

LOCAL RESOURCE GUIDE

YOUR GUIDE TO GRAND RAPIDS FROM HAIRCUTS TO HANGOUTS



A NEIGHBORHOOD GUIDE

Being away from home while your loved one is in rehabilitation can feel overwhelming. To help make your stay easier—and maybe even a little brighter—we've gathered local resources around our hospital just for you.

Inside, you'll find nearby coffee shops, restaurants, grocery stores, banks and other essentials to help simplify day-to-day life. We hope this guide helps you feel more at home, saves you time, and lets you focus on what matters most—supporting your loved one.

We're grateful you're here, and we hope you also find moments to enjoy everything Grand Rapids has to offer.



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LODGING

The Inn at Mary Free Bed

360 Lafayette Ave. SE

616.840.8100

maryfreebed.com/visitor-lodging-options

Rooms are limited and level of need is considered.

Ronald McDonald House of Western Michigan

1323 Cedar St. NE, Grand Rapids

616.776.1300

Provides a home away from home for families of children needing medical care. Guests are asked to consider a contribution of \$25 a night.

Sophia's House

210 Lafayette Ave. SE, Grand Rapids

616.685.5700

Sophia's House | Trinity Health Michigan

trinityhealthmichigan.org/location/sophia-s-house

Patients who have confirmed treatments or procedures can reserve a room at Sophia's House in advance. Patients may also arrive the night before a procedure and stay at Sophia's House.

Hampton Inn and Suites - Alpine (% discount)

500 Center Dr. NW, Grand Rapids

616.647.1000

Hampton Inn and Suites - Downtown

433 Dudley Place NE, Grand Rapids

616.456.2000

Holiday Inn

310 Pearl St. NW, Grand Rapids

616.235.7611

Holiday Inn Express - Alpine (% discount)

358 River Ridge Dr. NW, Walker

616.647.4100

Homewood Suites by Hilton

161 Ottawa Ave. NW, Grand Rapids

616.451.2300

HOTELS

Downtown Courtyard by Marriott

11 Monroe Ave. NW, Grand Rapids

616.242.6000

Embassy Suites Downtown Grand Rapids

710 Monroe Ave. NW, Grand Rapids

616.512.5700



RESTAURANTS

AMERICAN STYLE FARE

Buffalo Wild Wings

8 Ionia Ave. NW, Grand Rapids
616.454.9464
buffalowildwings.com

Electric Cheetah

1015 Wealthy St. SE, Grand Rapids
616.451.4779
electriccheetah.com

Good Truckin' Diner

701 Wealthy St. SE, Grand Rapids
616.279.2943

Hancock

1157 Wealthy St. SE, Grand Rapids
616.805.4232
hancockgr.com

One Stop Coney

1514 Fulton St. E, Grand Rapids
616.233.9700
onestopconey.com

Stella's Lounge

53 Commerce Ave. SW, Grand Rapids
616.742.4444
stellaslounge.com

The Commons

547 Cherry St. SE, Grand Rapids
616.458.2704
commons-gr.online

The Winchester

648 Wealthy St. SE, Grand Rapids
616.451.4969
thewinchestergr.com

Tupelo Honey Southern Kitchen

140 Ottawa Ave. Ste. 100, Grand Rapids
616.239.7158
tupelohoneycafe.com

Yesterdog (Cash Only)

1505 Wealthy St. SE, Grand Rapids
616.336.0746
yesterdoggrandrapids.com

SCRUMPTIOUS SOUP AND SANDWICHES

Jimmy John's

63 Monroe Center St. NW, Grand Rapids
616.235.4500
jimmyjohns.com

Subway

100 Wealthy St., Ste. A & B, Grand Rapids
616.226.9642
subway.com

Two Beards Deli

38 Commerce Ave. SW, Grand Rapids
616.719.3802
twobeardsdeli.com

Uncle Cheetah's Soup Shop

1133 Wealthy St. SE, Grand Rapids
616.451.4780
unclecheetah.com

BREAKFAST AND BRUNCH

Bagel Kitchen

2228 Wealthy St. SE, Grand Rapids
616.805.3842
bagelkitchengr.com

Earlybird

1445 Lake Dr. SE, Grand Rapids
616.258.8350
thatearlybird.com

Leo's Coney Island

122 Oakes St. SW Ste. 100, Grand Rapids
616.805.3780
leosconeyisland.com

Littlebird

95 Monroe Center St. NW, Grand Rapids
616.419.4168
thatlittlebirdgr.com

Matchbox Diner

1345 Lake Dr. SE, Grand Rapids
616.774.8641
matchboxdiner.com

Sundance Grill

151 Ottawa Ave. NW, Grand Rapids
616.776.1616
sundancegrill.com

The Omelette Shoppe

545 Michigan St. NE, Grand Rapids
616.726.5800
omeletteshoppe.com

Wolfgang's

1530 Wealthy St. SE, Grand Rapids
616.454.5776
thatearlybird.com

PIZZA

Domino's Pizza

1335 Lake Dr. SE, Grand Rapids
616.774.2293
dominos.com

Martha's Pizza

208 Union Ave. NE, Grand Rapids
616.726.6609
marthaspizza.com

Pizza Hut

1433 Wealthy St., Grand Rapids
616.454.4080
pizzahut.com

Quarantino's

1444 Lake Dr. SE, Grand Rapids
616.734.6833
quartinosgr.com

Toppers Pizza

947 Wealthy St. SE, Grand Rapids
616.719.3300
toppers.com

SEAFOOD

Leo's Seafood Restaurant and Bar

60 Ottawa Ave. NW, Grand Rapids
616.454.6700
leosrestaurant.com

Real Seafood Company

141 Lyon St. NW, Grand Rapids
616.465.4240
realseafoodrestaurant.com

ITALIAN

Bistro Bella Vita

44 Cesar E Chavez Ave. SW, Grand Rapids
616.222.4600
bistrobellavita.com

Palio Grand Rapids

545 Michigan St. NE Ste. 102, Grand Rapids
616.719.0542
paliorestaurant.com/grand-rapids

Peppino's Downtown

130 Ionia Ave. SW, Grand Rapids
616.456.8444
peppinospizza.com

Testa Rossa Italian Ristorante

1017 Wealthy St. SE, Grand Rapids
616.278.3174
testarossagr.com

Uccello's Downtown

122 Monroe Center St. NW, Grand Rapids
616.773.1687
uccellos.com

INDIAN

Curry Leaf

(Downtown Market)
435 Ionia Ave. SW, Grand Rapids
616.500.7712
curryleafmi.com

Indian Express Eat

1117 Wealthy St. SE, Grand Rapids
616.279.2135

Palace of India

138 Fulton St. E, Grand Rapids
616.913.9000
palaceofindiarestaurant.com

Pind Indian Cuisine

241 Fulton St. W, Grand Rapids
616.805.4767
pindindiancuisinegr.com

MEDITERRANEAN

Gita Pita

2 Jefferson Ave. SE, Grand Rapids
616.608.3211
gitapita.com

Parsley Mediterranean Bar and Grill

80 Ottawa Ave. NW, Grand Rapids
616.776.2590
parsleymg.com

San Chez Tapas Bistro

38 Fulton St. W, Grand Rapids
616.774.8272
sanchezbistro.com

Zivio

724 Wealthy St. SE, Grand Rapids
616.608.3534
ziviogr.com



CHINESE, THAI, KOREAN FOOD AND MORE

Bangkok Taste Thai Cuisine

15 Jefferson Ave. SE, Grand Rapids
616.356.5551
grbangkoktastecuisine.com

Beijing Kitchen

342 State St. SE, Grand Rapids
616.458.8383
beijingkitchenmi.com

Ginza

1015 Michigan St. NE, Grand Rapids
616.272.4116
ginzasushiramen.com

Maru

927 Cherry St. SE, Grand Rapids
616.458.1900
marusushi.com

Red Bowl

1001 Lake Dr. SE, Grand Rapids
616.459.9888
redbowlgr.com

Soho Sushi

58 Monroe Center St. NW, Grand Rapids
616.235.6969
sohosushigr58.com

Thai Table

950 Wealthy St. SE, Grand Rapids
616.221.7117
thaitablegr.com

MEXICAN

Cinco de Mayo

114 Monroe Center St. NW, Grand Rapids
616.719.2401

Donkey Tanqueria

665 Wealthy St. SE, Grand Rapids
616.259.9483
donkeygr.com

El Cerrito Cocina Mexicana

1400 Lake Dr. SE, Grand Rapids
616.284.3917
elcerritogr.com

Luna

64 Ionia Ave. SW, Ste. 100, Grand Rapids
616.288.6340
lunagr.com

Mi Pueblito Mexican Restaurant

1499 Wealthy St. SE, Grand Rapids
616.381.3034



PUBS

Brewery Vivant

925 Cherry St. SE, Grand Rapids
616.719.1604
breweryvivant.com

Founders Brewing Company

235 Grandville Ave. SW, Grand Rapids
616.776.1195
foundersbrewing.com

Glass House

710 Michigan St. NE, Grand Rapids
616.214.8415

Harmony Brewing Company

1151 Lakr Dr. SE, Grand Rapids
616.233.0063
harmonybeer.com

Hopcat

25 Ionia Ave. SW Ste. 100, Grand Rapids
616.452.4677
hopcat.com

Logan's Alley

916 Michigan St. NE, Grand Rapids
616.458.1612
logansalley.com

New Holland Brewing Company

417 Bridge St. NW, Grand Rapids
616.345.5642
newhollandbrew.com

COFFEE

Biggby

Mary Free Bed Rehabilitation Hospital
Main Lobby, First Floor

Lantern Coffee Bar and Lounge

100 Commerce Ave. SW, Grand Rapids
616.920.0209
lanterncoffee.com

Lyon Street Café

617 Lyon St. NE, Grand Rapids
616.635.2194
lyonstreetcafe.com

Madcap Coffee

98 Monroe Center St. NW, Grand Rapids
888.866.9091
madcapcoffee.com

Rowster Coffee

632 Wealthy St. SE, Grand Rapids
616.780.777
rowstercoffee.com

Scorpion Hearts Club

1035 Wealthy St. SE, Grand Rapids
616.608.3375
scorpionheartclub.com



ICE CREAM AND SWEET TREATS

Furniture City Creamery

958 Cherry St. SE, Grand Rapids
616.920.0752
furniturecitycreamery.com

Love's Ice Cream

(Downtown Market)
435 Ionia Ave. SW Ste. 106, Grand Rapids
616.965.1054
lovesicecream.com

Mokaya

638 Wealthy St. SE, Grand Rapids
616.551.1925
mokayagr.com

Pinkies Ice Cream and Desserts

1127 Wealthy St. SE, Grand Rapids
616.451.9605
pinkiesgr.wixsite.com

The Parlor at Cherry Hill Market

717 Cherry St. SE, Grand Rapids
616.776.02 66

BAKERIES

Field & Fire Café

820 Monroe Ave. NW Ste. 100, Grand Rapids
616.608.4533
fieldandfire.com

Nantucket Baking Company

615 Lyon St. NE, Grand Rapids
616.350.9292
nantucketbaking.com

Terra Bagels

40 Pearl St. NW, Grand Rapids
616.465.4343
terrabagels.com

Terra Bagels

1413 Lake Dr. SE, Grand Rapids
616.805.3740
terrabagels.com

Wealthy Street Bakery

610 Wealthy St. SE, Grand Rapids
616.301.2950
wealthystreetbakery.com



GROCERIES, GAS AND MORE

MARKETS

Art of the Table

606 Wealthy St. SE, Grand Rapids
616.301.1885
artofthetable.com

Cherry Hill Market

721 Cherry St. SE, Grand Rapids
616.776.0266

Downtown Market

435 Ionia Ave. SW, Grand Rapids
616.805.5308
downtownmarketgr.com

Fulton Street Farmer's Market

1145 Fulton St. E, Grand Rapids
616.454.4118
fultonstreetmarket.com

Martha's Vineyard Fine Wine and Gourmet Grocery

200 Union Ave. NE, Grand Rapids
616.459.0911
mvwines.com

GROCERY STORES

Bridge Street Market

405 Seward Ave. NW, Grand Rapids
616.649.9000
bridgestreetmarket.com

D&W Fresh Market

2181 Wealthy St. SE, Grand Rapids
616.456.8683
shopdwfreshmarket.com

Family Fare

1415 Fulton St. E, Grand Rapids
616.459.3438
shopfamilyfare.com

Gordon Food Service Store

1003 Michigan St. NE, Grand Rapids
616.719.0484
gfs.com



BANKS

Chase Bank

1100 Michigan St. NE, Grand Rapids
616.771.7010

Huntington Bank

1158 Wealthy St. SE, Grand Rapids
616.632.2265

Independent Bank

77 Monroe Ctr. NW Ste. 1200, Grand Rapids
616.458.7045

Lake Michigan Federal Credit Union

4050 Lake Dr. SE Ste. 100, Grand Rapids
616.234.6495

MSU Federal Credit Union

85 Monroe Center St. NW, Grand Rapids
800.678.4968

DRY CLEANERS

Curtis Cleaners

450 Michigan St. NE, Grand Rapids
616.451.4908

Michigan Street Laundromat

1227 Michigan St. NE, Grand Rapids
616.209.8050

Sheldon Cleaners

1147 Michigan St. NE, Grand Rapids
616.451.4992

PHARMACIES

CVS Pharmacy

1550 Lake Dr. SE, Grand Rapids
616.235.0747

Family Fare Pharmacy

1415 Fulton St. E, Grand Rapids
616.459.3438

Trinity Health Pharmacy Cathedral Square

360 Division Ave., Grand Rapids
616.685.1147

Trinity Health Pharmacy Wege Center

300 Lafayette Ave. SE, Grand Rapids
616.685.6105

Walgreens

425 Fuller Ave. NE, Grand Rapids
616.776.9925

GAS STATIONS

Circle K

514 Michigan St. NE, Grand Rapids
616.451.9836

Circle K

415 S Division Ave., Grand Rapids
888.739.2730

Mobil

248 Cherry St. SW, Grand Rapids
616.456.7444

HAIR SALONS AND BARBERS

Avenue Babershop

123 Division Ave. S, Grand Rapids
616.326.1689
avenuebarber.net

Echo Salon

24 Sheldon Ave. SE, Grand Rapids
616.742.9980
echosalongr.com



Foremost Babershop

(Cash Only)

152 Fulton St. E, Grand Rapids
616.458.1313
foremostbarbershop.com

Fusion Salon

750 Wealthy St. SE, Grand Rapids
616.451.8710
fusionsalongr.com

Great Clips

1235 Leonard St. NE, Grand Rapids
616.258.8664
greatclips.com

Lilith's Lair

25 Division Ave. S #15, Grand Rapids
616.551.0817
lilithslairgr.com

Locals Barbershop

619 Wealthy St. SE, Grand Rapids
616.217.9454
localsbarbershopgr.com

Palace Flophouse Salon

650 Wealthy St. SE, Grand Rapids
616.265.5897
palaceflophousesalon.com

ENTERTAINMENT AND LEISURE

Frederik Meijer Gardens & Sculpture Park

1000 E Beltline Ave. NE, Grand Rapids

616.957.1580

meijergardens.org

Grand Rapids Art Museum

101 Monroe Center St. NW, Grand Rapids

616.831.1000

artmuseumgr.org

Grand Rapids Public Museum

115 College Ave. SE, Grand Rapids

616.929.1700

grpm.org

Grand Rapids City Parks

Locations vary, check out the Parks Directory!

grandrapidsmi.gov/Residents/Parks-and-Recreation/Parks-Directory

John Ball Zoo

1300 Fulton St. W, Grand Rapids

616.336.4300

jbzoo.org



The image consists of a series of horizontal orange lines spaced evenly across a white background. In the bottom right corner, there is a square QR code made of small orange dots. Above the QR code, the text "SCAN HERE FOR MORE!" is written in bold, uppercase, orange letters. Below the QR code, the text "EXPERIENCEGR.COM/GR-ATTENDEE" is written in bold, uppercase, orange letters.



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Mary Free Bed[®]
Rehabilitation

800.528.8989 | maryfreebed.com
235 Wealthy St. SE, Grand Rapids, MI 49503

IPGR.098.129.12.25