

A LOCAL's GUIDE TO BOSTON

Eat, Sweat & Shop!

Food & Dining

Type	Name	Location
Acai Bowls	Cocobeet	City Hall
Bakery	Tatte	Beacon Hill
Breakfast	Tatte	Beacon Hill
Brunch	Lincoln	South Boston
Burger	The Gallows	South End
Chocolate	Taza	Somerville or Boston Public Market
Coffee & Matcha	Thinking Cup	Back Bay
Donuts	Blackbird	South End
Farm to Table/American	Post 390	Back Bay
Farmer's Market & Local Food	Boston Public Market	Faneuil Hall
French	Bistro di Mudi or No. 9 Park	Beacon Hill
Ice cream	Picco	South End
Ice cream (dairy free)	FoMu	South End
Italian	Nico	North End
Lunch - Fast Food	Dig Inn or Bon Me	Back Bay
Lunch	Tatte	Beacon Hill
Pizza	Picco	South End
Seafood	Row34	Seaport
Smoothies	Juicepress	Back Bay and Seaport
Spanish Tapas	Barcelona Wine Bar	South End
Steakhouse	Mooo	Beacon Hill
Sushi	Douzo	Back Bay
Vegan	Chloe	Seaport

Shopping

Type	Name	Location
Women's Consignment	Covet	South Boston
Womens' Boutique	Mint Julep	Harvard Square and Brookline
Men's Boutique	Ball and Buck	Back Bay
Open Market/Vintage/Boutique	SoWa Open Market	South End (Sundays only)

Fitness Studios

Type	Name	Location
Spinning	Soul Cycle or Flywheel	Back Bay
Strength / Conditioning	BSC Lab (featuring BFX)	Back Bay
Pilates / Toning	Btone	Back Bay and North End
Strength / Conditioning	BURN Fitness	Back Bay and South End
Bootcamp	Barry's Bootcamp	Downtown Crossing
Barre / Yoga	Exhale	North End
Yoga	East Side Yoga	South Boston
Boxing	EverybodyFights	South Boston