The Period is Political

*Menstrual Research, Policy, and Practice*

SOCIETY FOR MENSTRUAL CYCLE RESEARCH CONFERENCE

JULY 20-23, 2023

BETHESDA&DC AREA GUIDE
## FOOD AROUND HYATT REGENCY BETHESDA

### BREAKFAST OPTIONS

**NOTE:** The Society for Menstrual Cycle Research is not recommending or endorsing any specific businesses. SMCR is also not responsible for changes in prices from the estimates available to us at the time this information was compiled. We are merely trying to offer options to conference attendees that they can further research on their own to make informed choices.

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Distance From Hotel</th>
<th>Hours</th>
<th>Outdoor Seating</th>
<th>Typical Entrée Price</th>
<th>Walk-in/ Reservation Needed</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TATTE BAKERY&amp; CAFE</strong></td>
<td>3-minute walk</td>
<td>7 am - 8 pm Monday to Saturday, 8 am - 7 pm Sunday</td>
<td>Yes</td>
<td>$9-$14</td>
<td>Walk-in</td>
<td>Credit Cards or online order</td>
</tr>
<tr>
<td><strong>PAUL FRENCH BAKERY&amp; CAFE</strong></td>
<td>8-minute walk</td>
<td>7:30 am - 7:30 pm Monday to Sunday</td>
<td>Yes</td>
<td>$7-$12</td>
<td>Walk-in</td>
<td>Credit Cards and Android Pay</td>
</tr>
<tr>
<td><strong>JOE AND THE JUICE</strong></td>
<td>7-minute walk</td>
<td>7 am - 8 pm Monday to Friday, 8 am - 8 pm Saturday &amp; Sunday</td>
<td>Yes</td>
<td>$10-$12</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
<tr>
<td><strong>SILVER</strong></td>
<td>8-minute walk</td>
<td>7 am - 11 pm Monday to Thursday, 7 am - 12 pm Friday &amp; Saturday, 7 am - 11 pm Sunday</td>
<td>Yes</td>
<td>$15-$20</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
<tr>
<td><strong>BROWN BAG</strong></td>
<td>1-minute walk</td>
<td>7:30 am – 2:30 pm Monday to Friday, closed Saturday &amp; Sunday</td>
<td>Yes</td>
<td>$15-$20</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
</tbody>
</table>
### FOOD AROUND HYATT
#### REGENCY BETHESDA

**BREAKFAST OPTIONS**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Distance From Hotel</th>
<th>Hours</th>
<th>Outdoor Seating</th>
<th>Typical Entrée Price</th>
<th>Walk-in/ Reservation Needed</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JEAN'S DELI</strong></td>
<td>4-minute walk</td>
<td>7 am – 4 pm Monday to Friday, closed Saturday &amp; Sunday</td>
<td>No</td>
<td>$5-$13</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
<tr>
<td><strong>OLIVA'S KITCHEN</strong></td>
<td>9-minute walk</td>
<td>8 am – 4 pm Monday to Friday, 8 am – 4 pm Saturday, closed Sunday</td>
<td>Yes</td>
<td>$10-$12.5</td>
<td>Walk-in, online order available</td>
<td>Credit Card</td>
</tr>
<tr>
<td><strong>QUARTERMAINE</strong></td>
<td>6-minute walk</td>
<td>6 am – 6 pm Monday to Thursday &amp; Sunday, 6 am – 7 pm Friday &amp; Saturday</td>
<td>Yes</td>
<td>Coffee $5, Smoothie $7, beans $18</td>
<td>Walk-in, online order available</td>
<td>Credit Cards and Android Pay</td>
</tr>
<tr>
<td><strong>TERRAIN CAFÉ</strong></td>
<td>6-minute walk</td>
<td>11 am – 8 pm Wednesday to Friday, 9 am – 4 pm Saturday &amp; Sunday, closed Monday &amp; Tuesday</td>
<td>No</td>
<td>$17-$20</td>
<td>Reservation available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td><strong>7501 CAFÉ</strong></td>
<td>3-minute walk</td>
<td>7 am – 4 pm Monday to Friday, closed Saturday &amp; Sunday</td>
<td>Yes</td>
<td>$5.59 ½ sandwich &amp; soup combo</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
</tbody>
</table>

*Very loud*
# Food Around Hyatt Regency Bethesda

## Breakfast Options

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Distance From Hotel</th>
<th>Hours</th>
<th>Outdoor Seating</th>
<th>Typical Entrée Price</th>
<th>Walk-in/ Reservation Needed</th>
<th>Payment</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puree Artisan Juice Bar</td>
<td>6-minute walk</td>
<td>9 am– 8 pm Monday to Saturday, 9 am – 5 pm Sunday.</td>
<td>Yes</td>
<td>shake $11, juice $12</td>
<td>Walk-in, online order available</td>
<td>Credit Cards &amp; Apple Pay</td>
<td>*Loud</td>
</tr>
<tr>
<td>Tropical Smoothie Café</td>
<td>3-minute walk</td>
<td>7 am– 9 pm Monday to Friday, 8 am – 9 pm Saturday, 10 am – 8 pm Sunday</td>
<td>Yes</td>
<td></td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>Bethesda Bagels</td>
<td>6-minute walk</td>
<td>7 am– 3 pm Monday to Sunday.</td>
<td>No</td>
<td>$5-$7</td>
<td>Walk-in, online order available</td>
<td>Credit Cards &amp; Apple Pay</td>
<td></td>
</tr>
</tbody>
</table>

## Lunch/ Dinner Options

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Distance From Hotel</th>
<th>Hours</th>
<th>Outdoor Seating</th>
<th>Typical Entrée Price</th>
<th>Walk-in/ Reservation Needed</th>
<th>Payment</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morton's The Steakhouse</td>
<td>6-minute walk</td>
<td>4 pm - 10 pm Tuesday to Saturday, 4 pm - 9 pm Monday&amp; Sunday</td>
<td>No</td>
<td>$50-$70</td>
<td>Reservation &amp; online order available</td>
<td>Credit Cards</td>
<td>*Many vegetarian options</td>
</tr>
<tr>
<td>Spanish Diner</td>
<td>6-minute walk</td>
<td>11 am - 10 pm Monday to Friday, 10 am - 10 pm Saturday, 10 am - 9 pm Sunday</td>
<td>Yes</td>
<td>$15-$25</td>
<td>Reservation Needed</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>Restaurant</td>
<td>Distance From Hotel</td>
<td>Hours</td>
<td>Outdoor Seating</td>
<td>Typical Entrée Price</td>
<td>Walk-in/ Reservation Needed</td>
<td>Payment</td>
<td>Specialties</td>
</tr>
<tr>
<td>---------------------------</td>
<td>---------------------</td>
<td>----------------------------------------------------------------------</td>
<td>-----------------</td>
<td>----------------------</td>
<td>----------------------------</td>
<td>-----------------</td>
<td>---------------------------</td>
</tr>
<tr>
<td>CHERCHER [ETHIOPIAN CUISINE]</td>
<td>11-minute walk</td>
<td>4 pm - 10 pm Monday to Thursday, 12 pm - 10 pm Friday to Sunday</td>
<td>Yes</td>
<td>$20</td>
<td>Walk-in</td>
<td>Credit Cards</td>
<td>*Vegan Options</td>
</tr>
<tr>
<td>MON AMI GABI [ETHIOPIAN CUISINE]</td>
<td>7-minute walk</td>
<td>11:30 am - 9 pm Monday to Friday, 11:30 am - 10 pm Friday to Saturday, 9 am – 9 pm Sunday.</td>
<td>Yes</td>
<td>$25-$35</td>
<td>Reservation Recommended</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>RAKU [PAN ASIAN]</td>
<td>7-minute walk</td>
<td>11:30 am – 2:30 pm/ 4:30 pm -9 pm Monday to Thursday, 11:30 am – 2:30 pm/ 4:30 pm – 10 pm Friday, 12 pm – 3 pm/ 5 pm – 10 pm Saturday, 12 pm – 3 pm/ 5 pm – 9 pm Sunday.</td>
<td>Yes</td>
<td>$25-$35</td>
<td>Reservation Recommended</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>GRINGOS &amp; MARIACHIS [MEXICAN STREET FARE]</td>
<td>10-minute walk</td>
<td>11:30 am – 9:30 pm Monday to Wednesday, 11:30 am – 10 pm Thursday, 11:30 am – 11 pm Friday&amp; Saturday, 11:30 am – 9:30 pm Sunday.</td>
<td>Yes</td>
<td>$13-$16</td>
<td>Walk-in</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>BLACK'S BAR &amp; KITCHEN [SEAFOOD]</td>
<td>7-minute walk</td>
<td>12 pm – 9 pm Monday to Thursday, 12 pm – 10 pm Friday&amp; Saturday, 12 pm – 10 pm Friday&amp; Saturday, 11 am – 3:30 pm Sunday.</td>
<td>Yes</td>
<td>$30-$35</td>
<td>Reservation Recommended</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>Restaurant</td>
<td>Distance From Hotel</td>
<td>Hours</td>
<td>Outdoor Seating</td>
<td>Typical Entrée Price</td>
<td>Walk-in/ Reservation Needed</td>
<td>Payment</td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>---------------------</td>
<td>------------------------------------------------------------------------</td>
<td>-----------------</td>
<td>----------------------</td>
<td>-----------------------------</td>
<td>---------------</td>
<td></td>
</tr>
<tr>
<td>PLANTA [VEGAN]</td>
<td>7-minute walk</td>
<td>11:30 am – 9:30 pm Monday to Friday, 11 am – 10 pm Saturday&amp; Sunday.</td>
<td>Yes</td>
<td>$15-$23</td>
<td>Reservation Recommended</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>Q BY PETER CHANG [CHELERY CHEF PETER CHANG]</td>
<td>5-minute walk</td>
<td>11 am – 3 pm/ 5 pm – 9:30 pm Monday to Thursday, 11 am – 10:30 pm Friday&amp; Saturday, 11 am – 9 pm Sunday.</td>
<td>Yes</td>
<td>$10-$20</td>
<td>Reservation Needed</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>WOODMONT GRILL [AMERICAN FOOD]</td>
<td>7-minute walk</td>
<td>11:30 am – 11 pm Monday to Thursday, 11:30 am – 9 pm Friday, 12 am – 9 pm Saturday&amp; Sunday.</td>
<td>No</td>
<td>$20-$50</td>
<td>Reservation Recommended</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>MEDIUM RARE [STEAK, FRENCH FRIES, SALAD]</td>
<td>8-minute walk</td>
<td>5 pm– 10 pm Monday to Thursday, 5 pm – 11 pm Friday, 10:30 pm – 11 pm Saturday, 10:30 pm – 10 pm Sunday.</td>
<td>No</td>
<td>$30</td>
<td>Reservation available, but not required</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>HIP FLASK ROOFTOP [AT MARRIOT HQ]</td>
<td>6-minute walk</td>
<td>closed Monday &amp; Sunday, 5 pm – 11 pm Tuesday&amp; Thursday, 5 pm – 12 am Friday&amp; Saturday.</td>
<td>Yes</td>
<td>Weekend Brunch $100 per person (20% gratitude with applicable taxes)</td>
<td>Unknown</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>Restaurant</td>
<td>Distance From Hotel</td>
<td>Hours</td>
<td>Outdoor Seating</td>
<td>Typical Entrée Price</td>
<td>Walk-in/ Reservation Needed</td>
<td>Payment</td>
<td></td>
</tr>
<tr>
<td>----------------------------------</td>
<td>---------------------</td>
<td>--------------------------------------------</td>
<td>-----------------</td>
<td>----------------------</td>
<td>----------------------------</td>
<td>----------------</td>
<td></td>
</tr>
<tr>
<td><strong>MAYA CUISINE</strong> [INDIAN/ NEPALESE FOOD]</td>
<td>3-minute walk</td>
<td>11:30 pm – 2:30 pm/ 5 pm to 9:30 pm Monday to Sunday.</td>
<td>Yes</td>
<td>$15-$20</td>
<td>Walk-in/ online order</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td><strong>CORELLA CAFÉ &amp; LOUNGE</strong></td>
<td>3-minute walk</td>
<td>Breakfast: 6:30 am to 10 am Monday to Friday, 7 am to 10:30 am Saturday &amp; Sunday; Lunch: Daily 11 am to 2 pm; Dinner: 4 pm to 11:30 pm Sunday through Thursday, 4 pm to Midnight Friday&amp; Saturday; Happy Hour: Daily 4:30 pm to 6:30 pm</td>
<td>Yes</td>
<td>$14-$30</td>
<td>Reservation available, but not required.</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td><strong>BITE OF ASIA</strong> [AMERICAN FOOD]</td>
<td>4-minute walk</td>
<td>11 am – 9 pm Monday to Saturday, closed Sunday.</td>
<td>No</td>
<td>$10-$20</td>
<td>Reservation available, but not required. Online order available.</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td><strong>SEVENTH STATE RESTAURANT AND LOUNGE</strong> [AT MARRIOT HQ]</td>
<td>6-minute walk</td>
<td>6:30 am – 11 am/ 11 am – 3pm Monday to Friday, 7 am – 3 pm/ 5 pm – 10 pm Saturday&amp; Sunday.</td>
<td>Yes</td>
<td>$75 per guest</td>
<td>Reservation available</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td><strong>TIKKA MASALA</strong> [INDIAN]</td>
<td>6-minute walk</td>
<td>12 pm – 9 pm Monday to Saturday, 12 pm – 8:30 pm Sunday.</td>
<td>No</td>
<td>$12-$17</td>
<td>Reservation &amp; online order available</td>
<td>Credit Cards</td>
<td></td>
</tr>
<tr>
<td>Restaurant</td>
<td>Type</td>
<td>Distance From Hotel: 6-minute walk</td>
<td>Hours</td>
<td>Outdoor Seating:</td>
<td>Typical Entrée Price:</td>
<td>Walk-in/ Reservation Needed:</td>
<td>Payment:</td>
</tr>
<tr>
<td>------------------</td>
<td>--------------------</td>
<td>------------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>------------------</td>
<td>----------------------</td>
<td>-------------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>RAKUGAKI</td>
<td>[JAPANESE]</td>
<td></td>
<td>11 am – 3 pm/ 4:30 pm – 9 pm Tuesday to Sunday, closed Monday.</td>
<td>No</td>
<td>$15-$25</td>
<td>Reservation available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>DELHI SPICE</td>
<td>[INDIAN]</td>
<td></td>
<td>11:30 am – 9:30 pm Monday to Sunday.</td>
<td>No</td>
<td>$17</td>
<td>Reservation available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>TAKO GRILL</td>
<td>[JAPANESE]</td>
<td></td>
<td>11:30 am – 2 pm/ 4:30 pm – 8 pm Tuesday to Thursday, 11:30 am – 2 pm/ 4:30 pm – 8:30 pm Thursday &amp; Friday, 4:30 pm – 8:30 pm Saturday, 4:30 pm – 8 pm Sunday, closed Monday.</td>
<td>No</td>
<td>$15-$22</td>
<td>*Many vegetarian options</td>
<td>*take-out only</td>
</tr>
<tr>
<td>MAMMA LUCIA</td>
<td>[ITALIAN, PIZZA]</td>
<td></td>
<td>11 am – 9 pm Monday to Thursday &amp; Sunday, 11 am – 10 pm Friday &amp; Saturday.</td>
<td>Yes</td>
<td>$12-20</td>
<td>Reservation&amp; online order available</td>
<td>Credit Cards &amp; Apple Pay</td>
</tr>
<tr>
<td>TACOMBI</td>
<td>[MEXICAN]</td>
<td></td>
<td>11 am – 11 pm Tuesday to Saturday, 11 am – 10 pm Monday &amp; Sunday.</td>
<td>Yes</td>
<td>$12</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
</tbody>
</table>
## FOOD AROUND HYATT REGENCY BETHESDA

### LUNCH/ DINNER OPTIONS

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Distance From Hotel</th>
<th>Hours</th>
<th>Outdoor Seating</th>
<th>Typical Entrée Price</th>
<th>Walk-in/ Reservation Needed</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LUKE’S LOBSTER BETHESDA [AMERICAN, SEAFOOD]</strong></td>
<td>6-minute walk</td>
<td>11 am– 8 pm Monday to Sunday.</td>
<td>Yes</td>
<td>$10 for 12oz Clam Chowder</td>
<td>Walk-in, online order available</td>
<td>Credit Cards &amp; Apple Pay</td>
</tr>
<tr>
<td><strong>MATCHBOX [AMERICAN]</strong></td>
<td>9-minute walk</td>
<td>11 am– 9 pm Monday to Thursday &amp; Sunday, 11 am – 10 pm Friday &amp; Saturday.</td>
<td>Yes</td>
<td>$17-$23</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td><strong>RICE PADDIES GRILL [VIETNAMESE]</strong></td>
<td>6-minute walk</td>
<td>11 am– 8:30 pm Monday to Friday, 12 pm – 8:30 pm Saturday &amp; Sunday.</td>
<td>Yes</td>
<td>$13-$15</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td><strong>THE PERFECT PITA [GREEK]</strong></td>
<td>3-minute walk</td>
<td>7 pm – 5 pm Monday to Friday, closed Saturday &amp; Sunday.</td>
<td>Yes</td>
<td>$9</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td><strong>TAYLOR GOURMET</strong></td>
<td>6-minute walk</td>
<td>11 pm – 3 pm Monday to Friday, closed Saturday &amp; Sunday.</td>
<td>Yes</td>
<td>$13</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
</tbody>
</table>
# FOOD AROUND HYATT REGENCY BETHESDA

## LUNCH/ DINNER OPTIONS

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Type</th>
<th>Address</th>
<th>Distance from Hotel</th>
<th>Hours</th>
<th>Outdoor Seating</th>
<th>Typical Entrée Price</th>
<th>Walk-in/ Reservation Needed</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TASTEE DINER</strong></td>
<td>American</td>
<td>7201 Wisconsin Ave</td>
<td>0.2 miles</td>
<td>6 am – 10 pm every day.</td>
<td>No</td>
<td>$9-$14</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
<tr>
<td><strong>VACE ITALIAN DELICATESSEN</strong></td>
<td>Italian, Pizza, Deli</td>
<td>7600 Old Georgetown Rd</td>
<td>0.1 miles</td>
<td>9 am – 9 pm Monday to Friday, 9 am – 8 pm Saturday, 10 am – 5 pm Sunday.</td>
<td>No</td>
<td>$9</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
</tbody>
</table>

## FAST CASUAL

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Cuisine</th>
<th>Address</th>
<th>Distance from Hotel</th>
<th>Hours</th>
<th>Outdoor Seating</th>
<th>Typical Entrée Price</th>
<th>Walk-in/ Reservation Needed</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Taco - Mexican, Fastfood</td>
<td></td>
<td>7251 Woodmont Ave</td>
<td>0.2 miles</td>
<td>No</td>
<td>No</td>
<td>$9</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>Subway</td>
<td></td>
<td>7201 Wisconsin Ave</td>
<td>0.2 miles</td>
<td>24 hours</td>
<td>No</td>
<td>$9</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>Chipotle Mexican Grill - Mexican</td>
<td></td>
<td>7600 Old Georgetown Rd</td>
<td>0.1 miles</td>
<td>No</td>
<td>No</td>
<td>$9</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>Panera Bread</td>
<td></td>
<td>7201 Wisconsin Avenue</td>
<td>0.3 miles</td>
<td>No</td>
<td>No</td>
<td>$9</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>&amp;pizza - Bethesda - Pizza, Fast Food</td>
<td></td>
<td>7614 Old Georgetown Rd</td>
<td>0.2 miles</td>
<td>No</td>
<td>No</td>
<td>$8</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>Five Guys - Fastfood, American</td>
<td></td>
<td>4829 Bethesda Ave</td>
<td>0.2 miles</td>
<td>No</td>
<td>No</td>
<td>$8</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>Starbucks</td>
<td></td>
<td>7140 Wisconsin Ave</td>
<td>0.2 miles</td>
<td>7 am – 9 pm</td>
<td>No</td>
<td>$4</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>The Halal Guys - Middle Eastern</td>
<td></td>
<td>4917 Elm St</td>
<td>0.2 miles</td>
<td>24 hours</td>
<td>No</td>
<td>$8</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>Cava Mezze Grill - Mediterranean, Fast Food</td>
<td></td>
<td>4832 Bethesda Ave</td>
<td>0.4 miles</td>
<td>No</td>
<td>No</td>
<td>$10</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>The Halal Guys - Middle Eastern</td>
<td></td>
<td>4917 Elm St</td>
<td>0.2 miles</td>
<td>24 hours</td>
<td>No</td>
<td>$8</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>Cava Mezze Grill - Mediterranean, Fast Food</td>
<td></td>
<td>4832 Bethesda Ave</td>
<td>0.4 miles</td>
<td>No</td>
<td>No</td>
<td>$10</td>
<td>Walk-in, online order available</td>
<td>Credit Cards</td>
</tr>
<tr>
<td>Potbelly Sandwich Shop - Italian, Deli</td>
<td></td>
<td>4731 Elm St</td>
<td>0.1 miles</td>
<td>No</td>
<td>No</td>
<td>$8</td>
<td>Walk-in</td>
<td>Credit Cards</td>
</tr>
</tbody>
</table>
FOOD AROUND HYATT REGENCY BETHESDA

BAR/ PUB

The Barking Dog - American, Bar, Pub
4723 Elm St
0.1 miles from Hyatt Regency Bethesda

Bethesda Blues & Jazz Supper Club
7719 Wisconsin Ave
0.2 miles from Hyatt Regency Bethesda

World of Beer - Pub, Gastropub, Bar
7200 Wisconsin Ave
0.2 miles from Hyatt Regency Bethesda

DESSERT

Yogiberry Bethesda - Dessert
4924 Elm St
0.5 miles from Hyatt Regency Bethesda

Jeni's Splendid Ice Creams - Dessert
4918 Elm St
0.2 miles from Hyatt Regency Bethesda

Georgetown Cupcake - Dessert
4834 Bethesda Ave
0.6 miles from Hyatt Regency Bethesda

GROCERY STORES & PHARMACIES

CVS
7235 Wisconsin Ave Ste 100, Bethesda, MD 20814

Trader Joe's
7900 Wisconsin Ave, Bethesda, MD 20814

Giant Food
7142 Arlington Rd, Bethesda, MD 20814

Foxtrot
7262 Woodmont Ave, Bethesda, MD 20814

7-eleven
7820 Wisconsin Ave, Bethesda, MD 20814
SIGHTSEEING NEAR BETHESDA

GLENSTONE MUSEUM - UNIQUE AND EXCELLENT MODERN ART MUSEUM

- Distance From Hotel: 22-minute drive
- Hours: Thursday to Sunday 10 am – 5pm, closed Monday to Wednesday.
- Admission: Free
- Reservation: There are two ongoing programs for guaranteed walk-in entry, but the rest of the programs needs visitors to schedule a visit in advance on the museum website: https://www.glenstone.org/
- Note: Due to the fragile nature of the works on view, all visitors must be 12 or older and all minors (ages 12–17) must be accompanied by an adult at all times.

GREAT FALL NATIONAL PARK - BEAUTIFUL WATERFALLS, GOOD WALKS

- Distance From Hotel: 23-minute drive
- Hours: 6 am until dark (everyday)
- Admission: $20 per private vehicle, $15 per motorcycle, $10 per person (walk-in)
- Reservation: Not available
- Note: Expect high crowds and delays on weekends and holidays, come as early as possible. Also, look out for fee-free days on the website: https://www.nps.gov/grfa/planyourvisit/fees.htm

FOOD IN WASHINGTON DC

RAPPAHANNOCK OYSTER BAR

- Distance From Hotel: 24-minute drive
- Address: 1150 Maine Avenue SW, Washington, DC 20024
- Hours: 11:30 am – 9 pm Monday to Thursday & Sunday, 11:30 am – 10 pm Friday & Saturday.
- Outdoor Seating: Yes
- Typical Entrée Price: Oysters $2.5 ea
- Walk-in/ Reservation Needed: Walk-in
- Payment: Credit Cards
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Distance From Hotel: 26-minute drive</th>
<th>Address: 480 7th St NW, Washington, DC 20004</th>
<th>Hours: 11 am – 10 pm Monday, 11 am – 11 pm Tuesday to Thursday, 11 am to midnight Friday, 10 am to midnight Saturday, 10 am to 10 pm Sunday.</th>
<th>Outdoor Seating: Yes</th>
<th>Typical Entrée Price: $15-$30</th>
</tr>
</thead>
<tbody>
<tr>
<td>OYAMEL</td>
<td>Distance From Hotel: 27-minute drive</td>
<td>Address: 481 7th St NW, Washington, DC 20004</td>
<td>Hours: 11:30 am – 10 pm Sunday&amp; Monday, 11:30 am – 11 pm Tuesday to Thursday, 11:30 am to midnight Friday&amp; Saturday.</td>
<td>Outdoor Seating: Yes</td>
<td>Typical Entrée Price: $13-$20</td>
</tr>
<tr>
<td>RUMI’S KITCHEN</td>
<td>Distance From Hotel: 24-minute drive</td>
<td>Address: 640 L St NW, Washington, DC 20001</td>
<td>Hours: 11:30 am – 10 pm Monday to Friday, 12 pm – 11 pm Saturday, 12 pm - 10 pm Sunday.</td>
<td>Outdoor Seating: Yes</td>
<td>Typical Entrée Price: $20-$40</td>
</tr>
<tr>
<td>RASIKHA</td>
<td>Distance From Hotel: 27-minute drive</td>
<td>Address: 633 D St NW, Washington, DC 20004</td>
<td>Hours: 11:30 am – 2:30 pm/ 5 pm – 10pm Monday to Thursday, 11:30 pm – 2:30 / 5 pm – 10:30 pm Friday, 5 pm – 10:30 pm Saturday, 11:30 am – 2:30 pm/ 5 pm – 9 pm Sunday.</td>
<td>Outdoor Seating: Yes</td>
<td>Typical Entrée Price: $20</td>
</tr>
<tr>
<td>LE DIPLOMATE</td>
<td>Distance From Hotel: 22-minute drive</td>
<td>Address: 1601 14th St NW, Washington, DC 20009</td>
<td>Hours: 12 pm – 11 pm Monday to Thursday, 12 pm – midnight Friday, 9:30 am – midnight Saturday, 9:30 am – 11 pm Sunday.</td>
<td>Outdoor Seating: Yes</td>
<td>Typical Entrée Price: $25-35</td>
</tr>
</tbody>
</table>
SIGHTSEEING IN WASHINGTON DC

POLITICAL

- Monuments on Washington Mall (which is a large grassy area not a shopping mall!) (also great to see them at night!) [https://nationalmall.org/explore](https://nationalmall.org/explore)
- White House tour: [https://www.whitehouse.gov/visit/](https://www.whitehouse.gov/visit/) need tickets

ART MUSEUMS

- National Gallery of Art (one of the many Smithsonian museums) [https://www.nga.gov/](https://www.nga.gov/)
- Portrait gallery to see Obama portraits [https://npg.si.edu/home/national-portrait-gallery](https://npg.si.edu/home/national-portrait-gallery)
- Hirshhorn Museum and Sculpture Garden (modern art museum): [https://hirshhorn.si.edu](https://hirshhorn.si.edu)

HISTORY AND CULTURE MUSEUMS

- National Museum of African American History & Culture (tickets are free but book now!): [https://nmaahc.si.edu/](https://nmaahc.si.edu/)
- United States Holocaust Memorial Museum (tickets are free but book now!): [https://www.ushmm.org/](https://www.ushmm.org/)
- National Museum of the American Indian: [https://americanindian.si.edu/](https://americanindian.si.edu/)
SIGHTSEEING IN WASHINGTON DC

NEIGHBORHOODS TO WALK AROUND

- Georgetown & Dumbarton Oaks (unique & charming neighborhood):
  https://washington.org/visit-dc/things-see-do-georgetown-washington-dc &
  https://www.doaks.org/
- Dupont Circle to 14th & P
- Capitol Hill: https://washington.org/dc-neighborhoods/capitol-hill

ACTIVITIES

- Blues Alley Jazz Club (sadly nothing playing the Wednesday before the conference; but shows that weekend):
  www.bluesalley.com &
  https://www.facebook.com/bluesalley/