

# westhartfordyoga

23 Brook Street, West Hartford | 860-953-YOGA | [www.westhartfordyoga.com](http://www.westhartfordyoga.com)

## Places to eat in and around the West Hartford area (Please call individual restaurants for reservations, if necessary.)

### **Arugula - Mediterranean**

*upscale, intimate*

953 Farmington Avenue, West Hartford / 860 561 4888

### **The Blue Elephant Trail - Thai**

7 South Main Street, West Hartford / 860 233 4405

### **Bricco's - Italian**

76 LaSalle Road, West Hartford / 860 233 0220

### **East - West Grille - Southeast Asian Cuisine**

*Laotian & Tai food, salads, soups, seafood*

526 New Park Avenue, West Hartford / 860 236 3287

### **The Elbow Room - Bistro Style**

986 Farmington Avenue, West Hartford

860 236 6195

### **Fuji - Japanese Sushi**

1144 New Britain Avenue, West Hartford / 860 232 1732

### **Ichiro - Japanese**

962 Farmington Avenue, West Hartford, CT / 860 232 7888

### **It's Only Natural**

*vegetarian, vegan, macrobiotic, some fish, sunday brunch*

386 Main Street, Middletown / 860 346 9210

### **Max's Oyster Bar - Seafood**

*upscale, loud*

954 Farmington Avenue, West Hartford / 860 236 6299

### **Murasaki - Japanese**

23 LaSalle Road, West Hartford / 860 236 7622

### **Tapas - Mediterranean Fare, Vegetarian Dishes**

1150 New Britain Avenue, West Hartford / 860 521 4609

### **Tisane Tea & Coffee Bar**

537 Farmington Avenue, Hartford / 860 523 5417

### **Whole Foods Market (2 stores)**

Blue Back Square (*closest to studio*), West Hartford / 860 523 8500

349 N Main Street, West Hartford / 860 523 7174