



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



# Best Breakfast Spots in Salt Lake City

## **Salt Lake City, 1 Day**

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# Guide Description



**AUTHOR NOTE:** Hands down these five restaurants dish up the best breakfasts in Salt Lake City. Any trip to Salt Lake City demands a visit to Ruth's Diner, an old time diner located up Emigration Canyon. As soon as you sit down at Ruth's you are served a huge biscuit with homemade jam. Blue Plate is definitely the best place for the vegetarian or vegan diner and The Other Place's "Pile" of hash browns, eggs, feta, and veggies will curb any hangover. For healthy fare, grab breakfast at the Oasis Café and visit the Wild Grape Inn for Bloody Mary and Mimosa specials.

Photo Courtesy of Aaron Gustafson: <http://www.flickr.com/photos/aarongustafson/304321189/>

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Salt Lake City



### **Other Place (The)**

Casual diner serving Mediterranean favorites and breakfast all day



### **Ruth's Diner**

Home cooking diner with killer biscuits, a Salt Lake City classic



### **Oasis Cafe**



### **The Blue Plate Diner**

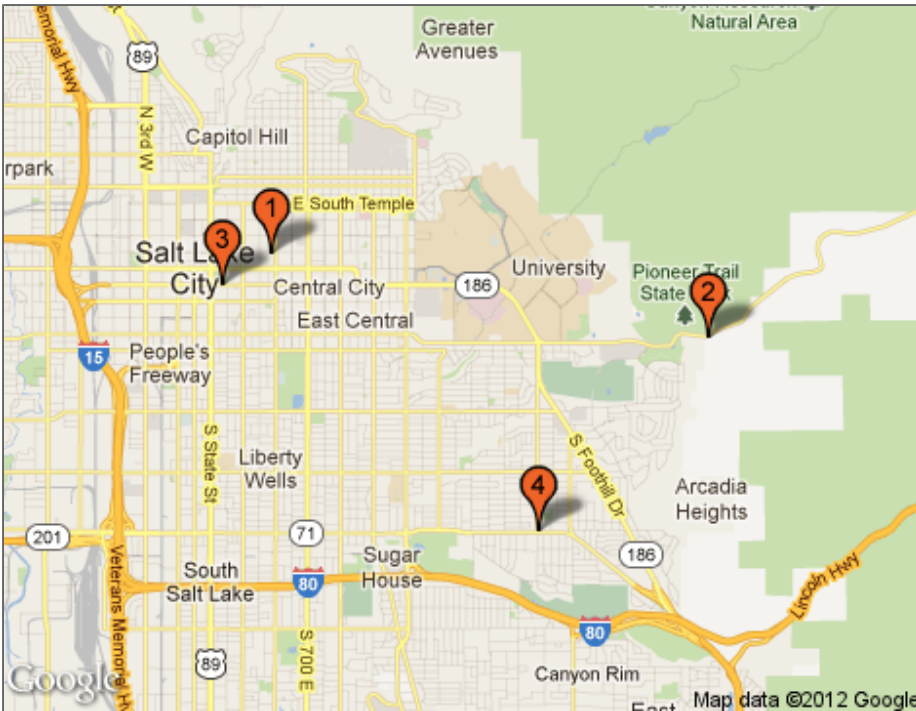
Salt Lake's ultimate breakfast diner



### **Wild Grape Bistro**

New Western cuisine featuring locally grown ingredients

# Day 1 - Salt Lake City



## QUICK NOTE

**contact:**

tel: +1 801 521 6567  
[http://utah.citysearch.com/profile/10384514/salt\\_lake\\_city\\_ut/other\\_place\\_restaurant.html](http://utah.citysearch.com/profile/10384514/salt_lake_city_ut/other_place_restaurant.html)

**location:**

464 East Broadway  
Salt Lake City UT 84111

**hours:**

M-Sa 7a-11p, Su 8a-10p

## 1 Other Place (The)

**OUR LOCAL EXPERT SAYS:**

The Other Place's "Pile" of hashbrowns, eggs, feta, and veggies is one of the best breakfasts in Salt Lake City.

**DESCRIPTION:** This clean, bright, and casual restaurant near downtown Salt Lake boasts of a homey feel and efficient service. The marinated steak and eggs is a hands-down favorite here, and breakfast is served anytime. If you are not in a breakfast mood, the Mezedakia Platter features a nice array of Mediterranean foods. Lamb dishes, pastas, soups, sandwiches, and salads are on the menu, as well as a tantalizing baklava. At The Other Place the food comes in large portions and is always good, but be sure to save room for some delicious rice pudding. © wcities.com



wcities

**contact:**

tel: +1 801 582 5807  
<http://www.ruthsdiner.com>

**location:**

2100 Emigration Canyon  
Salt Lake City UT 84108

**hours:**

## 2 Ruth's Diner

**OUR LOCAL EXPERT SAYS:**

For breakfast, visit during the weekdays if you can. Ruth's is just as popular with locals as it is with visitors and it is not uncommon to have to wait over an hour for a table on the weekends.



Aaron Gustafson

M-Th 8a-9p, F-Sa 8a-10p, Su 8a-9p

**DESCRIPTION:** In a city with a strong, conservative tradition, Ruth was an early rebel. Originally serving burgers downtown during the 1930s, Ruth was known to help protect girls "of ill repute" and had no qualms about serving beers to miners and other "gentiles". Almost literally driven from town, she set up her new diner a few miles up Emigration Canyon in an old boxcar.

Though Ruth has since passed, her restaurant lives on today as one of Salt Lake City's favorite breakfast joints. Serving high-end, high-quantity diner food, this restaurant starts every breakfast with a serving of "mile high biscuits" that are to die for. Come a bit later for lunch and take a beer outdoors! Located right on a popular road biking route, many enjoy a hearty meal outside in the summer months.

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**contact:**

tel: 8013220404

[http://utah.citysearch.com/profile/external/10373825/salt\\_lake\\_city\\_ut/oasis\\_cafe.html](http://utah.citysearch.com/profile/external/10373825/salt_lake_city_ut/oasis_cafe.html)

**location:**

151 South 500 East  
Salt Lake City UT 84104

**hours:**

Breakfast: Daily: 8:00am - 11:00am; Lunch: Daily: 11:00am - 5:00pm (Breakfast entrees served until 2:30pm); Dinner: Sunday - Thursday: 5:00pm - 9:00pm, Friday & Saturday: 5:00pm - 10:00pm

**3 Oasis Cafe**

**DESCRIPTION:** Sophisticated vegetarian, seafood, organic chicken, beef, & vegan fare based on fresh, seasonal ingredients & created with international influences. Fresh coffee, roasted in home exotic fine teas, wine & liquor. Beautiful & serene outdoor courtyard with a fountain in the center. Very popular brunch menu with breakfast served daily until 2:30pm. © OpenTable

**contact:**

<http://theblueplatediner.com/>

**location:**

2041 South 2100 East  
Salt Lake City UT 84108

**hours:**

Mon-Sun 7AM-9PM

**4 The Blue Plate Diner**

**OUR LOCAL EXPERT SAYS:**

Blue Plate Diner is the best place in town for a vegetarian breakfast. Try the biscuits and gravy with vegetarian gravy or choose vegan or vegetarian sausage with any classic breakfast item.

**DESCRIPTION:** Breakfast is served all day at the Blue Plate - one of Salt Lake's most popular diner-style restaurants. Great food, old-school diner ambiance, friendly staff, and tons of vegetarian and vegan options have customers coming back again and again. Amazing omelets, a variety of benedicts (try the vegetarian option!), breakfast burritos, biscuits and gravy, corn cakes, French toast, and even tofu scramblers grace the breakfast menu. Breakfast items are served in huge portions, are always tasty, and not overly greasy like other



mastermaq

diners. For dinner, the Blue Plate's chicken fried steak and meatloaf are favorites. Blue Plate is quite popular (especially among the young, "cool" guys) so there is usually a bit of a wait for breakfast seating on weekends - beat the crowds and get there early.  
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**contact:**  
tel: 8017465565  
www.wildgrapebistro.com

**location:**  
481 E. South Temple  
Salt Lake City UT 84111

**hours:**  
Mon-Tue 11AM-10PM;  
Wed-Fri 11AM-12AM; Sat  
9AM-12AM; Sun 9AM-10PM

## Wild Grape Bistro

### OUR LOCAL EXPERT SAYS:

Finding a Bloody Mary or Mimosa with your weekend brunch in Utah can be quite a challenge. The Wild Grape is one of the few places in Salt Lake City where you can actually get a cocktail with your breakfast, but not until after 12 of course.

**DESCRIPTION:** You may know local restaurateur, Troy Greenhawt from Flemings Prime Steakhouse or Ruby River Steakhouse. Troy & Jessica Greenhawt have created the Wild Grape, New West Bistro, with a vision and a conscience. Wild Grape Bistro is an award winning restaurant Wining Utah's Best Chef Cook-off 2009 and receiving awards from Salt Lake Magazine as Best New Discovery, Utah Business Magazine as Best Kept Secret, written about in Sunset Magazine and numerous smaller publications. This is a great achievement from such a young restaurant. Envision traditional made-from-scratch cooking from an old west cafe brought up to date by a modern and creative chef. Envision the extensive use of fresh, sustainable, locally produced often organic, products. Envision the smells and tastes emanating from an authentic wood-fired grill and smoker. Envision an extensive wine list featuring amazing bottles from some of the West's small and creative winemakers.

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# Salt Lake City Snapshot

## Local Info

Salt Lake City, Utah's capital, sits snugly against the base of the soaring Wasatch Mountains. These dramatic Rocky Mountain peaks today define Salt Lake City equally as much as its founding by the Mormons in 1848. And though a lot of strange urban legends circulate, the Mormon church (Church of Jesus Christ of Latter-day Saints) certainly exerts a much more subdued and positive influence on the city than the fearful would believe.

By any standards, Salt Lake City is a fairly young city—at just more than 160 years old. But it is one of the nation's most historically unique modern cities, having grown up in a territory peppered with sometimes bloody battles between Mormons and "gentiles". Of course this history and cultural background still effect Utah, but so too do many other factors like its magnificent outdoor opportunities and remarkably stable economy. Salt Lake's modern visitors and residents come for all sorts of reasons and enjoy an equally diverse set of opportunities. Located right at the crossroads of I-80 and I-15, and within

five minutes of a major international airport, it could hardly be more accessible.

Salt Lake's downtown sits at the northern end of Salt Lake Valley. With Utah's largest conference centers and guest capacities, the downtown area also has a host of restaurants, bars, and clubs. The majority of music venues can also be found here, as well as art galleries, cafes, and shops. Some of the highlights here include Market Street and its excellent restaurants like Takashi and Market Street Grill. Front and center are Abravanel Hall, home of the Utah Symphony, and the Energy Solutions Arena, where the Utah Jazz often play.

The University of Utah with its research facilities, galleries, and associated business occupies the city's eastern corner. The general public might head up to campus to hike the Bonneville Shoreline Trail or check out the Red Butte Gardens.

Heading southeast from downtown proper is the 9th and 9th region of town; a small collection of boutique shops, multiple restaurants, a cafe, bakery, and yoga studio. Move farther to the south and you'll run into Sugarhouse, the big brother of 9th and 9th. This dense center is home to a

book shop, a Patagonia Outlet, dollar-style Cinemax movie theater, Salt Lake's latest-open liquor store, restaurants and pubs, as well as several big, national retail stores.

As you head south still, the town becomes increasingly residential, though various malls, retail districts, restaurants, and bars pop up here and there. But even as you spread to the perimeters of town, you will continue to find culinary and commercial gems in each of its various neighborhoods. Toward the far southeastern corner of the valley (and the I-215 beltway) are the mouths to Big and Little Cottonwood canyons and their ski resorts, Brighton and Solitude (in Big), Alta and Snowbird (in Little). Look sharp for restaurants, apres ski spots, and hotels in this area.

Regardless of where you're staying and recreating in Salt Lake City, you'll have easy access to all parts of town via the I-80/I-215 beltway that encircles the majority of the urban compact, rendering almost every corner of town within 25 or 35 minutes of each other.

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