

NASHVILLE FOOD GUIDE



THE SAVORY

Mas Tacos Por Favor

I have several friends who do not call a trip to Nashville complete until they have eaten at Mas Tacos, and once you try it, you'll feel the same. Unsurprising given the name, they serve some incredible authentic Mexican food. My favorite things to order are pulled pork tacos, cast iron chicken tacos, baja fish tacos, and elote (especially elote). They are also known to have an incredible tortilla soup, but I've never tried it. If you visit and try it, let me know! I love their aqua frescas, iced cold brew, and horchata, but I have it on good authority that they also make great margaritas!



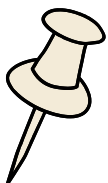
Joyland

Joyland is a restaurant started by Sean Brock, an award-winning chef who wanted to do something new. They serve “quality comfort food”. I visited because I saw an article highlighting how good the food was and had to check it out myself. The review was correct. It is delicious. I got a fried chicken sandwich, peach hand pie, and curly fries when I visited. The chicken was juicy and had a nice and flavorful breading. The peach hand pie was my favorite, though; it had a perfectly flaky crust and fresh peaches.



Peg Leg Porker

When I visited Peg Leg Porker, one of the cooks was hanging out next to the building, so I quickly asked him what he would recommend I get. Who's a better judge of the best food than the person making it? He quickly answered; ribs, mac and cheese, and the green beans. I wanted to go back and give that man a hug for how good that food was. I took it to go and ate it picnic-style at Bicentennial Park. It was a lovely afternoon well spent.



Pro tip: If you didn't pick up on it with the Peg Leg Porker story...ask for recommendations from the people working at the restaurant. One of the first things I ask a waiter/waitress/cashier/whoever is what their favorite food is. It's helped me branch out and try things I wouldn't normally try. When I'm traveling solo, it also helps me feel a little bit of connection too.

THE SWEET



Legendairy Bar

My first spring in California was a sensory symphony filled with a cacophony of color and an orchestra for the olfactory. I have always loved spring, but I didn't realize how much California comes alive in the springtime, especially in San Francisco. There are endless types of flowers to see and explore in SF, but I'm going to narrow this trip down to three: Magnolias, Tulips, and Cherry Blossoms (Sakura).

5 Daughters Donuts

While the Japanese Tea Garden is always a spectacular place to visit while in SF, it is next level in March and April when the cherry blossoms (and Azaleas, and Wisteria) are in bloom. It can get pretty crowded quickly so it's better to go early to enjoy the blooms with fewer people. The actual tea house always has a line so if you want to skip it and still get some great tea you should head to Japantown to finish out your day.



Hifi Cookies

There are two windmills in Golden Gate Park, the Dutch windmill to the north and the Murphey windmill to the west. The Dutch windmill is home to Queen Wilhelmina's Garden which has a spectacular tulip bloom in March. The garden is free to visit and a perfect spot for a picnic. Parking can be tricky so you may need to park in a lot at Ocean Beach and walk to the windmills. Don't forget to take everything out of your car when you leave, its a popular smash and grab spot.



HELENS HOT CHICKEN



Helen's Hot Chicken

Helen's is a small black-owned chain that serves the BEST Nashville hot chicken. Luckily for my wimpy taste buds you can choose your level of spice. I have always been a sucker for a good chicken and waffles so I had to try theirs. I am so glad I did. The chicken tenders were perfectly breaded and the waffle was big enough to eat it with every bite of chicken. My only regret when I visited Helen's was my stomach was only big enough for the chicken and waffles, I wanted to try everything on the menu.



BISCUIT LOVE

Biscuit Love

No trip to Nashville is complete until I've had an East Nasty from Biscuit Love. It's like a warm hug and highlights all that is good about Southern food. It's got biscuits, gravy, fried chicken, and a fried egg. The mix of flavors makes me do a happy dance and I practically inhale it every time. This is a very popular spot so you are most likely going to wait in line if you want to eat in the restaurant.



The Stillery

I love girl friendships almost as much as love an excuse to wear pink, go out to brunch, and celebrate those incredibly special friendships. Last year I celebrated Galentine's Day with my roommates and my OG Valentine, my mom. We all had been had been dying to go check out the most dreamy restaurant, Son and Garden, it's like it was made for Instagram pictures.



Proper Bagel

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Cotton and Snow

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THE UN-EXPECTED