Little Bit of Everything About Berkeley/Albany

September 12th, 2013

BSPA: Satu, Wendy and Eiko
Please Join BSPA

Berkeley Spouses and Partners Association Official Website
- [http://spousesandpartners.berkeley.edu/](http://spousesandpartners.berkeley.edu/)
- Click the green button to fill out the welcome form

JOIN: Berkeley Spouses & Partners Association

To help us plan programs related to your needs and interests, please fill out this form. It will take about 10 minutes.

Like BSPA on Facebook Page 😊
- [https://www.facebook.com/ucbspa](https://www.facebook.com/ucbspa)
Information Day

- Grocery Shopping
- Bakeries
- Recommended Restaurants
- Café
- Books/Libraries/Fitness
- Household Goods/Furniture
- Child-related/Day care
- Useful Websites
- Social Meetings
Where to shop groceries?

**Berkeley Bowl ($$): 2020 Oregon St. Berkeley**
- Original BB with lots of produce, bulk section, organic, gluten free options, and many all natural items.

**Berkeley Bowl West ($$): 920 Heinz Ave.**
- Newer, bigger and more parking spots
- BBs are only in Berkeley!!!
- Don’t forget to bring own shopping bags
- 920 Heinz Ave. Berkeley
Where to shop groceries?

**Safeway ($$)**
- Opens till 12 a.m. and the biggest super market chain.
- 1444 Shattuck Ave. Berkeley/1500 Solano Ave. Albany

**Andronico’s Community Market ($$$)**
- 1550 Shattuck Ave. /1850 Solano Ave. Berkeley
- Organic, environmental friendly and quality produces/products

**Trader Joe’s ($$)**
- Healthy, huge selections of pre-made and many in-store specialty items.
Where to shop Asian groceries?

**99 Ranch Market ($)**
- Chinese market but carries all Asian products
- Good selection of produce, meat, and seafood
- 3288 Pierce St. Richmond

**Tokyo Fish Market ($$$)**
- Japanese groceries and great seafood section
- 1220 San Pablo Ave. Berkeley

**Koreana Plaza ($)**
- Korean groceries and they also sell many other cool Korean kitchen/bath stuffs :)
- 2370 Telegraph Ave. Oakland
Where to shop groceries?

**Bombay Spice House ($): 1036 University Ave.**
- Great selection of spices and Indian ingredients

**Nordic House ($$$): 2709 San Pablo Ave.**
- Scandinavian goods, ingredients, sauces, food and books.

**Monterey Market ($): 1550 Hopkins St.**
- Cheap and fresh fruits, vegetables and bulk sections.
Where to shop groceries?

**Farmer’s Market ($$)**

- Downtown Berkeley on MLK & Center St. every Saturday 10 am – 3 pm
- North Berkeley on Rose St. & Shattuck Ave. every Thursday 3 pm – 7 pm
- South Berkeley on Adeline St. and 63rd every Tuesday 2 pm – 6:30 pm
- Albany on San Pablo Ave. & Solano Ave. every Wednesday 3 pm – 7 pm (April to October)
Bakeries

ACME Bread ($): 1601 San Pablo Ave. Berkeley
- Tasty and fresh baguette and loaf of bread at cheap price.
- Also Berkeley Bowl and Andronico’s carry them

Masse’s Pastries ($$): 1469 Shattuck Ave. Berkeley
- French style pastries. Must try their macarons and cakes. Taste of heaven

Cheese Board Bakery ($$): 1504 Shattuck Ave.
- Great selection of cheese and bakeries.
Bakeries

Octoberfeast Bakery ($): 1954 University Ave.
- The best German bread/pastries. Try pretzels, pretzel croissant and schwarzbrot.

La Farine Bakery ($$): 1820 Solano Ave. Berkeley
- Try their almond croissant, morning buns and fruit tarts/cakes. They also offer gluten-free.

La Bedaine ($): 1585 Solano Ave. Berkeley
- French baked goods. Breads, pastries and sandwiches!!!
Where to Eat American Food?

**Cheese Board Pizza ($): 1512 Shattuck Ave. Berkeley**
- Gourmet pizzeria with live music and good beer. Let’s say this place is the hottest place in Berkeley!!

**Slow ($): 1966 University Ave. Berkeley**
- Beautiful rose garden patio at the back and organic/fresh sandwiches and lemonade is must.

**Top Dog ($): 2534 Durant Ave./2160 Center St.**
- Opens late and cheap and yummy hot dog!!!!

**Angeline’s Louisiana Kitchen ($$): 2261 Shattuck Ave.**
- Cajun Southern food. Try hush puppies, fried chicken, crawfish and beignets.
Where to Eat European Food?

Gaumenkitzel ($$): 2121 San Pablo Ave. Berkeley
- German food and beer. Try spaetzle and bratwurst.

Troy Greek Cuisin ($$): 1843 Solano Ave. Berkeley
- Best Greek place to go. Try gyros wraps and garlic fries.

Gregoire ($$): 2109 Cedar St. Berkeley
- Little French food take out place. Menu changes every month serve Breakfast, Lunch and Dinner. Must try their potato puffs.
Where to Eat Asian Food?

Kirala Sushi ($$): 2100 Ward St. Berkeley
- The best sushi and sashimi place in Berkeley

Mandarin Garden Restaurant($$): 2025 Shattuck Ave.
- Chinese restaurant serves all Shanghai, Beijing and Sichuan dishes. Try sizzling rice soup, peking duck, and double skin!!

Jayakarta ($$): 2026 University Ave. Berkeley
- Indonesian and Singaporean food. Try Mie Tek Tek, Mie Ayam and Ayam Kalasan.

Indus Village ($): 1920 San Pablo Ave. Berkeley
- Great place to have Indian and Pakistani food.
Where to grab a cup of coffee?

**Philz Coffee ($$): 1600 Shattuck Ave. Berkeley**
- Large selection of beans and coffee. Only in Bay Area and try Mint Mojito Coffee

**Peet’s Coffee & Tea ($)**
- 2124 Vine St./1825 Solano Ave./2160 Shattuck Ave./2501 Telegraph Ave.
- Started in Berkeley – mother of all Starbucks. More of dark and strong coffee. Try their vanilla latte!

**Guerilla Café ($$): 1620 Shattuck Ave. Berkeley**
- Serves Blue Bottle Coffee and great place to have brunch & Breakfast
Where to grab a cup of coffee?

**Berkeley Floor Café ($)**: 2244 Bancroft Way, Berkeley
- Spacious and great place to work/study

**Café Strada ($)**: 2300 College Ave. Berkeley
- Cash only and lots of outdoor seating.
- Must try Bianca Mocha!!

**PIQ ($)**: 91 Shattuck Sq. Berkeley
- Good Italian food, pastries and coffee in downtown

**Café Clem ($$)**: 2020 Kittredge St. Berkeley
- French style café next to the Berkeley Public Library
Books/Libraries

Berkeley City Library: 2090 Kittredge St.
- Free internet, books, magazines, tool lending, many events, family area and more.

UC Berkeley Counseling Library: 2220 Bancroft Way
- Can't check out books, but make copies

Morrison Library
- Located inside of UC Berkeley main library. Beautiful and quite reading room and good books.
Looking for places to keep you healthy?

**CAL Recreational Sports: 2301 Bancroft Way**
- Cal Recreational Sports is dedicated to enhancing the knowledge, wellness, fitness, personal skills and quality of life for students, faculty, staff, and the community.

**Berkeley YMCA: 2001 Allston Way. Berkeley**
- Nonprofit organization for youth development, healthy living and social responsibility.

**24 Hour Fitness**
- 2072 Addison St./ 1775 Solano Ave. Berkeley
Day Care/Child Related

The Center/YWCA: 2600 Bancroft Way.
- Every Thursday from 9:30 a.m. to 11:30 p.m. Organized by volunteers of the University Section Club. You can come with children. Networking with other moms and kids.

Bananas: 5232 Telegraph Ave. Oakland
- Non-profit organization which provides free parenting information, workshops and referrals to family child care, child care centers, preschools, babysitters, in-home caregivers, nannies and playgroups.
Day Care/Child Related

Berkeley Parents Network
- Where you can find feedbacks of each daycare and preschool. [http://parents.berkeley.edu](http://parents.berkeley.edu)

YMCA Berkeley, YMCA Albany
- YMCA have their own preschool and daycare, recreational for kids.

UC Village
- Informal play dates and recreational programs for kids and teenagers.
Household Goods/Furniture

IKEA ($$): 2244 Shellmound St. Emeryville
- Great place to buy Scandinavian style furniture, goods and food at reasonable prices.

ACE Hardware ($$): 2145 University Ave. Berkeley
- Household goods such as hammer, nails, packing tape, light bulbs, tools and amazing hobby section.

Daiso Japan ($): 2369 Telegraph Ave. Berkeley
- Carries pretty much everything and most items are $1.50 + tax unless marked. Lots of cute supplies and household goods.
Useful Websites

**Yelp.com**
- User Reviews and Recommendations of Top Restaurants, Shopping, Nightlife, Entertainment, Services and More

**Craigslist.com**
- Classified advertisements website with sections devoted to jobs, housing, personals, for sale, items wanted, services, community, gigs, résumés, and discussion forums.

**Amazon.com**
- You can possibly get everything!!
Social Meetings

Friday Morning Intercultural Coffee Hour
- Every Friday at Cafe Strada from 11 a.m. to 1 a.m. It is run by Yvonne
- https://www.facebook.com/groups/fulfillinglife/

Berkeley Wives Happy Hour
- Once a month, usually from 7-10 p.m. It is run by Doro
- https://www.facebook.com/berkeleywives

Language Café Berkeley
- Every Tuesday at Floor Cafe from 5 p.m. to 7 p.m. It is run by Satu.

The Center/YWCA
- Every Thursday at YWCA, 2600 Bancroft Way, from 10 a.m. to 12 p.m. Organized by volunteers of the University Section Club. You can come with children.
Q & A