

HEALTHY-LUNCH KRAWL

Location: River Market → Midtown

Duration: 3-3 ½ Hrs.

11:15 AM – THE HUNGRY HATCH (RIVER MARKET)

- Light opener: bowls + smoothies
- Depart 11:45 AM

12:00 PM – CAFÉ GRATITUDE (CROSSROADS)

- Appetizers + wellness drink
- Depart 12:45 PM

1:00 PM – BILLIE'S GROCERY (MIDTOWN)

- Full meal Stop: Everyone gets an entrée + baked good
- Depart 2:00 PM

2:10 PM – GIGI'S VEGAN + WELLNESS CAFÉ (OPTIONAL)

- Juice or smoothie + small raw bite
- Depart 2:40 PM

One-Sentence vibe: Good way for couples, companies, or anyone else to have lunch exploring KC's healthy side, whether finding new spots, or just breaking up an extra-long day of meeting while keeping it light enough to finish the day.

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