



*The Pacific Northwest Chapter AIHA*

# SEATTLE FAVORITES

**Welcome to Seattle** from the Pacific Northwest Chapter AIHA Seattle-based members! We're excited to host you for AIHce 2017 and share our favorite Seattle spots for food and fun! In this guide you will find our recommendations for our favorite activities, restaurants, happy hours, coffee shops, and more.

## CONTENTS

Page 2	Lunch Spots
Page 3	Sit-Down Restaurants
Page 4	Happy Hour and Night Life
Page 5	Coffee Shops and Treats
Pages 6	Seattle Activities and Sights
Page 7	Tours & Outside the City Adventures
Page 8	Insider Tips





## Near the Convention Center:

### Specialty's Café and Bakery

Classic gourmet sandwiches, soups, and salads – and delicious baked goods! Insider tip: ask for your sandwich on their focaccia bread!

### Veggie Grill

A vegetarian's paradise!

### Pike Place Chowder

World famous chowder and lobster rolls! Check out the famous Pike Place hole in the wall or the less touristy Pacific Place mall location.

### Uma's Lunch Box

Korean buffet – pay by the box! Hidden beneath the 5<sup>th</sup> avenue theater.

### Pane Pane Sandwiches

Unique, gourmet sandwiches at cheap prices.

### Food Court at Westlake Center

Choices include Chinese, pretzels, Cajun, and pizza.

## Our favorites across the city:

### Ivar's Seafood Bar at the Waterfront

Seattle's go-to casual spot for fish and chips, fried clams, clam chowder, and much more! If you're feeling adventurous try the Cajun fish batter!

### Little Uncle

Many claim this walk-up shop has the best Thai food in Seattle.

### Mamnoon

Affordable and creative Middle Eastern food including lamb stuffed flat breads.

### Kizuki Ramen and Izakaya

Home made traditional Japanese Ramen and appetizers.

### Honey Hole

Popular sandwich spot featuring roasted meats and vegan options.

### Wild Rye Café Bakery

Classic bakery café with soups, sandwiches, and baked goods.

### DeLaurenti Specialty Food

Specialty Italian food shop with deli sandwiches featuring gourmet Italian ingredients and pizza by the slice.

### Harbor Café

Thai and Asian fusion dishes at cheap prices.

### Café Pho

Some of the best Pho in the city in a colorful lunch-only spot.

### Sam Choy's Poke to the Max

Delicious, fresh poke accompanied by other classic Hawaiian fare including loco moco and rice bowls.

### Marcela's Cookery

New Orleans classics including po' boys and gumbo in historic Pioneer Square.

### Piroshki on Madison

Fresh out of the oven Piroshkies, need we say more?



*" My favorite spot for lunch in Seattle is Paseo in Fremont. The giant Caribbean sandwiches are to die for, but make sure you bring a big appetite! The Caribbean Roast and Havana Seared Scallop sandwiches are my favorites, and the tofu is pretty awesome too! " – Becky Yost, PNS-AIHA Member*



## Near the Convention Center:

### Barolo Ristorante

Upscale Italian food in a chic modern setting. Seafood dishes and chandeliers galore.

### The Cheesecake Factory

This place has large portions and something for everybody – and you guessed it, endless flavors of cheesecake!

### Purple Café and Wine Bar

Upscale small plates and an extensive wine selection. The Chicken Marsala comes highly recommended.

### The Pink Door

Delicious Italian food in a unique setting. Stop by on any night for live entertainment including trapeze artists and jazz ensembles.

### Matt's in the Market

Classic Pacific Northwest cuisine with a great view of Elliot Bay. The ultimate Pacific Northwest experience.

## Our favorites across the city:

### Via Tribunali

A small, local Seattle chain serving authentic Neapolitan Pizza in a rustic setting. Make sure to finish the night with a "Mezza Luna" aka a Nutella calzone!

### La Isla Cuisine

Authentic Puerto Rican food in a vibrant Ballard location! The empanadillas (deep fried, savory, stuffed flaky turnovers – yum!) are not to be missed!

### Bourbon and Bones

You can smell the meat smoker a mile away! Some of Seattle's best BBQ served alongside to die for Mac and Cheese and a great Kentucky Mule.

### Yard House

American restaurant with an extensive menu and the biggest draft beer and cider selection you've ever seen! Don't miss out on their famous truffle fries.

### Cinque Terre Ristorante

New to Seattle, this regional Italian restaurant specializes in local seafood (including an Oyster bar!), fresh house-made pasta, and artisan pizza.

### Stateside

French and Vietnamese fusion in a historical setting.

### Taylor Shellfish Capitol Hill

Sustainable, local seafood bar with an emphasis on fresh shellfish.

### Noi Thai Cuisine

Modern take on Thai Food accompanied by creative cocktails.

### Chinook's at Salmon Bay

Delicious, fresh seafood in a semi-casual setting. Try the ever popular "blue plate special" while enjoying views of the Fisherman's Terminal and Fisherman's memorial.

### Ivars' Salmon House

This Ivar's location takes inspiration from Native American culture with its interior design. Guests can enjoy learning a bit about Native American history in the lobby. Get here early to grab a waterfront table!

### Marrakesh

Patrons sit on pillows, eat with their hands, and enjoy belly dancing at this authentic Moroccan Restaurant (silverware upon request!).

*" My favorite place for dinner in Seattle is....." –PNS-AIHA Member*



## Happy Hour & Nightlife near the Convention Center:

### Palomino

Rustic European food and happy hour 3pm-close every day in the bar!

### Radiator Whiskey

Bourbon margaritas for \$8 in the heart of Pike Place Market...need we say more?

### Alibi Room

Tucked away by the gum wall in Pike Place's Post Alley, this dimly lit bar serves delicious thin crust pizzas with unique toppings. The truffle pizza is a popular favorite.

### El Borracho

Located at Pike Place Market, this Mexican joint offers great happy hour prices and extensive vegan food options. The coconut margarita and chicken tinga tacos are local favorites.

## Our favorites across the city:

### Barrio

Happy hour happens twice a day. The best deal is the "Triple T" – a can of Tecate, a shot of tequila, and a taco for \$10.

### The George and Dragon

The best place to catch a soccer game! Authentic British pub food and cheap beer. Cheer on your favorite soccer team with the crowd and a big plate of Shepard's pie.

### Century Ballroom

Take a Salsa lesson, show off your skills, or just wing it! Century ballroom is a place for Salsa dancers of all skill levels, and those not so keen on dancing can take a break at the bar.

### Frolik

Lively roof top bar with creative cocktails and small bites. Patrons often dress up at this place to see and be seen. Grab a seat by the fire and enjoy the view.

### Dragonfish Café

Award-winning Pan Asian cuisine, \$1.95 Sushi, and \$3.95 cocktails and beers – we love this place!

### Fogon Cocina Mexicana

Fresh tortillas, authentic Mexican fare, and amazing margaritas in a colorful, fun atmosphere. Free chips and salsa during happy hour!

### Game Works

Arcade games, a bar, live sports, and American food – what more could you ask for? Adults only at night.

### Japonessa

Sushi with a Latin twist (yes, you read that right)! Happy hour is from Open – 6:30pm every day and in the bar from 6:30 – 8:00pm! Many say they have the best happy hour in Seattle.

### Rock Box

The most popular spot for Karaoke in Seattle! Rent a room or sign up to sing in front of the crowd.

### Peso's Kitchen and Lounge

Up scale Mexican food with a killer happy hour and happening bar. \$4 beers, \$7 margaritas, and tons of tacos!

### Ba Bar

Asian-fusion happy hour options include frites with spicy soy vinaigrette and sàì gòn chicken wings, along with a large menu of cocktails.

### Captain Black's

Nautical theme neighborhood bar with 2 outdoor patios and inexpensive southern fare.

*" My favorite place to grab a drink in Seattle is....." –PNS-AIHA Member*



# Treat Yourself!

## Coffee & Treats near the Convention Center:

### Monorail Espresso

Seattle's original espresso stand is now a walk up hole-in-the-wall. For the past 33 years locals have enjoyed their hand crafted espresso drinks and home made cookies, lovingly known as "chubbies". During certain times of year you can enjoy their famous honey lavender latte, a local favorite!

### Cupcake Royale

Seattle's most popular cupcake chain serves giant cupcakes in unique flavors. The ultra pink cafes also offer homemade ice cream and espresso beverages. The "Dance Party" cupcake is an all time favorite, and don't miss out on their seasonal flavors.

### Starbucks

Pike Place Market is home to the "original" Starbucks, but you can find much shorter lines at their many locations on nearly every block.

## Our favorites across the city:

### Caffe Vita

Independent since their opening 20 years ago, Caffe Vita prides themselves on buying farm direct to produce sustainable, responsibly sourced coffee. The Seattle staple serves Italian-style espresso, and is a must try for visiting coffee lovers.

### The Wandering Goose

This coffee shop and bakery offers delicious cakes and pastries, but they're also known for providing some of Seattle's best fried chicken and biscuit sandwiches. Enjoy breakfast and a pastry to go in the homey capitol hill location.

### Seattle Coffee Works

Seattle Coffee Works is a great place to relax with a "for here" cup of coffee and mingle with Pike Place goers. This dog-friendly establishment is also fun for pet lovers.

### Daily Dozen Doughnut Company

Around the corner from the infamous Pike Place fish throwers, this little doughnut shop serves mini fried doughnuts tossed in cinnamon sugar, powdered sugar, or sprinkles. You can't miss the captivating smell, the long lines are worth the wait!

### The Confectional

Mini cheesecakes in a variety of flavors including turtle and "Seattle's New York-style".

### Caffe Ladro

Café Ladro is a local chain serving cold brew popsicles and sustainably sourced beans.

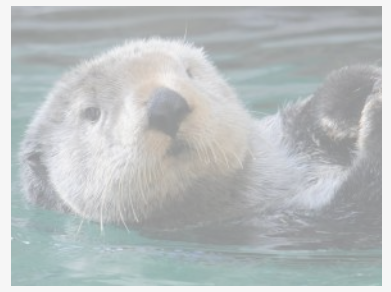
### Molly Moon's Ice Cream

Molly Moon's is Seattle's go-to spot for ice cream! Their ingredients are 90% locally sourced, and lend themselves to some wacky but delicious ice cream flavors. Try honey lavender or balsamic strawberry for something unique, or stick to good old chocolate and vanilla. Home made waffle cones and fun toppings top off the Molly Moon's experience.

### Rachel's Ginger Beer

Rachel's ginger beer has become Seattle-famous over the past few years, and for good reason! Stop in to the Capitol Hill location to try every flavor you could imagine along with cocktails and ginger beer floats! All of their beverages are made in Seattle using organic ingredients.

*" My favorite place for a coffee and a sweet treat is....-PNS-AIHA Member*



## Activities near the Convention Center:

### Seattle Art Museum and Olympic Sculpture Park

The Olympic Sculpture Park is one of the best free activities in Seattle! It is a 9-acre outdoor sculpture museum and beach featuring unique art pieces and stunning views. Visitors can take free 60 minute guided tours of the park, or explore on their own. For more art indoors you can check out the art museum. Visit their website for current exhibits.

### Monorail to Seattle Center & Space Needle

The monorail leaves every 10 minutes from the top floor of Pacific Place shopping center. The quick ride takes passengers to the Seattle Center where they can check out the **EMP, Pacific Science Center, IMAX Theater, Space Needle, Chihuly Garden and Glass, International Fountain**, and plenty of quick service restaurants.

### Sky View Observatory

Get the best view of the city from the 73<sup>rd</sup> floor of the Columbia Center. Take a ride up to the top and enjoy the 360 degree panoramic views of Seattle, Mt. Rainier, the Cascades, Mt. Baker, Elliot Bay, and the Olympics. The Sky View Observatory is the highest public observatory in the Northwest at nearly 1,000 feet!

## Our favorites across the city:

### Fremont

Take a quick drive over to Fremont to snap a pic with the famous Fremont Troll and visit local shops and eateries. Sample cider at Schilling Cider and stop by the Theo Chocolate Factory for a tasty tour!

### Woodland Park Zoo

Visit the lions, tigers and bears at the Woodland Park Zoo located in the Phinney Ridge neighborhood of Seattle. While you're there don't miss the adjacent rose garden.

### Discovery Park

Discovery Park is Seattle's largest public park with 11.81 miles of walking trails, and a beautiful waterfront area. Harbor seals, chipmunks, and over 200 species of birds are frequently spotted throughout the park.

### Pike Place Market

Pike Place Market is one of Seattle's best known attractions, and is frequented by tourists and locals alike. Pike Place is home to the famous fish throwers, the gum wall, and if you believe in them – a few ghosts! Make sure to hit Pike Place with an empty stomach, as there are tons of delicious treats to sample and purchase! Some popular ones include chocolate pasta from Pappardelle's, pepper jellies from Mick's Peppourri, and Mac and Cheese from the famous Beecher's Cheese shop. Don't overlook the lower levels of the market during your visit, this less crowded area houses Seattle's best novelty shops.

### Seattle Waterfront

Exploring the waterfront is a great way to spend a day in Seattle! Stop in to the Ye Old Curiosity Shop to discover "curiosities" of all kinds including a mummy, discover Northwest Coastal Art at the shops on Piers 56 and 57, or hop on the great wheel for an amazing view of the city. The area is also home to the best waterfront dining in Seattle – grab a "Seafeast" at the Crab Pot, or opt for a higher end experience at Anthony's or the newly remodeled Ivar's Acres of Clams. While you're at the waterfront, don't miss the chance to say hi to the playful otters at the newly remodeled **Seattle Aquarium!**

### Alki Beach

Take in the beautiful view of downtown Seattle while strolling along Alki Beach. Rent a surrey or cruiser bike and pedal along the beach path, or throw it back to good old days with a pair of roller blades! Stop in to one of the many restaurants for a meal with a view.

### Museum of History and Industry (MOHAI)

The brand new MOHAI is located on the water in the South Lake Union neighborhood of Seattle. Learn about the history of Seattle industry, view a large collection of artifacts, check out seasonal exhibits, and admire the beautiful wooden boats located in the adjacent water. The MOHAI is the ultimate Seattle must-do for anyone interested in history and industry – perfect for visiting Industrial Hygienists!



# Adventure Time!

## Our favorite Seattle tours:

### Ride the Ducks

This famous land and water tour features enthusiastic guides and fun Seattle facts. Be prepared to sing along, laugh like a kid, and hit the Lake Union water on a truly one-of-a-kind ride! Even locals love this one!

### Bill Speidel's Underground Tour

Take a walking tour through Seattle's underground passageways on what was the ground level of the city in the mid-19<sup>th</sup> century. Learn about the history of Seattle and see what is under the historic sidewalks of Pioneer Square. If touring during the day doesn't give you enough of a thrill, check out the underground paranormal experience – it's lights off for a spooky hands-on ghost hunting experience!

### Market Ghost Tour

This night time walking tour takes guests on a historical and paranormal stroll through Pike Place Market.

## Our favorite out of the city adventures:

### Snoqualmie Falls & Salish Lodge

Snoqualmie falls is a stunning 268ft waterfall located about 30 mins east of Seattle. Visitors can enjoy the falls from the viewpoint, or head out on a hiking trail. Overlooking the falls is the beautiful Salish Lodge and Spa. Enjoy delicious food with an amazing view at the Dining Room full service restaurant or The Attic lounge.

### Northwest Trek Wildlife Park

Northwest Trek is a bit of a trek from the city, but well worth the trip for animal lovers and those interested in Pacific Northwest wildlife. Visitors take a tram through a 435-acre free range area where they can spot moose, deer, elk, buffalo, and rams. The park is also home to bears, wolves, wetland animals, and big cats.

### Museum of Glass

Located in Tacoma, the museum of glass is home to the famous Chihuly Bridge of Glass, live glassmaking demonstrations and much more! While you're there check out the Tacoma Art Museum as well.

### Argosy Cruises

Argosy's sightseeing cruises leave from the Seattle waterfront several times a day. There are five sightseeing cruise options available to guests including the 1-hour Harbor Cruise with views of the Space Needle, the Ballard Locks Cruise, and the Lake Washington cruise where passengers learn about Puget Sound's technology and business innovators.

For the most authentic Pacific Northwest experience, take a mini escape on the 4-hour Tillicum Excursion. Passengers visit Blake Island where they enjoy a traditionally-prepared meal of alder smoked salmon, Northwest Native American storytelling and art (including a live stage performance), and explore the beautiful island. This is the ultimate experience for anyone interested in the history and culture of Northwest Native Americans.

### Bainbridge Island

Take the ferry from the Seattle Waterfront to Bainbridge Island and spend the day exploring. The village of Winslow, walkable from the ferry terminal, features one-of-a-kind restaurants and shops, as well as a waterfront park. Fort Ward and the Bainbridge Museum of art are popular attractions for those who drive onto the ferry, and don't forget about the 7 wineries, brewery, and organic distillery!

### Museum of Flight

Located just south of Seattle, the Museum of Flight has one of the largest air and space collections in the United States.

### Woodinville Wine Country

Located about 30 minutes from downtown Seattle, the city of Woodinville has become a Western Washington wine hub, and a must-do for visiting wine enthusiasts! Events are always taking place at the wineries, and [woodinvillewinecountry.com](http://woodinvillewinecountry.com) can help visitors plan their perfect wine tasting itinerary.



## To conclude the PNS-AIHA Member guide to our Seattle favorites, we would like to leave you with a few insider tips to make the most of your AIHce 2017 trip to Seattle!

**Weather:** You never know what the weather will do in Seattle – especially in late spring/early summer! Be prepared for 80 degrees and sunshine or 60 degrees and raining (maybe even in the same day!).

**Traffic:** We won't lie to you, Seattle traffic is bad! If you're renting a car and planning to venture out of the city, make sure to plan around peak traffic times and give yourself plenty of time to get to and from your destination. If you're visiting other parts of the city, we suggest using public transit or a ride sharing service.

**Public Transit:** Seattle has really stepped up its public transit game in recent years! Getting from place to place within the city has never been easier, and you can even catch a lightning fast ride to and from the airport. With the recent opening of the light rail system, increased bus availability, and new streetcars many visitors opt not to rent a car.

**Ride Sharing:** Uber and Lyft are extremely popular in Seattle, ride sharing services are an excellent way to get around the city. If you haven't used Lyft or Uber before, ask a friend or colleague for their "refer a friend" code – both of you will receive free ride credit! Bonus: Lyft and Uber only charge their riders per mile driven, they do not charge for wait time, a big plus in Seattle traffic!

**Coffee:** We know, we know, Seattle is home to the original Starbucks – but save yourself the long lines and overly excited tourists and check out one of Seattle's many local shops. If you really need your Starbucks fix we suggest skipping the "original" in Pike Place, unless waiting an hour for coffee is your thing!

**Our number one tip: embrace the quirkiness!** Crazy themed bars and restaurants, bearded men throwing fish, wacky public art, and Birkenstocks are what we live for! Enjoy the diversity, try something new, and keep an open mind – we can't wait to show you all there is to love about Seattle.



*"The best thing about Seattle is/ my #1 tip for a visitor is...."* –PNS-AIHA Member



DEPARTMENT OF ENVIRONMENTAL & OCCUPATIONAL HEALTH SCIENCES  
UNIVERSITY of WASHINGTON · SCHOOL OF PUBLIC HEALTH

