

Foundations and Updates Seminar 2022 – I asked all class participants to name their favorite restaurant, café, coffee house, etc. so whenever you visit another city, you know where the locals love to go.

Name	City
1. Alcoa	Hot Rod's Diner
2. Algood	Manny's pizzeria
3. Algood	Olive Garden
4. Athens	BJs Snack bar or the Thai House
5. Atoka	Olympic
6. Atoka	Los Alabrihes
7. Bartlett	Side Porch (go for the croutons)
8. Bartlett	Fat Larry's
9. Bean Station	Aunt Bee's Ice Cream
10. Bean Station	Clinch Mountain Bakery and Restaurant
11. Benton	Bakery on Main & Ocoee Dam Deli
12. Berry Hill	ML Rose
13. Benton	Cotton Service Station/Deli
14. Blaine	El Perizo's
15. Blaine	Little Dipper
16. Bluff City	Ridgewood BBQ and Bluff City Diner
17. Brentwood	Soy Bistro
18. Bristol	Casa Mexicana
19. Bristol	The Corner
20. Bristol	Burger Bar of Bristol
21. Bristol	Wendy's
22. Bristol	Cootie Brown's
23. Carthage	El Ray's Azteca
24. Carthage	Ebel's Tavern
25. Caryville	Charlie's Pizza
26. Chapel Hill	Las Fiesta
27. Cleveland	Misfit tacos and broke down taco truck
28. Collegedale	1885 Grill Ooltewah
29. Cookeville	Stroud's

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30. Coopertown	Douglas's Market
31. Crossville	Fortes
32. Crossville	CPGs
33. Decherd	Steakhouse
34. Decherd	Lapitas Taco Truck and Fully Involved Smoke and BBQ truck
35. Dover	Ricks BBQ
36. Dyersburg	Moustos
37. Dyersburg	Same
38. Elizabethton	Dino's (first lasagna served in East TN)
39. Erin	Paul's Pizza Palace
40. Erwin	Clarence's
41. Etowah	Farmhouse restaurant
42. Farragut	Season's
43. Fayetteville	Beano's and Cahoots
44. Franklin	Franklin Bake House
45. Friendship	El Patio
46. Germantown	Soul Fish Café
47. Germantown	Southern Social
48. Germantown	Moondance Grill
49. Germantown	Huey's
50. Graysville	El toro
51. Graysville	Old courthouse (Dayton)
52. Greenbrier	Greenbrier's Pizza and Pub (across PD office)
53. Greeneville	Thai Joint
54. Halls	The Alleyway
55. Harrogate	Gondolier
56. Henderson	The Wall
57. Henry	Family Table
58. Jackson	Blacksmith
59. Jamestown	Hometown Café

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60. Jefferson City	Asia House
61. Jefferson City	Lakeview Market
62. Jonesborough	Main Street Café or Kitchen at Grace Meadows Farms
63. Kimball	Top of the Rock
64. Kingsport	Wasabi's
65. Kingsport	Fusion
66. Kingston	Los Primos
67. Kingston	Jake's Pizza
68. Kingston Springs	Sky King pizza and Punjabi Dhaba
69. Knoxville	Brasserie
70. Knoxville	Pete's Café
71. Knoxville	Abridged
72. Knoxville	Chesapeake's
73. Knoxville	Sweet P's
74. Knoxville	Altruda's
75. La Vergne	Shun Cheong and/or MexiChina (fusion restaurant)
76. Lakeland	Villa Casateroti (to be opened)
77. Lebanon	Town Square Social
78. Lewisburg	El Jardin
79. Lexington	Scott's BBQ
80. Manchester	Common John Brewery
81. Middleton	El Vera Cruz
82. Milan	Coyote Bar and Grill
83. Monteagle	Mountain Goat Market
84. Moscow	Choptle pack
85. Mosheim	Critter's Corner
86. Mountain City	Suba
87. Mountain City	Farmer's BBQ and Grill
88. Mt. Carmel	El Ranchito
89. Mt. Juliet	The Pub/ Corner Pub between the lakes

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90. Nashville	Jeff Ruby's
91. Nashville	Five Daughter's Bakery
92. New Johnsonville	Skyway Pizza
93. New Johnsonville	Tequila Johns
94. New Tazwell	Rachel's Sweet Treats
95. Niota	Sugar Shack
96. Norris	Vega Smokehouse and Café
97. Oak Ridge	Crafter's Brew
98. Oakland	Margarita's
99. Oakland	Margarita's
100. Obion	Willow Tree
101. Paris	Southside Café
102. Parrottsville	Pizza Plus
103. Piperton	Wolf River Café (Rossville)
104. Pittman Center	Cobbly Nob Market
105. Pittman Center	Trisha's
106. Pittman Center	Split Rail
107. Pleasant View	Sweezy's
108. Portland	BBQ Pit
109. Portland	Top of the Ridge
110. Pulaski	Kitchen 218
111. Pulaski	Yellow Deli
112. Ripley	Tacos vs. Sushi
113. Ripley	Gigi's coffee
114. Rockwood	Taco Bell
115. Rockwood	Captain D's
116. Rocky Top	Nanny's Kitchen or La Fiesta
117. Rogersville	Hale Springs Inn
118. Rutherford	Rutherford's Coffee House
119. Savannah	Outpost

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120.	Savannah	Ma Ma Fia's
121.	Selmer	Smokey Joes' BBQ
122.	Sevierville	The Bluff's
123.	Smithville	Cheryl's Beau Bees
124.	Soddy Daisy	Rico's
125.	Soddy Daisy	Fresh Burger Grill
126.	Soddy Daisy	Wimpies Country Restaurant
127.	South Carthage	Rojas Kitchen
128.	Sparta	Marioochi's Pizza on the Square
129.	Spencer	Old Tom's Café
130.	Springfield	The Depot
131.	Springfield	El Molcajete
132.	Tazewell	Pizza and burger places
133.	Tennessee Ridge	Smokey Ridge BBQ
134.	Tracy City	Hank's Grill and Lebella Pearls and High Point
135.	Tracy City	Rosie's Farmhouse kitchen
136.	Trenton	Scott's Tavern on the Square
137.	Tullahoma	McAlister's
138.	Tullahoma	122 West
139.	Union City	Patio Grill
140.	Watauga	Country Diner
141.	Watertown	Adopted Farmhouse Coffee Company
142.	Waverly	Waverly Café or Rusty Rooster
143.	Westmoreland	Grill on the Hill
144.	Woodbury	Sophia's off the Square