



The International Center for
Dental Excellence

Healthy Eating Fort Lauderdale:

Vegan, **V**

Vegetarian, **VV**

Gluten Free, **GF**

Living Green: **V, VV, GF**

Food Bar, Organic, Market, Grab-and-Go

1305 E Commercial Blvd

Oakland Park, FL 33334

7am-9:30pm Daily

Myapapaya juicery + Kitchen: **V, VV, GF**

Fresh sandwiches, organic salads, smoothie bowls
small soups and raw cold pressed juice.

1040 Bayview Drive

Fort Lauderdale, Florida 33304

8am-6pm Monday-Saturday

Sublime Restaurant and Bar: **V**

100% Vegan

1431 North Federal Highway

Fort Lauderdale, FL 333045

5:30pm-11pm Wednesday-Sunday

Lunchroom Sandwiches: **V, VV, GF**

Vegetarian, Gluten Free/Dairy Free Options

4520 N Federal Hwy

Fort Lauderdale, FL 33308

11am-9pm Monday-Saturday

10am-3pm Sunday

First Watch: **VV**

Fresh, Healthy options

4715 N Ocean Dr



Lauderdale-By-The-Sea, FL 33308

7am-2:30pm Daily

Warsaw Coffee Company/Milk Money Bar and Kitchen: **v, vv**
Coffee and Juice Bar/Healthy Menu Options

815 NE 13th Street

Fort Lauderdale, 33304

7am-6pm Daily

Whole Foods Market: **v, vv, GF**
Grocery/Grab-and-Go, Juices

2000 N Federal Hwy

Fort Lauderdale, FL 33305

8am-10pm

Gourmet Garden Cafe & Juices: **v, vv, GF**
Vegan, gluten free, vegetarian and organic options

6139 North Federal Highway

Fort Lauderdale, Florida 33308

930am-8pm Mon-Thurs

930am-6pm Friday

930-4pm Saturday

Green Bar & Kitchen: **v, GF**
Vegan/gluten-free smoothies, raw foods, and desserts.

1075 SE 17th Street

Fort Lauderdale, FL 33316

11am-9pm Mon-Saturday

11am-3pm Sunday

Beehive Kitchen: **GF**
Hormone Free, gluten free & antibiotic free

200 East Las Olas Blvd. Suite 110,

Fort Lauderdale, FL 33301

11am-9pm Daily



Fresh First: **V, WV, GF**
Healthy, 100% gluten free,
vegan friendly, juices and smoothies
1637 SE 17th Street
Fort. Lauderdale, 33316
8am-3pm Daily
Places to Stay:

Pelican Grand Beach Resort

Experience Florida's and Ft. Lauderdale's premier choice among Fort Lauderdale hotels on the Beach with its own private stretch of paradise. At Pelican Grand Beach Resort, we offer oceanfront accommodations and fun for every age. Take a ride along our Lazy River or splash in our zero entry pool. Relax at the beach with our complimentary chairs and umbrellas as you watch the tides change while having friendly beach attendants and waiter look after your every need.

2000 North Ocean Blvd
Fort Lauderdale, FL, 33305
954.568.9431

Courtyard Fort Lauderdale East/Lauderdale-by-the-Sea

At Courtyard Fort Lauderdale East, we strike the perfect balance between relaxation and convenience. Located north of Fort Lauderdale, our hotel provides vacationers easy access to indulge in world-class snorkeling and scuba diving in Pompano Beach and Lauderdale-By-The-Sea.

5001 North Federal Highway
Fort Lauderdale, FL, 33308
954-771-8100



Hampton Inn Ft. Lauderdale-Commercial Blvd.

Located just east of the Florida turnpike, in Tamarac, the Hampton Inn Ft. Lauderdale – Commercial Blvd. hotel is an ideal location whether you're visiting Ft. Lauderdale on business or here to enjoy the vast array of water sports, leisure and entertainment attractions. This Tamarac hotel is minutes from the Fort Lauderdale Riverwalk, linking the historic district to the arts and science district with a path of lush, tropical scenery.

4499 W. Commercial Boulevard
Tamarac, FL, 33319
954-735-7575

Things to Do

Looking for a Spa Day?

Spa Atlantic

Treatments offered: Massages, body treatments, facial skin care, Jacuzzi, sauna and steam amenities, waxing, hair and nail salon, makeup application and spray tanning.

601 N. Fort Lauderdale Beach Blvd.
Fort Lauderdale, FL 33304
(954) 567-8085

Bliss Spa

Treatments offered: Massages, body treatments, facial skin care, waxing, nails, laser hair removal and men's services.

401 N. Fort Lauderdale Beach Blvd.
Fort Lauderdale, FL 33304
(954) 414-8233

Water Activities:

Drift Fishing Trips

The Catch My Drift is an incredible drift fishing boat. 85' in length, she is the largest, fastest and the only Air-Conditioned party fishing boat in Fort Lauderdale. Come fishing for snappers, groupers and other reef fish with our experienced and friendly crew who



will guide you to coming home with a catch. These Fort Lauderdale fishing trips are fun for folks of all experience levels, from first-timers to adept fishermen.

301 Seabreeze Blvd.
Ft Lauderdale, FL 33316
754.214.7863

Fort Lauderdale Water Taxi

Fort Lauderdale Water Taxi is one of the oldest and most respected brands for water transportation in Fort Lauderdale. Fort Lauderdale is the “Venice of America,” there is no better way to enjoy Venice than by your water borne trolley. Think of the Water Taxi as your trolley on the water. Cruise Fort Lauderdale to see the best sights, visit restaurants and hit the beach.

40 W Las Olas Blvd
Fort Lauderdale, FL 33301,
954-467-6677

Fort Lauderdale Parasailing

See the magnificent coastal sights with a panoramic view above the water. We allow you to parasail at jaw-dropping altitudes and can attach up to three people at once for the ultimate experience. Flights last 10 to 15 minutes. All safety gear is provided. Our boats are inspected by the Coast Guard and can seat up to 12 passengers.

1005 Seabreeze Blvd
Fort Lauderdale, FL 33316
954-462-7266

Other Amenities:

Movie Theater

AMC Sunrise 8



The International Center for
Dental Excellence

4321 Nw 88th Avenue,

Sunrise, FL 33351

(954) 828-0783

Night Life

Downtown Fort Lauderdale

101 E Commercial Blvd.

Lauderdale-By-The-Sea, FL 33308

The Casino @ Dania Beach

301 E Dania Beach Blvd.

Dania Beach, FL 33004

954-920-1511

Museum

Artserve

1350 E Sunrise Blvd.

Fort Lauderdale, FL 33304

954 462-8190

Shopping



Galleria Fort Lauderdale

2414 East Sunrise Boulevard

Fort Lauderdale, FL 33304

(954) 564-1036

Yoga

Yoga With an Ocean View

\$10 per person. Every Saturday from 9:30-10:30

270 N. Pompano Beach Blvd

Pompano Beach, FL 33062