

The **Student Bar Association**, in conjunction with the  
**Law School Admissions Office** and the  
**TU Law Student Ambassadors** presents

# “AROUND ABOUT TULSA”

For more information, please visit:

[www.bestoftulsa.com](http://www.bestoftulsa.com)

“This links allows one to search for restaurants, shopping,  
bars/entertainment, movies, etc.”

*C. Martin*

## RESTAURANTS

### **Ann's Bakery - \$**

(Admiral and Harvard)  
7 N. Harvard Avenue  
Tulsa, OK 74115  
918-834-2345

"This a bakery conveniently located near campus that has a variety of treats to satisfy any sweet tooth." *A. Whitman*

### **Baxter's Interurban Grill - \$\$**

(7<sup>th</sup> and Houston in Downtown)  
717 S. Houston Avenue  
Tulsa, OK 74127  
918-585-3134

"This place has some great pasta dishes." *A. Whitman*

### **Big Al's - \$ - \$\$**

East 15<sup>th</sup> & Harvard  
918-744-5085

"Looks are deceiving....excellent healthy food, reasonable prices, you order at a counter so the service is fast. Vegetarian selections too. Give it a try. Locally owned and very near to TU."

*J. Flexner*

"Conveniently located near the campus. Healthy food that tastes good. The only down fall is that parking can be limited depending upon the time of day that you dine." *A. Fox*

### **Big Daddy's All American BBQ - \$\$/\$\$\$**

<http://www.bigdaddybbq.com/>

(11<sup>th</sup> and Garnett)  
1128 S. Garnett Road  
Tulsa, OK 74128  
918-439-4460

"Don't come here if you are on a diet because you will not be able to resist the sweet potato pies or the barbeque." *S. Henderson*

"Great finger licking BBQ. Be sure to try the baked potatoes and don't be surprise if you have some left over for another meal." *A. Whitman*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Bodean's - \$\$\$\$**

3323 E. 51<sup>st</sup> Street  
918-743-3861

"Five Star seafood restaurant, with fine dining in a casual atmosphere. Fresh seafood is flown in daily from all over the world. Oysters, swordfish, lobster and mahi mahi name only a few of the available entrees. Winner of Wine Spectator's Award of Excellence and several awards for best seafood and best chef." *B. Littleton*

### **Boston Deli, Grill and Market**

[www.thebostondeli.com](http://www.thebostondeli.com)

(61<sup>st</sup> and Sheridan)  
6231 E. 61<sup>st</sup> Street  
Tulsa, OK  
918-492-4745

"Deli by day, bistro with rotating chalkboard menu by night. Excellent and innovative food in a casual atmosphere." *J. Dickerson*

### **The Brook - \$\$**

(Brookside)  
3401 S. Peoria Avenue  
Tulsa, OK 74105  
918-748-9977

"This is a great place to be to decompress after a hard week in law school. They have great chicken wraps and happy hour is definitely a happy occasion." *A. Whitman*

"All kinds of food. The macaroni and cheese is my favorite!" *K. Staats*

### **Brookside By Day - \$ - \$\$ (aka BBD)**

3313 S. Peoria (Brookside area)  
918-745-9989

"Breakfast food, excellent selection and good sized portions, casual atmosphere. Very reasonably priced. Great place for Saturday / Sunday breakfast. Locally owned."  
*J. Flexner*

### **Brothers Houligan - \$\$**

508 E. 15<sup>th</sup> Street  
918-747-1086  
Also, a location at 61<sup>st</sup> and Mingo

"Comfort food doesn't get any better than the chicken fried steak with gravy and waffles served here!" *B. Littleton*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Café Ole - \$\$**

Brookside area.  
3509 S. Peoria behind "A Kitchen & Bar"  
918-745-6699

"Locally owned, Mexican food. Good food and reasonably priced. Excellent margaritas. Has a nice outdoor seating area which is heated in the winter." *J. Flexner*

### **PJs - \$\$**

(Utica Square)  
1730 Utica Square  
Tulsa, OK 74114  
918-744-4700

"Small, intimate café, that has the best chicken salad sandwich ever, the Neiman-Marcus Chicken Salad sandwich." *A. Whitman*

### **Camille's Sidewalk Café - \$ - \$\$**

There are several locations in town.  
1342 E. 15<sup>th</sup> Street (also known as Cherry Street) is closest to the campus.  
918-382-1700

"Reasonably priced sandwiches, smoothies, salads, and the like. Wireless and there are also outlets scattered throughout the dining area. Locally owned." *J. Flexner*

### **Cancun International Restaurant - \$\$**

(7<sup>th</sup> and Lewis)  
705 S. Lewis  
Tulsa, OK 74104  
918-583-8089

"Fabulous Mexican food – but bring cash because checks and credit cards are not accepted." *S. Cooper*

### **Cancun Mexican Restaurant - \$ (lunch special = \$5 - \$7)**

(6<sup>th</sup> & Lewis)

"This is a really inexpensive and really awesome place to eat.. It is my favorite Mexican food restaurant. They are closed on Wednesdays and Sundays and they like cash only, but you'll probably have enough in your pocket for everything [you want to order]." *J. Nipper*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Charleston's Restaurant** (2 locations in Tulsa) - \$\$\$

Brookside  
3726 S. Peoria Avenue  
Tulsa, OK 74105

71<sup>st</sup> and Yale  
6839 S. Yale Avenue  
Tulsa, OK 74136

"This place has some of the best desserts in town and the entrees are to die for. Be sure to try the pineapple upside down cake!!!" *A. Whitman*

### **Chimi's** - \$\$

1304 East 15<sup>th</sup> Street  
Tulsa, OK 74120  
918-587-4411

"Great Mexican food. Close to campus. Fast service." *M. Hart*

### **Claud's** - \$

3834 S. Peoria  
918-742-8332

"This tiny old-fashioned hamburger joint located in the heart of Brookside has been a Tulsa favorite since 1954." *B. Littleton*

### **Doe's Eat Place** - \$\$\$\$

(Cherry Street)  
1350 E. 15<sup>th</sup> Street  
Tulsa, OK 74120  
918-585-3637

"They have nice juicy steaks. The customer service is simply marvelous. If the weather is cooperative, try the patio area." *A. Whitman*

### **El Rio Verde** - \$

38 N. Trenton Avenue  
918-592-2556

"This authentic Mexican hole in the wall can be hard to find, but is worth the search. My favorite appetizer there is the shrimp sevice, and you can't go wrong with the wet burrito as your entre. The restaurant is also open for breakfast, Mexican style (i.e. chorizo and egg burritos). The Coca Colas here are imported from Mexico, so they're still made with cane sugar instead of corn syrup. Great Mexican beers are also served. The prices are so low, you'll think you are in Mexico!" *B. Littleton*

**Pricing Guide:** \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Fusco's Riverside Grill - \$\$\$\$**

9912 Riverside Parkway Kings Landing  
Tulsa, OK 74137  
918-394-2433 (CHEF)

### **Flemings Prime Steakhouse - \$\$\$\$**

1976 Utica Sq  
Tulsa, OK 74114  
(918) 712-7500

“Expensive but good for a special occasion.” *K. Staats*

### **Fuji Japanese Cuisine & Sushi Bar**

Tulsa, OK 74105  
(918) 794-4448

*M. Cordell*

### **Full Moon - [www.eatfullmoon.com](http://www.eatfullmoon.com)**

1525 East 15th Street  
Tulsa, OK 74120  
(918) 583-6666

*L. Curtis*

### **Helen of Troy Mediterranean Cuisine**

6670 S. Lewis  
743-2188 Monday through Friday: 11am-8pm Sat. 12-9pm

*M. Cordell*

### **Hideaway Pizza - \$\$-\$\$\$**

(Cherry Street)  
1419 E. 15<sup>th</sup> Street  
Tulsa, OK 74120  
918-582-4777

Other Tulsa locations:

51<sup>st</sup> & Memorial, 8204 S. Harvard and 8222 E. 103<sup>rd</sup> Street S.

“Great tasting pizza, need I say more.” *A. Whitman*

“Great Pizza. Unfortunately, they don't deliver.” *C. Belmear*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Hideaway Pizza (cont.)**

“15<sup>th</sup> Street location is near the TU campus, interesting variety of unique and traditional style pizza, lots of different toppings.” *A. Fox*

“Best Pizza in Tulsa and a fun atmosphere.” *C. Nimmo*

### **India Palace - \$\$\$**

<http://www.indiapalacetulsa.com/>

(71<sup>st</sup> and Lewis)  
6963 S. Lewis Avenue  
Tulsa, OK 74136  
918-492-8040

“There is something on the menu for everyone and they have great service.”  
*S. Henderson*

“The best Indian Cuisine in Tulsa – amazing food if you’re into that sort of thing.”  
*E. Saunders*

“Excellent Indian food (from around the country of India) and good service. THE place to go for Indian food. Open for both lunch and dinner, lunch is buffet. Prices are mid range. Locally owned.” *J. Flexner*

### **In the Raw - \$\$**

3321 S. Peoria  
918-744-1300

“The very hip In the Raw is the place to eat quality sushi and other Asian dishes. It’s also a hopping weekend hotspot with a busy bar and outdoor seating. The architecture is a sleek, contemporary style with a mix of Japanese and Asian influences. The sushi bar is in the center of the restaurant, surrounded by plenty of booths and tables, and the ambience provides just the right combination of music, lighting and design.” *B. Littleton*

### **Jason’s Deli - [www.jasonsdeli.com](http://www.jasonsdeli.com)**

1516 S Quaker Ave, Tulsa  
(918) 592-0137

Or

8321 E 61st St, Tulsa  
(918) 252-9999

*L. Curtis*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Johnny Carinos - \$\$**

Corner of 41<sup>st</sup> & Sheridan  
6364 E 41st St  
918-270-2000

“Great Italian food, a little bit different than the Olive garden.” *C. Belmear*

### **Kilkenny Irish Pub & Eatery - \$\$**

(Cherry Street)  
1413 E. 15<sup>th</sup> Street  
Tulsa, OK 74120  
918-582-8282

“Authentic Irish Pub right here in Tulsa, great food, drink, and atmosphere.” *A. Whitman*

### **Knotty Pine - \$ - \$\$**

3301 West 5<sup>th</sup> Street  
918-584-0171

“The décor at this barbeque joint is simple because the focus is on the food! Family-owned and operated for over fifty years, Knotty Pine is famous for its smoked barbeque ribs and sweet sauce. Everything is made from scratch!” *B. Littleton*

### **KoKoa Chocolatier - \$-\$\$**

Brookside area  
3410 S. Peoria  
918-742-4069

“The BEST chocolates ever. Local chocolatier makes his chocolates on the premises. Also makes excellent desserts. On the pricey side but worth it! Also serves gourmet food for lunch...just save room for a piece of chocolate!” *J. Flexner*

### **Lanna Thai**

7227 S. Memorial Drive  
Tulsa, OK 74133  
918-249-5262

“Awesome Thai food...need I say more.” *M. Frye*

### **Lao Thai (Brookside) - \$\$**

S. Peoria about a block south of 31<sup>st</sup> Street.

“Excellent Thai food and reasonably priced. Open for lunch and dinner. Service can be slow.” *J. Flexner*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **La Villa, in Philbrook Art Museum - \$\$**

918-743-8203

“Good place for a nice lunch. Reasonably priced. Excellent brunch. Perfect if visiting the museum but can dine without visiting the museum. I like to take out of town visitors to both the museum and the brunch.” *J. Flexner*

“Relaxing atmosphere. The dining area is partially surrounded by floor to ceiling glass windows so you have an excellent view of the gardens.” *A. Fox*

### **Los Cabos - \$ - \$\$**

300 Riverwalk Terrace Suite 100

918-298-2226

Jenks, OK

\*Also, a recently opened restaurant next to the Bass Pro Shop in Broken Arrow.

“If Tex-Mex is what you are looking for, you can’t go wrong with Los Cabos. On weekends there is always live music outside, which is great from the fun atmosphere created in their patio seating and outdoor bar.” *B. Littleton*

### **LUCKY’S**

1536 E. 15th St. 592-5825

New American

**Price:** dinner entrees, \$19 (Trimbach riesling chicken) to \$32 (beef filet); lunches, \$7 to \$15; late-night menu, \$5 to \$15

*L. Curtis*

### **Mario’s Pizza - \$\$**

(51<sup>st</sup> & Harvard)

“It’s not close to campus but it is the best pizza in town. If you are trying to conserve your cash, this is not your best bet, but I promise you won’t be sorry.” *J. Nipper*

### **Mary’s Italian Trattoria - \$\$\$**

1313 E. 15<sup>th</sup> Street

918-585-2495

“For a Romantic evening with your significant other or a quiet night with friends and family, Mary’s is the place to go. The décor is very quaint, showcasing antiques and family heirlooms. All the pasta and sauces are home-made, and the deserts are delicious. The kitchen is ran by just the husband and wife who own the restaurant, so pick a night that you aren’t in a hurry. Your dinner will be worth the wait!” *B. Littleton*

**Pricing Guide:** \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Merritt's Bakery - \$**

(b/t Harvard and Delaware on 15<sup>th</sup>)  
3202 E. 15<sup>th</sup> Street  
Tulsa, OK 74104

"This is one of Tulsa's best places to satisfy a guilty pleasure, not only is this a bakery, but a nice breakfast and lunch place, but best all, it's the confections." *A. Whitman*

### **McNellie's Public House - \$\$**

(1<sup>st</sup> and Elgin Downtown)  
409 E. 1<sup>st</sup> Street  
Tulsa, OK 74120  
918-382-4318

"McNellie's has more beers on tap than you could ever try in one night! It is a great casual bar to hang out at either late night or after work. The appetizers and burgers are pretty good too. McNellie's shares a kitchen with The Continental next door, an upscale jazz bar that has great martinis and live music." *B. Littleton*

"There is a world of beer waiting to be sampled, this is a great opportunity to do so, bar features over a 100 varieties of beer. They also feature great food such as sweet potato fries." *A. Whitman*

"Pub food and the most beers on tap anywhere in Tulsa, good atmosphere, reasonable prices. Open lunch and dinner. Don't miss the sweet potato fries! Locally owned."

*J. Flexner*

### **Molly's Landing - \$\$\$\$**

3700 N. Highway 66  
Catoosa, OK  
918-266-7853

"A log cabin overlooking the Verdigris River, Molly's Landing offers fine dining in a down-home, rustic atmosphere. The menu is varied, as the restaurant serves meats from all worlds – red, white, seafood and game. Molly's also hosts very entertaining murder mystery dinners every few months. Call ahead for event scheduling and reservations."

*B. Littleton*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Oklahoma Style Bar-B-Q**

East on Harvard between Pine & Apache (this location in near campus)

<http://www.oklahomastylebbqsauce.com/>

2235 N. Harvard Avenue

Tulsa, OK 74115

918-835-7077

“This one of the best BBQ places in town, they have the best BBQ beans and homemade potato salad in town. It is indeed finger-licking good.” *A. Whitman*

“One of the best barbeque places in town!” *S. Henderson*

### **Pei Wei Asian Diner - \$\$**

(61<sup>st</sup> and Yale)

5954 S. Yale Avenue

Tulsa, OK 74135

918-497-1015

Additional locations = 36<sup>th</sup> & Peoria on Brookside (749-6083) & 59<sup>th</sup> & Yale at Kingspoint shopping point (497-1015). Also, new location just east of 71<sup>st</sup> and Garnett.

\*also locations on Peoria and near 71<sup>st</sup> and Garnett

“A great spinoff of its predecessor, P.F. Chang’s, but at a fraction of the cost.”

*A. Whitman*

“It’s high quality, fast food Chinese with a great atmosphere and reasonable prices for the large portions. Also offer takeout/ carry away.” *C. Belmear*

### **P.F. Changs - \$\$/\$\$\$**

(Utica Square)

1978 E. 21<sup>st</sup> Street

Tulsa, OK 74114

918-747-6555

“At least some part of Dallas was transplanted to this town and what a great part, one of the best Asian Cuisine Restaurants is here.” *A. Whitman*

### **Pie Hole Pizzeria - \$/\$\$**

(15<sup>th</sup> and Delaware)

2708 E. 15<sup>th</sup> Street

Tulsa, OK 74104

918-742-1200

“Great pizza, but if you want this great taste delivered to you, you have to wait until after 5pm, however, it is worth the wait.” *A. Whitman*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Polo Grill - \$\$\$\$**

[www.pologrill.com](http://www.pologrill.com)

(Utica Square)

2038 Utica Square

Tulsa, OK 74114

918-749-7082

“Upscale dining and a Tulsa tradition. Located in the quaint shopping district of Utica Square.” *A. Fox*

### **Pomodori's - \$\$\$\$**

219 South Cheyenne

918-587-0999

“Located in the basement of the Wright building in the heart of downtown, Pomodori's serves excellent, upscale Italian food. With woodwork taken from an old monastery, the décor is elegant, perfect for a romantic evening or a quiet lunch. Lobster Ragazzino and stuffed grape leaves are both popular dishes.” *B. Littleton*

### **Queenie's Plus - \$**

1834 Utica Square

Tulsa, OK 74114

918-749-3481

“Some of the best sweet treats town. In addition you can also order a healthy meal.” *Whitman*

“A bakery that also serves lunch. Excellent food at decent prices. All their bakery items are as good as their food. A small place with outdoor seating. Locally owned.” *J. Flexner*

### **Senor Tequila - \$/\$\$\$**

(b/t Sheridan and Memorial on 71<sup>st</sup>)

6973 E. 71<sup>st</sup> Street

Tulsa, OK 74133

918-481-7200

\*Also, location in Brookside at 3348 S. Peoria Avenue

“Great authentic Mexican food.” *M. Frye*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Stone Horse Café - \$\$\$ - \$\$\$\$**

1748 Utica Square  
918-712-7470

“Any meal from Stone Horse will be one of the best in the city, as all items are expertly crafted with top quality ingredients. The creative menu items constantly change to reflect the season, so you can be a regular and never worry about getting bored!” *B. Littleton*

### **Talking Drum - \$\$-\$**

(71<sup>st</sup> & Lewis)  
6946 S. Lewis Avenue  
Tulsa, OK 74139  
918-499-1991

“Inexpensive. Owners are from Nigeria. In addition to some Nigerian dishes, they serve Italian food. The owner/chef used to work at Carrabas.” *V. Limas*

### **Ted’s Café Escondido - \$\$**

3202 W. Kenosha Avenue  
Broken Arrow  
918-254-8337

“Unlimited supply of chips, salsa, queso, warm tortillas, and everyone gets sopapillas at the end of the meal. A pretty popular place, would recommend maybe 11am for lunch to miss the crowds, otherwise there is usually a wait.” *C. Belmear*

### **Te Kei’s – Chinese/Asian Kitchen - \$\$ - \$\$\$**

(15<sup>th</sup> and Utica)  
1616 S. Utica Avenue  
Tulsa, OK 74104  
918-382-7777

“Asian food. Some with a twist. Good choice for lunch or dinner. Moderately priced. Their dumplings and sauce are addicting. Locally owned.” *J. Flexner*

“They have awesome happy hour – 4pm to 6pm and 9pm to 11pm where you can get ½ price appetizers in the bar. They are locally owned (not a chain).” *S. Walkabout*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Texas Roadhouse - \$\$\$**

(71<sup>st</sup> and Garnett)  
11111 E. 71<sup>st</sup> Street  
Tulsa, OK 74133  
918-461-8891

“Okay theme is an interesting concept, but do not be deterred, they have some great tasting food like their chicken fried steak and their honey butter rolls.” *A. Whitman*

### **Thyme - \$\$ - \$\$\$**

in the strip mall at the intersection of 31<sup>st</sup> & Harvard  
3023 S. Harvard  
918-742-7013

“Excellent food in a small restaurant. Both lunch and dinner are excellent. Lunch includes dessert and is reasonable. Dinner is mid to expensive but a good choice for a nice/special occasion dinner. American food and locally owned.” *J. Flexner*

### **Ti Amo’s Italian Restaurant - \$\$\$**

(61<sup>st</sup> and Sheridan)  
6024 S. Sheridan Road #A  
Tulsa, OK 74145

“A place to bring your honey for sure – make a reservation beforehand, ask for ‘a booth for two facing the fountain with a bottle of merlot waiting at the table.’”  
*E. Saunders*

“Very good!” *K. Brummett*

### **Tokyo Garden - \$\$**

4020 S. Memorial Dr.  
918-622-2004

“Offering fresh Japanese cuisine served by performing chefs who prepare your meal at your table. Tokyo garden truly makes dining an entertaining event the whole family can enjoy. If you leave the kids at home, be sure to experience a Sake Bomb.” *B. Littleton*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **Tucci's - \$\$\$**

(Cherry Street)  
1344 E. 15<sup>th</sup> Street  
Tulsa, OK 74120  
918-582-3456

"I consider it to be the best Italian food in town. The Ravioli Gorgonzola with roasted walnuts – yum and their pizza is the best in town. They are on Cherry Street across from Kilkenny's."

### **Umberto's Pizza - \$\$**

(21<sup>st</sup> and Harvard)  
3228 E. 21<sup>st</sup> Street  
Tulsa, OK 74114  
918-712-1999

"If you miss that New York style pizza, well they have brought it Tulsa. You can eat in, carry out, or have the pizza delivered." *A. Whitman*

"We toss 'em, they're awesome" is the motto of this humble New York style pizzeria just a mile from the campus. Great place to order by the slice!" *B. Littleton*

### **Webers Rootbeer & Burgers - \$**

3817 S. Peoria Avenue  
918-742-1082

"Featuring homemade rootbeer in frosty mugs, hand cut fries and onion rings, and one of the best burgers in Tulsa, Weber's has been a popular Tulsa establishment for almost seventy years. Their claim to fame is that they are operated by the descendants of the first man to serve genuine hamburger on a bun!" *B. Littleton*

### **White River Fish Market - \$\$**

1708 N. Sheridan  
918-835-1910

"This place is both a restaurant and a market, and plates up some of the freshest fish around. A Tulsa tradition for over 75 years." *B. Littleton*

"Looks like a little hole in the wall. Atmosphere not fancy but the food will surprise you. Wonderful selection of fresh fish." *A. Fox*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## RESTAURANTS (CONT.)

### **The Wild Fork - \$\$\$\$**

[www.wildfork.com](http://www.wildfork.com)

(Utica Square)

1820 Utica Square

Tulsa, OK 74112

918-742-0712

“A unique restaurant. Has a European feel, especially if you dine outside.”

*M. Hart*

“The Wild Fork is a fun, little bit “off the wall” restaurant located by the tulip gardens in the center of upscale Utica Square. One of the best parts of about dining here is the chance to admire the always changing local art displayed on the walls, but the food is excellent too. Separate breakfast, lunch, and dinner menus all include innovative spins on traditional Southern dishes. Wild Fork is also boasts a great boutique wine list.”

*B. Littleton*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## COFFEE HOUSES

### **Café Cubana - \$** (15th & Peoria area)

“This is a really relaxed and bohemian atmosphere that is close to campus. The morning crowd is a little older but the majority of the clientele is professional. It’s easy to become a regular and soon waste away your entire summer funds satisfying your unnatural love of vanilla lattes and Grande Americanos. Grande Latte: \$3.85 w/ extra love: no charge.” *J. Nipper*

### **The Coffee House on Cherry Street - \$**

1502 E. 15<sup>th</sup>  
779-6137

Hours: Monday – Thursday 6:30am to 11:00pm  
Friday –Saturday 6:30 to 12:00am  
Sunday 7:00am to 11:00pm

“This is my favorite coffee shop in Tulsa. It is decorated with local art, has a great record collection that you can play on their record player and has books you can read while you are there. There is also free WiFi and a great outdoor patio.” *C. Nimmo*

### **Coffee Stand located in Allen Chapman Activity Center - \$**

University of Tulsa Campus

*K. Staats*

### **Double Shot Coffee Company - \$**

1730 S. Boston Avenue  
Tulsa, OK 74119  
918-599-7700

“Best coffee in town and they have wireless internet.” *J. Loney, K. Fulton*

### **Nordaggios - \$**

(In shopping area across from Oral Roberts University – near 81<sup>st</sup> and Lewis area)  
8156 S Lewis Ave Ste C  
Tulsa, Oklahoma 74137  
918-296-5288

“Nice little hole in the wall type of coffee shop. Good place to just hang out. Has tables, couches, lounge chairs and a fireplace. Not an overly commercial, Starbucks-type coffee shop.” *A. Fox*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## COFFEE HOUSES (CONT.)

### **Rocket Brothers Espresso**

(Near 71<sup>st</sup> & Lynn Lane in Broken Arrow and  
New location near 61<sup>st</sup> and Mingo in Tulsa coming soon)

“For quick drive through service, this is a great morning stop. Nice variety of breakfast pastries, coffee drinks and Italian sodas. Starbucks is NOT used so for those who are not fans of Starbucks, this is a great alternative.” *A. Fox*

### **Shades of Brown – Coffee & Art - \$**

(31<sup>st</sup> and Peoria)  
Brookside  
3302 S. Peoria Avenue  
Tulsa, OK 74105  
918-747-3000

“Very relaxing environment, great tasting coffee, and best of all, they have free wireless internet connection. On Friday nights there is live music.” *A. Whitman*

“Shades has decided to focus more on the quality of coffee rather than deal with the pesky overhead of purchasing matching furniture or cups for that matter. This shop really draws the TU and ORU undergrads so guys if you are looking for younger women, this is where you need to be. It’s a bit more on the pricey side, but again, well worth it. My favorite is the spicy latte: \$4.08. I would highly recommend this place if you’re looking for a late night study break. It’s open most days until 1:00am.” *J. Nipper*

### **Starbucks - \$**

Located at or near the following intersections

Tulsa:

111th & Memorial

71<sup>st</sup> & Memorial

71<sup>st</sup> & Garnett

61<sup>st</sup> & Yale

51<sup>st</sup> & Harvard

E. 35<sup>th</sup> & Peoria

71<sup>st</sup> & Quincy

Riverside Pkwy & S. Delaware

21<sup>st</sup> & Utica (in Utica Square)

Woodland Hills Mall

Owasso:

96<sup>th</sup> & U.S. 169

Broken Arrow:

Aspen & Kenosha

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## HAIR SALONS

### **AfterFx**

2237 W. Washington Street  
Broken Arrow, OK  
918-451-2445

“Just 20 minutes from the campus, this full service broken Arrow salon provides awesome services at small town prices. Ask Bailey if you want a fantastic cut or new highlights – color is her specialty! Her spa facials are miraculous! Evelyn is also a wonderful stylist and gives one of the best massages in the Tulsa area! Waxing and nail services are also available at this trendy salon.” *B. Littleton*

### **“The Braid Lady” – Victoria**

918-664-1322

“She does micro-braids, kinky-twist, corn rows, etc. She is a very nice lady and when she had done my braids it only took between four and five hours. Her prices are very reasonable as well.” *S. Henderson*

### **Fresh Hair - \$\$\$\$**

George Miller – Owner/Hairdresser  
3134 E. 15<sup>th</sup> Street  
Tulsa, OK 74104  
918-902-4489

“Uses and sells MOP Products (Modern Organic Products) which are designed to be healthier to use and environmentally friendly in production.” *S. Ramsey*

### **Headquarters Salon - \$\$\$\$**

An Aveda Concept Salon  
Linda Kennett, Stylist  
4516 S. Peoria Avenue  
Tulsa, OK 74104  
918-744-0460

“Tell them Jennifer White sent you.” *J. White*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## HAIR SALONS (CONT.)

### **Instyle Hair Salon - \$\$\$\$**

Lori Cooks, Owner/Operator  
1657 S. Yale Avenue  
Tulsa, OK 74112  
918-742-7895

“The health of your hair is what is important in this salon. The CHI flat iron is a staple in this salon. This iron makes your hair look and feel like silk. All customers are welcome.” *A. Whitman*

### **June’s Garage, your salon! -**

Heidi June Martell and Amy June Sanders, owner/operators  
8303-B East 111<sup>th</sup> Street South  
Bixby, OK 74008  
918-369-0403

“Whether you need a tune-up or a complete overhaul this is a trendy hair salon with a fun atmosphere.” *J. Loney*

### **PAS Design - \$\$\$\$**

Adam Summers, owner/operator  
Located in Open World business complex  
5549 S Lewis Ave (55<sup>th</sup> & Lewis)  
Tulsa, OK 74105  
(918) 749-7881  
749-7881

“Small, independently owned upscale salon. Specializes in long hair styles.”  
*A. Fox*

### **Marilyn Ihloff Salon and Day Spa - \$\$\$\$**

8343 S. Memorial Drive  
Tulsa, OK 74133  
918-587-2566

“Everyone there is great. There are different levels of stylists so you can get a cut or color for any price range you need.” *M. Frye*

### **Serenity, An Aveda Day Spa -**

Sandi Clugston, Owner  
1211 S. Harvard Avenue #B  
Tulsa, OK 74112  
918-835-4424

“Located right down the street from school.” *A. Rinehart*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## HAIR SALONS (CONT.)

### **Steinmeyer Salon -**

Kevin Steinmeyer, Owner/Operator  
1503 S. Boston Avenue  
Tulsa, OK 74119  
918-582-4121

*K. Fulton*

### **SUPERCUTS -**

1931 S. Yale Avenue  
Tulsa, OK 74112  
918-747-0051

*D. Haggerty*

### **Troy Mitchell's -**

(an all men's barbershop)  
[www.troymitchells.com](http://www.troymitchells.com)  
1336 E. 15<sup>th</sup> Street  
Tulsa, OK  
918-584-TROY

"Services include haircuts, manicures, pedicures, massage, and shoe shines. Customers get a complimentary beer, soda, or coffee with their service, and there is also a cigar lounge for cigar aficionados. Located above Jason's Deli." *S. Rojas*

### **Marsha Waterstradt**

Mary-Kay Lady  
918-742-1247

"For make-up / facials." *S. Henderson*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## NIGHT LIFE

### **Brookside Bar & Grill**

3346 S Peoria Ave # A  
Tulsa, OK 74105  
(918) 742-9005

*K. Staats*

### **Dirty's** - <http://www.dirtystavern.com/>

2<sup>nd</sup> & Elgin

*K. Staats*

### **Drake's Tavern**

1546 E. 15<sup>th</sup> Street  
918-295-5850

"Best "belly-up" bar! This tiny hole-in-the-wall in the Cherry Street District always has an interesting assortment of characters playing darts or dominoes... not to mention, the most generous shots in town!" *B. Littleton*

### **Empire** - [www.empirebar.net](http://www.empirebar.net)

1516 S Peoria Ave  
Tulsa, OK 74120  
(918) 599-9512

*K. Staats*

### **Gray Snail Saloon**

1334 East 15th  
Tulsa, OK 74120  
Phone: (918) 587-7584

"Best meat market in town! An always bustling spot with good local bands, dancing, pool tables, and cheap happy hour specials. For a slightly quieter night, visit Bernie in the VIP room." *B. Littleton*

### **Vintage 1740**

1740 South Boston Avenue  
Tulsa, OK 74119  
Phone: (918) 582-0700

"Best place to take a date when you actually want to hear what they are saying! This small, upscale wine bar is perfect for a more sophisticated and quiet night out, and has a nice outdoor patio. When you've had your fill of conversation, there are several "rowdier" bars within walking distance." *B. Littleton*

**Pricing Guide:** \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+  
(Pricing based on average price of a sitting for an individual)

## PARKS & ATTRACTIONS

### **Cain's Ballroom - \$\$\$-\$\$\$\$**

[www.cainsballroom.com](http://www.cainsballroom.com)

423 N. Main Street

Tulsa, OK 74103

918-584-2306

"Best place in Tulsa to watch a concert. Great acts including rock, country, red dirt, alternative. Go to their website and sign up to get e-mails for upcoming shows."

*C. Nimmo*

"Located in an old, but historic area of Tulsa. Building represents a nice piece of Tulsa history – many famous artists and groups have played the Cain's." *A. Fox*

### **Drillers Baseball - \$\$**

(15<sup>th</sup> & Yale area)

[www.tulsadrillers.com](http://www.tulsadrillers.com)

"For approximately \$15.00, you can get 1<sup>st</sup> baseline seats, a hot dog and a beer (Baseball players sold separately). If you're in town the two weeks before school starts, check out a game. It is great cheap fun for the family or by yourself. You can find schedules at any QuickTrip." *J. Nipper*

"Games played weekly certain times of the year. Great fun and there are always specials: Free hats & shirts, 41 beverages, and even the occasional armadillo race!"

*C. Nimmo*

### **Gilcrease Museum – FREE To TU Students with Student ID**

1400 N Gilcrease Museum Rd

Tulsa, OK 74127

(918) 596-2700

Gilcrease houses the world's largest, most comprehensive collection of art and artifacts of the American West. The Museum also offers an unparalleled collection of Native American art and artifacts, as well as historical manuscripts, documents and maps.

"Gilcrease Museum is fabulous." *K. Staats*

"Impressive collection of American Indian art and artifacts. Also, there is a nice restaurant on location." *A. Fox*

### **Lafortune Park**

51<sup>st</sup> & Yale area

"This is my favorite track to run." *K. Staats*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## PARKS & ATTRACTIONS (CONT.)

### **Oklahoma Aquarium - \$\$-\$\$\$**

300 Aquarium Drive, Jenks

(918) 296-FISH (3474)

<http://www.okaquarium.org/>

open daily 10:00 a.m. to 6:00 p.m., Tuesdays til 9:00 p.m

- \$13.95\* for adults,
- \$11.95\* for seniors and military (I.D. required) and
- \$9.95\* for youth (ages 3-12). Children under three are admitted free.

\*Plus applicable taxes.

### **Philbrook Museum - \$**

(35<sup>th</sup> and Peoria)

2727 S. Rockford Road

Tulsa, OK 74114

918-749-7941

Created as a gift to Tulsa through the generosity of oilman Waite Phillips and his wife, Genevieve, the Philbrook Museum of Art has grown into a destination point for visitors of all ages and backgrounds.

Numerous educational programs for young and old, an outstanding permanent collection, breathtaking gardens and intriguing exhibits draw hundreds of visitors each week to Philbrook. Families and brides are often photographed against the stunning Italianate architecture. As both a local icon and museum among museums, Philbrook continues to draw the admiration of art historians, art aficionados and everyday observers of artistic excellence.

“Has great importance to the history of Tulsa, beautiful gardens, a nice collection of European art and icons and a student discount with your TU ID...an enjoyable way to spend a Saturday afternoon.” *E. Saunders*

“Exquisite permanent collection of art and special exhibits featuring world renowned artists showcased throughout the year. Dining at the on site restaurant highly recommended.” *A. Fox*

### **Riverside / Riverside Drive - FREE**

A park located along the east side of the Arkansas River

*K. Staats*

“Great for biking, running, walking, skating or just hanging out and feeding the ducks.”

*C. Nimmo*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## PARKS & ATTRACTIONS (CONT.)

### **Tulsa Zoo - \$**

[www.tulsazoo.org](http://www.tulsazoo.org)

How to get to the Tulsa Zoo – The Tulsa Zoo & Living Museum is easily accessible from the Sheridan Road exits off of Highway 11 and I-244. The Tulsa Zoo is located in Mohawk Park just east of Sheridan Road on 36<sup>th</sup> Street North.

“Open year round and a great place to spend an afternoon. Go during the week and it is not very crowded.” *C. Nimmo*

### **Tulsa Performing Arts Center**

<http://www.tulsapac.com/>

110 E 2nd Street

Tulsa, OK 74103

(918) 596-7122

The PAC houses four theaters and has provided a forum for touring Broadway shows, concerts, local theatrical productions, the philharmonic, the Tulsa Opera and the Tulsa Ballet.

“This is a great theater. Regardless of whether you are front row on the Orchestra level or the back row in the Balcony section, there is not a bad seat in the house. The acoustic are wonderful and the building and seating is ADA accessible. Season tickets for Broadway packages are very reasonable.” *A. Fox*

### **The Tulsa Rose Garden**

2433 South Peoria

<http://www.tulsagardencenter.com/>

“It is very beautiful and a great place to relax.” *S. Henderson*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## VETERINARIANS & DOG GROOMERS

### **Avalon Veterinary Hospital**

South of 81<sup>st</sup> & Lynn Lane, West Side in Broken Arrow  
Specializing in small animals  
800-B S. 9<sup>th</sup>  
918-258-9569

“Very reasonably priced, won’t try to sell services your pet doesn’t need, experienced and close attention to what is best for your pet. It is far out (in BA) but worth the trip if you have more than one pet and on a budget. Convenient if you happen to live in BA. Facility is not fancy, but again, services and prices are good.” *A. Fox*

### **Briarglen Veterinary Clinic**

Intersection of 129 E. Ave & 31<sup>st</sup> Street  
3141 S. 129<sup>th</sup> E. Avenue  
918-665-1555

“2 vets on staff and both are excellent, very compassionate. The staff is also very helpful, everyone there loves animals. In addition to veterinary services, they also board cats and dogs. Often they have cats/kittens available for adoption through various cat rescue organizations.” *J. Flexner*

### **Brookside Veterinarian Hospital**

918-747-8561

“Small, family owned facility with personal attention to owner and animal needs. Very reasonable priced.” *C. Belmear*

### **Gentle Pet Grooming**

6566 E. 41<sup>st</sup>  
918-622-8221

“Boarding service available, reasonably priced, friendly service. \$30-\$35 for my miniature schnauzer to get clipped and bathed.” *A Fox*

### **Mingo Road Veterinary Hospital**

3140 S. Mingo Road Tulsa  
663-3582

“Full service with boarding and grooming. Very caring people who own the clinic.”  
*R. Spaulding*

### **Petsmart**

Located on 41<sup>st</sup> Street between Yale and Sheridan as well as on 71<sup>st</sup> street near Bestbuy in South Tulsa.

“They have early drop off at 7am. Approximately \$35.00 for my small dog to get a haircut, nails trimmed and bathed.” *C. Belmear*

**Pricing Guide:** \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+  
(Pricing based on average price of a sitting for an individual)

## CHURCHES

### **Catholic Churches (*generally*)**

Please visit: [www.masstimes.org](http://www.masstimes.org)

“This link provides a listing of Catholic churches nationwide. Once a person is in the site they can search by city/state/zip, etc.” *C. Martin*

### **The Church of Jesus Christ of Latter-Day Saints**

3640 South New Haven Avenue  
Tulsa, OK 74135  
918-747-3966

“Meeting starts at 9:00am and 11am” *J. Brown*

### **First Presbyterian Church 709 S. Boston Avenue**

“Worship times Sunday 9:30 and 11:00am.” *K. Staats*

### **Greater Grace Apostolic Temple, Inc.**

<http://www.grace-apostolic-temple.com/>  
1019 E. 54th St. North Tulsa, Ok 74126  
(918) 428-1101

“They have a great gospel choir and the church has a lot of activities.”  
*S. Henderson*

### **Hope Unitarian Church**

Rev. Jack Bryant, Pastor  
8432 S. Sheridan Avenue  
Tulsa, OK 74136  
918-481-0999

*J. Galbraith*

### **Lifechurch.tv**

On 41<sup>st</sup> between Sheridan & Memorial  
Service times = Saturday 5:30 & 7:30pm  
Sunday 8:30am, 10:00am, 11:00am and 5:00pm

“Very contemporary church, non-denominational, live praise and worship band. Offers small group / bible studies every night of the week and many different groups (single parents, married, single, college, career, etc.” *C. Belmear*

**Pricing Guide:** \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+  
(Pricing based on average price of a sitting for an individual)

## CHURCHES (CONT.)

### **Lighthouse Outreach Ministries**

Pastors John & Beverly Gamble  
5900 N. Madison Avenue  
Tulsa, OK 74126  
918-425-5898

“Awesome church.” *D. Morton*

### **Memorial Baptist Church**

2600 S. Yale  
918-744-0079

“Friendly, welcoming atmosphere with growing youth ministry, particular attention to in depth bible study.” Offers both contemporary (Sundays 11:00am) and traditional (Sundays 8:45am) worship services and bible study on Sunday and Wednesday evenings at 6:00pm. Sunday morning bible for various age groups (Sundays 10:00am) and parents night out available.” *A. Fox*

### **Redeemer Covenant Church**

(101<sup>st</sup> & Yale)  
5415 E. 101<sup>st</sup> Street  
Tulsa, OK 74137  
918-299-1989

*K. Brummett*

### **Saint Andrew Baptist Church**

Rev. Maurice Bailey, Pastor  
Email: [stabc7@aol.com](mailto:stabc7@aol.com)  
3115 N. Garrison Avenue  
Tulsa, OK 74106  
918-425-4915

“This is a very college student friendly church; it is a great way to get to know people in the community.” *A. Whitman*

**Pricing Guide:** \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+  
(Pricing based on average price of a sitting for an individual)

## CHURCHES (CONT.)

### **South Tulsa Baptist Church**

[www.stbc.org](http://www.stbc.org)

(103<sup>rd</sup> and Sheridan)  
10310 S. Sheridan Road  
Tulsa, OK 74133  
918-299-0904

“It is a great place to make friends, learn and worship. With three services- contemporary, traditional, and liturgical-there is a place everyone will feel comfortable.”  
*M. Frye*

### **Southern Baptist Churches (*generally*)**

Please visit: [www.sbc.net/churchsearch/default.asp](http://www.sbc.net/churchsearch/default.asp)

*C. Martin*

### **Tenth & Rockford Church of Christ**

Email: [rockfordcofc@aol.com](mailto:rockfordcofc@aol.com)

Allen Weakland, Minister  
829 S. Rockford Avenue  
Tulsa, OK 74104  
918-587-4023

*D. Haggerty*

### **Victory Christian Center**

<http://www.victorytulsa.org/>

Pastor Billy Joe  
Non-denominational / charismatic  
7700 S. Lewis Avenue  
918-491-7700

“The church has a lot of different cultures and they are really nice people.”  
*S. Henderson*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)

## DAYCARE

### **YWCA**

1910 S. Lewis Avenue #200  
Tulsa, OK 74104  
918-749-2519

### **Harvard Avenue Boys and Girls Club**

1231 N. Harvard Avenue  
Tulsa, OK 74115  
918-834-2464

“Provide aftercare services for school age children at reasonable rates.” *O. Silas*

### **My Second Home Learning Center**

783 East Seminole Place  
Tulsa, OK 74106  
918-587-9398

“Licensed child care facility for children 6 wks to 12 yrs old. Also offers before and aftercare to school age children. Hours of operation 6 am to 6 pm.” *O. Silas*

### **Tot Spot**

5625 E 41st St  
Tulsa, OK  
918- 664-1142

“A drop in child care facility for children 6 wks to 10 yrs old.” *O. Silas*

### **TU Child Development Center**

(<http://www.kindercare.com/our-centers/center-details/000859>)

2906 E. 3rd  
Tulsa, OK 74104  
918-583-5400

### **University United Methodist Preschool & Mother's Day Out Program**

Located on the TU campus about a block west of the law school  
2915 East 5<sup>th</sup> Street  
Tulsa, OK 74104  
918-592-3633

Convenient location. Mothers day out provides care for toddlers six months through 24 months. The Preschool program is designed for children age 2 through Pre-Kindergarten.

**Pricing Guide:** \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+  
(Pricing based on average price of a sitting for an individual)

## MISCELLANEOUS

### SHOPPING

#### **Promenade Mall – midtown mall**

<http://www.tulsapromenade.com/>

4107 S. Yale Avenue  
Tulsa, OK 74135  
918-627-9282

#### **Woodland Hills Mall – largest mall in town**

[www.woodlandhillsmall.com](http://www.woodlandhillsmall.com)

7021 S Memorial Dr, Ste. 225 B  
Tulsa, OK 74133

#### **Utica Square – outdoor upscale shops & cafes**

[www.uticasquare.com](http://www.uticasquare.com)

1579 E 21st St  
Tulsa, OK 74119  
(918) 742-5531

### WORKOUT FACILITIES

#### **Access Fitness**

1123 East Kenosha Street, Broken Arrow, OK 74012  
(918) 258-1123

No Contracts, No Initiation Fees, Strength & Cardio, Complete Free Weight Area, Free Kids Area, No Games, No Hidden Fees, Absolutely No Contracts, No High-Pressure Sale, facility open 24/7, not fancy but clean. Owners and clientele are friendly and down to earth.

#### **Apollo's Karate**

(51<sup>st</sup> & Mingo)  
918-627-7070

“It’s a little far out but well worth the trip. Kickboxing & martial arts and weapon defense class on Saturdays at 10:00am. Payment plans available. There is a wide variety of classes and your membership includes most classes and even more after you get a certain type of belt. Also includes ladies cardio kickboxing which is less expensive than karate. Reduced rates for additional family members. Some payment plans can run about \$90 - \$120.00 a month. I have been at it for about a year now and it has really made a difference to me.” *J. Nipper*

**Pricing Guide:** \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+  
(Pricing based on average price of a sitting for an individual)

## WORKOUT FACILITIES (CONT.)

### **Collins Fitness Center - FREE to TU students who have a Student ID**

Located along Delaware Avenue on the University of Tulsa Campus.

“There are a variety of work-out classes, work-out machines and free weights. There is also air hockey and darts upstairs. There is a Starbucks located at the fitness center and you can buy everything from a healthy smoothie to coffee. The fitness center is great!”

*S. Henderson*

“I think the TU workout facility is great!” *K. Staats*

“Beautiful, clean and new with lots of weight machines and an indoor track. There is also a Starbucks located inside the facility.” *A. Fox*

### **Exercise Specialists of Tulsa - \$\$**

5539 E. 41<sup>st</sup> Street  
Tulsa, OK 74135  
918-622-5454

“Personal training services, Birkam-Hatha Yoga (in a heated room) and regular Yoga sessions offered, owners are great people – support local business.” *E. Saunders*

### **Just Ladies Fitness**

Locations include 51<sup>st</sup> & Harvard, 31<sup>st</sup> & Garnett, 91<sup>st</sup> & Yale in Tulsa and 101<sup>st</sup> & Elm in Broken Arrow.

“It’s women only, quiet, doesn’t stink, and no one stares. They offer toning tables, weight machines, group fitness classes, cardio machines with cardio theater, personal training and day care (additional cost). At the 51<sup>st</sup> and Harvard location it is combined with At the beach tanning and you can tan monthly for a very small additional fee.” *C. Belmear*

### **The Yoga Room**

<http://theyogaroomtulsa.blogspot.com/>  
3403 S. Peoria Avenue  
On 34<sup>th</sup> street, ½ block east of Peoria  
918-808-9642

“There are yoga classes here to help relieve stress, give an intense work-out, etc. There are also reduced rates for students.” *S. Henderson*

**Pricing Guide: \$ - \$0-\$7    \$\$ - \$7-\$15    \$\$\$ - \$15-\$20    \$\$\$\$ - \$20+**  
(Pricing based on average price of a sitting for an individual)