Welcome home to *wellness* in Coconut Grove

NEIGHBORHOOD GUIDE



THE WELL

COCONUT GROVE

MIAMI

THE WELL

COCONUT GROVE

MIAMI



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Your life at THE WELL Coconut Grove places wellness at the center, creating the time and space to disconnect, slow down and refocus on what matters most: your well-being. Set in the leafy, tree-lined neighborhood of Coconut Grove, THE WELL is created for you to live, work and play in complete wellness. Designed to blend artfully with the local setting, The Residences feature 194 bespoke homes with spacious private balconies, open, light-filled layouts and custom features to promote health, boost energy and help you feel your best.



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Living at THE WELL Coconut Grove

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"I have chosen to be happy because
it is good for my health."

– Voltaire, French writer

You feel it upon arrival, a wave of calm and restoration — airy, soaring ceilings, stunning natural light. A space designed to promote complete balance — the surrounding natural setting quietly integrated into the flow. Familiar and exceptional, calming and restorative. Welcome home to wellness.



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Building Features

- 194 residences across 8 floors
- Serene arrival lobby immersed in diffused natural light
- Open, airy indoor-outdoor design
- Holistic sense of serenity: subtle aromatherapy and restorative indoor gardens
- Sustainably minded, Florida Green Building Design with Silver Certification
- Natural lighting optimized throughout
- Select townhomes with walk-up street access, private garden entry
- 40,000-square-foot rooftop designed as an outdoor wellness oasis
- 13,000 square-foot state-of-the-art Wellness Club
- Ground floor lofts with 22' ceilings in great room and double-height window wall
- Coral stone facade nodding to historic Coconut Grove architecture

Townhouse Entrance

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Residence Features

HOME

- Spacious, private balconies or terraces in all residences
- Open, light-filled layouts
- Neutral engineered wood floors
- Generous floor plans with expansive glass windows designed with health and wellness in mind
- Flex spaces in select residences for in-home wellness practices like meditation, workouts or massage, with the option to enhance your experience through custom wellness packages
- Primary bedrooms feature finished walk-in closet systems with built-in red light therapy to boost health, energy and well-being
- Samsung washer and dryer in every residence with dedicated laundry rooms in select homes

KITCHEN

- Kraus Kore™ kitchen sink, known for its seamless design, function and balanced workspace with integrated accessories
- Quartzite countertops and backsplash
- Grohe pull-down faucet with filtered and chilled still and sparkling water options
- Sub-Zero, Wolf and ASKO appliances
- Specialty kitchen accessories: electric kettle, Nutri Bullet, Suvie Kitchen Robot and air fryer
- Built-in Sub-Zero wine fridge
- Custom Italkraft Italian cabinetry
- Kitchen islands or peninsulas in every residence with room for seating

PRIMARY BATH

- Dornbracht rain shower head with option for accompanying wall-mounted hand shower or affusion component to help stimulate the lymphatic system, reduce water retention and increase energy
- Free-standing tubs to ease tired muscles and joints available in select residences
- Natural stone on floor, countertop and wall surfaces behind vanity and tubs in select units
- Natural stone countertop on vanities with dual sinks
- Custom Italkraft Italian cabinetry
- Illuminated vanity mirrors
- Steam showers in 3- and 4-bedroom residences



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Kitchen

Kitchen & Dining

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Living Room

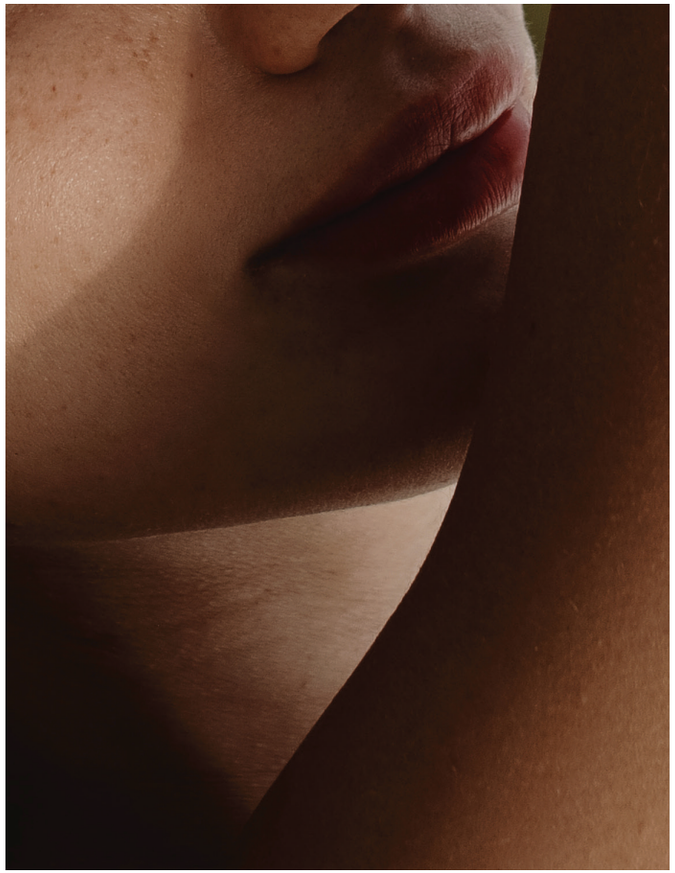
ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

A Word on Wellness — Embrace the morning light.

Natural light first thing in the morning has double duty benefits: reset your circadian rhythm and get a dose of vitamin D from the Miami sun.

Primary Bedroom

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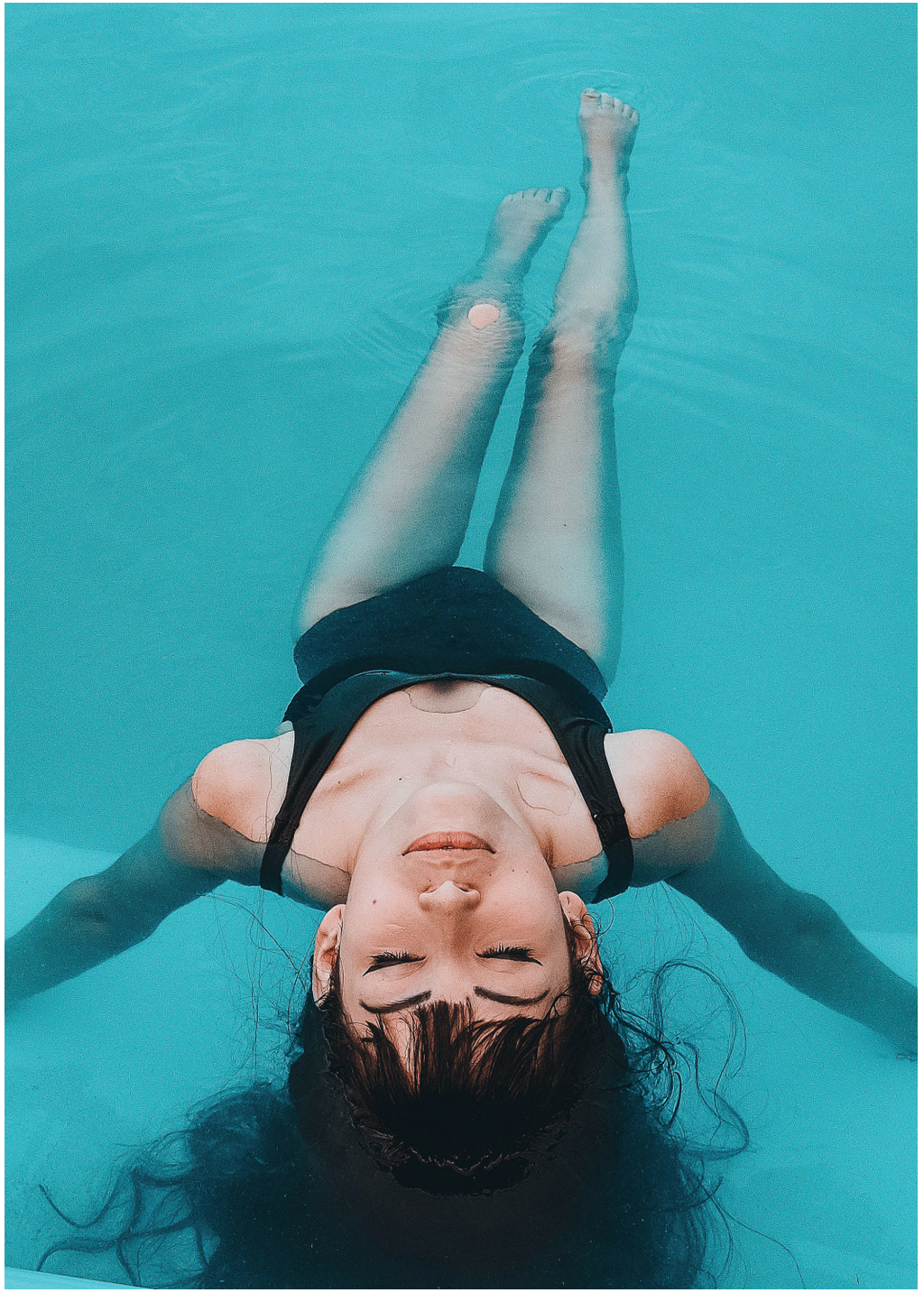


A Word on Wellness — Expand your awareness.

Everyday occasions can be imbued with more meaning to help us make sense of the world and connect to the great mystery of life.

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Primary Bath



Services & Amenities

- Valet parking
- 24-hour security
- Hot and cold towel service on arrival and departure
- Conservatory features double-height glass overlooking the indoor-outdoor garden
- Aperitif bar and light refreshment offerings
- Tea garden features lush landscaping, an indoor/outdoor patio and a reflection pond
- Lobby library promotes work/life balance and allows for a quiet, cozy reading room and lounge for gathering
- Private dining room with catering kitchen and bar for events
- Children’s room engages kids in indoor and outdoor wellness activities
- EV charging stations
- Fitness center perfect for private training
- Rooftop pool deck with hot/cold plunges, private cabanas and chaises
- Lush tropical landscaping throughout

Arrival

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Rooftop Lounge

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Rooftop Pool

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

Rooftop Bar & Dining

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

A Word on Wellness — Go wild, or at least get outside.

Spending intentional time in verdant surroundings restores something of your original human condition: a calm body with an optimized immune system, and a brain in a state of restful awareness, alert to surroundings but unencumbered by constant thought.

Rooftop Pickleball Court

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

"Keeping your body healthy is an expression of gratitude to the whole cosmos — the trees, the clouds, everything."

— Thich Nhat Hanh, Monk & peace activist

Fitness Forest

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE



The Club at THE WELL Coconut Grove

- Holistic wellness and fitness center offering an extensive menu of treatments and experiences for the mind, body and spirit
- Over 13,000-square-foot Fitness and Wellness Club with café, social and coworking spaces for owners and members with a fresh juice and organic snack bar
- Rooftop pool deck and hot tub with private cabanas and chaises for THE WELL Club members
- Rooftop bar and dining area
- Light-filled conservatory with wellness lounge for coworking, IV therapy and gathering space
- Fitness Forest for outdoor individual and group exercise
- Pickleball court
- State-of-the-art fitness center with premium equipment and machines
- Mindful movement studio with healing gong wall
- Beautiful communal bath house with steam, sauna, cold plunge and caldarium
- Crystal Cave relaxation lounge with varying crystals and healing modalities
- Hyperbaric chamber
- Vitality Lounge for self-service wellness treatments and IV therapy
- His and hers styling suites, with private showers and lockers
- EMS training and movement studio with a variety of classes weekly, including yoga, HIIT, barre, strength training, breathwork and more
- Functional medicine practice, physical therapy and longevity experts to improve, enhance and extend your quality of life
- Retail shop & members lounge offering wellness products curated and vetted by THE WELL practitioners, designed to enrich your at-home wellness experience and support your daily wellness rituals — from essential oils and body care products, to diffusers, dry brushes and more

Exclusive Privileges for Residents

- Full-service concierge services from THE WELL team
- Calendar of events, lectures and experiences
- Curated weekly fresh juice and snack subscription program for individuals and families
- Dedicated private outdoor and indoor classes
- Bi-annual health coaching session and annual whole-person health assessment to guide residents in creating individualized wellness plans
- Preferred pricing on treatments and services
- Exclusive benefits across THE WELL locations globally
- Access to in-home services from massages and facials to health coaching and guided meditations
- Early access to bookings and unlimited mindful movement classes
- THE WELL Locker: the latest collection of wellness tech, including Theragun, Therabeam, infrared blankets, lymph boots, FaceWare Pro and others, for use exclusively by residents
- Access to in-home plant design and maintenance services
- Energy-clearing ceremony of each new residence by THE WELL practitioners





Life in Coconut Grove

Coconut Grove is Miami's oldest and most naturally beautiful neighborhood, defined by its abundance of tropical greenery, ivy-covered walls, brick and limestone, tree-lined streets and bright pops of tropical color. The area is known for its thriving boat culture and ample outdoor activities, along with landscaped parks and green spaces, MICHELIN-starred restaurants, cozy cocktail bars, boutiques, galleries and more — a refined, diverse setting in the heart of Miami, balanced by relaxed, sunlit exuberance.



Vizcaya Museum & Gardens

"Look deep into nature, and then you will understand everything better."

– Albert Einstein, theoretical physicist

Known as Miami's "original" neighborhood, Coconut Grove is a refined bayfront enclave of quiet residential streets lined with banyan trees, palms and live oaks, abundant green space, outdoor cafés, cocktail lounges, juice bars, yoga and Pilates studios, designer boutiques, beautiful architecture and some of Miami's best restaurants. Highly walkable and filled with hidden gems around every corner, The Grove is among the city's most beloved addresses for its long history, refined sensibility and eclectic energy.



Vizcaya

A Word on Wellness — Get outside.

Research shows that spending time around trees can reduce stress, improve immunity and lower blood pressure. Good thing there's no shortage in The Grove.

Vizcaya Museum & Gardens

A Word on Wellness — Just being near water can provide benefits for your mental well-being.

Need a moment of respite? Head to one of the many public places nearby with a view of the water, find a bench or a spot on the ground, take a deep breath and take in the view.

Dinner Key Marina

Vizcaya Museum & Gardens



Dinner Key Marina



"The enduring appeal of Coconut Grove lies in its quiet confidence. It's almost like a secret garden in the middle of Miami, artsy and bohemian, but also highly elegant and refined, with amazing seaside parks, historic landmarks, year-round festivals, exceptional schools, designer shopping and fine dining, all with this charming sidewalk-style aesthetic."

– Kane Sarhan, Co-Founder & CCO, The WELL



Dining

01. Amal + Level 6
02. Ariete
03. bartaco
04. Bodega Taquería y Tequila
05. Carbone Vino
06. CocoWalk
    - Mister O1
    - Narbona
    - Planta Queen
    - Sushi Garage
07. Chug's Diner
08. Glass & Vine
09. Greenstreet Cafe
10. Koko
11. Krüs Kitchen + Los Félix
12. Le Bouchon Du Grove
13. Panther Coffee
14. Pura Vida
15. Sadelle's Coconut Grove
16. Salt & Straw
17. Sapore di Mare Italian Seafood
18. Sereia

Shopping

19. Agua Bendita
20. alice + olivia
21. Books & Books
22. LoveShackFancy
23. Pietra Casa
24. The Bazaar Project
25. The Showroom
26. two : minds
27. Warby Parker

Health & Wellness

28. Anatomy
29. Bluemercury
30. JETSET Pilates®
31. Mimi Yoga
32. Sana Skin Studio
33. SkinCeuticalsSkinLab
34. The Well Club (Coming Soon)

Markets

35. Coconut Grove's Farmer's Market
36. Coconut Grove Foodie & Farmers Market
37. Grove Grocer
38. Vizcaya Village Farmers Market
39. Fresh Market

Hotels

40. Mayfair House Hotel & Garden
41. Mr. C Miami
    - Bellini
42. The Mutiny Hotel
43. The Ritz-Carlton Coconut Grove

Nature & Parks

44. The Barnacle Historic State Park
45. David T. Kennedy Park
46. Kirk Munroe Park
47. Kenneth M. Myers Bayside Park
48. Peacock Park
49. Regatta Park

THE WELL Sales Gallery

50. 2640 S Bayshore Dr #101

Shopping

Agua Bendita
Coconut Grove

3444 Main Hwy, #4
@aguabenditagrove

Agua Bendita offers dresses and swimwear handcrafted by Colombian artisans known for their embroidered and playful prints. All of Agua Bendita's artisans are moms who work from home, with a particular talent for the time-honored technique of hand-crafted embroidery.

alice + olivia

3032 Grand Ave
aliceandolivia.com

New York native Stacey Bendet founded alice + olivia in 2002 with the quest to create the perfect pair of pants. The brand was an immediate success, and shortly after its launch, Theory's founder Andrew Rosen joined as a partner. Since then, the company has grown into a renowned lifestyle brand, including ready-to-wear, gowns, shoes, handbags and accessories, all while empowering women with a company run by women, for women.



Agua Bendita

Books & Books

Amable Bridal

3096 Fuller St, #12
amablebridal.com

A luxury bridal boutique featuring unique curated pieces that represent traditional silhouettes with nontraditional details, a brand for the fashion-forward woman.

Books & Books

3409 Main Hwy
booksandbooks.com

An outpost of the Books & Books flagship in Coral Gables, with an open, community atmosphere, serious commitment to reading and friendly, knowledgeable staff. The two-story shop houses a large collection of bestsellers, independent titles and books on sale, along with impressive sections dedicated to children's literature, the arts and philosophy. The store also hosts appearances by local and national writers, as well as poetry and theater.

Brilliant Earth

3008 Grand Ave, #4
brilliantearth.com

Brilliant Earth is revolutionizing the way jewelry is sourced, crafted, sold and worn, cultivating a more transparent, sustainable, compassionate and inclusive jewelry industry. The collections are created by an award-winning team of San Francisco-based designers and crafted by artisans with masterful attention to detail. Each aspect of Brilliant Earth's jewelry is ethically developed, from sourcing through the final product, never compromising between quality and conscience.

Celestial Treasures

3444 Main Hwy, Unit 3
celestial-treasures.com

Outside the doors of Celestial Treasures, incense permeates the air. Inside, a collection of aromatherapy oils, jewelry, crystals, Buddha statues and more are on offer, along with guided meditations, aura cleansings and astrological readings.





CocoWalk

2675 S Bayshore Dr
cocowalk.com

A unique urban village in the center of Coconut Grove, CocoWalk is a different kind of space for a different kind of neighborhood. Inspired by tropical gardens and lush surroundings, Cocowalk is designed to discover, explore and even make new things. A wild mix of independent boutiques, popular favorites and over 100,000 square feet of creative office space. Come hang out and chill out in one of Miami's most vibrant and innovative communities. It'll grow your mind.


COCOWALK
Shops &
Era
Edward Beiner
Parking Garage
BOTANICO
GIN & COCKHOUSE
WEEKLY
JOIN US
COCOWALK

Edite Mode

3015 Grand Ave, #110
editemode.com

Edite Mode is a French Heritage brand offering a carefully curated collection of luxury pieces designed to wear every day, with a focus on resort life, and known for their excellent selection of ready-to-wear dresses for day and night. Elegance, simplicity, and timeless design are the inspiration for every boutique, reflected in the majestic chandeliers, refined finishes and imported marble.

Ever After

2977 McFarlane Rd, #100b
everaftermiami.com

A luxury bridal boutique offering couture wedding dresses by Carolina Herrera, Vera Wang and Zuhair Murad. Brides are given undivided and highly personalized attention, while Ever After's tailors ensure flawless work. The shop's website includes an engaging blog sharing fashion news and reviews of runway shows in New York, Paris, London and Milan.

FP Movement

3015 Grand Ave, #107
freepeople.com

FP Movement, Free People's activewear brand, offers performance-ready, street -styled activewear that sits at the intersection of function and fashion.

H & H Jewels

3434 Main Hwy
hhjewels.com

In operation for more than 30 years, H&H is home to a world-class collection of watches, engagement rings, estate jewelry and fashion jewelry, including a large selection of diamonds and custom work.

LoveShackFancy

3401 Main Hwy
loveshackfancy.com

LoveShackFancy is a global fashion, beauty, home and lifestyle brand founded by Rebecca Hessel Cohen in 2013, created to inspire optimism and celebrate every day. The LoveShackFancy aesthetic marries vintage inspiration with a playful, modern take on classic femininity: pink, prints, ruffles, lace — with bows omnipresent across the brand's clothing, fragrance, home and children's collections — all meant to encapsulate the essence of LoveShackFancy: a balance of softness, strength, and undeniable charm.

Market Boutique

3123 Commodore Plaza
@ marketmiami

Market offers an abundant collection of casual women's style for just everyone's weekly style rotation. Live-in-them tees, new favorite lounge pants, breezy maxi dresses and great denim, all in a palette of refined, neutrals designed to be styled.



LoveShackFancy

Malbon Golf Miami
3034 Grand Ave, #3
malbongolf.com

Founded in 2017 by culture and golf enthusiasts Stephen and Erica Malbon, Malbon Golf is a lifestyle brand inspired by the game of golf. The brand offers top-tier gear, expert guidance and an active community of golf lovers of all ages.

Nikki's Beachhouse Boutique
3115 Commodore Plaza

Nikki's Beachhouse Boutique is a popular destination for women's designer swimwear, clothing and accessories, catering to a broad range of ages and inspired by a mix of East and West Coast style. Valenzuela and her team travel the world to hand-select exclusive, impeccably crafted, one-of-a-kind pieces, always seeking new and exciting styles, textures and silhouettes to add to the collections. Service is warm, inviting and highly knowledgeable.

Pietra Casa
3094 Fuller St
pietra-casa.com

Exclusively curated objects and luxury accessories for the home, featuring the work of multiple renowned designers, as well as capsule collections by world-renowned designers from across the globe.

Pineda Covalin Miami
3460 Main Hwy
pinedacovalin.us

Founded in 1996, Pineda Covalin sells fashion inspired by Latin American cultures, with a focus on modern Mexican style. The boutique also offers scarves, shawls, handbags and other ready-for-the-runway accessories.

Sirène
3411 Main Hwy
sirenethegrove.com

Sirène is a luxury resort and beachwear boutique featuring a curated collection of iconic styles, exceptional craftsmanship and a focus on emerging designers.

The Bazaar Project

2990 McFarlane Rd
thebazaarproject.com

The Bazaar Project has a curated collection of home decor, fine jewelry and fashion, complemented by a warm, inviting café and bistro. The significantly expanded new location is arranged by four unique themes, with interiors reflecting the vibrant, unexpected colors elemental to the brand's chic maximalism.

The Blonde Tulip

3390 Mary St, #136
theblondetulip.com

The Blonde Tulip offers custom floral design for individual and corporate clients, and is home to the Blonde Bistro, a coffee and espresso bar offering a diverse selection of salads, sandwiches and desserts.

The Fashionista Consignment Boutique

3135 Commodore Plaza
shopthefashionista.com

A chic, luxury consigment boutique and winning destination for fashion lovers, who'll find brands including Hermès, Dior, Emilio Pucci, Bottega Veneta, Balenciaga, Chanel, Chloe, Jimmy Choo, Manolo Blahnik, Christian Louboutin, Fendi, Gucci, Roberto Cavalli, Dolce & Gabbana and more.



The Bazaar Project



The Griffin

3162 Commodore Plaza, #1B
@shopthegriffin

The Griffin features a collection of designer luxury shoes and accessories from bold, sophisticated brands including Golden Goose, Gianvito Rossi, Malone Souliers, Chloe, Giuseppe Zanotti, Valentino and Isabel Marant. Despite the abundance of established luxury designers, The Griffin's specialty is finding high-end, hard-to-find brands by iconic and emerging designers.

The Showroom

3133 Commodore Plaza
theshowroom-miami.com

Opened by fashion-industry veteran Marilyn Sánchez, The Showroom specializes in home decor, with an additional collection of women's fashion—reflective of the brand's mission to offer all the elements that encompass everyday living. The result is an exceptionally curated collection of home accessories from all over the world, sprinkled with everyday modern essentials.

The Wardrobe & More

3098 Fuller St, #10
thewardrobeandmore.com

Lifestyle concept shop owner Natalie Pons envisioned a place for building an easy wardrobe of West Coast-inspired pieces that women can live in. The collections are centered around refined, easy style, including denim, tees, activewear, knitwear and dresses. All of The Wardrobe's jewelry, shoes and handbags are made exclusively by women and sourced from women-led brands. In addition, Natalie offers hand-thrown pottery by independent brands, exquisite tableware, inspiring books for the kitchen and beyond, specialty foods and rotating artist-in-residence exhibits by local Miami artists.

TwelveSixtyNine

3113 Commodore Plaza
twelvesixtynine.com

The only location in the US for this curated eyewear brand, with additional locations in Dominican Republic. Offering luxury designer frames for men and women, featuring brands including Garrett Leight, Krewe and Thom Browne.

two : minds

2975 McFarlane Rd
twomindsnyc.com

two : minds first opened in the heart of NYC's Meatpacking District with the goal of providing a welcoming, home-like atmosphere for all shoppers, and a mission to inspire and support our community with the best collections from all over the world. The two : minds team scours the globe for emerging designers and offers a curated collection of heritage brands.

Unika

3432 Main Hwy
@unikainthegrove

An independently owned boutique established in 1989, featuring casual summer clothing and accessories for men and women, as well as shoes, jewelry and candles. Offering both recognized brands and emerging designers, while catering to a wide spectrum of customers and price ranges.

Warby Parker

3403 Main Hwy
warbyparker.com

The Grove location of the national eyewear chain offers eyeglasses and sunglasses for men, women and children with a signature fun, youthful look. Highlight: Warby Parker's website invites customers to try on up to five frames at no charge.



Eat & Drink



"To eat is a necessity, but to eat intelligently is an art."

– François de La Rochefoucauld, French author

We believe that eating nutritiously is a daily gift you give to yourself. To ensure your plate is fresh and full of nutrients, we recommend seeking out local, organic and sustainable ingredients whenever possible, emphasizing wild-caught, grass-fed or pasture-raised options when it comes to proteins.

We also believe that consuming food joyfully and mindfully is what's best for your mind, body and spirit — and know that sometimes the meals you choose to enjoy won't meet every standard we'd normally set when it comes to ingredients, sourcing and preparation.

Below is a list of local restaurants in and around Coconut Grove showcasing the wide range of cuisines and service styles the neighborhood has to offer, with a few spots highlighted where you're most likely to find some of THE WELL-aligned options on the menu.

LEGEND

- MICHELIN Star
- MICHELIN Green Star
- Bib Gourmand
- Vegan
- THE WELL Recommended
- Dogs Welcome

Aida Mexican Seafood

3306 Mary St
aidarestaurant.com

Traditional Mexican flavors with the finest, fresh-caught seafood and locally sourced ingredients. Inspired by the diverse coastal regions of Mexico, the menu offers carefully curated, exceptionally prepared dishes that stay true to Mexican heritage.

Amal

3480 Main Hwy #100
amalmiami.com

A modern Lebanese restaurant with a new perspective on long-held traditions. Executive Chef Wissam Baki offers a vibrant menu featuring a unique selection of shareable dishes that embrace Lebanon's traditional spices and coastal flavors while infusing new culinary vision into classic flavors. Amal is a celebration of Lebanon's most beloved dishes, prepared using fresh, locally sourced and imported ingredients.



Amal



Ariete

3540 Main Hwy
arietecoconutgrove.com

At MICHELIN-starred Ariete, Chef Michael Beltran's "New American-meets-New World" cuisine includes rave-worthy pastrami-style short ribs, croquetas with smoked head cheese, and venison tartare with black-garlic aioli and pickled mushrooms. Beltran, a Miami native, opened the restaurant in 2016 after working alongside some of the city's finest chefs.

Atchana's Homegrown Thai

3194 Commodore Plaza
atchanas.com

Atchana's owner, Atchana Capellini, and executive Chef Pat Chuaindhara hail from families of South Florida restaurateurs and work from recipes given to them by their parents. The menu skews traditional, but as the restaurant's name suggests, it emphasizes locally grown herbs and locally caught seafood.

bartaco

3112 Commodore Plaza
bartaco.com

A beloved destination for inventive and classic tacos and small plates, using fresh, local ingredients — all in a fun, modern, family-friendly setting.

Bayshore Club

3391 Pan American Dr
bayshoreclubmiami.com

Standout seafood in an elegant, engaging setting. Raw bar, small plates, a wide selection of fresh-caught fish and seafood, signature house specials, custom cocktails and curated wine list. Set on Dinner Key, a historic site originally an island and connected to the mainland in 1914. Dinner Key received its name for its reputation as a beautiful picnic stop while traveling by boat along the coastal waters of the city.

A Word on Wellness — Eat mindfully.

Whether you're enjoying tacos at bartaco, risotto at Bellini or a doughnut at The Salty, make an effort to practice mindful eating by taking 3 deep breaths before beginning your meal to activate your parasympathetic nervous system, and chewing your food thoroughly to maximize digestion and absorption.



bartaco

Bellini

2988 McFarlane Rd
bellinirestaurant.com

Approachable, fun and inviting, the rooftop Bellini Restaurant and Bar reflects extensive travels across Italy by owners Maggio and Ignazio Cipriani. Dishes combine their family's time-honored traditions with delectable recipes from different regions.

Bianco Gelato

3137 Commodore Plaza
biancogelato.com

Small-batch gelato made using local, sustainably sourced ingredients, with both vegan and sugar-free options. Also serving a selection of sorbet, popsicles, milkshakes, smoothies, organic brownies and cookies, and coffee and tea.

Bombay Darbar Indian Restaurant

2901 Florida Ave
bombaydarbar.com

Authentic, exceptional Indian cuisine in a refined modern setting, offering traditional, diverse regional dishes and a standout mixology program.

Bodega Taqueria y Tequila

3419 Main Hwy
bodegataqueria.com

Founded in South Beach in 2014 by Menin Hospitality's Keith Menin and Jared Galbut, Bodega Taqueria y Tequila offers Mexican street food along with an immersive nightlife experience featuring award-winning cocktails and tequilas and late-night DJ sets. Embracing the spirit of a traditional taqueria with a contemporary twist, Bodega Taqueria's accolades include recognition from GQ and InStyle, among others.

Botánico Gin & Cookhouse

3015 Grand Ave
botanicomiami.com

Botánico Gin & Cookhouse features contemporary fusion cuisine, a full bar and a special focus on botanically infused gin cocktails. Over 150 gins are on offer, along with a superb wine cellar boasting the largest selection in Coconut Grove. Botánico also serves a family-style menu of plates to share, along with delicious locally baked indulgences.

Calista Cafe

3333 Rice St
calistacafe.com

A robust menu of classic Greek fare and mezze selection prepared using sustainably sourced ingredients from local farmers' markets. Calista is best known for its housemade moussaka — the Greek version, of course — potato-based, prepared with ground beef and layered with bechamel.

Bodega Taqueria y Tequila

Carrot Express

Carbone Vino

2911 Grand Ave #194
carbonevino.com

From Major Food Group and Chef Mario Carbone, a new brand of famed Italian cuisine and legendary vibe has arrived in the heart of Coconut Grove. Offering a menu that includes all of the restaurant's signature dishes, an exciting collection of new additions and an exceptional wine program that gives guests the opportunity to enjoy fine and rare wines by the glass. In addition, a striking bar serves the full menu and even welcomes walk-ins.

Carrot Express

2982 Grand Ave
carrotexpress.com

A fast casual option that's healthy and nutrient-rich, with a creative, extensive menu focused on natural, high-quality ingredients.

Casa Xabi

3145 Commodore Plaza
casaxabi.com

A contemporary interpretation of traditional Basque dishes, featuring a selection of small plates (jamón ibérico, roasted octopus), alongside signature regional fare including rice with seafood and exquisitely prepared meat and fish.



Chug's Diner

3444 Main Hwy, #21
chugsdiner.com

Owned by chef Michael Beltran of Ariete, this self-described "Cuban diner" is a MICHELIN-starred haven of comfort food serving breakfast, lunch and dinner. The innovative menu includes a medianoche sandwich made with duck confit, a peanut-butter-and-jelly pastelito and a delicious short-rib croqueta. Desserts include cajeta-and-goat-cheese flan and seasonal pies.



Danielle Gelato

Danielle Gelato

3444 Main Hwy, #2
daniellegelato.com

True artisanal gelato for more than 45 years, using multi-generational family techniques. Danielle offers a sublime selection of classic and Italian flavors—committed to keeping the tradition of handmade gelato alive.

Emissary Café

3308 Mary St
emissarycafe.com

The established Washington, DC brand Emissary Café & Bar has made its Miami debut. Set in a Carlos Touzet-designed building in the heart of Coconut Grove, the bar and all-day café serves thoughtfully prepared dishes using organic, seasonal and carefully sourced ingredients. Emissary is especially known for its Counter Culture coffee and espresso program and curated beer and wine list. Overall, an effortless, convivial experience with exceptional food, warm service and community energy.

Eva and The Oyster Bar

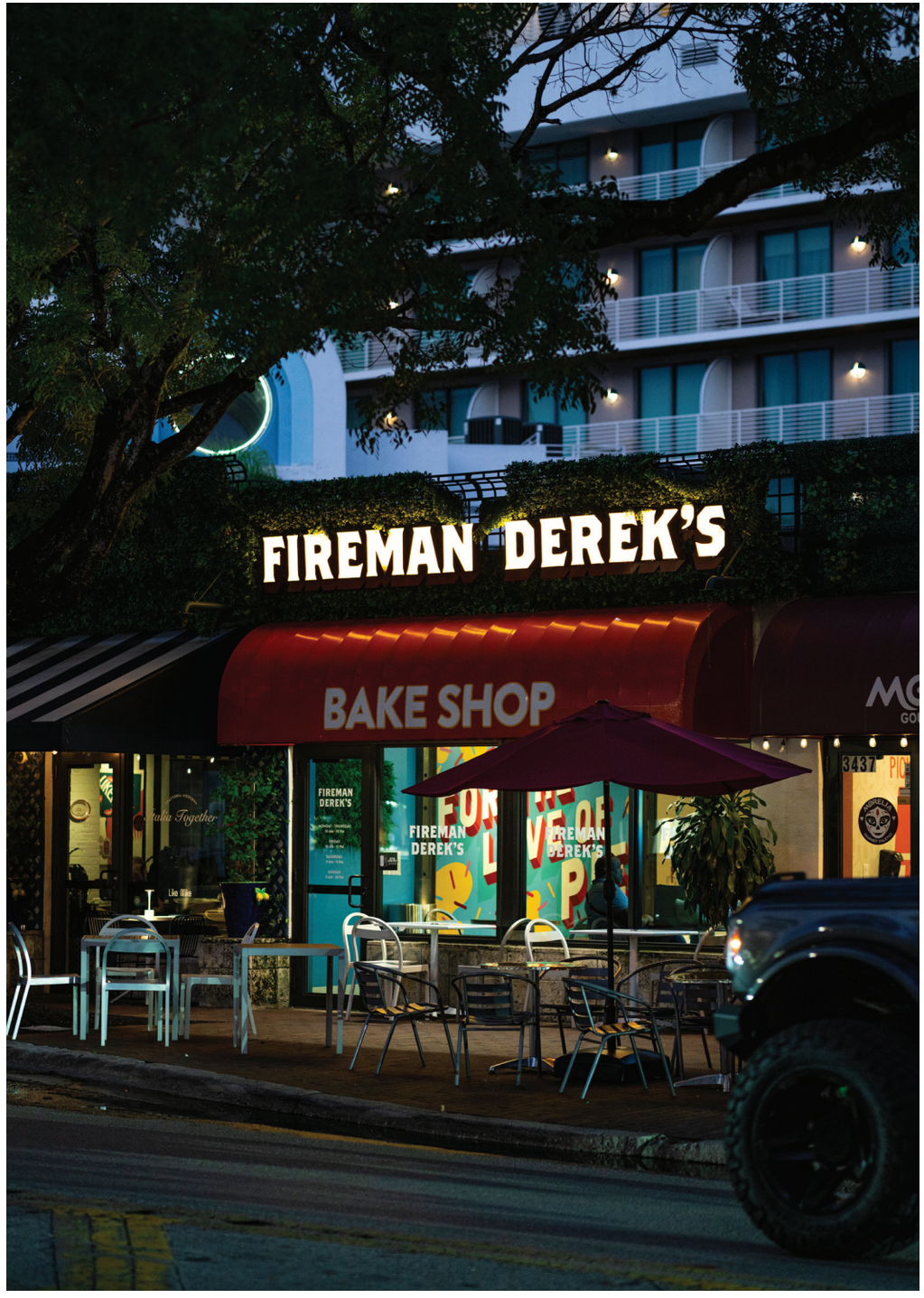
3015 Grand Ave, #120
evacoconutgrove.com

Eva's award-winning chefs & restaurateurs, Michael Beltran and Executive Chef Ashley Moncada, bring impeccably prepared Mediterranean bistro fare in a charming setting to Coconut Grove. Featuring a superb menu of mezze and simply prepared, locally sourced fish and meat alongside a selection of craft cocktails and curated wine selection. Eva's neighboring Oyster Bar is a Caribbean-inspired seafood and cocktail bar, with a classic raw bar, delicious small plates and extensive mixology program.

Fireman Derek's Bake Shop

3435 Main Hwy
firemandereks.com

A family-owned bakery specializing in pies, cakes, cheesecakes, cookies and one-of-a-kind desserts, founded by a former Miami firefighter, Division 1 football player and naturally talented, self-taught baker with a love for pie. Everything is baked in-house, using fresh, locally sourced, high-quality ingredients.





Glass & Vine

Fountain Lounge at The Mayfair

3000 Florida Ave
mayfairhousemiami.com

An intimate cocktail experience showcasing small-batch spirits and unique local ingredients, transformed from a 1980s garden fountain, with cocktails served from a former elevator car, reimagined in the one-of-a-kind bar.

Glass & Vine

2820 McFarlane Rd
glassandvine.com

Located in Peacock Park, Glass & Vine features the imaginative recipes of Giorgio Rapicavoli, chef-owner and winner of the Food Network's Chopped, with delicious, inventive brunch, lunch and dinner menus. Also featuring a curated cocktail menu and regular happy hour.

GreenStreet Café

3468 Main Hwy
greenstreetcafe.net

The lively, bustling GreenStreet Café is open for breakfast, lunch and dinner, serving omelettes with French toast, burgers, pasta and salads, and a dinner menu featuring braised short ribs, Scottish salmon and more. Indoor & outdoor seating, late-night menu.





Harry's Pizzeria
2996 McFarlane Rd
harryspizzeria.com

Harry's is part of James Beard Award winner Michael Schwartz's South Florida Genuine Pizza chain, which offers classic margherita pies alongside imaginative, creative toppings including short-rib, kale and rock-shrimp.

Isabelle's Grill Room & Garden
3300 SW 27th Ave
isabellescoconutgrove.com

Located in The Ritz-Carlton, Isabelle's is a timeless institution with a lovely terrace and refined global menu. Next door, the vintage charm of the neighboring Commodore Cocktail Club lends even more character to the idyllic setting. Indoor & outdoor seating, reservable for private events.





Jaguar Latin-American Kitchen
3067 Grand Ave
jaguarrestaurant.com

Traditional, regional Peruvian, Mexican and Venezuelan cuisine, with an outstanding selection of ceviches, ordered by the spoon or as a larger plate. Jaguar also offers happy hour and house specials, with brunch on weekends.

Juicense
2992 McFarlane Rd
juicense.com

Juicense offers an extensive selection of fresh organic juices, smoothies and nutrient-rich superfoods designed to help maintain a balanced, healthy lifestyle.



Koko by Bakan

2856 Tigertail Ave
kokobybakan.com

Nestled in the natural tree canopy of Coconut Grove, a 170-seat restaurant serving regional dishes from across Mexico. Featuring an open-view kitchen, house-made tortillas and more than 400 mezcales and tequilas on offer.




KoKo
BY GRUPO BAKAN




KoKo
BY GRUPO BAKAN





Krüs Kitchen

3413 Main Hwy
kruskitchen.com

Chef Sebastián Vargas, whose resumé boasts MICHELIN-starred restaurants Osteria Francescana in Italy, Eleven Madison Park in New York City, and Fäviken Magasinet in Sweden, is at the heart of yet another MICHELIN Guide institution: Krüs Kitchen, serving locally sourced vegetable bowls, salads, sandwiches and more — each interpreted by Vargas' broad worldview and extensive knowledge of ingredients from across the globe. The restaurant's rotating evening menu brings a fresh, dynamic energy to each experience at Krüs, combining Chef Sebastián's imagination, consciously curated ingredients and Miami's unique energy to every dish.

La Louvière Chocolatier

3119 Commodore Plaza
lalouvierechocolatier.com

La Louvière represents half a century of artisanal excellence, each and every praline the result of time-honored technique and unwavering dedication to every detail — crafted in Belgium with a steadfast commitment to artisanal traditions, using only the finest sustainable cocoa. La Louvière's master chocolatiers artfully create fillings with exceptional ingredients, sourced from exceptional raw materials and prepared in-house. Pralines are meticulously hand-finished, each piece a work of art.

Le Bouchon du Grove

3430 Main Hwy
lebouchondugrove.net

Serving French cuisine to Coconut Grove since 1994 and helmed by chef Christian Ville, Le Bouchon takes inspiration from Lyon's celebrated restaurants. The intimate space offers a rich and varied dinner menu, with dishes including roasted snapper with Niçoise ratatouille, pan-seared beef filet au poivre and duck confit among many others. Also serving breakfast and lunch.

Le Specialita Café

2655 S Bayshore Dr
lespecialitamiami.com

Located within the elegant Mr. C Residences Coconut Grove, Le Specialita Café & Market was created by Maggio and Ignazio Cipriani, members of the Cipriani family's fourth generation. Le Specialita serves a menu of rustic Italian cuisine from a variety of regions in a refined and timeless setting, with options to dine in or shop from the excellent market.





Level 6

Level 6

3480 Main Hwy, 6th floor
level6miami.com

Level 6 offers a modern and urban twist on Spanish cuisine, influenced by global culture and embracing the bounty of Florida's exceptional natural bounty from land and sea, offering a tapas menu followed by larger plates for sharing. The bar menu at Level 6 is overseen by the restaurant's expert mixologists, with a diverse list of local fruit and botanically infused cocktails, and an extensive wine collection with a particularly impressive wine menu featuring vintage and grower champagne as well as varietals from emerging winemakers.

Like Mike Restaurant

3433 Main Hwy
likemikerestaurant.com

Born in Coconut Grove, established to bring the original flavors of the Amalfi Coast to Miami. Like Mike's menu features a variety of traditional regional dishes, including select recipes curated by Italian MICHELIN-starred Chef Luigi Salomone, lending a thoughtful, contemporary interpretation to classic plates.

Lokal

3190 Commodore Plaza
kushhospitality.com

Restaurateur Matt Kuscher (owner of nearby Spillover and Vicky's House) features classic burgers prepared with Florida-raised, grass-fed beef, its signature topped with honey, arugula, red onions, tomatoes and avocados. In addition to the classics, Lokal offers playful dishes, such as the My Childhood Dream burger, served within the halves, and vegetarian options. Dogs welcome on the patio.

Level 6



Los Félix Miami ✿✿

3413 Main Hwy
losfelixmiami.com

Recent recipients of The Slow Food Snail of Approval Award, a recognition given to restaurants making commitments to their environment, local communities, employees and purveyors, Los Félix honors indigenous techniques by supporting Milpa farming. Milpa is an ancestral Mesoamerican tradition of cultivating the soil with awareness of the sacred connection between self and land. The menu shines a spotlight on native ingredients including heirloom corn, cacao, chiles and squash. The in-house molino at Los Félix cooks and grinds maiz daily to make in-house tortillas from scratch. A carefully curated wine selection showcases small, family-owned vineyards that honor the land by using natural and biodynamic methods. Evenings at Los Félix give way to the sounds of vinyl and live DJs — a modern, nostalgic one-of-a-kind vibe.



Los Félix Miami

Mayfair Grill at the Mayfair Hotel

3000 Florida Ave
mayfair-grill.com

An open-hearth kitchen, garden café and Fountain Bar nestled in the iconic Mayfair House Hotel & Garden, serving classic, locally sourced wood-fired cuisine in a menu of expertly grilled dishes infused with flavors from across the Sonoran Desert. The open-plan kitchen connects to courtyard seating among the hotel's lush gardens and cascading fountain, with the lively Coconut Grove neighborhood beyond.

Meraki Greek Bistro

3462 Main Hwy
merakidowntown.com

Traditional Greek cuisine in a bright, cozy setting, offering classic mezze, house-made gyros and a diverse selection of fish and seafood, all thoughtfully prepared with locally sourced, organic ingredients.

Midorie

3444 Main Hwy
midoriemiami.com

Envisioned by restaurateur and art aficionado Álvaro Pérez Miranda, Midorie honors Japanese culinary traditions in a refined, fast-casual menu of donburi, omakase and à-la-carte sushi and sashimi, using the freshest, locally sourced seafood and ingredients. Midorie's open-all-day setting is quiet and serene, with indoor and outdoor seating for up to 22 guests — ensuring an intimate, memorable experience. Midorie also features shidashi, curated dining experiences for up to 12 people.



Mister 01 Pizza

3015 Grand Ave, #165
mistero1.com

Pizza that's serious about pizza. Locally sourced and the finest imported ingredients are the hallmarks of Chef Renato Viola's artisanal pizzas, prepared with a delicate thin crust and light, delicate dough, with each batch resting a minimum of 72 hours to achieve its full texture and flavor.

Morelia Gourmet Paletas

3437 Main Hwy
paletasmorelia.com

Gourmet, handmade ice pops produced in small batches using local, 100% natural ingredients, prepared daily from scratch. Flavors include S'Mores, Belgian Chocolate with Baileys, Acai with Banana Sorbet, Sicilian Pistachio, Dulce de Leche, Greek Yogurt and Berries and more.

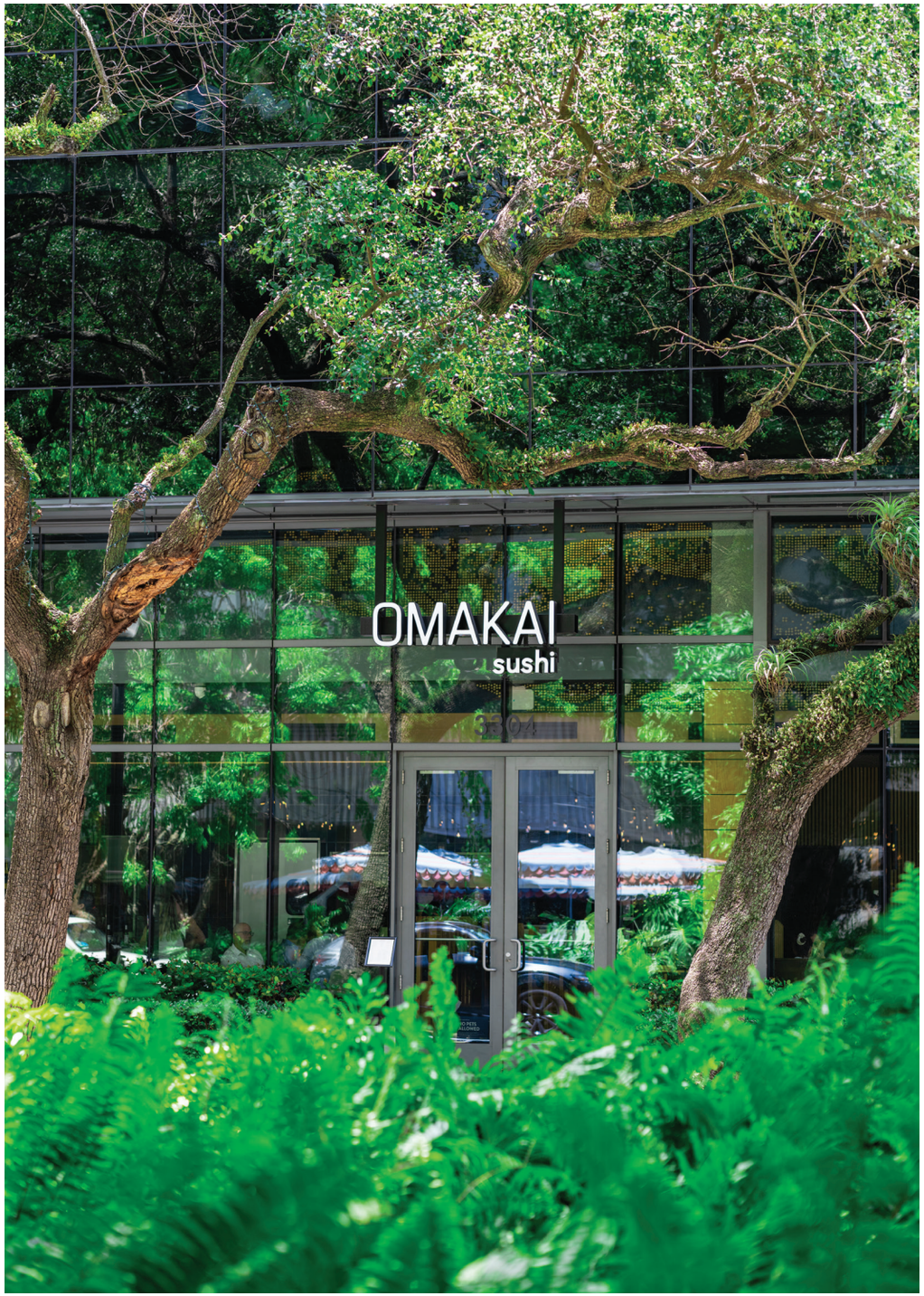
Narbona

3015 Grand Ave, #11
coconutgrove.narbona.com

Founded in Uruguay, Narbona is an Italian trattoria, market and wine cellar serving a diverse menu of seafood, pizza, pasta, soups, salads and more. Narbona strikes an ideal balance of a convivial, open-kitchen setting with an artisanal market and elegant atmosphere, offering an impeccably curated selection of imported jams, olive oil and more Italian specialties. Multiple locations across South Florida, now in Coconut Grove.



Mister 01 Pizza



Navi Coffee & Flower

3000 Florida Ave
navimiami.com

A charming florist and café named after the founder's mother, Navideh, also the head floral designer, whose extensive experience in bespoke and private events results in stunning, refined arrangements in a warm, relaxed setting—with excellent coffee.

Panther Coffee

3407 Main Hwy
panthercoffee.com

Born in Wynwood in 2010, Panther Coffee's husband-and-wife owned business roasts its coffee using cast-iron machines from 1927. Serving single-origin and craft blends, Panther brews beans from Bolivia, Guatemala, Haiti, Ethiopia and Peru, among other countries. Also serving beer and wine.

OMAKAI sushi

3304 Mary St
omakai.com

Founded in 2019 by brothers Diego and Pedro Quijada, along with friend Nicolas Sayavedra and acclaimed Chef Aaron Pate — OMAKAI provides an outstanding spot for "entry-level omakase" with three plentiful, well-priced options. Nigiri tastings are served platter-style rather than individually, in addition to a menu of hand rolls, specialty appetizers, locally sourced seasonal fish and an extensive menu of beer, wine, craft cocktails and sake. Additional locations in Wynwood and Aventura.

Planta Queen

3015 Grand Ave, #201
plantarestaurants.com

Led by founder Steven Salm and co-founder David Lee (Executive Chef), PLANTA was born in 2016 to expand the accessibility of plant-based dining with a premier collective of 100% plant-based restaurants in multiple locations across the US and Canada. PLANTA reimagines fresh, locally sourced ingredients to offer delicious, seasonal plant-based dishes. PLANTA's Coconut Grove location features a rooftop garden that supplies many of the fresh fruits and vegetables used in their dishes.

Pura Vida

3000 Grand Ave

An all-day café serving delicious and nutrient-rich dishes for all. Created by husband and wife team Omar and Jen Horev as a place for friends and family to gather, share meals and build community, designed as an extension of the Horev's own home. Multiple locations across Miami, now open in Coconut Grove.





Sadelle's

RedFarm

3131 Commodore Plaza
redfarmnyc.com

Joe Ng's menu at RedFarm takes a pure, fresh approach to Chinese cooking, bringing a green market sensibility to modern Chinese food and dim sum. Signature plates include artful dumpling creations for which Ng is known, as well as small starters including signature yuzu wasabi shrimp and mushroom spring rolls. Modern takes on classic dishes include an excellent marinated rib steak and spicy steamed sea bass.

Sadelle's

3321 Mary St
sadelles.com

Sadelle's is a modern ode to New York's classic tradition of all-day dining. Since opening its first location in the heart of SoHo in 2016, the brand has reached iconic status thanks to its refined, celebratory atmosphere and a menu of popular dishes that have earned Sadelle's numerous accolades. Sadelle's was named an essential brunch destination by Harper's BAZAAR and Cosmopolitan, with its sticky buns ranked one of the Best Dishes of 2015 by The New York Times. Location in New York, Las Vegas, Miami, Paris, Boca Raton and Dallas.


SADELLE'S
FRESH COFFEE
Sadie's
HOT BAGELS

"Everything in moderation, including moderation."

– Oscar Wilde, Irish poet and playwright

Salt and Straw

3015 Grand Ave, #145
saltandstraw.com

Meticulously prepared house-made ice cream from scratch using fresh, locally sourced ingredients and unwavering attention to every detail. Offering classic flavors along with a rotating series of new inventions, seasonal and other specialties, nationwide delivery and boutique storefronts that "bring people together over a scoop."

Sapore di Mare

3111 Grand Ave
saporedimaremiami.com

Nautically-inspired, airy and bright, an Italian trattoria with a small but exceptional menu of meticulously prepared seafood and pastas. For carnivores, Sapore di Mare also features grilled lamb chops and a 26-oz cowboy steak.



Salt & Straw



Sereia ✿

3540 Main Hwy
sereia.miami

Portugal's Henrique Sá Pessoa, top-celebrated chef and owner of two-MICHELIN-starred restaurant Alma, brings his first US venture, also MICHELIN-starrred, to Coconut Grove. Sereia is a modern, seafood-forward restaurant inspired by the Iberian coast and Sá Pessoa's travels, combining flavors from Portugal's rich culinary history with Sá Pessoa's lifetime of experience working in some of the best restaurants worldwide. Sereia features cuisine with depth, using the finest local and imported ingredients and thoughtful, innovative technique, showcasing a variety of imported and local catches, including Carabineiro (Scarlett Prawn) found in Algarve in Southern Portugal, along with Cataplana, a traditional fish stew, Bacalau a Brás, a signature Sá Pessoa dish prepared with salted cod and fried potatoes, and standouts including the Pica Pau com Pickles and Arroz de Pato. Also featuring a crudo bar with a curated tasting menu and a selection of Chef Henrique's signature Portugese tapas (petiscos).

Sereia

Strada in the Grove
3197 Commodore Plaza
stradainthegrove.com

An Old World Italian pizzeria that uses wood-burning ovens to create an extensive selection of classic (Napoletana, Parma, Cremosa) and white pizzas, with toppings that include ossobuco, Alaskan smoked salmon, and octopus. Brightly lit and lively, with a popular happy hour and excellent wine list.

Sushi Garage
3015 Grand Ave
sushigarage.com

Japanese cuisine with traditional roots, excellent ingredients, and meticulous execution, focused on refined simplicity in every element. Featuring fresh sashimi and nigiri, with a selection of inventive small plates and rolls in a sleek, minimal setting.

Sushi by Scratch
3540 Main Hwy
sushibyscratchrestaurants.com

MICHELIN-starred, highly inventive omakase from chefs/owners Phillip Frankland Lee and Margarita Kallas — featuring a menu of nigiri infused with original flavors (sweet corn), hamachi coated in sourdough breadcrumbs and classic pairings enriched with house-fermented soy sauce. The iconoclastic energy extends to the mixology program, including cocktails, sake and beer.



Strada in the Grove





The Allocation Room / Photo Credit: Amoretto Ashley



Sweetgreen Coconut Grove

3015 Grand Ave, #140
sweetgreen.com

An outpost of the hugely popular and legitimately well-sourced, healthy, fast casual spot, with salads, grain bowls and more made to order using the freshest organic ingredients.

The Allocation Room

3540 Main Hwy
theallocationroom.com

For wine lovers and connoisseurs, an expertly curated wine and sake selection offered at Allocation's charming bar and lively tasting tables, or to take home to enjoy. Led by sommelier and sake navigator Adrian Lopez, whose knowledge of both classics and new discoveries enrich and broaden the experience, with an expansive selection of Old and New World labels from across the globe and more than 800 wine and sake bottles on display.

The Last Carrot

3133 Grand Ave
thelastcarrot.getsauce.com

A juice bar and health-food counter in The Grove for more than 40 years, offering a simple, healthy menu of whole-wheat pita sandwiches, house-made hummus, salads, smoothies and sandwiches, with a variety of smoothies custom-made to order.



The Salty



Varsol

The Salty
3034 Grand Ave, #7
saltydonut.com

Deeply committed to donuts and coffee made thoughtfully in-house. The Salty began as a pop-up in Wynwood and now has an adoring following. Envisioned as a gathering destination and meeting spot in addition to a delicious bakery, The Salty has become a neighborhood favorite.

Varsol
3423 Main Hwy
varsolsushibar.com

An extensive menu of sushi and Japanese fare in a stylish, lively atmosphere, offering specialty cocktails and wine along with a diverse offering of classic, signature, and riceless rolls, temaki, house specials, wok-fried dishes and more. Set in a modern, greenhouse-inspired space with an outdoor terrace and patio.

A Word on Wellness — Gather. Eat. Commune.

Gathering around a table to share food with others is a simple but profound act. Starting to bring awareness not only to what you eat, but to how (and with whom) you eat, is an essential aspect of a well-rounded and happy life.

Victorias Vinos & Vermuteria
3190 Commodore Plaza

Miami's first-ever vermouth bar, helmed by Matt Kuscher and Kush Hospitality — the team behind LoKal, Kush, Spillover and others — featuring an extensive variety of vermouth in different styles and flavors, including two house-made vermouths sold by the glass, bottle, and package-style: Kuscher's signature blend, along with a second, lighter variety called Titi Marie vermouth. Also on offer: natural wines, Spanish ciders (poured in the Asturian style of long pouring), large format craft beers, small plates, charcuterie boards, unfussy tea sandwiches, caviar and more.

Vinoteca
3070 Grand Ave
vinotecamiami.com

A thoughtfully designed and curated wine boutique and tasting room, committed to offering new and lesser-known labels from across the globe. Inspired by visits to diverse vineyards and wine-making study in Italy, Vinoteca is dedicated to telling the story of each and every wine on offer, from the tradition of its origins to the culture surrounding it.

Local Markets

Sprouts

2750 SW 27th Terrace, #102
sprouts.com

Sprouts Farmers Market is designed to be everything there is to love about farmers' markets, open seven days a week, rain or shine. Their specialty storefront offer fresh, locally sourced ingredients — Sprouts is especially known for the freshest seasonal produce in the area.

Milam's

2969 SW 32nd Ave
milamsmarkets.com

A local, family-owned, full-service supermarket in operation since 1984, offering an exceptional variety of the highest quality products and ingredients.

Coconut Grove Organic Farmers Market

3300 Grand Ave

An extensive selection of fresh organic fruit, vegetables, grains, seeds and raw vegan foods at Glaser Farms' Coconut Grove Organic Farmers Market, Saturdays from 10 AM to 7 PM on the corner of Grand Avenue and Margaret Street. In addition to a wide variety of locally sourced organic products, you'll find rare fruits including durian and jaboticaba, as well as a diverse selection of prepared foods. The market also features an assortment of local vendors selling locally made sweets, fermented products, handcrafted goods, apparel, plants and more.



Grove Grocer



A Word on Wellness — Experience the local community at a farmers market.

- Saturday: Coconut Grove Farmers Market
- Sunday: Vizcaya Village Farmers Market

Coconut Grove Foodie & Farmers Market

2750 McFarlane Rd

Combining a love for great food and locally-sourced produce, the Coconut Grove Foodie & Farmers Market offers a variety of cuisines made from fresh, organic ingredients. Offering a menu that spans gourmet meals to street food in addition to numerous stalls selling local produce, artisanal goods and handmade crafts.

Grove Grocer

3098 Fuller St, #11
@grove.grocer

A family-run boutique local grocer offering a thoughtful selection of local and international ingredients, fresh organic produce, prepared foods, house-baked sweets and more.

Vizcaya Farmers Market

3250 S Miami Ave
vizcaya.org/farmersmarket

A delightful farmers market at Vizcaya's historic farm and village, where every Sunday, local vendors offer fresh fruit and vegetables, homemade baked treats and hand-crafted goods. Vegan options available. The market is open rain or shine, every Sunday from 9 AM to 2 PM.

Grove Grocer

Health & Fitness



Anatomy

3363 Pan American Dr
anatomyfitness.com

Anatomy is a collaboration among fitness, sports science and nightlife veterans that embodies the future of fitness, with proprietary programming influenced by sports performance and the science of strength conditioning, so that members can excel in all aspects of their lives. Offering a variety of membership packages, group classes, personal training and more.

Infinity Beyond Fitness

3015 Grand Ave, #216
infinitybeyondfitness.com

A transformative combination of workouts, pre- and post-exercise recovery treatments, nutrition guidance, and community support. Infinity features workout classes and personal training for all levels, Variable Intensity Interval training (VIIT) and more. Workouts are designed to increase lean muscle mass and supercharge the metabolism, complemented by complete nutrition consultations and individually customized plans.



JETSET Pilates®

2680 Tigertail Ave
jetsetpilates.com

JETSET Pilates®, now with multiple locations across the country, was founded on a mission to create an immersive, musically inspired modern pilates experience—encouraging a balanced lifestyle and fostering a sense of community. JETSET offers a 50-minute high-intensity, low-impact full-body workout on the brand's custom reformers, designed with seamless transitions between exercises to keep the muscles under constant tension for maximum results. With DJ-curated playlists, JETSET promotes escape into a perfect mind-body connection, enabling participants to reach their fitness and wellness goals.

Mimi Yoga

2829 Bird Ave, #1
mimiyoga.com

The second location of the popular Mimi Yoga studio—a global yoga community with an online platform and studio in Wynwood—offers infrared heated Yoga and Mat Pilates, blending tradition with advanced technology and technique. Founder Mimi Ghandour is known for her power vinyasa flows, which deliver an athletic practice with a strong focus on toning muscles. She also incorporates mantras played on her harmonium into her classes and runs a Yoga Teacher Training program, empowering her students to find their unique voice and teach from their authentic selves, drawing on their life experiences to inspire others.

Pilates in the Grove

3316 Virginia St
pilatesinthegrove.com

Pilates in the Grove offers in-studio Pilates classes for individuals and groups, as well as preventive physical therapy provided by expert licensed physical therapists. Founded by orthopedic physical therapist Christa Gurka, classes feature private or semi-private lessons in reformer, barre and rehabilitation Pilates, among other styles.

OM Movement

2895 McFarlane Rd, 2nd floor
ommovementstudio.com

A movement studio designed to welcome all and build community, offering a variety of movement classes, personal and group training, health coaching, corporate wellness programs and additional healing modalities.

Open Door Yoga

2801 Florida Ave, #20
opendooryoga.com

Open Door Yoga provides a peaceful and inclusive space for yoga practitioners of all levels. Offering a variety of classes, from restorative to vinyasa and yin yoga, the studio focuses on helping individuals find balance through movement, breathwork, and mindfulness. Conveniently located in the Grove Square building, it features amenities such as mat rentals and lockers, making it an ideal retreat for relaxation and renewal amidst the city's hustle.



Mimi Yoga

Sweat440

3315 Rice St
sweat440.com

Sweat440 is a fitness studio tailored for convenience and inclusivity, with 40-minute workouts designed to maximize efficiency. Classes start every 10 minutes, making it easy to fit a session into any schedule. The studio promotes a welcoming, community-oriented atmosphere with supportive coaches ensuring workouts are approachable for all fitness levels. Sweat440 is perfect for staying active and achieving goals without compromising your busy lifestyle.

Tremble Pilates

2675 S Bayshore Dr, #300
makeittremble.com

A high-intensity, low-impact, heart-pumping full-body workout that combines the best of strength training, cardio and Pilates-inspired movements, all in one session on reformers. TREMBLE focuses on full-body functional movements centered around the core that help increase mental and physical strength. Classes are conducted in a refined boutique setting, with groups limited in size to give each participant individual attention. A collection of curated playlists ups the energy level and keeps you going.



Mimi Yoga

Wellness & Beauty

Aesop

2994 McFarlane Rd
aesop.com

Established in 1987 and headquartered in Melbourne, Aesop offers skin, hair and body care formulations sourced from the country's most reputable suppliers, then married with optimized technology and long-established scientific practices. Aesop is committed to formulating skin, hair and body care products of the finest quality, investigating widely to source plant-based and laboratory-made ingredients, using only those with a long proven record of safety. In each of their unique stores, informed consultants are on hand to introduce the Aesop collections and offer suggestions.

Blue Mercury

3015 Grand Ave
bluemercury.com

A leading retailer of luxury beauty, skincare and spa services. Designed as a haven for beauty aficionados in 1999, the brand now offers an impeccably curated collection from among the world's most exclusive brands. As pioneers of a client-first approach that emphasizes hyper-personalized beauty conversations and consultations, Blue Mercury has become a coveted destination across the world.



Aesop

Ela Salon

2901 Florida Ave, #805
elasalon.com

Envisioned by Marianela Duran and nestled in the heart of Coconut Grove, Ela Salon is committed to offering an extensive menu of unparalleled services, including color and styling, manicure/pedicure and esthetician services — using the latest techniques and technology, in a creative, tranquil environment.

Ugo Di Roma Salon & Day Spa

2801 Florida Ave
ugodiroma.com

Ugo Di Roma is a full-service salon and spa in Miami offering an extensive list of services including hair styling, color, highlights, extensions, facials, body treatments, waxing, manicure, pedicure, massage, aromatherapy and many others.

Sana Skin Studio

2810 Oak Ave, #106
sanaskinstudio.com

A skincare salon known for its “goal-driven” customized facials, guidance from experts who will help you better understand and take care of your skin every day, as well as a curated collection of wellness, skincare, body and hair products.

SkinLab by Barba Skin Clinic

3015 Grand Ave, #212
skinlabmiami.com

An integrated approach to skincare, SkinLab combines advanced skin diagnostics, signature facials, and aesthetic treatments, all overseen by board-certified dermatologist Dr. Alicia Barba using state-of-the-art clinical skincare, personalized by the brand’s skin experts for individual needs. SkinLab starts with an essential diagnostic consultation, which helps determine underlying skin issues before they begin to cause problems and allows the team to create a customized facial plan for each patient. Services include signature facials and peels, injectable treatments and skin rejuvenation, each designed to deliver results in under an hour.



Hotels

Courtyard Miami Coconut Grove

2649 S Bayshore Dr
marriott.com

Among one of Marriott's numerous destinations, with 200 rooms, premium bedding, complimentary WiFi, cable programming, as well as complimentary skincare and beauty products in bathrooms and showers. A 5-minute drive to Coconut Grove Convention Center and Vizcaya Museum and Gardens.

Mayfair House Hotel & Garden

3000 Florida Ave
mayfairhousemiami.com

Mayfair House Hotel & Garden, award-winning icon of Coconut Grove that first opened in 1985, then reopened in September 2022. Embracing original architect Kenneth Treister's signature work of art that has transcended time, the hotel was lovingly transformed by New York-based studio Goodrich. Honoring the neighborhood's inherent artistic spirit, no two rooms at the Mayfair House Hotel & Garden are exactly alike, promising guests a new experience each time they visit.



Mayfair House Hotel & Garden

Mayfair House Hotel & Garden

Mayfair House Hotel & Garden





Mr. C Hotel Coconut Grove

2988 McFarlane Rd
mrccoconutgrove.com

Nestled in the heart of Coconut Grove, the globally award-winning Mr. C Hotel offers a serene escape, marrying contemporary comforts with personalized, discreet service. Rooms and suites reflect a blend of modern amenities and classic elegance. Each room and suite is crafted to offer guests a tranquil retreat, with plush furnishings and panoramic views of stunning Biscayne Bay and the dynamic Coconut Grove skyline.



Mr. C Hotel Coconut Grove

The Mutiny Hotel

2951 S Bayshore Dr
providentresorts.com

Set on the bay near CocoWalk and Coral Gables, an upscale boutique condo-hotel with luxury amenities and all-suite privately owned accommodations. Overlooking Sailboat Bay, part of Biscayne Bay, the hotel offers dining, outdoor pursuits and nearby attractions for all ages and interests. An ideal destination to relax, unwind and take a few hours of beach time.

The Ritz-Carlton Coconut Grove

3300 SW 27th Ave
ritzcarlton.com

The Ritz-Carlton Coconut Grove reflects the independent and artistic spirit of the neighborhood through legendary service and timeless elegance. An urban retreat offering access to a vibrant community alive with culture, as well as the privacy and discretion of a boutique hideaway.



Nature & Parks

Peacock Park
2820 McFarlane Rd

Set on more than nine acres, Peacock Park offers abundant family-friendly outdoor and indoor fun. Outdoor activities include a basketball court, softball field, soccer fields, playground and an expansive multi-purpose field. Peacock Park also offers indoor ping-pong, foosball, five co-working stations and free high-speed WiFi.

Regatta Park
3500 Pan American Dr

Named for the picturesque sailing regattas that dot the horizon, Regatta Park is located at the historic Dinner Key Marina along Biscayne Bay, looking out onto the turquoise water and sailboats bobbing in the breeze. Regatta Park offers picnic tables and walkways, but the highlights are the park's waterfront views and access to the bay.

David T. Kennedy Park
2400 S Bayshore Dr

Covering more than 20 acres of bayfront green space, David T. Kennedy Park is a tranquil escape of majestic trees, waterfront views, and sprawling landscaped lawns, just minutes from Coconut Grove. From coastal mangrove hammocks to grassy glades of tropical trees, the park offers abundant green spaces, outdoor recreation, a children's playground, three sand volleyball courts and a spacious dog park with areas for both large and small pets.

The Barnacle Historic State Park
3485 Main Hwy

Built in 1891, The Barnacle offers a glimpse of frontier life during the Era of the Bay—when travel to and from Miami was by sea. Set along the shore of Biscayne Bay, The Barnacle is the former home of Ralph Middleton Munroe, one of Coconut Grove's most influential pioneers. Munroe preserved the forest on his land, cutting out only a winding buggy trail, and as a result, the property contains majestic, time-honored trees and exceptionally well-maintained land. Left in its natural state, The Barnacle Historic State Park appears much as it did in Munroe's day, complete with replicas of two of his sailboats: the Egret and the Flying Proa, both designed in 1898.

Kirk Munroe Park
3101 Florida Ave

A community tennis center (pet-friendly!) offering youth programs, outdoor workout equipment, picnic tables, a spacious children's playground, bike racks and more, for a full day of tennis skills and outdoor recreation.

David T. Kennedy Park

A Word on Wellness — Try walking backwards for a portion of your evening stroll.

Hear us out: Research suggests that a backward stride can improve coordination and balance, boost mind-body connection and strengthen underused areas of the lower body — just remember to be careful and take it slow.

THE WELL

COCONUT GROVE

MIAMI

Terra AB ASSET MANAGEMENT

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