

STUDENT
LIFE:

THE

BEYOND THE

BUBBLE

BEST

OF

ST

LOUIS



A letter from the editor

Dear readers,

It is impossible for me to count the number of times I've heard people hate on St. Louis. Both at home and here at Washington University, people rarely provide any sort of evidence for their hatred of the city beyond "oh, it's so dangerous" or "there's nothing to do there and the food sucks." It makes me angry and frustrated: the arguments (often racist in one way or another) are just flat out wrong. But it also makes me sad, because people are missing out.

Each year, Student Life typically publishes some sort of special issue related to dining and entertainment at Washington University and in the surrounding areas. During my freshman year, we published the "Dining Guide," a collection of short articles and listicles that provided an overview of food options on campus and nearby, as well as Student Life staff opinions. The next fall, the staff began to pivot, expanding the "Dining Guide" into a "Dining and Entertainment Guide" that focused not only on food but on sports, concerts and other fun things as well.

And then, that spring, COVID-19 arrived. There was

no special dining or entertainment guide last year, because there was little dining or entertainment to be had. For the majority of the last 18 months, most of us relegated ourselves to dinners at home or the occasional outdoor picnic experience. Countless new WashU students did not get the chance to explore St. Louis and become a part of their greater community.

So when it came time for us to consider what we wanted this year's dining or entertainment-related special issue to accomplish, we thought about how this edition could serve to broaden students' horizons. It is easy for WashU community members to become reliant on the options that are closest to us — the dining halls, the Loop, ordering in, etc. — and the pandemic has often served to exacerbate that reliance. The "WashU bubble" is dangerous in how much it constrains us, sometimes without us even becoming aware of it. With so many good options nearby, many of us never challenge ourselves to step out of our comfort zones.

We knew that a single issue of Student Life will not change that, but we figured we would do our part to help try. To that

end, this year's special issue strives to highlight food and other things to do in St. Louis beyond the areas immediately surrounding campus. Instead of focusing on places on campus or the Loop, we've selected things to eat and do in other areas. Rather than relying upon Ubers or driving, we've included public transportation directions so that community members can take advantage of St. Louis's buses and metro. So many students here have not had a chance to fully experience the city, county and region. This issue is an attempt to help change that.

I hope that this special issue exposes you to new things and encourages you to take a trip somewhere you've never been before. Whether you are in your first year in St. Louis or you have been here for decades, there is something for you. Enjoy Best of St. Louis: Beyond the Bubble!

Best,

Matthew Friedman
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our staff recommendations

TOWER GROVE FARMERS MARKET

On Saturday mornings and Tuesday afternoons, the Tower Grove Farmers Market is the place to be. More than 100 vendors set up stands around Tower Grove park to sell farm-fresh produce, homemade bread and other goods. There are also plenty of food trucks from local restaurants, in case you want

to bring your friends and have a picnic dinner before visiting the Missouri Botanical Garden, which is right next door. To get there from campus, take either metro line to the Central West End station, and then there are a couple different buses that will get you the rest of the way (I take the 95!).

Em McPhie
Managing Editor

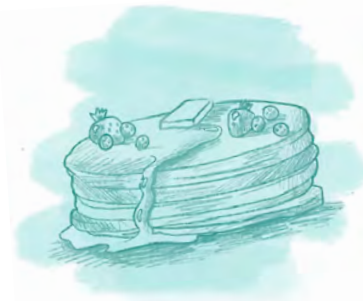


Looking for something to do in St. Louis that isn't on the Loop? The members of Student Life's senior staff shared their recommendations for experiences that every WashU student should have on their St. Louis bucket list.

GOODWILL BINS

A thrifter's dream and a pacifist's nightmare. The Goodwill Bins, also called the Goodwill Outlet, is a large warehouse full of bins filled with secondhand items. You pay for your items by weight, so about \$1 a pound. These bins collect stuff from all over the US, and the items have not been sifted through and nit-picked over like standard thrift stores. It's perfect for finding the diamonds in the rough, but you also assume the risk of running into other ~unfiltered exciting finds~, if you catch my drift. People are ravenous when new bins come out - so be aware of that. Overall it's a really fun experience and I've found some super cool second hand clothing.

Gracie Hime
Senior Cadenza Editor



TRY A TOASTED RAVIOLI ON THE HILL

There's Italian food in St. Louis beyond Pastaria. Head only 15 minutes southeast of here and you'll be on The Hill, which was home to Italian immigrants in the late 19th and early 20th centuries. Now St. Louis' own "Little Italy," The Hill offers a plethora of Italian

restaurants, including Mama's on The Hill, the birthplace of toasted ravioli. There's also wonderful gelaterias, bakeries and Italian flag decor. Sadly, The Hill isn't on either Metro route, but you can take the blue line to the 95 bus and make it there in about 45 minutes.

Jaden Satenstein
Senior Multimedia Editor

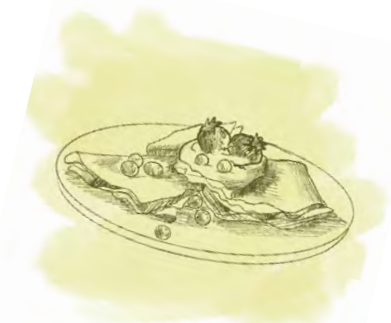
GET PANCAKES AT UNCLE BILL'S PANCAKE HOUSE

Do you like pancakes? Do you like local diner vibes? Uncle Bill's Pancake House has exactly that. The closest location is the one in south St. Louis on Kingshighway and I must say that it is a must visit spot. The staff is super friendly,

their menu has a lot of different options (not just breakfast food) and their portion sizes are huge! I always have food left over when I go. And while I personally go for their pancakes, they do have lunch and dinner options as well but

breakfast is served all day so if you have a craving for pancakes at 8 p.m., you're in luck, especially if you want to go somewhere local and want to give someplace that isn't IHOP a try.

Sabrina Spence
Senior Social Media Editor



RUN THE NEARBY NEIGHBORHOODS

Though Forest Park will always have my heart, there are some fantastic neighborhoods surrounding campus to jog through, especially in late summer and fall when the trees and flowers are in full bloom. Grab a buddy and head west down Wydown, east down Waterman or south

through the back streets near Fontbonne. Especially in the early morning before most sane people have woken up, the cool air and nature sounds are quite peaceful, and the change of scenery from many's go-to running route is a nice change of pace (pun intended).

Via Poolos
Senior Scene Editor

EAT CREPES AT SHAW PARK

Located in Clayton is City Coffeehouse & Creperie. The nutella, strawberry and banana crepe topped with delicious whipped cream is my go to order, but the breakfast and brunch cafe has a variety of sweet and savory crepe options to try as well as various

coffees, smoothies and juices. Eat there or get your crepe to-go and take a short walk to Shaw Park for a picnic with friends, or even watch a casual game of kickball or baseball on the field. The creperie is accessible by a short metro ride followed by a less than 15-minute walk.

Reilly Brady
Senior Forum Editor

Illustrations by Emily Hu

THE BEST FOOD IN ST. LOUIS....

according to your professors

Via Poolos Senior Scene Editor

Washington University students often get stuck in a rut when it comes to eating out. If you're spending money outside of your meal plan, it makes sense that one would go with the tried and true: Seoul Taco, Three Kings, Salt and Smoke... places that are close by and known to be delicious. However, there is a plethora of fantastic eateries that St. Louis has to offer — and your professors know it. The next time you venture into the city, skip the Loop and treat yourself to a new and academically-approved restaurant.

BALKAN TREAT BOX Webster Groves

If you're looking for lunch in Webster, you'd be hard-pressed to do better than Balkan Treat Box. The chewy pide bread they bake every day in their wood-fired oven is the perfect complement to the compelling flavors of their food. It's the kind of place where I can go in thinking I am not a huge fan of eggplant, but then the patlidžan turns my head, and suddenly I find myself enjoying that instead of my usual čevapi. Their success is also inspirational. They've been getting national press lately — the couple who started it (as a food truck, years ago) were featured on the Valentine's Day episode of the "Splendid Table" podcast this year, and I appreciated hearing their Saint Louis love story. Go early, because they're only open until they sell out!

Dr. Lisa Gilbert
Lecturer in Education



GIOIA'S The Hill

You should go to the old Italian neighborhood — the Hill — to the northeast corner of Macklind and Daggett, across from Berra Park. (No, it's not named for that Berra, but Yogi grew up a hop and skip away, across the street from Joe Garagiola.) The lunchtime line might display all manner of work clothes and might stretch out the front door, but it will move fast. You cannot go wrong here, but you should get the Spicy Daggett, because there is no better sandwich anywhere. (I've looked. Here, there and everywhere. Diligently.) The bread is fresh, slathered with garlic butter and pepper cheese and toasted to crunchy, gooey perfection. The meats are all salami, not so heavy that they obscure the garlic bread, but a perfect blending of the warm, soft, richly savory salame di testa made in-house daily (and misleadingly called "hot salami") together with thinner slices of the crisp, spicy coppa and capicola from the salumeria one block east. Every bite brings an explosion of fatty, chewy goodness brightened by the satisfying crunch of refreshingly spicy, acidic giardiniera. Meet me in St. Louis? Meet me at Gioia's.

Eric Brown
Associate Professor of Philosophy

SOUP DUMPLINGS STL Olive Blvd

As an archaeologist of food and cuisines, I think about the history of food and its implications in the modern-day world. My recommendation today is Soup Dumplings STL on Olive Blvd. This is an Asian restaurant specializing in soup dumplings, sometimes known as guantang bao or soup-filled buns. These buns are made by wrapping a gelatinous filling in the dough which is then steamed to melt the filling into soup and served in steaming baskets. The cuisine is very old in East Asia and it is a classic example of early fusion cuisine. The dough-making tradition can be traced back to the Near East at least 10,000 years ago, and the steaming technology was likely first invented in East Asia between 20,000 and 15,000 years ago. Soup Dumplings are acute examples of early food globalization and a reminder that the food we eat was largely domesticated in the New Stone Age, but in terms of cooking techniques, we are still in the Old Stone Age.

Dr. Xinyi Liu
Associate Professor of Archaeology



PIZZERIA DA GLORIA The Hill

I was born and grew up in Italy, so it is hardly surprising that I regularly crave good pizza! Thanks to my Classics department's chair and her husband, I have recently found a great pizzeria in St. Louis. It is called Pizzeria da Gloria and is located in the Hill neighborhood. Their menu is fun and creative, and most importantly, their pizzas are excellent. My two favorite ones are the "Stracciatella" (made with extra-fresh house-made Stracciatella cheese) and the "Bonci" (a vegetarian pizza with razor-thin roasted eggplant, chili oil and parsley). The venue is big and the staff is welcoming; there is also a patio for outdoor dining when the weather is nice, which makes the whole experience even more pleasant. For a quick meal near (Danforth) campus, I love Taco Buddha in University City. I like to try whatever new creation they have on offer, but I never fail to add my two favorites to my order, that is to say, the "Thai street beef" and the "Baja fish" tacos... Just thinking about them makes me hungry!

Nicola Aravecchia
Assistant Professor of Classics and of Art History and Archaeology

Illustrations by Madeline Lariscy

JOIN STUDENT LIFE!

WE WELCOME PEOPLE WHO HAVE NEVER WRITTEN AN ARTICLE IN THEIR LIFE, PEOPLE WHO HAVE BEEN TAKING PHOTOS FOR THEIR HIGH SCHOOL NEWSPAPER FOR YEARS, AND ANYONE IN BETWEEN.

INTERESTED IN BECOMING A PART OF STUDENT LIFE, THE CAMPUS NEWSPAPER? SCAN THIS QR CODE TO GET INVOLVED.

Your guide to St. Louis coffee options that aren't Whispers

Gracie Hime Senior Cadenza Editor

Hot take: The coffee of a city determines the quality of said city. I don't mean this in the basic sense of how good the coffee may be, because there are so many different aspects that contribute to this claim. The coffee-shop-to-acreage ratio, how many of them are big chains (such as Starbucks), how many drive-thru locations there are and of course, the overall quality of the coffee available all contribute to the "Gracie Coffee Quality Metric." Nonetheless, here are some of the notable coffee shops in St. Louis that are all worth your time, but for a number of reasons.



NORTHWEST COFFEE

Northwest Coffee can be found in historic Central West End. This shop has outdoor seating in a covered patio with fans as well as picnic tables out in the open. This is the kind of coffee shop that makes you feel like you are in a coming of age film but instead of being the main character, you are the token mysterious and closed-off side character. Northwest has amazing espresso and bagels; they sometimes have this garlic bagel that is out of this world good. This is also a super easy place to just swing by and pick up food or drinks instead of sit in because their service is pretty quick.

Recommended Drink:
Salted Caramel Iced Almond Latte

Northwest Coffee Roasting Company
4251 Laclede Ave, St. Louis, MO 63108
Daily, 7 a.m. - 6 p.m.

Take the Metro Blue line (toward Fairview Heights) to the Cortex station and then walk a few minutes. Roughly 25-30 minutes in total from campus.



RISE

Rise is probably my favorite local coffee shop. From the aesthetic of the building to the outdoor seating with live music, they are hard to beat. They are located in The Grove in an old building on Vandeventer. They have a two-story townhome kind of building that is decorated with super rad prints, plants and other hipster-esque relics. Rise also is super active in social outreach and activism. You can tell when you enter the store that they have a passion for helping people. They have this board that you can put a little message on offering someone a free drink, and if they need it, they simply take it up to the front and use it. Overall, this place is amazing and I highly recommend checking it out.

Recommended Drink:
Straight Up Cold Brew - amazing by itself.

Rise Coffee
4176 Manchester Ave, St. Louis, MO 63110
Wednesday - Sunday: 8 a.m. - 4 p.m.

Take the Metro Blue line (toward Fairview Heights) to the Cortex station and then walk a few minutes. Roughly 25-30 minutes in total from campus.

PROTAGONIST CAFÉ

Protagonist Café can be found down near the Soulard market, in the older part of the area. This café is perfect for those who like to cozy up with their coffee and read a book because the café have their own personal library. This isn't a library by any means, but they have a full wall of shelves loaded down with books. They also host a lot of book club and literature based events - I haven't been to any, but they seem super fun and inviting. This café is so cozy and offers such great energy. With its couches filled with decorative pillows and the dining room tables, it really makes you feel welcome and at home.

Recommended Drink:
Raspberry Mocha, but if you are a tea fan, they have great tea options as well.

Protagonist Café
1700 S. 9th Street, St. Louis MO 63104
Sunday - Friday: 8 a.m. - 5 p.m.
Saturday: 8 a.m. - 6 pm.

Take the Metro Blue line (toward Fairview Heights) to Civic Center before transferring to the no. 10 (toward Hampton Gravois) or no. 73 bus (toward South County Mall) and taking the bus to Tucker and Lafayette. About 45 minutes to an hour from campus, depending on the bus schedules.



SHAMELESS GROUNDS

I've never found a café quite like Shameless Grounds, so visiting it was such a fun experience. Basically, this is a sex positive café that promotes literature and education through their café library. They plaster their walls with art to convey their theme in addition to their already suggestive menu theme. They offer all sorts of café drinks, but they also have an extensive selection of alcoholic and non-coffee beverages. This is the type of place where it feels more in place to sit down and stay awhile, and not just swing in and grab a drink. I've only ever sat in, but it is definitely a good spot to hang with friends and catch up.

Recommended Drink:
Honey Lavender Soy Latte

Shameless Grounds
1901 Withnell Ave, St. Louis MO 63118
Wednesday-Sunday: 10 a.m. - 5 p.m.

Take the Metro Blue line (toward Fairview Heights) to Civic Center, then the 73 bus (toward South County Mall) to Broadway and Lemp before a short walk. About an hour.

DUNKIN' OFF HANLEY

Hear me out. While this looks like your regular Dunkin', it is really so much more than you would ever expect. Sure, the drink quality is inconsistent as is at any Dunkin', but this one is special and made my list simply because of the experience you get when you visit. I have been screamed at and serenaded at this Dunkin'. I have had laughing fits with the drive-thru people at this Dunkin'. I have had my existence questioned at this Dunkin'. I have seen a family reunite at this Dunkin'. I have also never left this Dunkin' without being given more donuts than I have ordered. This Dunkin' is my safe space where anything goes. I can confidently say that I have but once in my life left the drive through without experiencing something bizarre. This Dunkin' is beautiful, and dare I say, unearthly. I advise everyone to go through the drive-thru at least once in their college careers and notify me of their experience.

Recommended Drink:
Again, Dunkin' is literally a chain, but I do love butter pecan vanilla iced lattes.

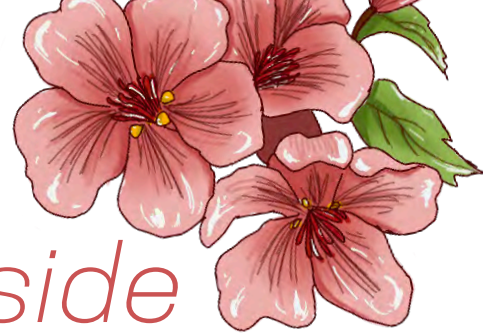
Dunkin' Donuts
1754 S Hanley Rd, Richmond Heights, MO 63117
Daily: 5 a.m. - Noon

Take the 2 bus (toward Brentwood I-64) from Forsyth and Wallace to Maplewood Commons at Corcoran or take the Metro Blue line (toward Shrewsbury I-44) to Brentwood I-64. About 20-25 minutes.



Illustrations by HN Hoffmann

Where you can spend time outside



LONE ELK PARK

While thirty minutes out from the University City area, Lone Elk furthers St. Louis' agenda of having an abundance of free animals to stare at. Tired of the Zoo? Make the drive out to Lone Elk and you won't even have to leave your car to witness a bunch of Missouri four-legged natives. Visitors can either drive the full park loop through the esteemed buffalo area and general forestry, or can hop out for a hike in which — as happened to me — you may get stuck on the trail for upwards of thirty additional minutes because a 10 foot bull elk is blocking the only route forward. Don't forget to make a classic "Wow, there he is, there's the lone elk!" joke while pointing at the first elk you see on arrival.

HN Hoffmann
Senior Multimedia Editor

MCPHERSON COMMUNITY GARDEN

On McPherson Avenue, two blocks east of the East End, there lies a cute little plot of land between an apartment building and a duplex. This is the McPherson Community Garden. While I don't personally have a green thumb, I enjoy watching the gardeners from my front porch and sometimes I even venture into the planting paradise to see what's growing in the carefully tended plots. With over 60 beds, there's a variety of vegetation planted there (vegetables and flowers alike). If you're like me and don't know much about gardening save for watering the occasional succulent, you can bring over your compost or just take a walk through and see what's growing.

Sabrina Spence
Senior Social Media Editor

MISSOURI BOTANICAL GARDEN

The Missouri Botanical Garden is home to one of the country's largest collections of rare and endangered plants. Year-round, the garden boasts a variety of attractions including a climate-controlled greenhouse dome with hundreds of tropical plants and a gorgeous 14-acre Japanese Garden. My favorite time to visit is from mid-November to early January, when the garden hosts "Garden Glow," featuring holiday-themed decorations, drinks and more. The garden is open every day except for Mondays, and you can get free admission on Wednesdays and Saturdays with proof of St. Louis residence.

Em McPhie
Managing Editor

JOHN D. MCGURK'S IRISH PUB AND GARDEN

Nestled in between the brick buildings of Soulard, McGurk's is one of my favorite patios in all of St. Louis. It boasts more than 15,000 square feet of outdoor garden with beautiful landscaping, a fountain and waterfall. I used to come here with my grandparents after visiting the Botanical Gardens and remember watching the koi fish in the fountain. Now, I love to go to McGurk's to have a snack or drink with friends out on the patio. McGurk's is truly a breathtaking urban oasis to visit when you want to spend some time outdoors and experience a different St. Louis neighborhood!

Grace Kennard
Senior News Editor

CONCORDIA PARK

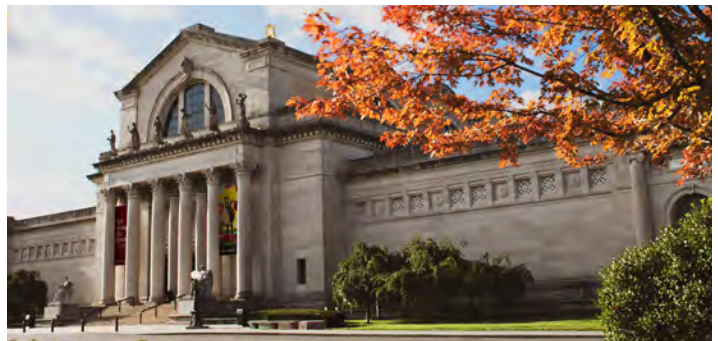
Probably better known to WashU students as "that park by Clementine's," Concordia Park is a small area of green space in the center of DeMun, only a few minutes' walk south of the Forty. There are always community members walking their dogs, and sitting under a tree is one of my favorite places to do homework. I've never felt more like I lived in a suburban sitcom than when I'm in Concordia Park. (And yes, you can eat Clementine's there too.)

Isabella Neubauer
Managing Editor

ZOMBIE TRAIL (AL FOSTER TRAIL) IN WILDWOOD

My roommates and I went to this trail on one of our wellness days last school year and it provided a gorgeous and scenic trail that isn't far from campus. Although it is just outside the city, it offers a range of natural and remote views. One thing we didn't know about it before going is that it is said to be one of the most haunted trails in the country. In addition to lore about ghosts of working men killed in industrial accidents and Civil War-related deaths, the trail is also the site of a large Native American mound. If I hadn't learned about the spooky history, nothing would have indicated that it was haunted. You can take this trail to be a fun ghost hunting adventure, or push the stories behind you and just take in the beautiful Ozark mountains.

Gracie Hime
Senior Cadenza Editor



Autumn at the Art Museum

What to See in October:

Art Along the Rivers, Main Exhibition Galleries
Nicholas Lowe, Gallery 301
Architectural Photography, Galleries 234 and 235

Connect with us! @STLArtMuseum | #SLAMAutumArt f t i y

SAINT LOUIS ART MUSEUM

One Fine Arts Drive, Forest Park

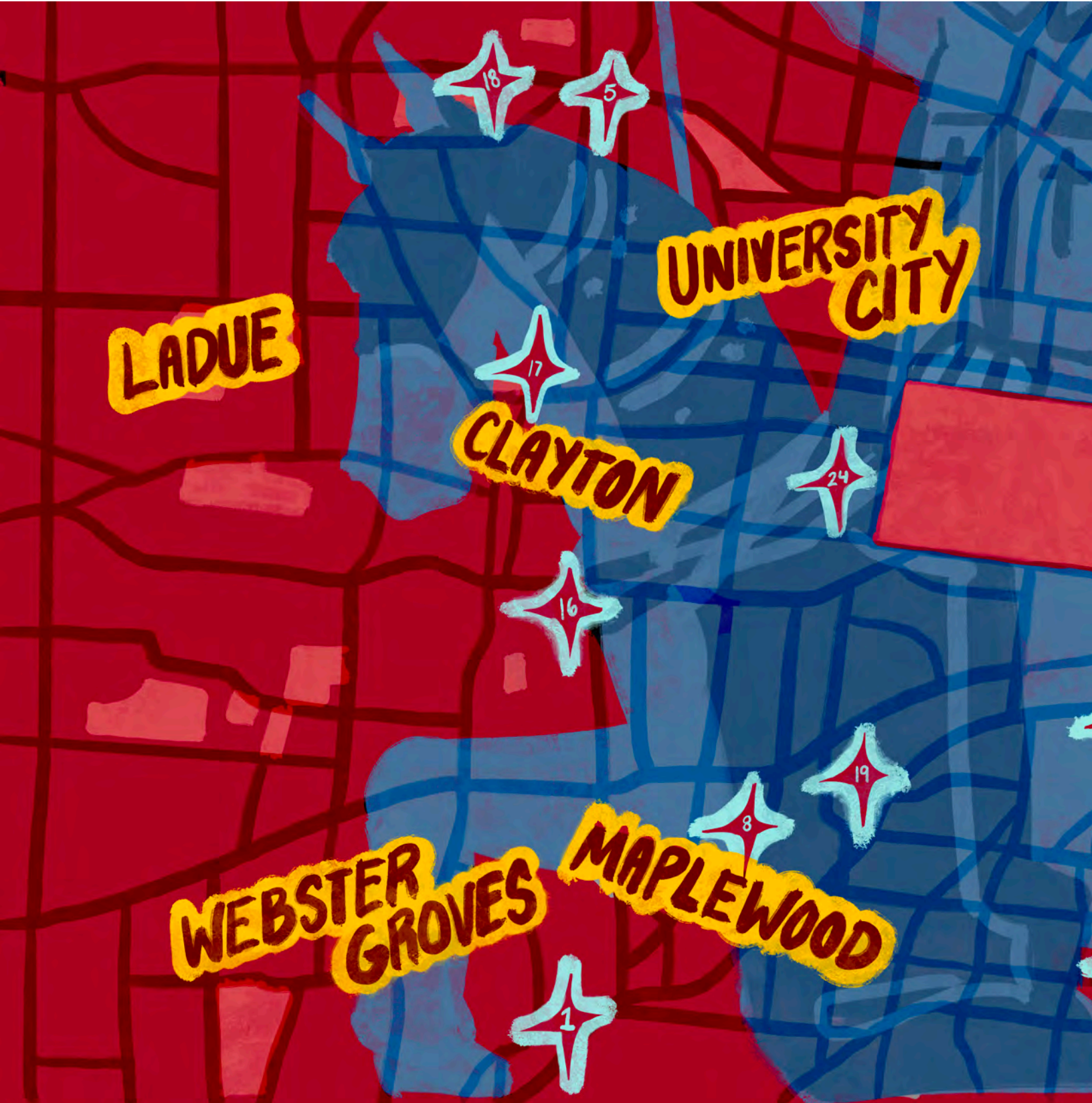
Museum open Tuesday–Sunday, late on Fridays.

General admission is free every day.

Visit slam.org for exhibition information and safety protocols.



Illustrations by Annabel Shen



1. BALKAN TREAT BOX

8103 Big Bend Blvd, Webster Groves MO 63119

2. CHESHIRE GRIN CAT CAFE

1926 Cherokee St., St. Louis MO 63188

3. EL TOLUCA TAQUERIA AND GROCERY

14234 Manchester Rd., Manchester MO 63011

4. GIOLA'S

1934 Macklind Ave, St. Louis MO 63110

5. GOODWILL BINS

7531 Olive Blvd, University City MO 63130

6. LOUIE

706 DeMun Avenue, Clayton MO 63105

7. MAI LEE

8396 Musick Memorial Dr., Brentwood MO 63144

8. MAUHAUS CAT CAFE

3101 Sutton Blvd., Maplewood MO 63143

9. MISSOURI BAKING COMPANY

2027 Edwards St., St. Louis MO 63110

10. MISSOURI BOTANICAL GARDENS

4344 Shaw Blvd, St. Louis MO 63110

11. PAPPY'S SMOKEHOUSE

3106 Olive St., St. Louis MO 63103

12. PIECES BOARD GAME BAR AND CAFE

1535 S. 8th St., St. Louis MO 63104

SAINT LOUIS

MIDTOWN

TOWER GROVE



HORSE WAS
HERE :)

13. PIZZERIA DA GLORIA

2024 Marconi Avenue, St. Louis MO 63110

14. PROTAGONIST CAFE

1700 S. 9th Street, St. Louis MO 63104

15. RAMEN TEI

14027 Manchester Rd. Ballwin, MO 63011

16. SHAMELESS GROUNDS

1901 Withnell Ave, St. Louis MO 63118

17. SHAW PARK

27 S. Brentwood Blvd, Clayton MO 63105

18. SOUP DUMPLNGS STL

8110 Olive Blvd, University City MO 63130

19. SOUTHWEST DINER

1901 Withnell Ave, St. Louis MO 63118

20. TOWER GROVE FARMERS MARKET

4256 Magnolia Ave, St. Louis MO 63110

21. UNCLE BILL'S PANCAKE HOUSE

1629 Tower Grove Ave, St. Louis MO 63110

22. UNION LOAFERS CAFE AND BREAD BAKERY

1629 Tower Grove Ave, St. Louis MO 63110

23. JOHN D. MCGURK'S IRISH PUB AND GARDEN

1200 Russell Blvd, St. Louis, MO 63104

24. CONCORDIA PARK

DeMun Ave, Clayton MO 63105

Students' favorite St. Louis food memories from beyond the Loop

KEONA DORDOR
STAFF WRITER

The first restaurant I visited as a Washington University student was Thai Country Cafe. Situated right at the center of the Delmar Loop, it was a comfortable walk and the food was delicious, so the restaurant became a go-to spot when my friends and I wanted something a bit different from Bear's Den food. Although eating

at the Delmar Loop remains a popular aspect of the WashU experience, for this special issue I wanted to expand the bounds of St. Louis restaurant knowledge. Thus, we reached out to some WashU students to see what some of their favorite food experiences in St. Louis have been. These are their stories.

NOODLES, UNO AND ONE DRUNK BOSS

Junior Tai Huynh has lived in St. Louis all his life. He attended school here and this city helped to shape him, with the Gateway Arch backdropping his entire childhood, so it's no surprise that he declared "I don't wanna get roasted for my restaurant choice!" as he sat down for his interview with Student Life.

Huynh discovered Pieces Restaurant on 8th Street downtown one late afternoon this semester after work with six of his friends and his boss. "We all wanted to hang out," Huynh said. "The goal was [that] our boss was there and we wanted to get him drunk." Upon entering, Huynh first noticed the decor. "It was a very trendy place," he said. "There were just shelves lined with board games and puzzles, and he walked in, and it was just a very, very fun atmosphere, I would say because the announcer was just reading questions."

Huynh and his friends didn't know it before that night, but Pieces holds a trivia night every Wednesday from 7:00 p.m. to 9:00 p.m. Laughter filled the room with each odd question the announcer asked. Huynh and his friends opted to play board games and UNO.

The ordering process also felt like a mini-game. Each table had a small bucket filled with little signs,

with one to wave when you were ready to order food, another to purchase alcohol and a final one if you needed help with a board game. "Oh, ordering was pretty fun," Huynh said.

While Huynh raised the red sign and ordered a delicious noodle dish, Pieces indeed does have a piece of everything. From tacos and sandwiches to rice bowls and burritos, the menu is expansive.

In the end, Huynh and his friends all left with full stomachs, full memories and a feeling of accomplishment, for they were successful in getting their boss drunk.

Pieces, the Original St. Louis Board Game Bar & Cafe
1535 S. 8th Street, St. Louis MO 63104

Wednesday - Thursday: 4 p.m. - 11:30 p.m.

Friday: 4 p.m. - 1 a.m.

Saturday: 10 a.m. - 1 a.m.

Sunday: 10 a.m. - 10:00 p.m.

From campus, take the Metro Blue line (toward Fairview Heights) to Civic Center then take the no. 10 bus (toward Hampton Gravois) or no. 73 bus (toward South County Mall) to Tucker & Lawrence. Roughly 55 minutes.

THE CHITARRA THAT CHANGED EVERYTHING

Sophomore Elle Schantz discovered Louie while celebrating her suitemate's birthday in September of her first year at Washington University. The group arrived early in the night to the restaurant's spot on DeMun Avenue less than a mile from the South 40. Although they visited in the middle of the pandemic, and dine-in seating was unavailable, the cozy feeling remained. String lights hung over the patio outside, livening up the night sky while the dimly lit chic dining area inside simultaneously felt sophisticated and homey.

As for the food? "My tongue felt so alive!" Schantz recalled. To account for COVID-19 concerns, she and her friends took advantage of the limited edition to-go options and went to sit at a park nearby. Schantz ordered a homemade chitarra pasta and sang its praises long after first visiting Louie. "It was fabulous," she said. "It's homemade pasta that is tossed in a freshly made Pomodoro sauce and finished off with some parmesan cheese."

Since that first experience, Schantz now visits Louie at least once a month. If you have dinner plans with her, odds are high that she suggests the restaurant. Through her frequent visitation, she and the co-owner of the restaurant, Dave Jordan, have come to know each other. "I met him at the beginning of this year when I went with my mom. We were sitting inside and he was our server," Schantz said. "He works there every single night, which is very unique for owners." Schantz believes Jordan's presence there enhances the culture and atmosphere of Louie. She reminisced, "He brought us over some free dessert, and since then, I say hello to him and give him a hug every time I go back!"

Louie
706 DeMun Avenue, Clayton MO 63105

Monday-Thursday 5 p.m. - 10 p.m.
Friday & Saturday 5 p.m. - 11 p.m.

20-25 minute walk from campus depending on where you're coming from.

THE MOST SAVORY BAKERY

"This is the best bakery that I have ever been to in America. Hands down!" Those were the first words out of senior Harris Lichtenstein's mouth when I asked him about the Missouri Bakery Company.

Once while buying cured meats at the Hill, Lichtenstein found himself two doors down from the store. "I was like, oh, a bakery. In an Italian district. I gotta go." The gray gloominess of St. Louis winters backdropped this visit. The bright, well-lit bakery packed with customers contrasted the eerie weather. After grabbing a ticket and waiting for 10 minutes, a worker called him over.

In addition to recommending you bring cash to pay, Lichtenstein also had a few suggestions for what to order: By far the best gooey butter cake that I've ever had. Their muffins are incredible. They have an entire glass display, like four shells of just Italian wedding cookies.

So you can go and just mix and match and get a box of like 40 of them. They have complete cakes. They have slices of cake. They have, you know, little single slices of tiramisu, lemon cake, and almond cake. They have fresh baked bread loaves. I mean, it's a bakery. It is just f****g phenomenal.

Missouri Baking Company
2027 Edwards St, St. Louis, MO 63110

Tuesday-Friday 8 a.m. - 4 p.m.
Saturday 7 a.m. - 4 p.m.
Sunday 7:30 a.m. - 12 p.m.

About 45 minutes from campus by taking the Metro Blue line (toward Fairview Heights) to the Central West End stop and then taking the 95 bus (toward Hampton-Gravois) to the King-shighway and Shaw stop before a short walk. Going with a group of friends is a great way to explore the Hill neighborhood.

BIG BEAR AND BOLD BEARS

One weekend halfway through September, junior Will Hutson and a group of his friends ordered pizza from a pop-up shop named Big Bear Pizza. He discovered this restaurant through Instagram; every Thursday, the chef posts the types of pizza on his menu. Those who want to order a pie swipe up and place their order. This shop, once a secret to some, has now skyrocketed in popularity. "I looked at his Instagram story today, and I think he sold out in a good 15 or 20 minutes," Hutson said. "A lot of people in St. Louis know about his business, and you have to be on top of ordering."

The pop-up locations vary each week. That weekend, Will and his friends picked their sizzling pepperoni pizza up from Midtown. "It was just a regular pepperoni pizza, and it tasted really good because, in the middle of it, there was almost like this olive oil type stuff, but it didn't taste very greasy, it was really flavorful, and the crust of it was charred on some spots. It looked handcrafted!"

Wanting to eat the pizza while hot, Hutson's group decided against

driving home. Feeling spontaneous, Hutson pointed at a café right across the street and suggested they pivot to eat their food there. "Oh, maybe we can order something small from them and then just eat on their feet up their patio," he thought.

After sitting down and splitting the pizza, Hutson noticed that a waiter had come outside. "He wasn't mad at all. He was really nice and burst out laughing. He said that it was bold of us to be eating another restaurant's food here." He wasn't the only one who thought it funny. One by one, other workers at the restaurant came out to the patio, mentioning how funny the situation was.

"After we left, we made sure to go back in, and we tip the waiter, five or six dollars. I'm planning on returning to try their food," Hutson said. Fueled with good food and a humorous eating experience, Hutson can't help but look fondly on this food adventure!

Follow @big.bear.pizza on Instagram to know where in STL the truck will be and order your pizza!

MAI OH MAI

Senior David Decker's best food experience in St. Louis happened at Mai Lee, a Vietnamese restaurant about 1000 feet from the metro stop in Brentwood. "My ex introduced it to me," he said. "She took me there because her parents used to live here, and they knew the place."

Now, whenever he's in the area, he makes it a point to introduce his friends to the casual restaurant. The interior is nice but not overly fancy. Unique paintings line the restaurant walls and the abundance of windows allows the restaurant to feel bright and airy. After being ushered to one of the wooden tables, David typically orders a number 12. "It's a pho bowl with medium-rare beef, so when they put it in, it is not fully cooked," he says with ease. "But the broth is hot enough to fully cook it."

Mai Lee introduced David to pho, and that's one of the reasons he loves the restaurant. "A fun thing about pho, at least for me, is they give you a plate of extra stuff, and you can choose what you put in," he said. "I don't tend to put the jalapenos, for instance. I'm working on my spice tolerance. I've been kind of a white b*tch in terms of things like that, but I'm working my way up!"

Mai Lee
8396 Musick Memorial Dr,
Brentwood, MO 63144

Sunday 12 p.m. - 9 p.m.
Tuesday-Saturday 11 a.m. - 9 p.m.

From campus, take the Metro Blue line (toward Shrewsbury I-44) to the Brentwood I-64 stop then stroll across to the restaurant. Roughly 25 minutes total.

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Farmers markets throughout the region

Ted Moskal Managing Editor

As fall weather begins to arrive in St. Louis, the season is perfect for finding fresh local produce. Here's a guide to the major farmers markets in the St. Louis area to help with your seasonal shopping.

ONE AFRICA! ONE NATION! FARMERS MARKET

OAON! Farmers Market is another recent addition to St. Louis — its first ever season began this June. The market is aimed at combating food injustice in Black communities by supporting Black farmers and providing an opportunity for local residents to buy food that is healthy, fresh and affordable. Food at the OAON! market aims to represent Black culture from the African continent to the Caribbean, to St. Louis.

4031 W. Florissant Ave. St. Louis, MO

First Saturday of each month, 9 a.m. - 2 p.m.

TOWER GROVES FARMERS MARKET

With over 60 per week, vendors and thousands of shoppers each week, the Tower Grove Farmers Market is a major presence in STL. The market has grown tremendously since its beginning in 2006, and now features. On Saturdays at 9:30, visitors can also stop by for a socially distanced yoga session.

4256 Magnolia Ave, St. Louis, MO

Saturdays 8 a.m. -12:30 p.m., Tuesdays 4 p.m. - sunset

U CITY FARMERS MARKET

Located on the Delmar Loop, the U City Farmers Market is just a quick stroll down the Ackert Walkway from campus. This market is home to dozens of different vendors offering fresh fruits and vegetables, eggs, cheeses, meats, baked goods and more.

6655 Delmar Blvd, Rear Lot

Saturdays 9 a.m. - 1 p.m.

SOULARD MARKET

Dating back to 1779, Soulard Market is the oldest farmers market west of the Mississippi river. The market's "grand hall," built in 1929, is home to over 140 vendors, including a bakery, a spice shop, a butcher shop, a florist and tons of fresh produce.

730 Carroll St, St. Louis, MO

Wed-Fri 8 a.m. - 5 p.m., Sat 7 a.m. - 5:30 p.m.

WUSM FARMERS MARKET

After finishing up classes on the Danforth Campus, students can take a quick stroll to the other side of Forest Park and pick up some fresh produce at the Washington University School of Medicine's Farmers Market. The Operations & Facilities Management Department also offers free bike tune-ups for faculty staff and students.

4900 Childrens Pl, St. Louis, MO

Thursdays 10 a.m. - 2 p.m.

S.O.L. FOOD FARMERS MARKET

S.O.L. (Sustainable, Organic, Local) Food Farmers Market rebranded and relocated to this May. The market is vendor-owned, and features produce from thirteen local vendors. Some highlights include alpaca wool products, ozark forest mushrooms and organic figs.

2810 Sutton Blvd, Maplewood, MO

Wednesdays 3:30 p.m. - 6:30



Illustrations by Sarah Wang



SOUNDS OF ST. LOUIS



Scan the QR code to see our playlist of St. Louis artists

Illustrations by Madeline Lariscy

IN DEFENSE OF IMO'S

Grace Kennard and
HN Hoffmann
Senior News Editor and
Senior Multimedia Editor

The most common justifications for not liking Imo's Pizza, a St. Louis classic: "I'm from New York/Chicago/the nonexistent landmass that is 'Italy' and we take our pizza very seriously," "the crust is too thin," "I don't like provol" and "I am a close minded buffoon." All of these excuses (minus the final one) are, from our perspective as two St. Louis natives, nonsense. Give Imo's a chance.

Before you jump back to how your city's pizza is the best thing to have ever existed on the face of this planet, consider the fact that every city considers themselves "famous" for their pizza. Detroit, Naples, New Haven, Ohio Valley, D.C. — you could go on into infinity. If you're so offended by St. Louis pizza having paper-thin crust and an arrangement of cheeses that is slightly new to your taste buds, maybe consider that your beloved hometown pizza is also probably weird to someone who wasn't born there. And maybe, also, that pizza elitism is genuinely stupid. It's pizza.

If it's the provol that you're caught on — or that has you hesitant to try Imo's at all — it's nothing you haven't had before. Provol is nothing more than a Frankenstein-esque combination of cheddar, Swiss, and provolone. Unlike most other pizza cheeses, provol was designed (here in St. Louis, just like gooey butter cake and toasted ravioli) to produce a wonderfully melty pizza experience that doesn't stretch out and get all messy. That's right: pizza made with provol provides the only perfectly clean bite in the pizza game.

Just like how the rest of the

country got mad at St. Louis when they found out we bread slice our bagels at Bread Co (that's Panera to you), maybe you don't like how Imo's is cut in square pieces. I'll just leave this one to Jodie Foster: "Normal is not something to aspire to, it's something to get away from."

Sure, the crust might resemble cardboard and the "cheese" melted on top is somewhat alarming, but that's part of what makes Imo's the square beyond compare. You truly cannot compare it to your New York or Chicago 'za. It is so unique (and superior) that its incomparable nature requires a different category of the beloved pizza slice.

If you just don't want to try Imo's because it's expensive, well, you didn't seem to think your \$40 Chipotle delivery order was expensive last night. Imo's is a local experience — it's not just pizza. It's a lifestyle. A way of being.

And if you've had a bad first Imo's experience, don't knock the entire company. It's important to know that each location is independently franchised, and thus makes their pizza slightly differently. Most stores have tiny teams staff-



Ed and Margie Imo did not start their beloved pizza company in St. Louis in 1964 to have it mocked by college students. Show some respect.

— by
hating Imo's,
you're saying you hate hardworking St. Louis natives. Wow. Way to support the local community.

ing them

And really, we don't know if there is more to say than this: If it's good enough for Simone Biles, it's good enough for you.

Illustrations by Annabel Shen

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CATS AND COFFEE FOR A CAUSE

Two cat cafés in St. Louis to check out

Amelia Letson Contributing Writer

One of the biggest adjustments I've had to make since arriving at WashU is living without my pets. I took for granted just how much joy cuddling with my cat at the end of the day brings me. I have found some salvation in Socke, the cat that hangs out on the South 40, and the various dogs that make appearances on campus, but it hasn't been enough. To this end, I decided to visit St. Louis' cat cafés.

If you're unfamiliar with the cat café phenomenon, they are exactly what they sound like: a café with cats. There are two in St. Louis: Mauhaus in Maplewood and The Cheshire Grin Cat café located near Marine Villa. Since I had no pets when I was younger, my dad and I made it our tradition to seek out cat cafés in every city we visited. All the cat cafés I've been to have their own quirks and cats, but they all share the general sentiment of wanting to help local animals.

Like the majority of cat cafés I've been to, both the Cheshire Grin Cat café and Mauhaus are affiliated with a local animal shelter and house to help find

homes for cats. The Cheshire Grin operates its own rescue non-profit called The Green Paw Rescue founded in 2018, which helps both cats and dogs. Mauhaus partners with the non-profit Stray Haven Rescue which rescues cats from abusive situations and animal shelters with high euthanization rates. Direct donations can be made toward these rescues via their websites.

When I entered The Cheshire Grin Cat café's two-story storefront on Cherokee Street just a couple weeks ago, I was immediately greeted with masses of cat-themed wall art and a friendly hello from an employee. I paid five dollars to enter the cat section of the café for an hour and was met by a kitten the size of my hand named Henry. I watched Henry toddle about and attempt to socialize with the other older cats that were clearly too cool for him. I then found my way upstairs, found a seat, and before I knew it, a tabby cat named Gabby had made her way onto my lap on top of my camera.

Was I trapped in that position for the next twenty minutes so as not to disturb the cat? Yes. Did I feel my heart rate start to slow and get a serotonin rush? Also yes. The only thing that made Gabby hop off my lap was when her fellow cats knocked over the trash can to look for extra treats.

My experience at Mauhaus was just as pleasant. I visited with my mom the day before I moved into WashU, and it helped to soothe my move-in anxiety. One cat there noticed my nervous energy or perhaps thought my hands looked yummy and decided to lick them.

Both have cat-friendly furniture that allows everything in the café to be cat-accessible. Mauhaus charges ten dollars for one hour entry, but gives you a free beverage of your choice. Both cafés have additional beverages and pastries available for purchase. The cafés were both pretty empty when I visited which allowed me to get lots of special attention from the cat residents.

Whether you're missing your pets or looking for a relaxing and therapeutic activity off campus, I see no better option than visiting a cat café in St. Louis. Even if you're not a cat lover, I still recommend making a visit. College is about opening yourself up to new opportunities and experiences and there's no other activity quite as low risk, high reward as this one. As one Mauhaus employee named Emily put it, cat cafés "provide a place where you have twenty pets for an hour!" And who wouldn't want that?

Mauhaus Cat Café
3101 Sutton Blvd., Maplewood MO 63143

Wednesday-Sunday: 9 a.m. - 8 p.m.

Take the 16 bus from Skinker and Lindell (toward Shrewsbury I-44) to Bellevue and Manchester and then walk for 15 minutes or take the Metro Blue line (toward Shrewsbury I-44) to Sunnen and then

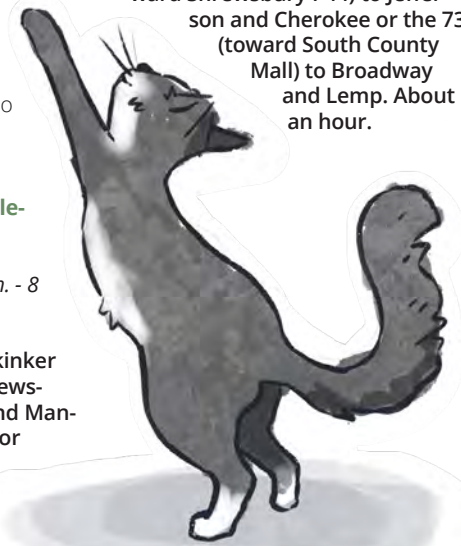


walk for 15 minutes. About 35 minutes either way.

Cheshire Grin Cat Café 1926
Cherokee Street, St. Louis MO 63188

Friday-Sunday: 10 a.m. - 4 p.m.

Take the Metro Blue line (toward Fairview Heights) to Civic Center and change to the 11 bus (toward Shrewsbury I-44) to Jefferson and Cherokee or the 73 (toward South County Mall) to Broadway and Lemp. About an hour.



Illustrations by Tuesday Hadden

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Underrated alternatives to your favorite Loop restaurants

Hugh Chan Staff Writer

Some options a bit further off the beaten track for Washington University students who find themselves overly reliant on the Delmar Loop.

You've probably been to Winslow's Table, but have you been to Southwest Diner?

There is no better quality-for-price tradeoff in the city than Southwest Diner, where platters of Tex-Mex priced at single digits will both astound and stuff any diner.

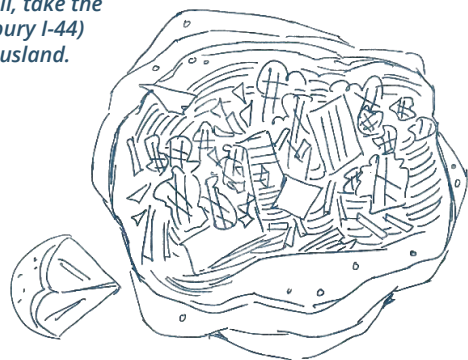
The size of the menu at Southwest Diner may seem overwhelming at first, but every one of the many dishes offered are guaranteed to be generously portioned and delectable. From cheesy grits topped with braised pork shoulder, red chile sauce and eggs to hearty cornmeal pancakes, colossal breakfast burritos and sopapillas — pillowy Mexican doughnuts drizzled with honey — most items are under \$10 but taste as though they should cost twice as much.

Other brunch spots, such as Winslow's Table, may seem more elegant when compared with the humble Southwest Diner. However, no restaurant in the city can offer the quality of food that Southwest Diner boasts at classic diner prices and portions.

Southwest Diner
6803 Southwest Ave., St. Louis MO 63143

Saturday-Sunday: 8 a.m. - 2 p.m.
Monday and Friday: 7 a.m. - 2 p.m.

From Skinker and Lindell, take the 16 bus (toward Shrewsbury I-44) to Southwest and McCausland. About a half hour.



You've probably been to Mission Taco Joint, but have you been to El Toluco Taqueria and Grocery?

Nestled within an unassuming Mexican grocery store in the center of Manchester, El Toluco is the city's best-kept secret. Despite rave reviews from food critics to casual Yelp users, El Toluco doesn't seem to get the attention that it deserves, but its tacos are undeniably the best in St. Louis.

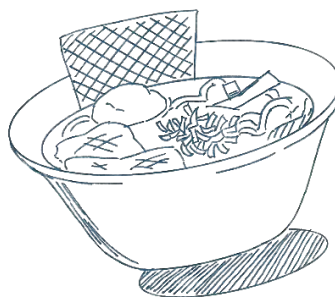
No options at El Toluco will disappoint, but the al pastor taco — cubes of pork marinated in a blend of smoky spices paired with slices of sweet pineapple — in particular is unmissable. Equally satisfying is the chorizo with eggs taco, where spicy house-made chorizo is enveloped in fluffy eggs to create the ideal hearty breakfast taco.

El Toluco's ambience is not exactly inviting — the dining room is just a few tables placed atop an empty space within the grocery store — but the food compensates for the environment. Ultimately, any taco enthusiasts seeking a more authentic experience than Mission Taco should view visiting El Toluco as a top priority.

El Toluco Taqueria and Grocery
14234 Manchester Rd.,
Manchester MO 63011

Tuesday-Thursday: 11 a.m. - 3 p.m.
Friday-Saturday: 11 a.m. - 7 p.m.

Take the Metro Blue line (toward Shrewsbury I-44) to Maplewood-Manchester and then change to the 57 bus (toward Wildwood) to Manchester at Highlands. A little over an hour.



You've probably been to Nudo House, but have you been to Ramen Tei?

Ramen is a simple dish. However, with few components, each ingredient is well-pronounced and any shortcomings are immediately exposed. With a dish that seems basic to make but is easy to ruin, Ramen Tei comes closer than any other place in the city to making a flawless bowl of ramen.

Ramen Tei's strengths come in their ability to execute the two most important aspects of ramen: broth and noodles. Often, ramen broth is too greasy to drink on its own, wasting the flavors imbued within. Ramen Tei's broth manages to be deeply flavorful while diluted enough that the oil doesn't overpower the dish. The meat is similarly well-balanced: although there is still plenty of fat in the slices of pork, the fat melts in the mouth when eaten and doesn't have the chewiness characteristic of bad ramen. While a bowl of ramen at Ramen Tei is a couple dollars more expensive than Nudo House, the difference in quality makes the price upgrade more than worth it.

Ramen Tei
14027 Manchester Rd. Ballwin,
MO 63011

Sunday, Wednesday, Thursday: 5 p.m. - 8 p.m.
Friday-Saturday: 5 p.m. - 9 p.m.

Take the Metro Blue line (toward Shrewsbury I-44) to Maplewood-Manchester and then the 57 bus (toward Wildwood) to Manchester and Weidman. About an hour.

You've probably been to Salt + Smoke, but have you been to Pappy's Smokehouse?

In a city that prides itself on its barbeque, Pappy's is the very best. While the restaurant advertises their barbeque as being "Memphis-style," their fare is undoubtedly better than the best Memphis can offer.

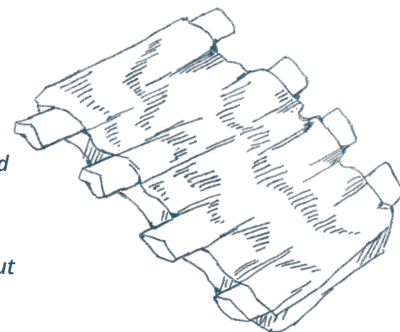
Seven meat options are available on the menu, but the slow-cooked ribs are the primary factor propelling Pappy's into national recognition. Roasted over apple and cherry wood for 24 hours, each rack of ribs is encrusted in a layer of fragrant spices. No part of the tender meat is gristly; any fat surrounding the ribs is reduced to an aromatic grease that only adds to the succulent mouthfeel.

Price-wise, Pappy's is mostly identical to Salt + Smoke, but Pappy's ribs and other smoked meats are far superior. Admittedly, Salt + Smoke's sides are a notch above Pappy's, but the most important aspect of a barbeque restaurant is the barbeque. For those seeking to experience the upper echelon of St. Louis barbeque, Pappy's is a must-visit.

Pappy's Smokehouse
3106 Olive St., St. Louis MO
63103

Thursday - Saturday: 11 a.m. - 6 p.m.
Sunday and Wednesday: 11 a.m. - 4 p.m.

Take the Metro Blue line (toward Fairview Heights) to Grand and then either walk 15 minutes or take the 70 bus (toward Broadway Taylor) to Grand and Lindell. About 45 minutes.



Illustrations by HN Hoffmann



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