

# BLACK HOUSTON GUIDE

A VISITOR'S GUIDE TO BLACK CULTURE IN HOUSTON

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Houston, TX | September 24 - 28, 2019



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UNIVERSITY of HOUSTON

# WHAT'S WHAT

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To leave an economic footprint in the African American community, this conference visitor's guide focuses on African American-owned businesses and attractions.

## THE AREA



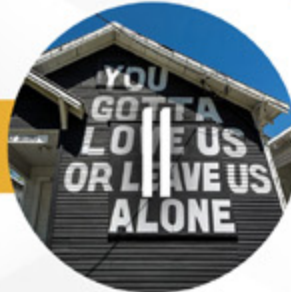
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A huge thank you to the Content Providers for the Black Houston Guide

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HOUSTON  
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[Solcieti.com](http://Solcieti.com)

# THE AREA

Houston is the country's fourth largest city and the population is growing each day. The expansive footprint of the city could be overwhelming to many - the city spans 665 square miles! However, here is a quick recap of the local neighborhoods you may explore during your conference visit to Houston.

## Downtown



Home to the corporate headquarters of many of the country's oil and gas companies, Downtown Houston is also home to Minute Maid Park, Toyota Center, Jones Hall for the Performing Arts, Houston Symphony, George R. Brown Convention Center, among other city landmarks. As the most Metro accessible part of the city, you can go up and down Main Street and take in street art and architecture. At night this thoroughfare comes alive with pubs, bars and nightclubs.

## East Downtown



Commonly referred to as "EaDo" by locals, the neighborhood was formerly the city's Chinatown district until it relocated to Bellaire. Now you can find some of the city's best bars, restaurants and breweries and a short distance to most of Houston's main sports venues.

## 3rd Ward



Houston's Third Ward is home to the city's historic African American population, with a rich cultural significance during the Civil Rights movement. Home to Emancipation Park, founded by \$1000 to purchase the land in honor of their freedom. Third Ward is also the musical roots of Sugar Hill Recording Studios and Beyoncé.

## Midtown



The bustling Midtown neighborhood has restaurants, bars and parks that appeal to residents and visitors alike. The city's cultural hub, the Museum District can also be found here, with priceless collections and rotating exhibitions at each museum. t

## West University



A residential neighborhood adjacent to Rice University and Houston's Medical Center. You can find shopping and dining hot spots in the Rice Village area.

## Galleria



Home to the city's largest shopping mall, The Galleria area has a plethora of restaurants, hotels and dining options that range from the everyday to upscale.

Houston is the food capital of the South. As one of the most diverse cities in the country, you can find global cuisines throughout the city.

## Alfreda's Soul Food

*Alfreda's*  
SOUL FOOD



Houston Alfreda's Soul Food Restaurant has been cooking delicious soul food for Houston's families for over a half century.

5101 Almeda Rd, Houston, TX 77004

Distance: 3.0 miles

[alfredassoulfood.com](http://alfredassoulfood.com)

## Ate Kitchen

*ate*  
KITCHEN



Chef Keisha infuses her Caribbean heritage to rotating weekly menus at Ate Kitchen, blending Asian and Vegetarian flair into her dishes.

1829 Colquitt St, Houston, TX 77098

Distance: 5.0 miles

[bocagecatering.com/ate-kitchen](http://bocagecatering.com/ate-kitchen)

## The Breakfast Klub

*the*  
breakfast  
klub



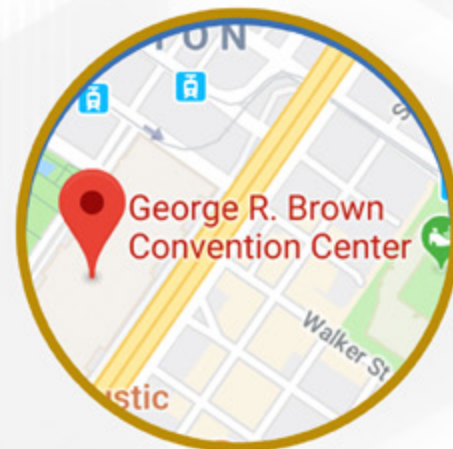
An iconic city eatery featuring traditional Southern breakfast that is worth standing on the guaranteed line outside the door. Insider tip: Skip the line and grab a seat quicker in TBK's Signature Kafe around the corner on Main Street.

3711 Travis St, Houston, TX 77002

Distance: 2.7 miles

[thebreakfastklub.com](http://thebreakfastklub.com)

# EATS & DRINKS



All distance information is relevant to the George R. Brown Convention Center.

## Cool Runnings Jamaican Grill

*Cool Runnings*  
Jamaican Bar & Grill



Authentic Jamaican restaurant and food truck, serving traditional dishes like curries, oxtails and patties.

8270 W Belfort Ave, Houston, TX 77071

Distance: 15.0 miles

[coolrunningsjamaicangrill.com](http://coolrunningsjamaicangrill.com)

## Crumbville

*Crumbville*  
TEXAS



Unique bakery in the historic Third Ward featuring original cookies, dessert bars, and cupcakes. Enjoy both traditional and vegan dessert options.

2316 Elgin St, vHouston, TX 77004

Distance: 2.1 miles

FB: [Crumbville Texas](https://www.facebook.com/CrumbvilleTexas)

# EATS & DRINKS

## EaDeaux's



Food truck with rotating weekly menu featuring Cajun favorites with a Tex-Mex twist.

2919 Leeland St, Houston, TX 77003  
Distance: 1.3 miles  
[eadeauxs.com](http://eadeauxs.com)

## Green Seed Vegan

green  
seed  
vegan



Casual spot for raw & vegan gourmet sandwiches, juices & smoothies in an airy, open space.

4320 Almeda Rd, Houston, TX 77004  
Distance: 2.9 miles  
[greenseedvegan.com](http://greenseedvegan.com)

## Frenchy's Chicken



Classic fried chicken & Creole cooking served in Houston, TX and the surrounding areas since 1969.

4646 Scott St, Houston, TX 77004  
Distance: 3.3 miles  
[frenchyschicken.com](http://frenchyschicken.com)

## Houston Sauce Co.



The food truck and shoppette Houston Sauce Co. makes unbelievable vegan boudain, "chik'n" fried sandwiches, among other saucy delicacies that you have to taste to believe.

See Instagram Profile for daily food truck location  
IG: [HoustonSauceCo](https://www.instagram.com/HoustonSauceCo)

## Glazed - The Doughnut Café



Creative housemade donuts pair with gourmet coffee at this specialty cafe open around the clock.

1333 Old Spanish Trail Houston, TX 77054  
Distance: 6.7 miles  
[eatglazed.com](http://eatglazed.com)

## Houston This Is It Soul Food



One of the oldest African American-owned restaurants in Houston serving up classic soul food.

2712 Blodgett St Houston, TX 77004  
Distance: 2.8 miles  
[houstonthisisit.com](http://houstonthisisit.com)

# EATS & DRINKS

## Indigo



Chef Jonathan "Jonny" Rhodes has made waves in the culinary world with his intimate dining experience at Indigo. Grab reservations early if you can - Indigo has been featured as a top destination on GQ, Food & Wine and most recently, Time magazine.

517 Berry Rd Houston, TX 77022  
Distance: 8.6 miles  
[htxindigo.com](http://htxindigo.com)

## The Library Coffee and Wine House

### THE LIBRARY COFFEE & WINE HOUSE



A laid back cafe that's ideal for a quick study session, meeting, or happy hour. Enjoy a simple menu and indoor or patio seating.

2612 Scott St Houston, TX 77004  
Distance: 2.2 miles  
[thelibrarycoffeandwinehouse.com](http://thelibrarycoffeandwinehouse.com)

## Kaffeine Coffee Internet Café

### Kaffeine Coffee



Relaxed, funky cafe featuring coffee, sandwiches & baked goods, plus Wi-Fi & printing services.

5225 Almeda Rd, Houston, TX 77004  
Distance: 3.1 miles  
[kaffeine.pickled.space](http://kaffeine.pickled.space)

## Lucille's



Reimagined Southern classic dishes created by the great-grandmother of Chef Chris Williams and brother Ben, and namesake of the restaurant.

5512 La Branch St Houston, TX 77004  
Distance: 3.6 miles  
[lucilleshouston.com](http://lucilleshouston.com)

## Kulture



Elevated Southern and Caribbean comfort food that weaves the cultural contributions of the Diaspora throughout its menu and décor.

701 Avenida De Las Americas Houston, TX 77010  
Distance: Walking Distance (across the street)  
IG: [Kulture\\_Houston](https://www.instagram.com/Kulture_Houston)

## Trez Art and Wine Bar



Known for a unique focus on philanthropic and community partnerships; providing local artists with a platform to display their art; and a comfortable environment to enjoy live music, exceptional food, cocktails, and wine.

920 Studemont St Houston, TX 77007  
Distance: 3.3 mile  
[trezartandwinebar.com](http://trezartandwinebar.com)

# EATS & DRINKS

## Phil & Derek's Restaurant and Jazz Lounge



For a taste of New Orleans in the Bayou City, you can head to Phil & Derek's restaurant and lounge in Midtown. Pop in for a great meal, signature cocktails and live entertainment every night.

1701 Webster St Houston, TX 77003  
Distance: 1.4 miles  
[philanddereks.com](http://philanddereks.com)

## Poitín Bar + Kitchen



With Chef Dom's culinary genius at the helm, Poitín is a funky spot for creative American eats & craft cocktails plus brunch, happy hour & mixology classes.

2313 Edwards St Houston, TX 77007  
Distance: 2.8 miles  
[poitinhouston.com](http://poitinhouston.com)

## Piggys Kitchen & Bar



A relaxed American eatery with a large patio for upgraded pub fare, regional beers & cocktails.

3412 W Lamar St Houston, TX 77019  
Distance: 3.6 miles  
[piggyskitchen.com](http://piggyskitchen.com)

## Ray's BBQ Shack



Hickory-smoked meats & housemade sides & desserts plus seafood specials in a casual dining room.

3929 Old Spanish Trail Houston, TX 77021  
Distance: 5.5 miles  
[raysbbqshack.com](http://raysbbqshack.com)

## Reggae Hut



Serving up a menu full of Jamaican dishes and colorful vibes inside the restaurant, this is the place to go for your Caribbean cravings.

4814 Almeda Rd Houston, TX 77004  
Distance: 3.1 miles  
[reggaehutcafe.com](http://reggaehutcafe.com)

## Soul Food Vegan



One of the newest vegan restaurants in Houston, serving up classic soul food dishes in the heart of Houston's 3rd Ward.

2901 Emancipation Ave, Houston, TX 77004  
Distance: 1.7 miles  
[soulfoodveganhtx.com](http://soulfoodveganhtx.com)



# EATS & DRINKS

## Sunshine's Vegetarian Deli & Health Food Store



A family-owned deli and shop featuring a vegetarian menu and other staples.

3102 Old Spanish Trail Houston, TX 77054  
Distance: 5.0 miles  
[sunshineckls.com](http://sunshineckls.com)

## Taste Bar + Kitchen

**TASTE**  
BAR + KITCHEN



This casual Southern restaurant and cocktail bar transforms into a lounge featuring local DJs.

3015 Bagby St Houston, TX 77006  
Distance: 3.0 miles  
[tastebarkitchen.com](http://tastebarkitchen.com)

## Turkey Leg Hut



You can't miss the crowds at this bustling restaurant located in the Almeda Corridor, serving indulgent turkey legs and eye-catching drinks. *(Insider Tip: If you don't have much time, order to-go inside or at the TLH food truck across the street!)*

4830 Almeda Rd Houston, TX 77004  
Distance: 3.0 miles  
[theturkeyleghut.com](http://theturkeyleghut.com)

## Wing Quarter



A local, family-owned establishment with Louisiana roots, providing Hot Wings and Cajun and Creole Cuisine while offering a unique experience that blends the sounds, the food, the art, and the hospitality of the French Quarter without having to leave the neighborhood.

3929 Old Spanish Trail Houston, TX 77021  
Distance: 5.6 miles  
[wingquarter.com](http://wingquarter.com)

**CBRE**

is excited to participate in the

# NATIONAL BLACK MBA 2019 CONVENTION

SEPTEMBER 24<sup>TH</sup> — 28<sup>TH</sup>

HOUSTON, TEXAS

Looking forward to seeing you at all of our events



## Career Fair

SEPTEMBER 26<sup>TH</sup>-27<sup>TH</sup>  
BOOTH #1624

## Reception

SEPTEMBER 26<sup>TH</sup>  
6:00PM—9:00PM

## Breakout Session

SEPTEMBER 27<sup>TH</sup>  
2:15PM—3:15PM

## Intrapreneurship

The Art of Behaving Like  
an Entrepreneur While Working  
for a Large Corporation

Stop by to see us at **BOOTH #1624**

Click here to RSVP



# SIGHTSEEING & CULTURE

Explore Houston's rich history, arts and culture at these iconic destinations.

## Ensemble Theatre



As the oldest and largest professional African American theatre in the Southwest, The Ensemble Theatre produces a mainstage season of six contemporary and classic works devoted to the portrayal of the African American Experience by local and national playwrights.

3535 Main St Houston, TX 77002  
Distance: 2.6 miles  
[ensemblehouston.com](http://ensemblehouston.com)

## The African American Library at the Gregory School



A historical site for African American culture and archives, the Gregory School is located in historic Freedmen's Town, which was founded by former slaves after Emancipation and became a prominent African American community.

1300 Victor St Houston, TX 77019  
Distance: 2.9 miles  
[tinyurl.com/yyn6m9tf](http://tinyurl.com/yyn6m9tf)

## District Art Gallery



The District Art Gallery is an innovative, artist-activated, & collaborative art gallery. Featuring rotating exhibitions, creative panels, art parties, education, and much more, DAG seeks to create a diverse environment of programming to appease to their diverse audience.

810 Richey St Houston, TX 77002  
Distance: 1.5 miles  
[districtartgalleries.com](http://districtartgalleries.com)

## Buffalo Soldiers National Museum



Honoring the legacy of the country's African American soldiers, The Buffalo Soldiers National Museum was founded in 2001 by Vietnam veteran, Captain Paul J. Matthews and currently houses rotating exhibits, as well as cultural and community events.

3816 Caroline St, Houston, TX 77004  
Distance: 2.9 miles  
[buffalosoldiermuseum.com](http://buffalosoldiermuseum.com)

# SIGHTSEEING & CULTURE

## Community Artists' Collective



The Community Artists' Collective promotes and preserves for all people evidence of African American cultural traditions. The Collective was conceived in 1985 by Michelle Barnes, artist, art educator and director of Barnes-Blackman Galleries and Dr. Sarah Trotty, artist and art educator at Texas Southern University.

4101 San Jacinto St Houston, TX 77004  
Distance: 2.9 miles  
[thecollective.org](http://thecollective.org)

## Houston Museum of African American Culture (HMAAC)



With rotating exhibitions as diverse as the city of Houston that includes established and up-and-coming artists, the Houston Museum of African American Culture promotes the culture of Africans and African Americans for current and future generations.

4807 Caroline St, Houston, TX 77004  
Distance: 3.0 miles  
[hmaac.org](http://hmaac.org)

## Gite Gallery



Located in a charming two-story brick house, built in 1943, The Gite Gallery is decorated to look more like a home than a typical "white walled" gallery. The gallery features carefully curated artwork from sub-Saharan Africa.

2024 Alabama St, Houston, TX 77004  
Distance: 2.3 miles  
[thegitegallery.com](http://thegitegallery.com)

## Project Row Houses



PROJECT  
ROW  
HOUSES



A Third Ward community gem and Houston landmark, Project Row Houses provides a platform to emerging and established artists to express their perspectives by personalizing traditional shotgun homes through series of themed rounds every year. Project Row Houses encompasses five city blocks and houses 39 structures that serve as home base to a variety of community enriching initiatives, art programs, and neighborhood development activities.

2521 Holman St Houston, TX 77004  
Distance: 2.1 miles  
[projectrowhouses.org](http://projectrowhouses.org)

# SIGHTSEEING & CULTURE

## Rutherford B. H. Yates Museum



RBHY is dedicated to the preservation of historic structures on their original homesteads through internships, archeology, educational & community programs.

1314 Andrews St, Houston, TX 77019

Distance: 2.5 miles

[rbhy.org](http://rbhy.org)

## NIGHT LIFE

Houston nightlife is always jumping, from downtown to The Galleria, the entertainment options are endless. Whether you're looking for a top local DJ or a live band, here are some neighborhood favorites.

### The Alley Kat Bar & Lounge



Midtown lounge where the music is always bumping in each of their three rooms. You can find hip hop, R&B, reggae and live music here on weekends.

3718 Main St Houston, TX 77002

Distance: 2.6 miles

IG: [AlleyKatHou](#)

### Cafe 4212



A relaxed bar atmosphere and great patio space await you at this club featuring live jazz and soul music every week.

4212 Almeda Rd Houston, TX 77004

Distance: 2.9 miles

[cafe4212.com](http://cafe4212.com)



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# NIGHT LIFE

## Our Legends Cigar Bar & Lounge



An upscale members-only\* lounge (*mention you are visiting for NMBAA Conference*), outfitted with a host of flat screen TV's, a well ventilated smoking room, a smoke free bar, an outside lounge with flat screens, a part time barbershop and periodic complimentary food and drinks.

5312 Almeda Road Houston, TX 77004  
Distance: 3.1 miles  
[ourlegendscigarbar.com](http://ourlegendscigarbar.com)

## Prospect Park



The rare fusion of sports lounge and live music venue, that creates a hybrid hub of entertainment. Food menu, over 45 televisions, super patio, secluded VIP area, and a hand crafted signature cocktail menu sure to please.

3100 Fountain View Dr Houston, TX 77057  
Distance: 9.3 miles  
[prospectparkrestaurants.com](http://prospectparkrestaurants.com)

## The Red Peacock



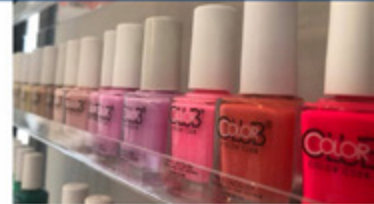
Upscale dining and live show venue that turns into a late-night lounge and is part of a larger nightlife enclave called Five Central in River Oaks.

2736 Virginia St, Houston, TX 77098  
Distance: 5.7 miles  
[theredpeacock.com](http://theredpeacock.com)

# PERSONAL CARE

Whether you need a hair or nail appointment, a massage or an adjustment, a work-out or a doctor's visit, here are some excellent options.

## Glossed Glam Factory



Nails, lashes, brows and more  
1701 Webster St. Suite A Houston, TX 77003  
(909) 586-2642  
[glossedglamfactory@gmail.com](mailto:glossedglamfactory@gmail.com)  
Distance: 1.4 miles  
[facebook.com/glossedglamfactory](https://facebook.com/glossedglamfactory)

## Infinite Energy Chiropractic & Wellness



Dr. Tamara Carter  
12841 Jones Road Ste. 250 Houston, TX 77070  
(346) 206-3652  
[infiniteenergychiropractic@gmail.com](mailto:infiniteenergychiropractic@gmail.com)  
Distance: 26.8 miles  
[infiniteenergychiropractic.com](http://infiniteenergychiropractic.com)

## Lillie D'or Studio Salon



Master-stylist Tameshia (MeMe) McConnell uses cutting edge techniques in her styling and is an advocate and staunch believer of healthy hair.  
10350 S. Post Oak Rd Houston, TX 77035  
(832) 680-5597  
[meme@lilliedor.com](mailto:meme@lilliedor.com)  
Distance: 11.7 miles  
[styleseat.com/m/v/lilliedor](http://styleseat.com/m/v/lilliedor)

# BUILDING A SUSTAINABLE FUTURE



We are the largest environmental services provider in North America, and we're equally as proud of our people-first culture.

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# PERSONAL CARE

## Midtown Barbershop



6406 Tierwester St, Houston, TX 77021  
(713) 522-2065  
Distance: 5.1 miles

## Precision Bodyworks Massage Studio

*PREBODYWORKS*



Licensed Massage Therapist  
3420 Rusk Street, Suite #36 Houston, TX 7003  
(832) 984-8933  
Distance: 1.4 miles  
[Prebodyworks.com](http://Prebodyworks.com)

## Nap Bar



Nap Bar, the first white glove, self-care napping experience in Texas, offers communities and companies onsite and in-suite sleep services to help reduce sleep deprivation and increase productivity.

6111 Kirby Dr, Houston, TX 77005  
Distance: 5.8 miles  
[napbarnow.com](http://napbarnow.com)

## RoweDocs



Urgent Care  
Tisha Rowe, M.D.  
4200 Twelve Oaks Place Houston, TX 77027  
(888) 258-3734  
Distance: 6.6 miles  
[rowedocs.com](http://rowedocs.com)

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# FITNESS

Stop into one of these local businesses for a quick workout:

## Misfit Strength and Conditioning



5302 Cornish St. Houston, TX 77007  
Distance: 6.3 miles  
[misfitstrength.com](http://misfitstrength.com)

## The Body Shop HTX



2002 Oakdale St. Houston TX United States 77004  
Distance: 3.1 miles  
[htxfitness.com](http://htxfitness.com)

## The League Elite Training



2219 W. 34th St. #B Houston, TX 77018  
Distance: 10.7 miles  
[packtraining.com](http://packtraining.com)

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SATURDAY SEPTEMBER 28

# Farewell HOUSTON

**DAY PARTY**

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(LUCKY STRIKE & 3RD FLOOR ATRIUM)

SOUNDS BY:



+



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EARLY BIRD -\$10 | REGULAR ADMISSION - \$20

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