For foodies, here is your day to explore all that Downtown has to offer from kitchen supplies to a progressive meal hitting local hot spots.

1. **Start your day off at Seattle Coffee Works**, located right across the street from the Pike Place Market, and grab an espresso. Seattle Coffee Works has an incredible selection of direct trade coffee beans and a signature “slow bar” for specialty coffee, setting them apart in a city saturated with cafes.

2. **Peruse the world-renowned Pike Place Market** and sample the freshest local produce and other delicious items throughout the market. There are so many unique food vendors and free samples abound. Make sure to stop by *Beecher’s Handmade Cheese* and watch through the window as they make their big batches of cheese right on site.

3. For your first course, **try the Salade Verte and one of the terrines at Le Pichet**, a French café and restaurant located right at the northern edge of the market’s footprint in the West Edge. This restaurant has a casual feel and great salads that are perfect to start off your traveling meal.

4. For your next course, head into Belltown for **Spicy Italian Sausage Rigatoni at Tavolàta**. Ethan Stowell’s Tavolata is known fresh, exquisite pasta. Grab a seat at the giant community table and dig in!

5. The meal isn’t complete without a protein and if you’re going to do salmon in Seattle then you might as well get it from the master — Tom Douglas. Located in the West Edge, in the shadow of the market, *Etta’s serves up their famous “Rub with Love” Salmon, and it’s simply a must for any seafood lover* (and you can buy the rub too!).

6. Now you can take a short walk to prepare yourself for dessert. Head back to Pike Place Market to **browse Sur La Table and Kitchen Basics and get inspired with your own home cooking**.

7. **Now for dessert! Go to Gelatiamo** for authentic Italian gelato.

8. Finish off the night with a **wine tasting at Sixth Avenue Wine Seller in Pacific Place**. The shop includes wine, wine accessories and fine chocolates and cigars.

*The Pike Place Market is a must for foodies. It has it all: deserts, pastries, locally grown fruit and produce, and tons of craft beer and wine choices!* — MID Downtown Ambassador Blake Sundstrom
Parking in Downtown Seattle is cheaper and easier than you might think. DowntownSeattleParking.com features garages with rates the same or less than street parking. Some of the garages also feature e-Park technology, which tells you how many spaces are available. Be sure to bookmark the website on your smartphone’s home screen for easy and cheap parking at your fingertips.

Looking to add more to your day? Check out DowntownSeattle.com for more things to do and see in Downtown Seattle!

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