

- * [Ale Asylum](#) \$\$, 7 miles, Large microbrewery with a taproom offering house beers & classic pub food
- * [Avenue Club and the Bubble Up Bar](#) \$\$, 4 miles, Bustling eatery and cocktail lounge serving eclectic global cuisine
- * [Bandung Indonesian Restaurant](#) \$\$, 4 miles, Casual batik-decorated eatery serving traditional & fusion Indonesian fare
- * [Banzo](#) \$, 5 miles, Food truck-spawned counter serve, specializing in falafel & other Mediterranean eats
- * [Bonfyre American Grille](#) \$\$, 5 miles, Upscale-casual eatery offering contemporary American fare & a full bar
- * [Brass Ring](#) \$\$, 4 miles, Low-key pub offering burger, beer, and billiards & trivia nights
- * [Brocach Irish Pub](#) \$\$, various locations, Festive Irish pub with traditional music
- (WI) [Café Hollander](#) \$\$, 1 mile, Integrates elements of the Benelux region's rich culture, and our love for Belgian beer
- * [Café Porta Alba](#) \$\$, 2 miles, Casual Italian café serving Neapolitan-style pizzas, salads & antipasti, plus wines
- * [Cento](#) \$\$\$, 3 miles, Farm-to-fork Italian restaurant with house made pastas & wood-fired pizzas, plus a sizable wine list
- * [DLUX](#) \$\$, 3 miles, Gourmet burgers & artisanal cocktails in a modern, trendy setting, 1 block from the capital
- * [Dotty Dumpling's Dowry](#) \$\$, 2 miles, Longtime local institution offering specialty burger, cheese curds & tap beers
- * [Ella's Deli and Ice Cream Parlor](#) \$\$, 6 miles, Kosher-style deli and ice cream parlor, best place for kids for over 20 years!
- * [Eno Vino Downtown Wine Bar & Bistro](#) \$\$\$, 3 miles, Extensive wine list, small plates and entrees with a great view
- * [Essen Haus](#) \$\$, 3.5 miles, Bavarian restaurant featuring hearty German fare, imported beers, and live polka
- * [Gates and Bravi](#) \$\$, 2 miles, Modern-rustic tavern offering seafood-focused pub menu with Italian flair, plus craft beer
- * [Graze](#) \$\$, 3 miles, Lively gastropub plating farm-to-table comfort fare in a modern glass venue with capital views
- [Hop Cat](#) \$\$, 3 miles, Brew pub with massive beer list and creative pub fare, must try crack fries
- [Ian's Pizza](#) \$, 2 miles, Wisconsin-born chain known for its creative pizzas including its signature mac 'n' cheese pie
- * [Lombardino's](#) \$\$\$, 0.5 mile, One of Madison's oldest restaurant and bar serving seasonal Italian cuisine
- * [Marigold Kitchen](#) \$\$, 3.5 miles, Bright, counter-serve eatery featuring creative organic breakfast & lunch fare
- * [Mickie's Dairy Bar](#) \$, 1.5 miles, Cozy local institution serving hearty portions of breakfast fare at communal tables
- * [Monty's Blue Plate Diner](#) \$\$, 5 miles, 1950s-style diner serving comfort food plus vegetarian & vegan options
- * [Mr. Brews](#) \$\$, various locations, Great burgers, beer, and camaraderie, over 50 taps and 11 customizable burgers
- (WI) [Nitty Gritty Madison](#) \$\$, 2 miles, Longtime bar & grill featuring free birthday beverage plus pub grub
- * [Paisan's](#) \$\$, 3 miles, Longtime eatery featuring Italian fare, thin-crust pizzas & a patio with Lake Monona views
- * [Pasqual's](#) \$\$, 2 miles, Southwestern (Tex-Mex) flavors, fresh ingredients and passion for food, best tequila in town
- * [Quivey's Grove](#) \$\$, 6 miles, Authentic quality food in a historic home or stable, American restaurant and bar
- (WI) [Red Rock Saloon](#) \$\$, 3 miles, Vibrant saloon with full-bar, classic BBQ meals, and country music
- * [Red Sushi](#) \$\$\$, 3 miles, Sleek eater serving creative sushi rolls and grilled Japanese fare
- * [Samba](#) \$\$\$ 3 miles, Brazilian grill featuring all-you-can-eat meats cut tableside and a large salad bar
- (WI) [Sprecher's Restaurant and Pub](#) \$\$, 7 miles, Fresh local ingredients in scratch kitchen, 14 WI beers, 4 gourmet sodas
- * [State Street Brats](#) \$, 3 miles, Wisconsin badger sports bar featuring red bratwurst, burgers, and beer
- (WI) [The Great Dane Pub & Brewing Company](#) \$\$, various locations, Award winning craft brews and hearty pub fare
- * [The Old Fashioned](#) \$\$, 3 miles, Wisconsin-themed, retro-style tavern offering beers, brats & cheese curds
- (WI) [The Roman Candle](#) \$\$, various locations, Family-friendly pizzeria offering gourmet New-York style pies and slices
- * [Vintage Brewing Co.](#) \$\$, 4 miles, Casual option for house beers, sodas & American tavern eats served

Madison Exclusive= *
Wisconsin Exclusive= (WI)

Cost= \$, \$\$, \$\$\$
Distance= Miles from hospital

FREE ATTRACTIONS

[Allen Centennial Garden](#) (open dawn to dusk)

[University of Wisconsin Arboretum](#) (walking, biking, trails open 7:00a-10:00p)

[Farmers Market around the Capital](#) (Saturdays 6:15a-1:45p...last one of the season!!)

[Henry Vilas Zoo](#) (9:30a- 5:00p)

[Olbrich Botanical Gardens](#) (Outdoor 9:00a-4:00p free, Indoor daily 10:00a-4:00p, \$2)

[Wisconsin State Capital](#) (Free tours: Sunday 1:00p, 2:00p, 3:00p)

Museums

[Museum of Contemporary Art](#): Free admission, open Friday 12:00p-8:00p, Sunday 12:00p-5:00p

[Chazen Museum of Art](#): Free admission, open Friday and Sunday 9:00a-5:00p

[Historical Museum](#): \$5 donation, open Friday 9:00a-5:00p, Sunday 11:00a-4:00p

[Children's Museum](#): \$7.95 admission, open Friday-Sunday 9:30a-5:00p

RELAXATION

[Allen Koa](#)

[ANiU Salon & Spa](#)

[Aveda Institute Madison](#)

[Indulge Spa](#)

[Jenerate Wellness](#) (therapeutic infrared sauna)

[Kneaded Relief Day Spay & Wellness](#)

[The Float Factor](#) (relaxation float chambers) *50% off your first sauna session, coupon in welcome bag!

[Rejuvenation Spa](#)

Yoga

[Bliss Flow Yoga & Wellness Center](#)

[Dragonfly Hot Yoga](#)

[Inner Fire Yoga](#)

[Perfect Knot Yoga Center](#)

[The Studio](#)

SHOPPING

[Hilldale Shopping Center](#)

[Greenway Station Shopping Center Greenway Station](#)

[State Street/Capital Square](#)

[East Towne Mall](#)

[West Towne Mall](#)