



Dallas Details Courtesy of Dr. Adams' Office

For a Bite:

- *Drakes Hollywood*
 - 5007 W Lovers Lane, Dallas, TX, 75209
 - 2.2 Miles from Dr Adams' office
 - Hours: 4:00 – 10:00 pm
 - Swanky, Old-Hollywood inspired steakhouse, with other offerings such as pizzas and pastas with sophisticated cocktails and wines.
 - Reservations recommended – made through their website
 - [Drake's | Old Hollywood Restaurant & Bar in Dallas, TX \(drakeshollywood.com\)](http://drakeshollywood.com)
- *Jose*
 - 4931 W Lovers Lane, Dallas, TX, 75209
 - 2.2 miles from Dr Adams' office
 - Hours: 11:00am – 9:00-10:00pm (Pending the day)
 - Guadalaran inspired restaurant serving contemporary Mexican-inspired cuisine. Known for their signature cocktail “The Usual”
 - Reservations recommended – made through their website
 - [Jose On Lovers - Restaurant Dallas](http://joseonlovers.com)
- *Bistro 31*
 - 87 Highland Park Village, Dallas, TX, 75205
 - 2 miles from Dr Adams' office
 - Hours: 11:00am – 10:00pm
 - Located in the center of Highland Park Village, Bistro 31 is a culinary gem with its European cuisine and decor. The menu embodies French, Italian, and Spanish flavors that will have you wanting to explore each and every dish.
 - Reservations recommended – made through Open Table
- *Up on Knox*
 - 3230 Knox St Ste 140, Dallas, TX, 75205
 - 2.1 miles from Dr Adams' office
 - Hours: 11:00am – 3:00pm lunch, 5:00pm – 9:00pm
 - Found in the infamous Knox-Henderson area, Up on Knox features a lovely, fresh menu ranging from a raw bar, sensational appetizers great for sharing, and wood fire grill.
 - Reservations recommended – made through Open Table
- *Hudson House*
 - 4448 Lovers Lane, Dallas, TX, 75225
 - 2.6 miles from Dr Adams Office
 - Hours: 11:00am – 9:00pm
 - Located down the road in Highland Park, Hudson House is inspired by the rich culinary history of the Hudson Valley. Known for it's raw bar, and oyster selection, do not for any reason pass up on the chance to order the cheeseburger!



- Reservations recommended – made through Open Table or the website
 - [Highland Park Reservations | Hudson House \(hudsonhousehp.com\)](https://www.hudsonhousehp.com)
- **Beto & Son**
 - 3011 Gulden Ln, 108, Dallas, TX, 75212
 - 6.8 miles from Dr Adams' office
 - Hours: 11:00am – 9:00pm
 - Beto & Son is a chef-inspired new generation of Mexican restaurant in Trinity Groves. Chef Beto's Family Style Skillet and Taco Board are inspiringly modern with an artistic flare. May we recommend the tableside guacamole, a salad tower, or their award- winning liquid nitrogen margarita!
 - Reservations recommended – call (469) 249 – 8590
- **HG Supply Co**
 - 2008 Greenville Ave, Dallas, TX 75206
 - 3.7 miles from Dr Adams' office
 - Hours: 11:00am – 10:00pm
 - Found on Greenville Ave, HG Supply Co has been awarded numerous times for their Rooftop. Their menu features minimally processed ingredients and loads of one of kind items – like their spicy vegan queso, deviled avocados or a build your own bowl. Little secret – attend around sunset so you can participate for their daily, complimentary sunset toast.
 - Reservations recommended – call (469) 334-0895.*Do NOT accept day of reservations*
- **Cane Rosso**
 - 2612 Commerce St, Dallas, TX, 75226
 - 6.2 miles from Dr Adams' office
 - Hours: 11:00am – 10:00pm
 - This stalwart DFW pizzeria is serving its chewy, charred pies using fresh, never-frozen dough made in house every day using all natural flour from Italy. Think that's impressive? They also pull their mozzarella fresh in house daily. Their Neapolitan style pizzas are meant to be eaten with a knife and fork. Enjoy the beloved Honey Badger, dressed up with spicy soppressata and habanero honey.
 - Reservations recommended – made through Open Table
- **The Charles**
 - 1632 Market Center Blvd, Dallas, TX, 75207
 - 3.7 miles from Dr Adams' office
 - Hours: 5:00pm – 10:00pm
 - Referred to as a “Dallas Design District stunner”, The Charles is a nightly eatery where Italian design and cuisine are interpreted through a Texas lens. A tip? Order a pasta dish at a time and share with a partner, giving you the opportunity to explore more of the menu, BUT be sure to save room for the Affogato Float, a dessert consisting of brown butter crumbs, caramel gelato, and nitro cold brew.
 - Reservations recommended – made through Resy
- **Sister**
 - 2808 Greenville Ave, Dallas, TX, 75206
 - 6.2 miles from Dr Adams office
 - Hours: 4:30pm – 11:00pm, Seven Nights a Week



- Sister is a restaurant project from Duro Hospitality. (Actually the sister restaurant of The Charles listed above, hence the name!) Sister lives in the halls of the famed Grape, a Dallas icon for over 40 years. She serves loosely Italian-inspired neighborhood fare, wood-fired meats and fish, daily house made pasta, and lightly Mediterranean inspired cuisine. The design feels like a family Trattoria that has grown through the years including collected memorabilia giving the space a quirky and playful feeling. Sister has the most beautiful girly ambience!
- Reservations needed – made through Resy
- **Pecan Lodge**
 - 2702 Main St, Dallas, TX 75226
 - 4.6 miles from Dr Adams office
 - Hours: Monday 11:00am – 3:00pm, Tuesday – Sunday 11:00am – 8:00pm (or until they've sold out, AND THEY DO!)
 - Arguably Dallas' most famous barbecue destination, Pecan Lodge still attracts lines years after its founding thanks to impossibly barksy brisket, decadent mac and cheese, and hulking beef ribs.
- **Monarch**
 - 1401 Elm St 49th Floor, Dallas, TX, 75202
 - 4.8 miles from Dr Adams office
 - Hours: 5:00pm – 11:00pm Monday – Thursday & Sunday
 - Hours: 5:00pm – 10:00pm Friday and Saturday
 - Looking for the ULTIMATE celebration spot? Look no further. Located on the 49th floor, Monarch is a wood-fired, modern Italian restaurant imagined by Two-Michelin Star Chef, Danny Grant and team. Their expansive, elegantly designed space and refined menu is the ultimate expression of luxury dining in Dallas. Serving handmade pastas, steaks and fresh seafood, the overall approach to preparation is light, fresh and technique driven.
 - Enjoy a glass of bubbly for the elevator ride to the Dallas sky. Lots of beautiful photo opportunities. The service is IMPECABLE, and the coursed menu items immaculate. Their Spicy Rigatoni Alla Vodka is a MUST (no but really, look it up on their Instagram page, it's silky and stunning)
 - Reservations needed – contact them directly

For a Sweet Treat:

- **J Rae's Dallas**
 - 5600 W. Lovers Lane, Ste. 143, Dallas, TX, 75209
 - 1.7 miles from Dr Adams' office
 - Hours: 10:00am – 6:00pm
 - Looking for the perfect sweet bite, post appointment? Look no further than right down the road at J. Rae's! Menu items featured range from cookies, to decadent (not to mention stunning) cupcakes, to the ever so popular cake balls! You literally cannot go wrong with anything on the menu!
- **Val's Cheesecakes**
 - 2820 Greenville Ave, Dallas, TX 75206
 - 3.5 miles from Dr Adams office
 - Hours: Sunday 11:00am-7:00pm, Monday Closed, Tuesday – Thursday 11:00am – 7:00pm, Friday & Saturday 11:00am -8:00pm



- Pro tip! Skip the dessert at your meal and venture on over to Val's. Grab either a slice or a cheesecake jar, or even a WHOLE cheesecake (we won't judge), and take it back to enjoy. Literally, the perfect way to celebrate your 'sweet' time in Dallas! We can personally vouch for the Banana Pudding Cheesecake 😊
- Sprinkles
 - 4020 Villanova St, Dallas TX 75225
 - 1.8 Miles from Dr Adams' Office
 - Hours: Monday – Thursday 10:00am – 9:00pm, Friday and Saturday: 10:00am - 10:00pm
 - Sprinkles Dallas is nestled in the Park Cities and minutes from Southern Methodist University, conveniently situated at Northwest Highway between the Tollway and Central Expressway. Sprinkles draws long lines of loyal cupcake fans and celebrity endorsements, also too, the created the First Cupcake ATM, yes you read that correctly. So if you cannot make it within business hours you are most definitely still able to dabble in a delicious treat.

For a Sip: (Yes. You. CAN enjoy a celebratory beverage both pre AND post operatively, just no red wine of course)

- *Katy Trail Ice House*
 - 3127 Routh St, Dallas, TX, 75201
 - 4.2 miles from Dr Adams' office
 - Hours: 11:00am – 2:00am
 - The Ice House is an Austin style beer garden and restaurant, located in the heart of uptown Dallas on the Katy Trail. KTIH have been awarded the best patio in Dallas with their open seating communal beer garden. Do yourself a favor and grab some TX BBQ, a margarita (awarded by D Magazine as the BEST) and enjoy some serious people watching.
 - Seating is first come, first serve basis
- Atlas
 - 408 N Bishop Ave, Dallas, TX 75208
 - 7.4 miles from Dr Adams' office
 - Hours: Monday – Friday: 4:00pm – 2:00am
 - Hours: Saturday - Sunday: 12:00pm – 2:00am
 - Located in the heart of Dallas's Bishop Arts district, Atlas is a cocktail bar that transports guests to all corners of the world through specialty drinks that pay homage to different cultures and celebrate diversity. With its Edgar Allan Poe-inspired interiors and sophisticated, low-light decor, Atlas is a refined space where cocktails, design, and culture collide.
- Casablanca
 - 200 N Bishop Ave, Dallas, TX 75208
 - 7.4 miles from Dr Adams' office
 - Hours: Wednesday – Thursday: 5:00pm – 12:00am
 - Hours: Saturday - Sunday: 12:00pm – 12:00am
 - A vivid, exotic bar serving craft cocktails and shared plates, Casablanca takes you to an other-worldly oasis in the heart of Bishop Arts. Sumptuous décor and



vibrant textures transport you to the Silk Road, while an adventurous menu and impeccable service invite you to discover the unexpected.

- **Midnight Rambler**
 - 1530 Main St, Dallas, TX 75208
 - 4.8 miles from Dr Adams' office
 - Hours: Wednesday: 5:00pm – 12:00am
 - Hours: Thursday - Saturday: 5:00pm – 2:00am
 - The soundtrack at this subterranean bar at the Joule Hotel in downtown Dallas is as well crafted as the neo-classic cocktails and art-deco interior. The swanky, dimly lit gem has speakeasy vibes. But the mirrored wall behind the bar holding the shelves of liquor bathed in backlighting lets everyone know the star of the show here is the cocktail program. Have a favorite eclectic drink that's hard to find? Try the bartenders here. Chances are they'll serve the best one you've ever had. Or stick to the classics like a French 75 or an old fashion, which puts this spot in its truest form.

For a great time:

- **NorthPark Center**
 - 8687 N Central Expressway, Dallas, TX 75225
 - Located just down Hillcrest Road from our office, NorthPark is truly Dallas' top shopping destination (the perfect surgery day activity to get out of the hotel!). Home to 200 retailers, NorthPark truly has it all. Not to mention, the people watching is top notch.
- **Bishop Arts**
 - You will find a couple of recommendations for food and beverage are in this area. Bishop Arts is a special piece of Dallas. The perfect place from walk from bar to bar or restaurant to boutique. Plus plenty of great Instagram spots
- **American Airlines Center**
 - Located in Victory Park near Downtown Dallas, if you are wanting to make a weekend trip out of your stay, see if you are able to catch the Dallas Mavericks take the court, or the Dallas Stars hit the ice!
- **Dallas World Aquarium**
 - 1801 North Griffin, Dallas TX 75202
 - Hours: Monday – Sunday 8:30am – 6:00pm, Last Entry at 4:00pm
 - See website for pricing
 - Bringing some kiddos with you and need entertainment? Dallas World Aquarium is fantastic! Imagine a zoo but INSIDE, what a dream. The otters are sure to put on a show, the penguins will frolic, the jellyfish wall is quite hypnotic, and if you are so lucky you may have a sloth sleeping on the branch just next to you.
- **Perot Museum of Nature and Science**
 - 2201 N Field Street Dallas TX 75202
 - Hours: Monday – Saturday: 10am – 5pm
 - Hours: Sunday 11am – 5pm
 - Perot Museum is truly a place for all ages, full of hands on exhibits, tidbits, and did you know? With featured exhibits including the Lamar Hunt Family Sports Hall, Texas Instruments Engineering Hall, and the immaculate Lyda Hill Gems



and Minerals Hall, and much more (including a great Kids Museum) it is a great place to walk and learn!