

Our region's dynamic food scene is bursting with culinary talent. Our dining guide showcases these locally owned restaurants who strive to create a distinctive dining experience. Please support them with your dollars.



Nestled in the Irish hill neighborhood, Ciao Ristorante delivers an authentic Italian experience using local ingredients. Featured is pan seared halibut with Kentucky Proud Heirloom tomatoes and fennel summer salad served over a white bean hummus and finished with a balsamic reduction.

Louisville Metro



North End Café

1722 Frankfort Ave. &
2116 Bardstown Road
Louisville, KY; 502-896-8770

www.northendcafe.com

Traditional meets modern eclectic cuisine at the North End Café. The menu highlights traditional items made with a health-conscious approach using the freshest seasonal ingredients available. Offering breakfast all day, plus lunch and dinner daily. Dine inside or on the patio. On- and off-site catering available.



Wiltshire Pantry Bakery & Café

901 Barrett Avenue,
Louisville, KY 40204

502-581-8561

www.wiltshirepantry.com

Wiltshire Pantry Bakery and Café continues the tradition of fresh, local and inspired as we showcase a delicious range of soups, salads, sandwiches and baked delights. Hours: Tu-Fr 7am-3pm, Sa 8am-3pm, Su 10am-2pm.

Harvest

624 E Market St,
Louisville, KY 40202
502-384-9090

www.harvestlouisville.com

Harvest welcomes Chef Patrick Roney's broad culinary experience to the restaurant's mission of local and sustainable cuisine. With at least eighty percent of our food from farmers and growers which are within a 100-mile radius of the city. Open Tues-Sun dinner 5-10pm. Fr-Sun Brunch 10am-2:30pm.



Blue Dog Bakery

2868 Frankfort Ave.
Louisville, KY 40206
502-899-9800

www.bluedogbakeryandcafe.com

Located in the heart of Crescent Hill, Blue Dog Bakery offers a European-inspired café with a soup, salad and sandwich menu. World-class artisan bread and pastry, house-cured meats, Italian coffee and an impressive selection of beer and wine complement the ever-changing selections. Hours: bakery, Tu-Sa 7am-4pm; brunch/lunch 9am-2pm.



Red Hog

Local Craft Butcher
2622 Frankfort Ave.
Louisville, KY 40206
502-384-0795

www.redhogartisanmeat.com

From the owners of Blue Dog Bakery comes Louisville's first local craft butcher shop, featuring Red Hog pork, beef, lamb, and poultry. Available as fresh cuts, cooked or cured, in the butcher shop and on the cafe menu. Our meat comes from local farms committed to sustainable, humane, and ethical farming practices. Butcher shop open Tue-Sat 10am-6pm.



Varanese

2106 Frankfort Ave.
Louisville, KY 40206
502-899-9904

www.varanese.com

Chef John Varanese believes that Louisville diners appreciate fresh ingredients prepared with a creative flair and a culturally diverse menu. Newly remodeled, this eclectic New American restaurant features spacious meeting rooms and year-round patio dining in a relaxed and stylish environment. Hours: Su-Th 5pm-11pm, F-Sa 5pm-midnight.

The Mayan Café

813 E. Market St.
Louisville, KY 40206
502-566-0651



www.themayan-cafe.com MAYAN CAFÉ

The Mayan Cafe proudly serves the essential ingredients of Mayan cooking—dishes rich with smoked chilies, pumpkin seeds, lime, oil infusions and roasted meats. Our meat comes exclusively from local farms and we use as much sustainably grown local produce and cheese as is seasonally available. Hours: lunch M-F 11am-2:30pm; dinner M-Th 5-10pm; F-Sa 5-10:30pm. Reservations recommended.



Lilly's — A Kentucky Bistro

1147 Bardstown Road |

Louisville, KY 40204 | 502-451-0447

www.lillyslapeche.com

For a casual yet upscale dining experience, Lilly's Bistro in the historic Highland Neighborhood exudes warmth and style. Fresh and seasonal ingredients inspire our New American Cuisine with an international flair from our local farmers. Enjoy a variety of small and large plates from our sustainable-farmed menu. Hours: lunch T-Sa 11am-3pm; dinner T-Sa 5-10pm.

Volare Italian Ristorante



2300 Frankfort Ave.
Louisville, KY 40206
502-894-4446

www.volare-restaurant.com

Volare restaurant serves modern Italian cuisine with Southern hospitality. Chef Josh Moore combines expert skills with his passion for using locally sourced and house-made products. Seasonal menu changes celebrate the harvest using produce grown on the Chef's 10-acre farm. Enjoy casual dinners in the lounge area or refined service in the wine library. Volare offers private dining and catering services. Hours: Su-Th 5-10pm, F-Sa 5-11pm.

PROOF
ON MAIN

Proof on Main

702 W. Main St.
Louisville, KY 40202
502-217-6360

www.proofonmain.com

Located in downtown's 21c Museum Hotel, Proof on Main's menu is inspired by the culinary traditions of the American South. Through partnerships with Woodland Farm and other regional farmers and producers, the menu has become a showcase for the bounty of the Ohio River Valley. Serving breakfast, lunch and dinner.

Cake Flour

Glenview Pointe
Shopping Center
2420 Lime Kiln Ln., Ste. C | 502-425-0130



CakeFlourBakery.com

We provide delicious goods of the highest quality, made from natural ingredients and prepared with care from scratch. In addition to offering the finest pastries and custom cakes, we serve breakfast and lunch, and offer catering options. Hours: Mon-Fri 7am-6pm, Sat 8am-3pm.



Eiderdown

983 Goss Avenue
Louisville, KY 40217
502-290-2390

www.eiderdown-gtown.com

Eiderdown's collaborative kitchen focuses on German cuisine with southern influence. House made sausages, pretzels and schnitzel are among the favorites. Twenty-one beers on tap boast a large selection of German and craft beer. Outdoor seating and private dining available. Hours: Tu-Th 4-10pm, Fr-Sa 4-11pm, Su 4-10pm.



River House Restaurant and Raw Bar

3015 River Road,

Louisville, KY 40207 | 502-897-5000

RiverHouseLou.com

Louisville's premier riverfront dining destination, River House features regional cuisine with a Southern flair and an emphasis on fresh seafood. Enjoy our 15-foot raw bar with assorted raw oysters, king crab, jumbo shrimp and more! Open daily for lunch and dinner. Sun-Thur 11am-11pm. Fri & Sat 11am-midnight.



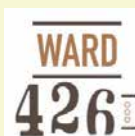
Levee at the River House

3015 River Road, Suite B,
Louisville, KY 40207

502-897-5000

LeveeRestaurant.com

Levee is the perfect spot to share a meal with family and friends, but also enjoy some choice river night life. We've got small plates to share, a robust cocktail menu, and live entertainment with some of Louisville's most exciting musicians and singers. Sun, Wed & Thur 4pm-Midnight. Fri & Sat 4pm-2am.



Ward 426

426 Baxter Ave
Louisville, KY 40204
502-365-2505

www.ward426.com

Born out of a passion for exceptional food and gracious service, Ward 426 brings an easygoing elegance to one of Louisville's historic neighborhoods. Chef Shawn Ward and his team of culinary experts take Southern cuisine and elevate it to where it deserves to be by

focusing on seasonal, local ingredients. Lunch Mon-Fri 11am-2:30pm; Dinner Mon-Thurs, Sun 5-10pm; Fri-Sat 5-11pm; Happy Hours Mon-Fri 4-6pm.

Mi Cocina on Fourth



520 S 4th Street
Louisville KY 40202
502-315-0666

www.lacocinalouisville.com

Looking for a lively environment, friendly service and delicious, authentic Mexican cuisine? La Cocina de Mamá has it all, conveniently located seconds from 4th Street Live and other downtown attractions. Perfect for quick dining before a show, lunch with coworkers, or a celebration with friends. Mon-Fri 11am-10pm, Sat 12-11pm, closed Sunday.

Bluegrass Burgers



3334 Frankfort Ave.

Louisville, KY 40206

502-614-6567

bluegrass-burgers.com

We are a quick casual, Louisville favorite family-owned restaurant with that 'diner feel.' Grilled to order local grass fed beef and bison, along with many other meat/vegan options—all topped with fresh locally sourced produce, house made sauces, and salsas from our 'build your own' toppings bar. Pair it with our hand cut or sweet potato fries, home-made coleslaw or our very own seasoned potato chips. Hours Sunday-Thursday 11am-9pm and Friday and Saturday until 11am-10pm.



Isaac's Café at Bernheim Arboretum and Research Forest

Clermont, KY 40110

502-955-8512, ext. 181.

bernheim.org/explore/isaacs-cafe/

Following Bernheim's vision of ecological stewardship, Isaac's Café at Bernheim features fresh salads, soups, sandwiches, children's meals, and delicious desserts using vegetables, herbs, and edible flowers from Bernheim's Edible Garden. We source other menu items—fresh eggs, cheese, breads, and meats—from local farmers. Café winter hours: 11am-2pm weekdays, 11am-3:30pm weekends. Closed Thanksgiving, Christmas Eve, Christmas Day and New Year's.



Food News and Chews Radio

WVWLK 590 AM, Lexington

Saturdays at 1 pm

**Food News
and
Chews!!!**



Ciao Ristorante

1201 Payne Street
Louisville, KY. 40204
502-690-3532

www.ciaolouisville.com/

Located in the Irish Hill neighborhood, Ciao features authentic Italian fare, that emphasizes on old world family recipes. Enjoy craft libations with a unique Italian wine list at our beautiful bar. Locally owned and operated. Hours: M–Th 11am–10pm, Fr–Sa 11am–2am, Closed Sun.

Bluegrass Region



Sage Garden Café at Wilson Nurseries

3690 East-West Connector Rte 676
Frankfort, KY 40601 | 502-352-2725

www.wilsonnurseriesky.com/sage-garden-cafe/

Garden meets table in this fresh, casual café serving seasonal and local fare with a regional flare. The garden inspired setting extends to a perfect patio outdoor dining space for you to enjoy the salads, soups, sandwiches and weekly creations. Hours: M–Fr 11am–5pm, Sa 9am–5pm, Su 10am–5pm.



Heirloom - Midway

125 Main Street, Midway, KY
859-846-5565

www.heirloommidway.com

Heirloom, a mainstay in the Bluegrass restaurant scene, offers inventive modern cuisine prepared by chef Mark Wombles and team. Hours: lunch Tu–Sa 11:30am–2pm; dinner Tu–Sa 5:30pm–close.



Mezzo Italian Café and Provisions

131 E Main Street, Midway, Kentucky 40347
859-846-4077

Mezzo Italian Café and Provisions is a family style restaurant boasting fresh, local ingredients in a cozy tavern style atmosphere. Mezzo's name is inspired by its location—Midway. Mezzo is the Italian word for "medium or middle". Sofas, fireplaces and warm wood contribute to the casual ambiance. A wood-burning pizza oven, two full bars, and "Kids Night" once a week are among the offerings making Mezzo a special place for gathering.



Lockbox

167 W Main Street
Lexington, KY 40507
859.899.6860

info@lockboxlex.com | LockBoxLex.com

Lockbox is committed to sourcing local, high-quality ingredients around the Bluegrass region. Led by executive chef Jonathan Searle, Lockbox uses thoughtful yet simple preparations and cooking techniques in a contemporary setting. Dinner: Mon–Thurs: 5:30–10pm, Fri–Sat: 5:30–11pm, Sun: 5:30–9pm. Breakfast: Mon–Fri: 7–10am, Sat–Sun: 7am–12pm. BAR: Sun–Thurs: 4pm–12am, Fri–Sat: 4pm–1am. Now open for lunch from 11–2pm.



Distilled

120 West 2nd Street, Lexington, KY 40507
859-255-0002

www.distilledatgratzparkinn.com

Chef Mark Wombles and his team raise farm to table dining to an art form at Distilled in the Historic Gratz Park Inn. Following his success with the award winning Heirloom in Midway, Chef Wombles has created an elegant but comfortable environment for introducing his unique brand of southern cuisine to locals and visitors alike. An Open Table Diners Choice Award Winner for 2015. Breakfast Mon–Sat 7–10am, Lunch Mon–Sat 11am–2pm, Dinner Sun–Thurs. 5:30–10pm, Fri–Sat 5:30–10pm. Bar hours Fri–Sat 5:30pm–2am.



Coles 735 Main

735 E Main St.,
Lexington, KY 40502
859-266-9000

www.coles735main.com

Passion. Artistry. Variety. Coles 735 Main gives visitors the chance to enjoy fine dining in an atmosphere both distinctive and relaxing. With locally-sourced ingredients, Executive Chef Cole Arimes' handcrafted artisan dishes, and one of the most unique wine programs in the Bluegrass, each experience is sure to be unforgettable. Open evenings, Monday–Saturday, closed Sunday.

Edible Louisville & the Bluegrass invites your restaurant to join the list of locally sourced restaurants participating in our Dining Guide.

For Louisville and Southern Indiana, contact

Chef Meagan Jeanette at 502-819-7722.

For Bluegrass, contact Norma at 859-619-2774.

EAT Local

Southern Indiana



Adrienne and Co. Bakery Cafe

129 W. Court Ave.,
Jeffersonville, IN 47130
812-282-2665

133 E Market St,
New Albany, IN 47150
812-949-2334

www.cakestoday.com

Adrienne and Co. Bakery Cafe is the area's premier bakery for cakes, pastries, donuts, brownies, and much more. Try our scratch biscuits and gravy in the morning and our famous sandwiches on focaccia for lunch. Minutes from downtown Louisville. Jeffersonville hours: Mon–Wed, Friday, 7am–5:30pm, Thur (9 cent spaghetti night) 7am–8pm, Sat 8am–3pm, Sun 8am–1pm. New Albany hours: Mon 6am–12pm, Tue 5am–12pm, Wed–Thur 5am–8pm, Fri 5am–9pm, Sat 6am–9pm, Sun 6am–12pm.



Starlight Café

(Located at Huber's Orchard, Winery & Vineyards)

19816 Huber Road, Borden, IN 47106
812-923-9463

www.huberwinery.com

Visit the Starlight Café at Huber's Orchard, Winery & Vineyards for a variety of sandwiches, appetizers, salads, and pizzas. Pair your meal with a glass or bottle of Huber's award-winning wine, seasonal sangrias, or one of our craft cocktails. Business Hours: Mon–Sat 10am–6pm, Sun Noon–6pm. Café Hours: Mon–Sat 11am–5:30pm, Sun Noon–5:30pm.



Café on Meigs

425 Meigs Avenue
Jeffersonville, Indiana 47130
812-288-8515

www.cafeonmeigs.com

Located in downtown Jeffersonville, this old home turned local eatery offers homemade soups, crisp salads and made-to-order sandwiches created using fresh ingredients and family recipes. Dine in/carry out with daily specials, lunch combos and box lunches available. M–F: 11am–5pm, Sa 11am–4pm.

Portage House

117 E. Riverside Drive,
Jeffersonville, IN 47129
812-725-0435



www.eatportagehouse.com

Chef Skulas brings with him his experience of growing up in Northwest Ohio where he first fell in love with cooking under his mother's tutelage and later under James Beard Award-winner chef John Currence of City Grocery. Portage House aims to deliver locally-sourced Indiana meat and produce and fresh seafood. The menu concept is simple, approachable midwestern-fare. Selected for an OpenTable Diners' Choice award. Tues–Sat: Lunch 11am–2pm; Dinner 4–10pm.