

## Welcome to Columbus, Ohio!

Dear ASPEN Attendees,

We are thrilled to welcome you to the vibrant city of Columbus, Ohio, for this year's ASPEN Nutrition Science & Practice Conference! As healthcare professionals dedicated to advancing the science and practice of clinical nutrition, you are in for an enriching experience both inside and outside the conference halls.

Columbus, known for its dynamic blend of innovation, culture, and hospitality, offers a plethora of activities and sights to explore. From the bustling Short North Arts District to the serene beauty of the Franklin Park Conservatory and Botanical Gardens, there's something for everyone to enjoy.

Prepare to be inspired by our keynote speakers, engage in thought-provoking sessions, and network with peers from around the globe. And when you're ready to unwind, Columbus's diverse culinary scene, vibrant nightlife, and welcoming community are here to make your stay unforgettable.

We hope you have a fantastic time discovering all that Columbus has to offer. Let's make this conference a memorable one!

Warm regards,

*Ashley Bronston, MS, RDN, LDN*

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OSPEN President



PS: Download the Columbus Attendee Savings Pass on your mobile device and present it at participating businesses to enjoy deals and discounts exclusively for you.

## Discover the Charm of Columbus, Ohio!

Welcome to Columbus, a city brimming with fascinating history and unique trivia! Here are some fun facts to get you excited about exploring Columbus:

1. **Central Hub:** Nearly half of U.S. residents live within 600 miles of Columbus, making it a true crossroads of America.
2. **Historic Green Spaces:** Goodale Park, one of the first three parks in the U.S. to provide workers with access to clean, open green spaces, is a testament to the city's commitment to public health and recreation.
3. **NFL Roots:** From 1927 to 1939, Columbus proudly served as the headquarters of the NFL.
4. **Buckeye Pride:** The buckeye tree, Ohio's state tree, is a common sight throughout the city, symbolizing local pride and natural beauty.
5. **Sweet Beginnings:** According to Redfin, the beloved Oreo cookie was born right here in Columbus.
6. **Culinary Star:** Celebrity chef Guy Fieri hails from Columbus, adding a dash of star power to the city's culinary scene.
7. **Presidential History:** In 1861, Abraham Lincoln was in Columbus visiting the State House when he received the news of his presidential election.
8. **Top Library:** The Columbus Public Library is ranked #1 in the United States, offering a wealth of resources and programs for the community.
9. **Olympic Champion:** Simone Biles, the world-renowned gymnast, was born and raised in Columbus.
10. **Restaurant Origins:** Popular chains like Wendy's, Buffalo Wild Wings, and Donato's Pizza started in Columbus, showcasing the city's entrepreneurial spirit.

## Hungry? We've put together some of our favorite options for you to consider.

*Conference Venue for reference:*

Greater Columbus Convention Center  
400 N High St, Columbus, OH 43215

### Quick Grab-n-Go Options:

**(HIGHLY SUGGESTED) North Market:** [northmarket.org/downtown-merchants](http://northmarket.org/downtown-merchants)

- Description: A vibrant public market comprising Ohio's best independent merchants, farmers, and cuisine.
- Address: 59 Spruce St, Columbus, OH 43215

**The Lox Bagel Shop:** [theloxbagelshop.com](http://theloxbagelshop.com)

- Description: Hand-rolled, boiled, and baked bagels and bagel sandwiches in the heart of the Short North.
- Address: 772 N High St #106, Columbus, OH 43215

**Roaming Goat Coffee:** [roaminggoatcoffee.com](http://roaminggoatcoffee.com)

- Description: Coffee roastery with barista drinks, flavored syrups, and teas.
- Address: 849 N High St, Columbus, OH 43215

**Wario's Beef and Pork:** [wariosbeefandpork614.com](http://wariosbeefandpork614.com)

- Description: Generous meat sandwiches & potato sides are offered in a relaxed window-serve spot that has a patio.
- Address: 111 W Nationwide Blvd, Columbus, OH 43215

**Mr. Hibachi Downtown:** no official website

- Description: Relaxed restaurant serving Japanese dishes including popular hibachi selections.
- Address: 250 N 3rd St, Columbus, OH 43215

**Freedom a la Cart Café:** [freedomalacart.org](http://freedomalacart.org)

- Description: From scratch breakfast, lunch, and locally roasted coffee from a space supporting human-trafficking survivors.
- Address: 123 E Spring St, Columbus, OH 43215

**Creole 2 Geaux:** [creole2geaux.com](http://creole2geaux.com)

- Description: Cozy locale serving New Orleans-inspired fusion cuisine, including bourbon chicken, po'boys, and yakamein.
- Address: 401 N Front St, Columbus, OH 43215

### Casual Sit-Down Options:

**NorthStar Café:** [thenorthstarcafe.com/location/northstar-cafe-short-north](http://thenorthstarcafe.com/location/northstar-cafe-short-north)

- Description: Serves various dishes, including burgers, soups, salads, and pizzas made with locally sourced and organic ingredients.
- Address: 951 N High Street, Columbus, OH 43201

**Local Cantina:** [localcantina.com/menu](http://localcantina.com/menu)

- Description: Casual restaurant serving tacos, burritos, and other Tex-Mex options, plus draft beer.
- Address: 600 N High Street, Columbus, OH 43215

**Drunch Eatery + Bar:** [druncheatery.com](http://druncheatery.com)

- Description: Gastropub serving craft cocktails, updated comfort fare & brunch all day in an artsy setting.
- Address: 995 N 4th Street, Columbus, Ohio 43201

**Short North Pint House:** [shortnorthpinthouse.com](http://shortnorthpinthouse.com)

- Description: Hopping joint with a beer-garden patio, serving American pub grub & a large selection of brews.
- Address: 780 N High St, Columbus, OH 43215

**Michael's Goody Boy Diner:** [goodyboydineroh.com](http://goodyboydineroh.com)

- Description: Comfort food classics & creative cocktails served in a renovated 1940s diner with a spacious patio.
- Address: 1144 N High St, Columbus, OH 43201

**Condado Tacos Short North:** [condadotacos.com/menu-food](http://condadotacos.com/menu-food)

- Description: Laid-back spot for margaritas & tacos with your own fillings.
- Address: 1227 N High St, Columbus, OH 43201

**First Watch:** [firstwatch.com/menu/?corp\\_id=66&verison=core](http://firstwatch.com/menu/?corp_id=66&verison=core)

- Description: Cafe chain for health-minded breakfast, brunch & lunch options such as omelets, salads & soups.
- Address: 1567 N High St, Columbus, OH 43201

**Roots Natural Kitchen:** [rootsnaturalkitchen.com](http://rootsnaturalkitchen.com)

- Description: Chain eatery serving salads and grain bowls made with natural ingredients, including vegan options.
- Address: 10 E 15th Ave, Columbus, OH 43201

**Moran's Bar and Grill:** [moransbarandgrille.com](http://moransbarandgrille.com)

- Description: Relaxed bar and grill offering food and happy hour specials, plus sports on TV.
- Address: 415 N Front St, Columbus, OH 43215

**Bareburger:** [bareburger.com/locations/short-north](http://bareburger.com/locations/short-north)

- Description: Casual, eco-minded regional chain for organic burgers (from beef to bison) & more, plus beer & wine.
- Address: 463 N High St, Columbus, OH 43215

**Agave and Rye Short North:** [agaveandrye.com/dine-in-menu](http://agaveandrye.com/dine-in-menu)

- Description: Trendy spot dishing up tacos, burritos, and other Mexican plates, plus beer and cocktails.
- Address: 479 N High St, Columbus, OH 43215

**El Vaquero Mexican Restaurant:** [vaquerorestaurant.com](http://vaquerorestaurant.com)

- Description: Part of a regional Mexican chain offering familiar dishes & fruity margaritas in a casual setting.
- Address: 600 N High St, Columbus, OH 43215

**Rooh Short North:** [roohcolumbus.com](http://roohcolumbus.com)

- Description: Unique cocktails & elevated Indian cuisine are showcased at this cosmopolitan restaurant & bar.
- Address: 685 N High St, Columbus, OH 43215

**TownHall:** [townhallohiocity.com](http://townhallohiocity.com)

- Description: Health-conscious fare & homemade juices are served in this spacious, woody restaurant chain outlet.
- Address: 792 N High St, Columbus, OH 43215

**Hubbard Grille:** [hubbardgrille.com](http://hubbardgrille.com)

- Description: Casual, modern American restaurant set in a 1924 building with original brick & reclaimed wood.
- Address: 793 N High St, Columbus, OH 43215

**The Eagle:** [eaglerestaurant.com](http://eaglerestaurant.com)

- Description: Convivial eatery & beer hall dishing up Southern classics such as fried chicken & spoonbread.
- Address: 790 N High St, Columbus, OH 43215

**Bakersfield Short North:** [bakersfieldtacos.com](http://bakersfieldtacos.com)

- Description: Tacos & a few other Mexican dishes are delivered in an upbeat, margarita-fueled atmosphere.
- Address: 733 N High St, Columbus, OH 43215

**Forno Kitchen and Bar:** [fornoshortnorth.com](http://fornoshortnorth.com)

- Description: Elevated eatery with swanky decor serving stone-fired New American eats for dinner & weekend brunch.
- Address: 721 N High St, Columbus, OH 43215

## Formal Dining Options:

**Kooma Sushi:** [koomacolumbus.com](http://koomacolumbus.com)

- Description: Sushi, noodles, tempura & hibachi dishes presented in an intimate, dimly lit setting.
- Address: 37 Vine St, Columbus, OH 43215

**Martini Modern Italian:** [martinimodernitalian.com](http://martinimodernitalian.com)

- Description: Traditional Italian dishes with a modern twist served in a contemporary space with chandeliers.
- Address: 445 N High St, Columbus, OH 43215

**Ruth's Chris Steak House:** [ruthschris.com/menu/steaks-chops](http://ruthschris.com/menu/steaks-chops)

- Description: Outpost of upmarket steakhouse chain known for sizzling, butter-topped beef in an elegant setting.
- Address: 511 N High St, Columbus, OH 43215

**Hyde Park Prime Steakhouse:** [hydeparkrestaurants.com](http://hydeparkrestaurants.com)

- Description: High-end steakhouse chain serving grilled meats, seafood & cocktails in a sophisticated setting.
- Address: 569 N High St, Columbus, OH 43215

**Marcella's Short North:** [marcellasrestaurant.com/locations-menus/marcellas-short-north](http://marcellasrestaurant.com/locations-menus/marcellas-short-north)

- Description: Lively, group-friendly kitchen serving pizza, pasta & other Italian standards in relaxed surroundings.
- Address: 615 N High St, Columbus, OH 43215

**The Guild House:** [theguildhousecolumbus.com](http://theguildhousecolumbus.com)

- Description: Unique rustic-modern dining room for sampling eclectic, globally inspired seasonal menus.
- Address: 624 N High St, Columbus, OH 43215

**The Pearl:** [thepearlrestaurant.com/locations-menus/short-north](http://thepearlrestaurant.com/locations-menus/short-north)

- Description: A refined tavern serving creative fare alongside wine, house-infused drinks & a deep beer list.
- Address: 641 N High Street, Columbus, Ohio 43215

**Lemongrass Fusion Bistro:** [lemongrassfusion.com](http://lemongrassfusion.com)

- Description: This trendy spot serves an array of Asian-fusion dishes, including sushi.
- Address: 641 N High St, Columbus, OH 43215

**Mandrake Rooftop (seating limited, but beautiful rooftop patio):** [mandrakerooftop.com](http://mandrakerooftop.com)

- Description: Upscale rooftop restaurant and bar offering small plates and cocktails in a clublike atmosphere.
- Address: 810 N High St, Columbus, OH 43215

**Goodale Station:** [goodalestation.com](http://goodalestation.com)

- Description: Trendy rooftop bar offering city views, cocktails, and small plates, including vegetarian options.
- Address: 77 E Nationwide Blvd, Columbus, OH 43215

**SoCal Kitchen and Bar:** [socalkitchenandbar.com](http://socalkitchenandbar.com)

- Description: Seasonal, Southern California-inspired fare is offered with creative cocktails in rustic-chic digs.
- Address: 705 N High St 1st Floor, Columbus, OH 43215

**Elevator Brewery and Draught Haus:** [elevatorbrewing.com](http://elevatorbrewing.com)

- Description: Historic, wood-trimmed pub with an on-site brewery & a menu of surf 'n' turf & other American fare.
- Address: 161 N High St, Columbus, OH 43215

**Due Amici:** [due-amici.com](http://due-amici.com)

- Description: Sleek, brick-walled Italian option for pasta, pizza & entrees prepared with local ingredients.
- Address: 67 E Gay St, Columbus, OH 43215

**Hank's Low Country Seafood & Raw Bar:** [hanksseafoodrestaurant.com/location/columbus](http://hanksseafoodrestaurant.com/location/columbus)

- Description: Enduring Southern restaurant serving seafood and small plates in a casual atmosphere.
- Address: 6 W Gay St, Columbus, OH 43215

**Chouette:** [chouetterestaurant.com/menus](http://chouetterestaurant.com/menus)

- Description: French bistro designed to introduce the richness of French cuisine to everyone, whether you're a seasoned foodie or new to the world of French flavors.
- Address: 66 N High St, Columbus, OH 43215

## Activities

- Franklin Park Conservatory and Botanical Gardens
- Columbus Museum of Art
- Center of Science and Industry (COSI)
- National Veterans Memorial and Museum
- Goodale Park
- Olentangy River Trail
- Scioto Mile
- CoGo bike share
- The Book Loft
- Prologue Bookshop
- Short North Boutique Shopping

A special thank you to our ad-hoc committee that worked to bundle this information for you:

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