THE NEWCOMER'S GUIDE TO THE Bay Area
Welcome to the Bay Area! This guide is a resource to help you find the esoteric personal services, organizations, and local businesses that will help you call the Bay Area home.

Within a 75-mile radius of the SLAC National Accelerator Laboratory, you can explore a diverse selection of restaurants, cafés, local shops, community organizations, excursions and more! While we are not endorsing any of the businesses in this guide, these are the places that many of your SLAC colleagues have frequented and have become a part of their communities.

While you settle into your new surroundings, do not miss out on the opportunity to experience the unique culture that the Bay Area brings. Please feel free to provide feedback about any of the places in this guide and share any new places that you discover.
MAYOR'S WELCOME

It's truly a pleasure to be able to welcome you to Menlo Park and the Bay Area.

Menlo Park and the immediately surrounding area offers rich natural beauty (the hiking options are boundless), historically significant sites (a key state landmark is located in Menlo Park...and I'm not talking about the Google garage), entertainment (make sure to take in a live music concert at the newly renovated Guild theatre on El Camino Real) and amazing food options (I don't want to offend any of our great restaurateurs so I'll refrain from sharing my favorites).

The San Francisco Bay Area, for those both new and familiar with the area, offers an unlimited number of experiences from the vineyards of Napa Valley in the north to the tech campuses of Silicon Valley in the south. And in the middle is everything from the world class museums of San Francisco to the jazz haunts of Oakland.

I wish you all the best in what will truly be a journey of discovery.

Drew Combs, Mayor '21
Menlo Park City Council
It is my pleasure to welcome you to SLAC and to the Bay Area. I remember relocating here from New York in 2010 when I joined SLAC as Associate Laboratory Director for the Stanford Synchrotron Radiation Light Source. Having lived in New York for many years after growing up in Taiwan, moving to California was a big change. The SLAC community was very welcoming – people from across the lab introduced themselves and wished me well – and that kindness stays with me today. SLAC thrives on ideas, on identifying big problems and taking chances, and we do this best when we pursue and support diversity in our community. To successfully achieve our ambitious goals, SLAC must have a creative, diverse, and united workforce of people who share responsibility for ensuring a safe and welcoming environment for all. That is our commitment and what I hope you find as you start to make yourself at home here.

Chi-Chang Kao
SLAC Director
Food & Drinks
BAYVIEW BISTRO
4101 3rd St, San Francisco, CA
A neighborhood pop-up that offers food selections from various Black-owned vendors.
bayviewbistrosf.com

FRISCO FRIED
5176 3rd St, San Francisco, CA
A well-known family-owned soul food restaurant.
friscofried.biz

RADIO AFRICA & KITCHEN
4800 3rd St, San Francisco, CA
Market-fresh Ethiopian & American dishes are served with beer & wine in a cheery, modern space.
radioafricakitchen.com

BELLA TRATTORIA
3854 Geary Blvd, San Francisco, CA
Handmade pizza/pasta and endless drink options.
osteriabella.com/home

SEXTANT COFFEE ROASTERS
1415 Folsom St, San Francisco, CA
Ethiopian coffee with a great atmosphere and workspace.
sextantcoffee.com

LOLÒ
974 Valencia St, San Francisco, CA
Knickknacks decorate the colorful walls of this venue known for inventive Mexican small plates.
lolosf.com

LIMONNANA
212 6th St, San Francisco, CA
Informal kosher outfit turning out shawarma, falafel & other classic Mediterranean provisions.
limonnana.com
**SOULEY VEGAN**
301 Broadway, Oakland, CA
Warm corner eatery preparing vegan versions of Louisiana-style soul food, plus cocktails & desserts.

souleyvegan.com

**HORN BBQ**
2534 Mandela Parkway, Oakland,
Streamlined counter-service barbecue eatery specializing in brisket, pulled pork & sides.

hornbarbecue.com

**SUPER JUICED**
540 9th St, Oakland, CA
A bright, contemporary takeout spot serving organic juices, superfood smoothies, nut milks & hot teas.

oaklandisjuiced.com

**RED BAY COFFEE**
3098 E 10th St, Oakland, CA
Award-winning coffee and a community hub for local events.

redbaycoffee.com

**ALAMAR KITCHEN & BAR**
100 Grand Ave #111, Oakland, CA
Airy spot with maritime decor offering a modern take on classic seafood dishes & creative drinks.

alamaroakland.com

**MALIBU'S BURGERS**
3905 Piedmont Ave, Oakland, CA
Relaxed counter-serve joint serving generous plant-based burgers, plus loaded fries.

malibusburgers.com

**OAKLAND KOSHER FOODS**
3419 Lakeshore Ave, Oakland, CA
This kosher store features a butcher counter, a sizable wine cellar & a cafe serving deli fare.

oaklandkosherfoods.com
**SAN JOSE**

**BACKAYARD CARIBBEAN GRILL**
1011 E Capitol Expy, San Jose, CA

A well-known Caribbean restaurant with 4 additional locations, including Menlo Park.

[backayard.net/restaurantmenu](http://backayard.net/restaurantmenu)

**JACKIE’S PLACE**
840 N First St, San Jose, CA

Soul food & Texan-style grilled meats served in an informal dining room with a contemporary vibe.

[jackiesplacesj.com](http://jackiesplacesj.com)

**GOJO ETHIOPIAN RESTAURANT**
1261 W San Carlos St, San Jose, CA

Traditional spot offering spicy dishes eaten with injera bread, honey wine & full coffee ceremony.

[gojoethiopianrestaurant.com](http://gojoethiopianrestaurant.com)

**NIRVANA SOUL**
315 S First St, San Jose, CA

A Black-owned, sister-owned coffee shop.

[yelp.com/biz/nirvana-soul-san-jose](http://yelp.com/biz/nirvana-soul-san-jose)

**JUBBA RESTAURANT**
5330 Terner Way, San Jose, CA

Family-owned Somalian eatery known for their goat platters & samosas in a nondescript storefront.

[yelp.com/biz/jubba-restaurant-san-jose](http://yelp.com/biz/jubba-restaurant-san-jose)

**WALIA ETHIOPIAN CUISINE**
2208 Business Cir, San Jose, CA

Humble but warm go-to serves up Ethiopian standards including veggie options, plus wine & beer.

[waliaethiopian.com](http://waliaethiopian.com)

**GULZAAR HALAL RESTAURANT & CATERING**
1880 W San Carlos St, San Jose, CA

Snug, simple, family-owned outfit serving traditional Middle Eastern & South Asian cuisine.

[gulzaarhalaal.net](http://gulzaarhalaal.net)
LifeStyle & Beauty
SAN FRANCISCO

SATORI YOGA STUDIO
4610 Mission St 3rd Floor, San Francisco, CA
Calm space for yoga classes in many styles, including Hatha & iyengar, plus Pilates & meditation.
satoriyogastudio.com

THE PILATES SCHOOL
2652 McAllister St, San Francisco, CA
A studio offering fitness programs built around the Classical Pilates system.
pilateschoolsf.com

RELOVE VINTAGE
1815 Polk St, San Francisco, CA
Stylish shop showcasing a curated selection of on-trend new & used clothes for men & women
shoprelove.com

JAN’NISE THE OFFICIAL HAIRAPIST
1327 Chesnut St #5, San Francisco, CA
Black-owned hair salon servicing all hair types and textures.
janniseb.com

WESTSIDE CUTS & STYLE
1019 Divisadero St, San Francisco, CA
A Black-owned barbershop that specialize in fades, tapers, all even haircuts with a lining, as well as beard shape ups and afros.
yelp.com/biz/westside-cuts-and-style-san-francisco

OCEAN CYCLERY
1935 Ocean Ave, San Francisco, CA
Relaxed counter-serve Full-service cycle outfitter provides a variety of bike styles, accessories, plus repair services.
oceancyclery.com
MARCUS BOOKS
3900 Martin Luther King Jr Way, Oakland, CA
Historic independent bookshop, opened in the ’60s, specializing in titles by & about Black people.
marcusbooks.com

BLK GIRLS GREENHOUSE
1700 Center St, Oakland, CA
Black woman-owned plant nursery and specialty home goods shop.
bggh.shop

GOODBODY
430 W Grand Ave, Oakland, CA
A modern hair and beauty destination that celebrates diversity in texture.
goodbody.co

RENEGADE RUNNING
45 Grand Ave, Oakland, CA
A retail store and community of runners in Oakland, California. Combining a curated collection of running shoes and apparel with training support and community programming.
renegade-running.com

TAYLOR JAY COLLECTION
2355 Broadway Suite 1, Oakland, CA
Empowers women with beautiful, versatile, comfortable, sustainable fashion basics that easily adapt to any lifestyle.
taylorjaycollection.com

OAKLAND SUPPLY CO.
427 Water St, Oakland, CA
Concept store stocking an eclectic array of jewelry & leather goods in an industrial warehouse.
oaklandish.com
SIMPLY BE BEAUTIFUL
530A University Ave, Palo Alto, CA
Offers an array of innovative beauty services such as eyelash extensions, permanent make-up, waxing, hair, skin care, nail care.

simplybebeautifulpa.com

KINGSLEY’S BARBERSHOP
349 E Hedding St, San Jose, CA
Full service barbershop specializing in all men's haircuts including Black hair, fades, tapers, afros, line-ups, beard trimming, and razor shaves.

yelp.com/biz/kingsleys-barbershop-san-jose

NEFERTITI BEAUTY SUPPLY
294 N Capitol Ave, San Jose, CA
Offers thousands of wigs and black hair care products from major brands.

nefertiti Beautysupplyonline.com

SWIRL WORKS
75 Arbor Rd Suite S, Menlo Park, CA
Carefully curated goods and creative workshops.

swirlworks.com

REACHES PILATES STUDIO
833 Emerson St, Palo Alto, CA
Casual studio offering small-group classical Pilates classes, plus private lessons.

reachpilatesstudio.com

BEIJA-FLOR NATURALS
Online
An organic skin and haircare company that was the first American beauty line to include fair trade, nutrient rich botanicals ingredients from Brazil.

beijaflornaturals.com
Community
OUTDOOR AFRO
Bay Area
The nation’s leading, cutting edge network that celebrates and inspires Black connections and leadership in nature.

outdoorafro.com

WOMEN FOR WINESENSE
Napa/Sonoma
The premier wine education and networking organization, providing scholarships to support women pursuing education and careers in wine.

womenforwinesense.org

MOCHA MOMS, INC.
Contra Costa County
Provides support for women of color as they journey through all phases of motherhood while advocating for them nationally.

wccmm.org

NATIONAL PAN HELLENIC COUNCIL
San Francisco Bay Area
Composed of nine (Divine 9) International Greek letter Sororities and Fraternities, the NPHC promotes interaction and engages in cooperative programming.

sfbaynphc.org

OUR FAMILY COALITION
San Francisco
Fosters a community-building and resilience among LGBTQ+ parents and caregivers, provides education about family diversity and anti-bias work, and collaborates alongside partner organizations in vigorous advocacy for social, political, and cultural change.

ourfamily.org

BAY AREA FRIENDSHIP CIRCLE
Palo Alto
Creates inclusion and friendship for children and teens with special needs.

bayareafc.org
THE PRESIDIO
1750 Lincoln Blvd, San Francisco, CA
Located at the Golden Gate, the Presidio park features San Francisco's best hiking and biking trails, scenic overviews, picnic sites, beaches, a golf course, and other top attractions.
presidio.gov

GOLDEN GATE PARK
50 Hagiwara Tea Garden Dr., San Francisco, CA
Explore this iconic park's 1,017 acres, from bucolic lakes and meadows to vibrant activity destinations.
sfrecpark.org/770/Golden-Gate-Park

PAINTED LADIES
Steiner St & Hayes St, San Francisco, CA
Also known as "postcard row" for their scenic beauty, these Victorian homes are a beautiful reminder of the San Francisco of old, while the gleaming downtown skyline of new San Francisco shimmers in the distance.
sftravel.com/painted-ladies

FISHERMAN'S WHARF
The Embarcadero, San Francisco, CA
Fisherman's Wharf is the most family-oriented place in San Francisco and contains the highest concentration of activities for families with children.
fishermanswharf.org

HAIGHT-ASHBURY DISTRICT
Hiaght & Ashbury St., San Francisco, CA
Birthplace of the 1960s counterculture movement, Haight-Ashbury draws a lively, diverse crowd looking to soak up the historic hippie culture.
sftravel.com/explore/neighborhoods/haight-ashbury

ALCATRAZ ISLAND
San Francisco Bay
Alcatraz reveals stories of American incarceration, justice, and our common humanity. This small island was once a fort, a military prison, and a maximum security federal penitentiary.
nps.gov/alca/index.htm
TILDEN REGIONAL PARK
2950 Peralta Oaks Court, Oakland, CA
One of the District's three oldest parks, Tilden has been called the jewel of the system, and its recreational activities have become a happy tradition for generations of East Bay residents.

ebparks.org/parks/tilden

CHABOT SPACE & SCIENCE CENTER
10000 Skyline Blvd, Oakland, CA
A center for science learning featuring interactive exhibits, planetariums, a large screen theater, hands-on activities and three powerful telescopes.

chabotspace.org

JOYCE GORDON GALLERY
406 14th St, Oakland, CA
Exhibited art that reflects the social and cultural diversity of the Bay Area and international artists.

joycegordongallery.com

LAKE MERRITT
481 Water St, Oakland CA
One of the most unique urban spaces in the United States. Its three mile shoreline in the center of an exceptionally diverse city is a special place where nature and nurture migrate and mingle daily.

visitoakland.com

OAKLAND MUSEUM OF CALIFORNIA
1000 Oak St, Oakland, CA
Artifacts & interactive displays in a modern building focusing on state art, history & science.

museumca.org

JACK LONDON SQUARE
472 Water St, Oakland, CA
Offers visitors and local residents an authentic, vibrant hub of outdoor recreation, dining, special events, and entertainment opportunities.

jacklondonsquare.com
PACIFIC COAST

**MUSSEL ROCK PARK**
Skyline Dr &, Westline Dr, Daly City
Known for its rocky coastline, this park boasts sandy beaches, scenic ocean vistas & hiking trails.

californiabeaches.com/beach/mussel-rock-park-beach

**MORI POINT**
Mori Point Rd, Pacifica, CA
Mori Point is a bluff next to the Pacific Ocean that provides scenic views of the peninsula coastline, and includes a few small ponds and wetlands.
parksconservancy.org/parks/mori-point

**MONTARA STATE BEACH**
2nd St and Cabrillo Hwy Montara, CA
A popular spot for sunbathing, strolling, nature study, surfing, and more. The beach, west of Highway 1, has high bluffs and a sandy shore nestled between bounding low hills.
parks.ca.gov/

**POINT REYES NATIONAL SEASHORE**
Point Reyes Station, CA
Known for its thunderous ocean breakers crashing against rocky headlands and expansive sand beaches to its open grasslands, brushy hillsides, and forested ridges.
nps.gov/pore/index.htm

**SANTA CRUZ BEACH BOARDWALK & AMUSEMENT PARK**
400 Beach St, Santa Cruz, CA
Amusement park offers a variety of games & rides right on a mile-long stretch of sandy beach.
beachboardwalk.com

**BIXBY BRIDGE**
Big Sur, Monterey County
One of the most photographed bridges in California due to its aesthetic design, "graceful architecture and magnificent setting".
visitcalifornia.com/uk/attraction/bixby-bridge
We hope this guide has provided you a wide variety of opportunities to eat, explore, build community, and have fun while you acclimate to your new surroundings.

Have you visited one of these destinations? Or visited somewhere new that you would like shared in the guide? Let us know! - inclusion@slac.stanford.edu