

Bon Vivant Cafe

offers local, beyond-organic fare for fast, casual dining or take-out. With a wide variety of Paleo and gluten-free options. Our friendly café also includes a separate playroom for parents who want to relax into the cozy couches, sip some locally roasted coffee without having to chase the kids around.

Bon Vivant Farm Market

offers local farm foods and other local products for sale at the entrance to our café. Included in our offerings are the same local 100% grass-fed beef, pasture-raised chicken, dairy from pasture-raised cows and seasonal produce found on our café menu.

*As well as Soups Salads and Sandwiches,
we also offer:*

Kids Menu

Nutella + Banana Sandwich

Nutella + Bananas on gluten-free bread

Sampler Box

Local pastured chicken, apple sauce,
cucumber + raisins

Almond Butter + Jelly Sandwich

Almond butter + jelly on gluten-free bread

Mac + Cheese

Gluten-free pasta with local raw cheese
+ milk from pastured cows

Coffee

All coffee locally roasted by Swings Coffee

Espresso
House Blend
Decaf
Americano
Macchiato
Cappuccino

Smoothies

Berry Detox

Organic berries, banana + apple juice

Almanana

Banana, almond butter,
almond milk + cocoa

Green Refresh

Cucumber, spinach, avocado,
mint, lime, green tea

Mango Basil

Mango, strawberries, basil +
orange juice

Latte
Mocha
Pumpkin Spice Latte
Nutella Latte
Egg Nog Latte
Hot Chocolate
Tea



real food = eat happy

Your Winter Sanity List

AKA

*THE List of free (or almost free)
indoor (but out of your house)
winter activities
for babies and toddlers*

2016 Mount Vernon Ave

8am - 8pm

www.BVfarmfood.com



Barnes + Nobles

Potomac Yard + Clarendon. Has a good book area and train table. Free

Bon Vivant Cafe

Eat and play at Bon Vivant café in Del Ray (2016 Mount Vernon Ave). We have a kids room with toys, books and train table. Plus you can sit and eat too. We have a kid and adult friendly local farm food menu.

Chibis

If you are willing to take a longer drive, there is a great place in Ashburn called "Chibis". It has a huge climbing structure and slide, but also has play areas appropriate for the younger ones with trucks, train tables, duplo blocks, a play kitchen area and some ride-ons.

Del Ray Library

Has great kids section with books, toys and puzzles etc. Free
2501 Commonwealth Ave, Alexandria, VA 22301

Fairfax City PB & Jack

An indoor play place with "supervised" play area so parents can get a breather at their cafe/coffee bar. www.pbandjack.com

Hands-On Play

Montessori inspired playroom that helps little ones to develop fine motor skills. Pop into HOP and let your kids run out some energy in a great setting. HOP even allows drop off play so that busy moms and dads can run errands. Drop and shop is available for children 3-12 for up to 90 minutes. Reservations are recommended. The cost for play area use is only \$10 for all day or \$8 an hour. 688 N St. Asaph Street. Hours are Monday-Friday 12pm-7pm, Sat. 10am-12pm. www.handsonplay.net/

Hooray for Books

Has some fun reading events. www.hooray4books.com/events.htm

Jammin Java

Kid's shows. Approx \$10 tickets. www.jamminjava.com/kids-shows/

JW Tumbles

In Arlington has a play zone that is open to the public, but the hours vary so you need to call to confirm that they are open.

National Building Museum

Building Zone at the national building museum--very kid friendly!
<http://www.nbm.org/exhibitions-collections/exhibitions/building-zone.html>

Methodist Church

There is a Methodist church in Arlington that has an indoor, FREE playgroup every other Saturday from 10:30 to noon. They have a huge room with lots of ride-on toys, balls, and other playground-type stuff. At the end of the session, there is a story and snack. Donations are welcome to cover the cost of the snack.

National Harbor

Atrium of the Gaylor Hotel at National Harbor. \$5 for parking at the lots 1 block away. The atrium goes up 19 floors and includes trees, a running stream, a water display that shoots up fountains every 20 min. and glass elevators that you can ride up to the 18th floor. There is a coffee shop in the atrium.

Nature Centers

One at the Ramsey elementary school in Alexandria. Also Carlin Springs Nature Center in Arlington. Entry is free however there is a nominal fee associated with some of the nature classes.

The Puppet Co

Shows at Glen Echo. \$5 tickets. www.thepuppetco.org/tots.html

Reagan National Airport

The lounge (an inexplicably empty area) between terminals A and the main concourse B at National Airport. It has a few fixed seats, a wall of windows so you can watch the airplanes and lots of space to run. Added bonus--either take metro for a thrill or park in the long term parking area and take the bus to the terminal if your kid loves buses.

Soft Rooms

approx \$5 per play

- Charles Houston Recreation Center (Wythe St. Old Town)
- Chinquapin Recreation Center (next to TC Williams High School)
- Lee Rec Center on Telegraph Road

Springfield Mall

Toddler play area with climbable things near food court. Reading area with lots of books and places to sit. Free.

Springfield Trampoline Park

Open to young kids weekdays 10-noon. Call ahead for party closures.

Swimming

Chinquapin Recreation Center

Tyson's Corner Center

Indoor play area and train ride

