



Navigating New Orleans!

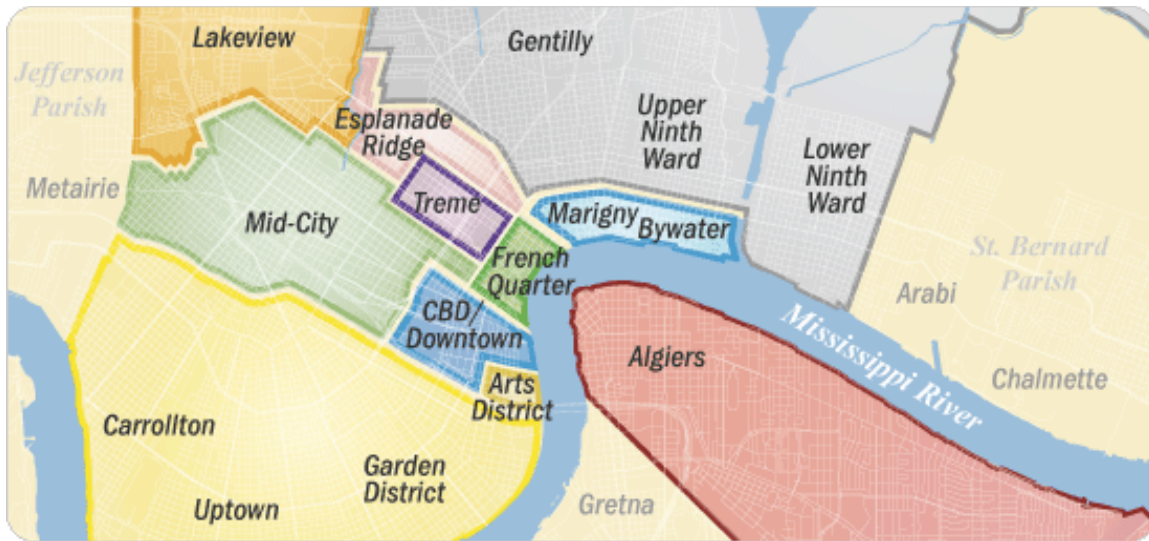
New Orleans is extremely unique and vibrant! We are so excited to share our city with you. We take great pride in this city's food, music, architecture, history, and overall personality. Please experience as much as you can while you are here! However, as when you are in any new city, be aware of your surroundings, stay in safe neighborhoods, and drive rather than walk to and from clinics and other destinations. We made this guide to help you find the best places to grab coffee, listen to jazz, stroll and shop, grab cheap delicious food or splurge on a fancy meal. Laissez les bon temps roulez!

Basic Logistics:

Housing: If you haven't already arranged housing by the time you read this, try to stay in one of the following neighborhoods: Lower Garden District, Garden District, Irish Channel, Touro-Bouligny, Milan, Uptown, Carrollton, Central Business District, Warehouse District. While it may be convenient to stay downtown near the hospitals and clinics, residents generally do not live in this area and it is far from the best sites and restaurants. Staying near the hospitals will not give you a realistic idea of what life in New Orleans is really like! Our city is actually quite residential and the neighborhoods listed above are safe and packed with things to explore.

Transportation: Use a rental car, Uber, United Cab (504) 522-9771, White Fleet Taxi (504) 822-3800, or the TapRide application on your phone (when on the medical campus) to get around. Do not walk unless it is up/down a major and safe street, such as Magazine Street, St. Charles Avenue, and certain streets/neighborhoods listed below.

Grocery shopping: For convenience, stick to Rouse's Market, Robert Fresh Market, or Whole Foods. Each store has multiple locations in town.



Things to See and Do:

Explore Magazine Street. This is a long, safe, populated and mainstream area to eat and shop. There are tons of coffee shops, restaurants, boutiques and art galleries. Magazine is a long street so pick certain areas to walk, the best being: **Magazine Street between Washington Avenue and Louisiana Avenue, between Milan and Bordeaux, and between Jefferson Avenue and State Street.**

Explore the French Quarter. The French Quarter is packed with music, French- and Spanish-style architecture, restaurants, bars, and beautiful hotels. The French Quarter presents a stark contrast between history and endless partying. If you want to explore the bar scene, go at night. If you want to eat, stroll, casually grab a drink, go during the day. Our favorite areas are Royal Street from top to bottom, Jackson Square, and St. Louis Street. Order a French 75 at The Carousel Bar at the Hotel Monteleone or the Hermès Bar inside Antoine's Restaurant. Go to the Sazerac Bar in the Roosevelt Hotel for its namesake cocktail. Go to Killer Po' Boys for lunch. Head to Café du Monde for beignets and café au lait.

Explore Frenchmen Street. On the edge of the French Quarter in the Marigny, this street is famous for jazz clubs. Go to Blue Nile, Spotted Cat, or The Maison for live music on nearly every night of the week.

Explore the Garden District. This safe, beautiful neighborhood is home to some of the most picturesque streets and historic mansions in the city. Many celebrities, authors, and chefs have homes in this neighborhood. Simply walk around on your own or take a guided tour via Garden District Tours that leaves from The Garden District Book Shop for \$25. http://www.tourneworleans.com/garden_set.html

Drive or walk up St. Charles Avenue between Napoleon Avenue and Henry Clay Street. This is our main thoroughfare and is a truly stunning oak tree covered street lined with mansions.

Explore Freret Street, Maple Street, and Oak Street.

Visit the New Orleans Museum of Art and the free sculpture garden, the Ogden Museum of Southern Art, or the National WWII Museum.

Explore City Park and the New Orleans Botanical Gardens.

Walk around Audubon Park and the adjacent Audubon Zoo.

Explore the Tulane University undergraduate campus.

Things to Eat and Drink (by neighborhood, \$\$ means more expensive):

Uptown:

Breakfast – French Truck Coffee (Dryades Street location), Cherry Espresso Bar (Laurel Street location), Toast

Lunch – St. James Cheese Company (Prytania Street location), Martin Wine Cellar (Baronne Street location), Rum House, Juan’s Flying Burrito (corner of Magazine Street & Joseph Street location), Magasin Vietnamese Café, Le’s Baguette, Domilise’s Po-Boys, Dat Dog (Magazine Street location), Casamento’s

Dinner – Baru Bistro & Tapas, Juan’s Flying Burrito (corner of Magazine Street & Joseph Street location), SukhoThai (Magazine Street location), Magasin Vietnamese Café, Le’s Baguette, La Petite Grocery **James Beard Winner** (\$\$), Gautreau’s Restaurant (\$\$), Clancy’s Restaurant (\$\$), Saffron (\$\$), Shaya **James Beard Winner** (\$\$), Saba (\$\$)

Drinks – Port Orleans Brewery, The Delachaise, Boulogny Tavern, NOLA Brewery

Coffee shops & snacks – Gracious Bakery, Cherry Espresso Bar (Laurel Street location), French Truck Coffee (Dryades Street location), Community Coffee (corner Magazine Street & Jefferson Ave location), PJs Coffee (corner of Magazine Street & Octavia Street location), Beth Biundo Sweets, Creole Creamery Ice Cream

French Quarter & Frenchmen Street:

Breakfast – Café du Monde, Ruby Slipper Café (Canal Street location), Sylvain, Court of the Two Sisters (\$\$), Eat New Orleans

Lunch – Killer Po’ Boys, Antoine’s Restaurant (\$\$), Sylvain, Port of Call, Green Goddess, Dat Dog (Frenchmen Street location)

Dinner – Antoine’s Restaurant (\$\$), Galatoire’s (\$\$), Arnaud’s Restaurant (\$\$) Restaurant R’evolution (\$\$), Irene’s Cuisine (\$\$), Adolfo’s (\$\$)

Drinks – The Carousel Bar at Monteleone Hotel, Pat O’Brien’s Patio and Piano Bar, Lafitte’s Blacksmith Bar, Napoleon House, Sylvain, Salon by Sucre, The Sazarac Bar in the Roosevelt Hotel, Arnaud’s French 75 Bar, Hermès Bar

Coffee shops & snacks – Café du Monde, Salon by Sucre, French Truck Coffee (Chartres St Location)

Lower Garden District:

Breakfast – District Donuts, Stein’s Deli, HiVolt Coffee, Surrey’s Café and Juice Bar, Emeril’s Delmonico (\$\$), Cherry Espresso Bar (Magazine Street location)

Lunch – Turkey and the Wolf **Bon Appetit’s Best New Restaurant**, Juan’s Flying Burrito (corner of Magazine Street and Josephine Street location), Stein’s Deli, Fat Boy Pantry, Seed

Dinner – Emeril’s Delmonico (\$\$), Lilly’s Café, Juan’s Flying Burrito (corner of Magazine Street and Josephine Street location), Lula Restaurant and Distillery

Drinks – Bakery Bar, Tchoup Yard, Courtyard Brewery, Barrel Proof, Lula Restaurant & Distillery, Avenue Pub

Coffee shops & snacks – MoJo Coffee House (Magazine Street location), French Truck Coffee (Magazine Street location), Bakery Bar, Cherry Espresso Bar (Magazine Street location)

Garden District & Irish Channel:

Breakfast – Ruby Slipper Café (Magazine Street location), Commander’s Palace **James Beard Winner** (\$\$), Slim Goodie’s Diner, Red Dog Diner, The Silver Whistle Café

Lunch – Basin Seafood & Spirits, Joey K’s, Dat Dog (Magazine Street location), Poke Loa, Commander’s Palace **James Beard Winner** (\$\$)

Dinner – Basin Seafood & Spirits, Joey K's, Dat Dog (Magazine Street location), Poke Loa, Coquette (\$\$), Commander's Palace (\$\$), Jack Rose (\$\$)

Drinks – The Bulldog Uptown, Ponchartrain Hotel (first floor Bayou Bar and rooftop Hot Tin Bar)

Coffee shops & snacks – Starbucks (Magazine Street location), Still Perkin', Community Coffee (Magazine Street and Sixth Street), Sucré, The Vintage

Freret Street:

Breakfast – Humble Bagel, Good Bird, High Hat Café, Bear Cat Café

Lunch – Good Bird, Bear Cat Café, Company Burger (Freret Street location), Dat Dog (Freret Street location), Midway Pizza, Ancora Pizzeria, Wayfare, Mint Modern Vietnamese Bistro, Liberty Cheesesteaks

Dinner – Company Burger (Freret Street location), Dat Dog (Freret Street location), Midway Pizza, Ancora Pizzeria, Wayfare, High Hat Café, Freret Beer Room, Mint Modern Vietnamese Bistro

Drinks – Cure **James Beard Winner**, Freret Beer Room

Coffee shops & snacks – Rook, Mojo Coffee House, Starbucks (Freret Street location)

Carrollton Neighborhood, Riverbend Neighborhood, Maple Street & Oak Street:

Breakfast – Refuel Café, Satsuma Café (Maple Street location), Camellia Grill, Breads on Oak, Maple Street Patisserie,

Lunch – Milk Bar (S. Carrollton Street location), Lebanon's, CIBO, Camellia Grill, Simone's Market, DTB, Cowbell, Breads on Oak, Ba Chi Canteen

Dinner – Lebanon's Café, CIBO, Jacques-Imo's, Cow Bell, Brigsten's (\$\$), Dante's Kitchen (\$\$), Carrollton Market (\$\$), Jamila's Tunisian Café, Ba Chi Canteen

Drinks – Oak, Ale on Oak, Maple Leaf, Chais Delachaise, Cooter Brown's

Coffee shops & snacks – Rue de la Course, Starbucks (Maple Street location), Maple Street Patisserie

Warehouse District & Central Business District:

Breakfast – Willa Jean, Pythian Market, Carmo, Pulp & Grind, French Truck Coffee (Poydras Street location)

Lunch – Company Burger (O’Keefe Street location), Magasin Vietnamese Kitchen, Willa Jean, Pythian Market, Cochon Butcher, Carmo, Daily Beet

Dinner – Company Burger, Magasin, Willa Jean, Maypop (\$\$), Herbsaint ****James Beard Winner**** (\$\$), Pêche Seafood Grill (\$) ****James Beard Winner****, Meril (\$\$), Josephine Estelle, Couvant, Compere Lapin ****James Beard Winner**** (\$\$), Cochon

Drinks – Maypop, Ace Hotel first floor or rooftop bar, NOPSI Hotel rooftop bar, Catahoula Hotel first floor bar or rooftop bar, The Eliza Jane Hotel, Auction House Market, The Rusty Nail

Coffee shops & snacks – Stumptown Coffee Roasters, Willa Jean, Drip Affogato Bar, Revelator Coffee, Pulp & Grind, French Truck Coffee (Poydras Street location)

Marigny & By-Water

Breakfast – Elizabeth’s Restaurant, Paloma Café, Satsuma Café (Dauphine Street location), New Orleans Cake Café and Bakery, The Country Club, Who Dat Coffee Café, Press Street Station, St. Roch Market

Lunch – Pizza Delicious, Paloma Café, Press Street Station, St. Roch Market, Satsuma Café (Dauphine Street location)

Dinner – Pizza Delicious, Arabella Casa di Pasta, Red’s Chinese, Bywater American Bistro (\$\$), Paladar 511 (\$\$)

Drinks – Paloma Café, N7, Capulet

Coffee shops & snacks – Paloma Café, Orange Couch Café, Satsuma Café (Dauphine Street location), New Orleans Cake Café and Bakery, St. Roch Market

Mid-City & Bayou St John:

Breakfast – Biscuits and Buns on Banks, Betsy’s Pancake House, Brown Butter Southern Kitchen and Bar, Pagoda Café, Café Degas (\$\$), Vessel (\$\$)

Lunch – Mid-City Pizza, Echo’s Pizza, 1000 Figs, Mikimoto, Willie Mae’s Scotch House, Blue Oak BBQ, Parkway Bakery, Juan’s Flying Burrito (S. Carrollton Avenue location), Pagoda Café

Dinner – MoPho, Mid-City Pizza, Echo’s Pizza, Mikimoto, Katie’s Restaurant & Bar, Liuzza’s by the Track, Willie Mae’s Scotch House, Lola’s, Blue Oak BBQ, Parkway Bakery, Rosedale Restaurant (\$\$)

Drinks – Finn McCool’s Irish Pub, Revel, Bayou Wine Garden, Bayou Beer Garden, The Bulldog Mid-City, Pagoda Café

Coffee shops & snacks – The Bean Gallery, Station, Monkey Monkey Coffee and Tea