

In the **Q**: It's February. Give Your Taste Buds a Break!



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You've done well on your New Year's resolutions to eat better and save money, but a person can only face a tuna salad sandwich and celery sticks in a brown bag so many times before realizing that taste buds are meant to be exercised. So, even if you don't have the time to sit and eat at a restaurant, don't forget that carry-out is a great option.

In the MedQuarter there are six restaurants that offer carry-out and one that will even deliver!

Brewed Awakenings

1271 1st Avenue SE / 363-4333

A variety of soups, salads and sandwiches, plus great coffee drinks and smoothies.

Caribou Coffee

202 10th Street SE, Suite 105 / 365-1694

A wide selection of coffee and specialty drinks, breakfast items and oven toasted sandwiches.

Daisy's Garage

1117 1st Avenue SE / 362-2223

Burgers, sandwiches, chili and more.

Fusion Restaurant*

821 3rd Avenue SE / 364-4130

A variety of Indian, Mexican and American dishes.

*Delivery available 11:30am – 2:00pm, Mon - Fri

Phong Lan Vietnamese Restaurant

216 8th Street SE / 365-5784

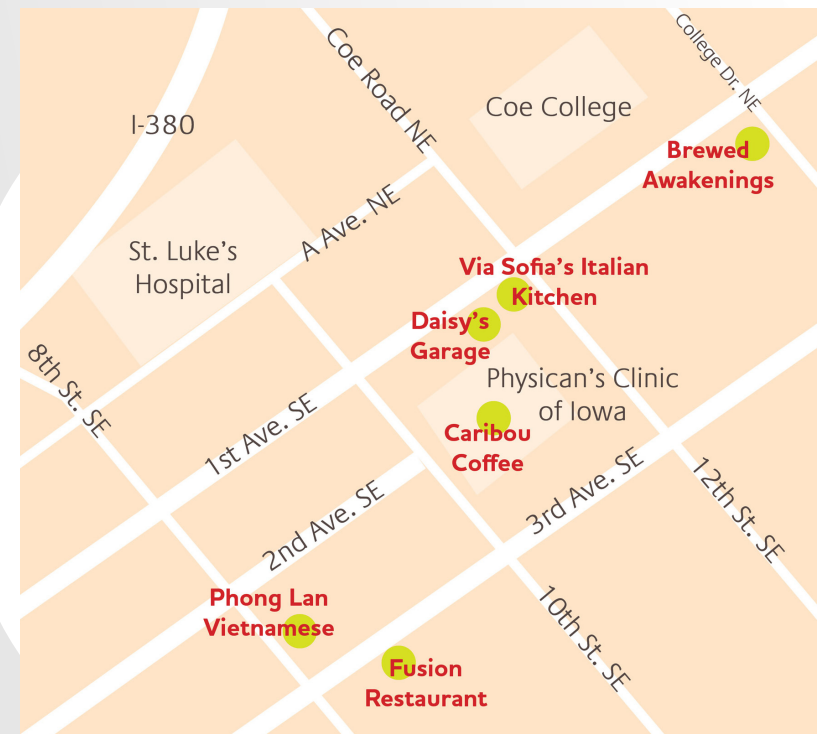
A wide variety of authentic Vietnamese dishes and other Asian favorites.

Via Sofia's Italian Kitchen

1125 1st Avenue SE / 362-9667

Pastas, sandwiches, pizza and gyros, plus ice cream and shakes.

The MedQuarter is a delicious place to exercise your taste buds!



**Map of Restaurants within the MedQuarter
Regional Medical District**