

BE Local

Local Specialties

Order something from the "today's special" sandwich board at your local diner; it's likely a time-honored family recipe.

BREAKFAST: Kermit's • 307 S. Main
Fuel your hearty appetite with a farmer's omelette which brings together farm staples tucked within fresh, fluffy eggs. Dot your toast with applebutter.

WALK IT OFF:
After breakfast, take a trip through the town with the "Walking Tour of Historic Places." Brochures are available at the Main Street Bowling Green office, 121 E. Wooster Street. The building is known as the "Sentinel Building" because it was the former location of the Sentinel newspaper.

LUNCH: Sam-B's • 163 S. Main
In 1972, three BGSU students opened Sam-B's as BG's first submarine sandwich shop. It's still a popular menu item, along with fresh perch or walleye from right here in Northwest Ohio. Named after the Irish playwright Samuel Beckett.

DINNER: Cucina di Betto • 121 S. Main
A little piece of Tuscan countryside right in downtown Bowling Green! You're sure to see the owner during your visit, if he's not helping with his parents' original restaurant, DiBenedetto's sub shop at 1432 E. Wooster St.

DESSERT: Bowen-Thompson Student Union at BGSU
BGSU's coconut cream pie has had mouths watering since the Union's opening in 1958. The well-kept secret is thought to have come from one of the ladies who staffed the Union's bakery.

BE Family

Family-owned & operated

Whether it's your first visit or a regular haunt, you'll find that our small community carries distinctive and representative foods of Bowling Green.

BREAKFAST: Grounds for Thought • 174 S. Main
Fresh imported coffee beans from around the world and roasted on-site make for over 5,000 variations of coffee flavors. Homemade pastries and a delightful atmosphere. Voted one of the top coffee shops in the country.

TAKE A TOUR BACK IN TIME: Ben Franklin • 154 S. Main
Homemade fudge and nostalgic candies adorn the candy counter. The mercantile shop is just one of the family stores, also visit Ace Hardware and For Keeps Gift Store.

LUNCH: Sundae Station • 1240 W. Wooster
A classic mid-west lunch includes a shredded chicken sandwich or a pork-a-lean sandwich. Popular at local potlucks, these sandwiches are tasty and filling.

DINNER: Myles Pizza • 516 E. Wooster
The dough is thick, the sauce is thick, the toppings are thick. Any "lovers" selection is bound to win you over. If you're limited to one topping, try the buffalo (if it's in stock). The family-run business, owned by Chip Myles, has been a Bowling Green homecoming since 1962.

DESSERT: Myles Baker Street • 434 E. Wooster
Across the railroad tracks is a unique bakery where the wallpaper resembles yellow cake and the floor is patterned from sugar cookies. Opened in 2006 by Chip Myles' daughter, Meredith Myles-Valle, and her husband Abraham Valle. High-quality pastries are made fresh from scratch daily. The hand-dipped chocolates melt in your mouth.

BE Historical

Foodways of our Past

Foods are often emotionally satisfying because we associate them with a familiar place or memory.

BREAKFAST: Corner Grill • 200 N. Main
It's the oldest diner in town, where the owners are about the only thing that's changed since it's opening over 50 years ago. Classic diner fare is cooked on the original grill and served up to regulars and newcomers atop the original countertops.

TAKE A TOUR: Wood County Historical Center & Museum • 13660 County Home Rd.
The former Wood County Infirmary served as a self-sufficient poor farm from 1869-1971. Residents cultivated the natural resources to feed hundreds of people. Take the self-guided Foodways Tour to learn the history of the Infirmary through its foodways traditions.

LUNCH: China Village • 134 W. Wooster
The oldest Chinese restaurant in Bowling Green serves a culinary hybrid of Chinese-American cuisine with ethnic and mid-west influences.

DINNER: Jed's BBQ • 101 S. Main
Located in the former Millikin Hotel, the popular-culture-themed menu rests alongside classic 1890s architecture. In the small seating area, see the Italian Mosaic tile floor of the original entry and original oak woodwork.

DESSERT: Naslada Bistro • 182 S. Main
In 2003, this Bulgarian family pursued an adventure in Bowling Green with great response. Their European-American menu promotes healthy eating, quality flavors, and a baklava pastry that will keep you coming back time and time again.

BE Healthy

Heart-Smart Ideas

Home cooking and handed-down recipes still grace many family and family-style dinner tables in Bowling Green.

BREAKFAST: Ben's Table • 1021 S. Main
Made-from-scratch home-style breakfasts can have healthy alternatives. The fluffy pancakes are loaded with plump blueberries or wild cherries and accompanied by organic fruits and vegetables. See the Garden Railroad behind the restaurant where Deb grows her fresh herbs.

WALK IT OFF:
Bowling "green" space is filled with walking trails and nature preserves. Stretch your legs in one of our many parks maintained by the Bowling Green Parks & Recreation Division or Wood County Park District.

LUNCH: Squeaker's Café • 175 N. Main
Vegetarian, vegan, and organic foods that are exciting and delicious. Also a health food store which sells fair trade items and take-home treats.

DINNER: Easy Street Café • 104 S. Main
Can't beat the bison burger! Similar to beef, this lean red meat alternative is a bit sweeter, more tender, and hormone-free. Less fat, calories, cholesterol, and sodium but more flavor. Go ahead, get the fries.

DESSERT: Smoovies • 112 E. Washington
A refreshing drink made-to-order with fresh ingredients and never any sugar added. With film-related names such as "Planet of the Grapes" or "Banalyze This," ordering is almost as fun! Next door at Video Spectrum is the most extensive movie selection in the area. Rent a fun food film such as "Prizewinner of Defiance Ohio," "What's Cooking," or "Big Night."