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6 Great Places To Eat If You're Visiting San Antonio



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Travel

I cover adventure, outdoor, and wellness travel.

Originally a remote settlement next to a serpentine river, San Antonio is now the seventh-largest city in the United States, attracting more than 32 million visitors a year. In 2018, the city celebrated its 300th anniversary of the founding of the Mission San Antonio de Valero, the Presidio San Antonio de Bejar, and the City of San Antonio. With the tourism numbers growing every year, it's no surprise that eyes are on San Antonio's culinary scene. Whether you are looking for light and healthy fare, which can be found at venues like Quenche and the San Antonio Botanical Garden; or upscale dining at Tre Trattoria or Supper, there is something for everyone. Here are 6 great choices if you find yourself in Texas' oldest municipality:



Quinoa and beet salad and turkey sandwich at Quenche ADRIENNE JORDAN

Quenche

Located on the ground level of the multi-story Loma de Vida Spa at the La Cantera Resort & Spa, Quenche is that treat to yourself after a strenuous gym workout and multi-hour long spa experience. The floor-to-ceiling glass windows of the café afford sweeping views of the Texas Hill Country desert landscape, where you can relax after a treatment with healthy bites. The menu spans a dozen fresh juices, from “Isla Verde” to “Zesty Lemon Apple”. More hunger prevails? Order larger items as well like quinoa and beet salad or the savory turkey sandwich.

Springhouse Café

The Hyatt Regency Hill Country Resort and Spa has a plethora of activities on site: from a lazy river; well-stocked fitness center; and a tranquil nature trail. If you find yourself up early getting a walk, swim, or run in, you can replenish your calories at the breakfast buffet located at Springhouse Café. The options are plentiful: there is a made-to-order omelet and pancake/waffle station, as well as fresh fruit; smoothies; and breakfast meats.



Teaching Kitchen at the San Antonio Botanical Garden ADRIENNE JORDAN

San Antonio Botanical Garden

There is a community garden at the San Antonio Botanical Garden run by Chef Dave Terrazas, the property's Culinary and Wellness Program Manager. Terrazas offers around 9 to 12 public and private events per month, where guests can harvest their own produce from the gardens; participate in cooking classes; and learn about Blue Zone (long life) cuisine.



Pancake platter at the Guenther House ADRIENNE JORDAN

Guenther House

The pancakes you're eating at the historic Guenther House restaurant comes from flour milled on site from a historic mill dating to 1859. The 100+ year old property used limestone milled for the construction of the house from where the San Antonio Zoo now sits. Adjacent to the King William district-the oldest neighborhood in Texas, you can savor breakfast dishes like the 1852 Breakfast Platter, which comes with a Fluffy Pioneer Biscuit, a side of Pioneer's Country Gravy with crumbled sausage, crisp Applewood smoked bacon, country sausage patty, Pioneer seasoned potatoes and two eggs. The restaurant also serves waffles and the impressive jumbo cinnamon bun.



Chicken and vegetable soup at Supper ADRIENNE JORDAN

Supper

The floor-to-ceiling windowed Supper located inside the Hotel Emma is decked out Prohibition-style, with rich, brass and industrial wood accents. Perhaps one of the most welcome and uncommon amenity are purse stands at table so you don't have to take up another seat with your bag. Lunch is a great choice, from the lighter fare Roasted Chicken and Vegetable Soup with Wild Rice to the Everything Smoked Salmon on Rye with Beets, Cucumber and Goat Cheese.



Rainbow trout at Tre Trattoria ADRIENNE JORDAN

Tre Trattoria

In a new location as of 6 months ago, the Italian restaurant adjacent to the San Antonio Museum of Art puts out Tuscan countryside-inspired cuisine. You can order dishes made with pasta in house and sauce made from scratch. Prefer gluten-free? There are also gluten- pasta options for a small upcharge. Some of the tasty dinner selections at Tre Trattoria are the cast iron soppresetta pizza; campanelle bolognese, and Rainbow Trout for the pescatarians.



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I've been an outdoor and adventure travel writer for over 8 years. My writing has appeared in national publications such as National Geographic Traveler, Men's Journal, ... **Read More**