see above Groceries section

### **Kowalski's Market – Uptown**

Wine Store – see above Groceries section

### **Trader Joe's – Minneapolis**

Beer, Wine, & Liquor 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](http://www.mallofamerica.com)  
Hours: Vary – see website or call for hours

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)**

10 Rosedale Center  
Roseville, MN 55113  
Phone: (612) 633-0872  
Website: [www.myrosedale.com](http://www.myrosedale.com)  
Hours: Vary – see website or call for hours

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 Saks Fifth Avenue Off 5<sup>th</sup> Outlet and Target. Additional specialty stores.

Target – Nicollet Mall  
900 Nicollet Mall, Minneapolis  
Phone: (612) 338-0085

Saks Fifth Avenue Off 5<sup>th</sup> Outlet  
655 Nicollet Mall, Minneapolis  
Phone: (612) 333-7200

### **The Quarry**

Strip mall containing Target, Home Depot, 5 Below, Cub Foods (grocery), Michaels, Office Depot, and PetSmart.

Target – The Quarry  
1650 New Brighton Blvd.  
Minneapolis, MN 55413  
Phone: (612) 781-7033

## RESTAURANTS

### NORTH LOOP/OPERA CENTER NEIGHBORHOOD

#### **In the Loop Coffee Company**

708 North 1<sup>st</sup> Street – in the ITASCA building  
Minneapolis, MN 55401  
Phone: (612) 479-9300  
Website: [www.intheloopcoffee.com](http://www.intheloopcoffee.com)  
Hours: 7:00a – 6:00p, Monday – Saturday  
Closed Sunday

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.

#### **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.



**Crisp & Green**

428 North Washington Avenue  
 Minneapolis, MN 55401  
 Phone: (612) 545-5120  
 Website: [www.crispandgreen.com](http://www.crispandgreen.com)  
 Hours: 10:30a – 9:00p, Daily

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

**Fairgrounds Coffee & Tea**

120 3<sup>rd</sup> Avenue North  
 Minneapolis, MN 55401  
 Phone: (612) 333-9165  
 Website: [www.fairgrounds.cafe](http://www.fairgrounds.cafe)  
 Hours: 8:00a – 3:30p, Daily

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

**Fuzzy's Taco Shop**

701 N. Washington Ave, Suite 125  
 Minneapolis, MN 55401  
 Phone: (612) 208-1547  
 Website: <https://fuzzystacoshop.com/>  
 Hours: 8:00a – 10:00p, Daily

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

**The Freehouse**

701 North Washington Avenue #101  
 Minneapolis, MN 55401  
 Phone: (612) 339-7011  
 Website: [www.freehousempls.com](http://www.freehousempls.com)  
 Hours: 11:00a – 10:00p Monday – Thursday  
       11:00a – 1:00a, Friday  
       9:00a – 1:00a, Saturday  
       9:00a – 10:00p, Sunday

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

**Black Sheep Pizza**

600 Washington Avenue North (corner of 6<sup>th</sup> Ave N)  
 Minneapolis, MN 55401  
 Phone: (612) 342-2625  
 Website: [www.blacksheeppizza.com](http://www.blacksheeppizza.com)  
 Hours: 11:00a – 10:00p, Sunday – Thursday  
       11:00a – 11:00p, Friday – Saturday

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

**PURALIMA Cantina**

548 N Washington Ave, Suite103  
 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.

**North Loop Galley**

729 North Washington Avenue  
 Minneapolis, MN 55401  
 Phone: (612) 354-7450  
 Website: <https://northloopgalley.org/>  
 Hours: 12:00p – 7:00m, Wednesday – Thursday  
       12:00p – 9:00p, Friday – Saturday  
       12:00p – 4:00p, Sunday

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

**Smack Shack**

603 Washington Avenue North (corner of 6<sup>th</sup> Ave N)  
 Minneapolis, MN 55401  
 Phone: (612) 259-7288  
 Website: [www.smack-shack.com](http://www.smack-shack.com)  
 Brunch Hours: 10:00a – 2:00p, Saturday – Sunday  
 Lunch Hours: Beginning at 11:00a Daily  
 Dinner Hours: Beginning at 5:00p Daily  
 Happy Hour: 3:00p – 6:00p, Monday – Friday  
               10:00p – Close, Sunday - Thursday

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

**The Loop**

606 Washington Avenue North (corner of 6<sup>th</sup> Ave N)  
 Minneapolis, MN 55401  
 Phone: (612) 340-0010  
 Website: [www.theloopmpls.com](http://www.theloopmpls.com)  
 Hours: Monday – Thursday, 11:00am – 12:00am  
       Friday, 11:00am – 2:00am  
       Saturday, 10:00am – 2:00am  
       Sunday, 10:00am – 12:00am

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

**Additional North Loop Neighborhood Dining Options**

Visit the North Loop Neighborhood Website for additional dining suggestions: [www.northloop.org](http://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](http://www.stpaulgrill.com)  
Brunch Hours: 10:30a – 2:00p, Sunday  
Lunch Hours: 11:00a – 2:00p, Monday – Saturday  
Dinner Hours: 5:30p – 10:00p, Monday – Thursday  
5:30p – 11:00p, Friday  
5:00p – 11:00p, Saturday

**Sakura Restaurant and Bar**

350 St. Peter Street (corner of W 4<sup>th</sup> St)  
St. Paul, MN 55102  
Phone: (651) 224-0185  
Website: [www.sakurastpaul.com](http://www.sakurastpaul.com)  
Hours:  
11:30a – 2:30p & 5:00p – 10:30p, Monday – Thursday  
11:30a – 2:30p & 5:00p – 11:00p, Friday – Saturday  
12:00n – 2:30p & 4:30p – 9:30p, Sunday  
Happy Hour: 4:00p – 6:00p (except holidays)

Japanese and Sushi. Extensive wine, beer, sake, and spirits. Take-out available. Minnesota Opera opening night “Tempo After Parties” are held here.

**Chipotle Mexican Grill**

29 West 5<sup>th</sup> Street West  
St. Paul, MN 55102  
Phone: (651) 291-5411  
Website: [www.chipotle.com](http://www.chipotle.com)  
Hours: 10:45a – 10:00p, Monday – Sunday

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

**Meritage**

410 St. Peter Street (between W 6<sup>th</sup> St. and W 7<sup>th</sup> Place)  
St. Paul, MN 55102  
Phone: (651) 222-5670  
Website: [www.meritage-stpaul.com](http://www.meritage-stpaul.com)  
Brunch Hours: Beginning at 10:00a, Saturday – Sunday  
Lunch Hours: Beginning at 11:00a, Tuesday – Friday  
Dinner Hours: Beginning at 5:00p, Tuesday – Sunday  
Happy Hour: 3:30p – 5:30p, Tuesday – Thursday  
Closed Monday

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

**Cosetta**

211 7<sup>th</sup> 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**

1750 Hennepin Avenue  
Minneapolis, MN 55403  
Phone: (612) 375-7600  
Website: [www.walker.org](http://www.walker.org)

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 3<sup>rd</sup> Avenue South  
Minneapolis, MN 55404  
Phone: (888) 642-2787  
Website: [www.new.artsmia.org](http://www.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](http://www.smm.org)

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

#### **Minnesota Children's Museum**

10 7<sup>th</sup> Street West  
St. Paul, MN 55102  
Phone: (651) 225-6000  
Website: [www.mcm.org](http://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: [www.minnesotahistorycenter.org](http://www.minnesotahistorycenter.org)

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](http://www.minnesotaorchestra.org)

#### **St. Paul Chamber Orchestra**

Ordway Center for the Performing Arts  
345 Washington Avenue  
St. Paul, MN 55102  
Phone: (651) 291-1144  
Website: [www.thespco.org](http://www.thespco.org)  
See website for additional performance venues

### STAGE THEATERS

#### **Guthrie Theater**

818 South 2<sup>nd</sup> Street  
Minneapolis, MN 55414  
Box Office: (612) 377-2224  
Website: [www.guthrietheater.org](http://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 3<sup>rd</sup> Avenue South  
Minneapolis, MN 55404  
Box Office: (612) 874-0400  
Website: [www.childrenstheatre.org](http://www.childrenstheatre.org)

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

#### **Theater Latté Da**

345 13<sup>th</sup> Ave NE  
Minneapolis, MN 55413  
Box Office: (612) 339-3003  
Website: <https://www.latteda.org/>

Theater Latté Da creates new and impactful connections between story, music, artist, and audience—exploring and expanding the art of musical theater.

#### **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](http://www.hennepintheatretrust.org)  
Box Office: (800) 859-7469

## **MOVIE THEATERS**

### **The Main Cinema**

115 SE Main Street  
Minneapolis, MN 55414  
(across Hennepin Ave Bridge from Opera Center)  
Phone: (612) 331-4732  
Website: <https://mspfilm.org/showtimes/>

### **Landmark Theatres Lagoon Cinema**

1320 Lagoon Avenue  
Minneapolis, MN 55408  
Phone: (612) 823-3020  
Website: [www.landmarktheatres.com](http://www.landmarktheatres.com)

### **Theatres at Mall of America**

401 South Avenue  
Bloomington, MN 55425  
Phone: (952) 883-8901  
Website: [www.theatresmoa.com](http://www.theatresmoa.com)

## **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](http://www.minnesota.twins.mlb.com)

### **Minnesota Vikings Football (September – January)**

TCF Bank Stadium  
2009 University Avenue SE  
Minneapolis, MN 55455  
Tickets: (612) 33-VIKES / (612) 338-4537  
Website: [www.vikings.com](http://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: [www.wild.nhl.com](http://www.wild.nhl.com)

### **PWHL Minnesota Hockey (January – May)**

Xcel Energy Center \*See above  
Website: <https://minnesota.thepwhl.com/en/>

### **Minnesota Timberwolves Basketball (Oct – April)**

Target Center  
600 1<sup>st</sup> Avenue North  
Minneapolis, MN  
Tickets: (800) 745-3000  
Website: [www.nba.com/timberwolves](http://www.nba.com/timberwolves)

### **Minnesota Lynx Basketball (May – September)**

Target Center  
600 1<sup>st</sup> Avenue North  
Minneapolis, MN  
Tickets: (800) 745-3000  
Website: [www.wnba.com/lynx](http://www.wnba.com/lynx)

### **Minnesota Swarm Lacrosse (December – April)**

Xcel Energy Center  
199 West Kellogg Boulevard  
St. Paul, MN 55102  
Phone: (888) 661-9276  
Website: [www.mnswarm.com](http://www.mnswarm.com)

### **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/>