

## Area Restaurants/Food Marts

(All restaurants and stores are in a 3-mile radius of both our venue and Holiday Inn Express)

### Noodles

398 Army Trail Rd., Bloomingdale (Bloomingdale Square)

630-671-9411

Weekend hours: 11:00 am-9:00 pm Fri-Sun

Cafeteria style

Some gluten-free and vegetarian choices

<https://locations.noodles.com/il/bloomingdale/398-w-army-trail-road.html>

### Taj-Mahal (Reservations made for Saturday group lunch)

398 West Army Trail Rd., Bloomingdale

630-237-4445

Weekend hours: Fri: noon-2:30 pm, 5:00 pm-10:00 pm; Sat: noon-3:00 pm, 5:00 pm-10:00 pm; Sun: noon-3:00 pm, 5:00 pm-10:00 pm

<http://www.tajmahalbloomingdale.com/>

### Mandarin Bistro (Reservations made for Friday group dinner)

156 E. Lake St., Bloomingdale

630-893-8168

Weekend hours: Fri: 11:30 am-10:00 pm, Sat: noon-10:00 pm, Sun: noon-9:00 pm

Trina, the owner, will guide us to vegetarian/vegan choices free of msg.

<http://www.mandarinbistro.com/>

### Panera

370 Army Trail Rd., Bloomingdale

630-351-9053

Weekend hours: Mon-Sat: 5:30 am-10:00 pm; Sun: 6:30 am-9:00 pm

Fresh produce; quick service

<https://locations.panerabread.com/il/bloomingdale>

### 8000 Miles (Reservations made for Sunday group lunch)

107 Main St., Roselle (Cor. of S. Prospect St. and Main St.)

630-283-0053

Chinese/Japanese cuisine

Vegetarian and gluten-free offerings; very few items with msg

Weekend hours: Fri-Sat: 11:30 am-10:30 pm; Sun: noon-9:00 pm  
Has a welcoming outdoor dining area; plenty of room for group seating inside or outdoors

<https://www.8000milesrestaurantil.com/>

### **V Thai Restaurant**

982 Lake St., Roselle (Cor. of Lake St. and Rodenburg Rd. in the Rose Plaza)

224-653-9733

Weekend hours: Fri: 11:00 am-10:00 pm; Saturday: 11am-10pm; Sun: Closed

Very small. Some heartfriends may enjoy going there in groups of 2 or 3.

<http://www.vthairestaurant.com/>

## **Stores Offering Organic Produce and Food Items**

### **Caputo's Fresh Markets**

166 E. Lake St., Bloomingdale (Springbrook Shopping Center)

630- 924-0900

Weekend hours: Fri: 7:00 am-10:00 pm; Sat, Sun: 6:00 am-10:00 pm

<https://www.shopcaputos.com/store/about-us.aspx>

### **Fruitful Yield**

366 Army Trail Rd., Bloomingdale

630-894-2553

Smoothies and soups bar; veggie wraps, only organic produce; mostly organic and gluten-free items

Weekend hours: Fri: 9:00-8:00; Sat: 9:00-7:00; Sun: 10:00-6:00

<https://www.fruitfullyield.com/>

### **Mariano's Supermarket**

144 Gary Ave., Bloomingdale (Stratford Crossing)

630-671-9116

Weekend hours: Fri-Sun: 6:00 am-10:00 pm

[https://www.marianos.com/stores/details/531/00540?cid=loc\\_53100540\\_gmb](https://www.marianos.com/stores/details/531/00540?cid=loc_53100540_gmb)

### **D Nutrition**

185 E. Lake St. Suite A, Bloomingdale

847-466-7732

Weekend hours: Fri: 9:00 am-7:30 pm; Sat, Sun: 10:00 am-6:00 pm

Vitamins, supplements, healthy snacks