

# A CBUS SOUL WEEKEND: ART, HISTORY AND LOCAL BITES



## SATURDAY

**BREAKFAST | Bake Me Happy:** Begin your visit to Columbus on a high note with a trip to Bake Me Happy, a gluten free bakery offering sweet treats and local, small batch coffees. Take your pick from delicious scones, oatmeal crème clouds, donut muffins and more! At Bake Me Happy, they know that eating gluten free feels better for many, so they aim to make it taste better for all.

**MORNING ACTIVITY | Maroon Arts Group Box Park:** Tap into your artistic side with a visit to the Maroon Arts Group Box Park. Located near the historic, King-Lincoln and Bronzeville neighborhoods, the Maroon Arts Group encourages daily encounters with art, performances, and design. Be sure to check their event's calendar prior to your visit!

**LUNCH | Ena's Caribbean Kitchen:** The Caribbean has landed in Columbus and results are delectable. Ena's Caribbean Kitchen was founded in 1999 by "Ms. Ena" herself, who specializes in traditional Jamaican recipes ranging from jerk chicken to fried fish. This no-frills operation has won the hearts of residents and visitors and even captured national attention with an appearance on the Food Network's Diners, Drive-Ins and Dives.

**AFTERNOON ACTIVITY | King Arts Complex:** No trip to Columbus would be complete without a trip to the King Arts Complex. Located on the near East side of the city, The King Arts Complex connects with the community and visitors through the arts and highlights the contributions of African Americans to the culture and history of the world. Enjoy exhibitions by local artists, educational workshops and recurring programs to be explored all year long.

**DINNER | Shrimp Lips:** Savor the taste of southern flavor and order delivery from Shrimp Lips. This family-owned and operated business boasts sea food entrees, like snow crab and lobster tail, combined with your favorite southern sides (think hush puppies and Cajun fries). Their unique blend of spices is sure to have you coming back for more.

## SUNDAY

**BREAKFAST | Upper Cup Coffee:** Start your morning off right and pop into Upper Cup Coffee in Olde Towne East. Sip on house roasted espresso and coffees sourced from around the world in this brick-walled, neighborhood café. Upper Cup highlights up and coming, local artists in a rotating gallery for guests to enjoy while they delight in hand-crafted brews.

**MORNING ACTIVITY | Long Street Cultural Wall:** After you're energized for the day, take a quiet stroll over to the Long Street Cultural Wall, on the bridge connecting Near East Columbus to Downtown. This collaboration by local artists Kojo Kamau and Larry Winston Collins features a combination of photography and block prints providing an educational walk through the Columbus' Black history.

**LUNCH | Feed Me Sandwich Kings:** After your walk you'll be happy to feel like a king when you order a delicious, crave-worthy handheld from Feed Me Sandwich Kings. The self-proclaimed "destination for hunger elimination," Sandwich Kings offers a different take (and sizable portion) of your lunch favorites including the "Big Italian" and "That Philly Tho!". We highly recommend rounding out your order with their king-style fries.

**AFTERNOON ACTIVITY | Yelo Aple:** Before you head out of town, stop by Yelo Aple, a retail store that seeks to plant tropical escapes in homes everywhere. They offer a large selection of potted and un-potted succulents, tropical plants, trees, hanging plants, water plants and many more. You never know when you'll meet your next plant baby!