MORNINGSIDE HEIGHTS LOCAL GUIDE

Department Stores

Target, 40 West 225th Street #50
Bronx, NY 10463
Take the 1 to 225th

T.J. Maxx, 808 Columbus Avenue
New York, NY 10025
Take 1 to 103rd

Century 21 Department Store, 1972 Broadway,
New York, NY 10023
Take 1 to 66th

Bed Bath & Beyond, 1932 Broadway
New York, NY 10023
Take 1 to 66th

T.J. Maxx, 250 West 57th Street
New York, NY 10107
Take 1 to 59th

Kmart, 250 W 34th St, New York, NY 10119
Take 1 to Penn Station (34th)

Pharmacies

* Duane Reade, 568 West 125th Street,
New York, NY 10027
Take 1 to 125th

Duane Reade, 2864 Broadway
New York, NY 10025
Take 1 to 110th

Grocery Stores

C-Town Supermarkets, 560 West 125th
Street, New York, NY 10027
Take 1 to 125th

* Columbia University Greenmarket,
Broadway, New York, NY 10025
Take 1 to 116th

* Westside Market NYC, 2840 Broadway
New York, NY 10025
Take 1 to 110th

Whole Foods Market, 808 Columbus Avenue
New York, NY 10025
Take 1 to 96th

Trader Joe's, 2073 Broadway
New York, NY 10023
Take 1 to 72nd

Whole Foods Market, 10 Columbus Circle
sc101, New York, NY 10019
Take 1 to 59th

Trader Joe's, 675 Avenue of the Americas
New York, NY 10010
Take 1 to 23rd

Whole Foods Market Chelsea, 250 7th Avenue, New York, NY 10001
Take 1 to 23rd

Gyms

Crunch - 83rd Street, 162 West 83rd Street, New York, NY 10024
Take 1 to 86th

Sheraton New York Fitness Center, 811 7th Avenue, New York, NY 10019
Take 1 to 50th

Crunch - 54th Street, 250 West 54th Street
New York, NY 10019
Take 1 to 50th

Mid City Gym & Tanning, 345 West 42nd Street, New York, NY 10036
Take 1 to Times Square (42nd)

Ronin Athletics, 255 West 36th Street #7
New York, NY 10018
Take 1 to Penn Station (34th)

Ultimate Gym, 5 West 30th Street
New York, NY 10001
Take 1 to Penn Station (34th)

CrossFit Hell's Kitchen NYC, 315 West 36th Street, New York, NY 10018
Take 1 to Penn Station (34th)

* Also walking distance
# NEW YORK CITY EATS

Guide to Vegan, Vegetarian, Kosher, Halal, & Gluten-Free Eats

## Halal
- **The Halal Guys**, West 53 ST & 6th Ave, NY, NY 10019  
  *Take 1 to 50th Street*
- **Royal Grill Halal Food**, 1133 Avenue of the Americas, NY, NY 10036  
  *Take 1 to Times Square (42nd)*
- **Smokey Burger Organic**, 339 West 44th Street, NY, NY 10036  
  *Take 1 to Times Square (42nd)*
- **B&D Halal Restaurant**, 163 West 29th Street, NY, NY 10011  
  *Take 1 to 28th Street*

## Vegetarian/Vegan
- **Ayurveda Cafe**, 706 Amsterdam Avenue, NY, NY 10025  
  *Take 1 to 95th Street*
  *Vegetarian*
- **Candle Cafe West**, 2427 Broadway, NY, NY 10024  
  *Take 1 to 86th*
  *Vegan*
- **Blossom on Columbus**, 507 Columbus Avenue, NY, NY 10024  
  *Take 1 to 86th*
  *Vegan/Kosher*
- **Mimi**, 556 Amsterdam Avenue, NY, NY 10024  
  *Take 1 to 86th*
  *Vegan/Kosher*
- **Peacefood Cafe**, 460 Amsterdam Avenue, NY, NY 10024  
  *Take 1 to 79th*
  *Vegan*
- **Maoz Falafel & Grill**, 2047 Broadway, NY, NY 10023  
  *Take 1 to 72nd*
  *Vegetarian*
- **Green Symphony**, 255 West 43rd Street, NY, NY 10036  
  *Take 1 to Times Square (42nd)*
  *Vegan*
- **Hangawi**, 12 East 32nd Street, NY, NY 10016  
  *Take 1 to Penn Station (34th)*
  *Vegetarian/Gluten-Free*
- **VLife NYC**, 348 7th Avenue, NY, NY 10001  
  *Take 1 to 28th*
  *Vegan/Kosher*

## Kosher
- **Golan Heights**, 2553 Amsterdam Avenue, NY, NY 10025  
  *Take 1 to 191 Street Subway Station*
- **Cafe Roma**, 854 Amsterdam Avenue #1, NY, NY 10025  
  *Take 1 to 103rd*
- **Talia’s Steakhouse and Bar**, 668 Amsterdam Avenue, NY, NY 10025  
  *Take 1 to 96th Street*
- **Amsterdam Burger Company**, 654 Amsterdam Avenue, NY, NY 10025  
  *Take 1 to 96th Street*
- **Deli Kasbah**, 251 West 85th Street, NY, NY 10024  
  *Take 1 to 86th Street*
- **Ali Baba of West Side**, 515 Amsterdam Avenue, NY, NY 10024  
  *Take 1 to 86th Street*
  *Vegan/Kosher*
- **Bagels & Co.**, 391 Amsterdam Avenue, NY, NY 10024  
  *Take 1 to 79th Street*
- **Nori Dori**, 143 West 69th St, NY, NY 10023  
  *Take 1 to 72nd*
- **Abigail’s On Broadway**, 1407 Broadway, NY, NY 10018  
  *Take 1 to Times Square (42nd)*
  *Vegan/Kosher*
- **Sacred Chow**, 227 Sullivan Street, NY, NY 10012  
  *Take 1 to Christopher Street*
  *Vegan/Kosher*
- **Buddha Bodai**, 5 Mott Street, NY, NY 10013  
  *Take 1 to Franklin Street*
  *Vegetarian/Kosher*

## Gluten-Free
- **By the Way Bakery**, 2442 Broadway, NY, NY 10024  
  *Take 1 to 96th Street*
  *Kosher/Dairy-Free*
- **Lili’s 57**, 200 West 57th Street, NY, NY 10019  
  *Take 1 to 59th Street*
- **The Little Beet**, 135 West 50th Street, NY, NY 10020  
  *Take 1 to 50th Street*
  *Vegan*
- **Friedman’s**, 132 West 31st Street, New York, NY 10001  
  *Take 1 to Penn Station (34th)*
- **Mozzarella’s**, 38 East 23rd Street, NY, NY 10010  
  *Take 1 to 23rd Street*
- **Friedman’s Lunch**, 75 9th Avenue, NY, NY 10011  
  *Take 1 to 18th Street*