

New Orleans Itinerary for the Narrative Power Summit

Presented by [WanderWomxn Travels](#)

by [Janna A. Zinzi](#) and [Tami Fairweather](#)

Welcome to New Orleans!

Below are our recommendations on where to eat, drink, play, and engage with our city's distinctly soulful culture. This itinerary has been created with a focus on Black, people of color, women, and LGBTQIA+-owned businesses, as noted in each listing where applicable. We highlight local and family-owned businesses to ensure that tourism is supporting the people who make this city so special. Also, we took care to make sure that the businesses we include are welcoming spaces where you can feel safe to be you.

Use this guide to experience New Orleans through the flavors, sights, sounds, history, and people who make this decadent city a melting pot of culture that just doesn't exist anywhere else.

Note: these listings are in no particular order except for the where indicated (hint: "Nearby Eats").

With love, [jaz](#) + [Tami](#)

Dining Price Guide (Entrees)

\$ under \$20

\$\$ \$21-30

\$\$\$ \$30 and up

Nearby Eats (French Quarter and Warehouse District)

(Listed in order of proximity to the Royal Sonesta Hotel)

- [Cafe Amelie](#) (\$\$) 900 Royal Street (French Quarter)
 - Properly prepared Southern classics with a twist. Nothing is fried, and ingredients are local and organic. Savor in the greenery-laden back courtyard, at the bar, or one of the cushy green chairs in the lush dining room. Great wine list and cocktail menu too. Woman-owned.
- [M.R.B.](#) (\$) 515 Saint Philip Street (French Quarter)
 - Order all your bayou classics from the window inside this hole-in-the-wall sports bar with two sprawling courtyards. We're talking Cajun gumbo, po'boys, alligator, collard greens, pork rinds, oysters (raw and chargrilled four

ways), and crawfish too. (Boils are only on the weekends, but crawfish mac & cheese is a constant.)

- [Cafe Sbisà](#) (\$\$-\$\$\$) 1011 Decatur Street (French Quarter)
 - The third-oldest fine dining restaurant in the French Quarter was almost lost forever to Hurricane Katrina until former busboy, now head chef Alfred Singleton and his partner reopened 11 years later. Locally-sourced French-Creole classics in the ambiance of dim lights, original dark woods, peeling walls, fine linen, and stiff drinks. Black-owned.
- [Verti Marte](#) (\$) 1201 Royal Street (French Quarter)
 - Looks like an unassuming corner store bodega, but walk to the back and get a po'boy (can't go wrong with fried shrimp and oyster). They also offer typical New Orleans treats like muffaletta or bread pudding.
- [Mona Lisa](#) (\$\$) 1212 Royal Street (French Quarter)
 - Quirky, quiet, quaint, and cozy, this Chianti-bottle-candle kind of pizza and pasta joint has been a residential French Quarter neighborhood staple for decades, and isn't afraid to wear its [political heart on its window](#).
- [Palm & Pine](#) (\$\$\$) 308 N. Rampart Street (French Quarter)
 - Fusion of Louisiana cuisine, plus inspiration from the Southern U.S., the Caribbean, Mexico and Central America. Locally sourced ingredients and super cool local owners/chefs. Woman-owned.
- [Compère Lapin](#) (\$\$\$) 535 Tchoupitoulas (Warehouse District)
 - Top Chef Nina Compton's award-winning restaurant serves a fusion of Caribbean, Creole, French, and Italian cuisine. Excellent cocktails! Black woman-owned.
- [Vyoone's](#) (\$\$\$) 412 Girod Street (Warehouse District)
 - Contemporary French cuisine with an Afro-Creole French fusion twist – lots of seafood! Named after the owner who is friendly and brilliant (was a geneticist and a classical musician!). Indoor and outdoor seating. Black woman-owned.

Further Out Destination Eats

- [Queen Trini Lisa](#) (\$) 4200 D'Hemecourt Street (Mid-City)
 - Queen Trini has perfected the seasoning of her award-winning Trinibogian island soul food with the special flavor of our Northernmost Caribbean city. Doubles, BBQ jerk chicken, sorrel, and her oxtail stew special are standouts in this bright neighborhood spot. Halal, gluten-free, and vegan-friendly. Open until 9p. Black woman-owned and family-run.
- [I-tal Garden](#) (\$-\$\$) 810 N. Claiborne Avenue (Tremé)

- Delicious vegan, plant-based and gluten-free options with a Creole and Caribbean vibe. Beautiful art! Indoor and outdoor seating. Open until 8:30p. Black-owned and family-run.
- [Addis NOLA](#) (\$\$) 2514 Bayou Road (7th Ward)
 - Ethiopian restaurant on New Orleans' oldest street and neighborhood hub for Black-owned businesses and culture. Excellent happy hour among dinner and drink options. Gorgeous Ethiopian decor and art. Black-owned and family-run.
- [Melba's](#) (\$) 1525 Elysian Fields Avenue (St. Roch)
 - If you want some home-cooked soul food (think catfish, mac and cheese, jambalaya, sausage po'boys) and a very boozy frozen daiquiri, this is the spot, 24/7. It also sells books and doubles as a laundromat. There's daily specials, and if you buy a book you get a free daiquiri. Family-owned.
- [Acamaya](#) (\$\$\$) 3070 Dauphine Street (Bywater)
 - Shareable plates highlight the menu of the Castro sisters' elegant, new, and award-winning spot. The Gulf seafood-focused menu offers truly unique dishes inspired by the regional, precolonial food they grew up with in Mexico City. It'll bust all your conceptions of Mexican food, and that's their plan. Named one of Eater's 2024 top 14 restaurants in America. Reservations open 30 days in advance. Latinx woman-owned.
- [Mister Mao](#) (\$\$\$) 4501 Tchoupitoulas Street (Uptown)
 - Chef Sophina Uong's "tropical roadhouse" is "unapologetically inauthentic," meaning she eschews labels on her fusion cuisine (except maybe street food-inspired, but plated beautifully on vintage china). A dark, sexy, and spicy destination for a truly colorful culinary adventure, with outstanding drinks. Asian woman-owned.

Happy Hours + Pop-Ups:

1. [Fritai](#), 1535 Basin Street (Treme)
 - Surround yourself in vibrant Haitian art and music while sipping on Clairinhas (Haitian moonshine, lime with passionfruit or soursop) at this cozy Haitian restaurant with a fantastic happy hour. Black-owned.
2. [The Will & The Way](#), 719 Toulouse Street (French Quarter)
 - Lowkey happy hour from 3-7pm with well-crafted \$9 cocktails and savory bar bites (the wings are on point). Indoor/outdoor seating.
3. [Barrel Proof](#), 1201 Magazine Street (Lower Garden District)
 - This whiskey bar is popular with locals especially for their \$6 happy hour Old Fashioneds and margaritas. There's also usually a local food vendor pop-up on site to soak up that liquor.

Hot Tip: Don't sleep on food pop-ups at our local bars, planned or not. Many of the city's best new restaurants got their start in a pop-up kitchen inside a neighborhood bar—or a folding table and grill parked outside. (Check [Lemon Pop](#) for daily listings.)

Nightlife

Check out the [WWOZ Livewire calendar](#), compiled by the local independent radio station, maintaining a daily listing of all the music happenings across the city.

- [Frenchmen Street](#) (Marigny)
 - A multi-block strip with dozens of jazz clubs, live music venues, and street performers. The Blue Nile often has brass bands, and on Thursdays, there's a dancehall DJ night upstairs (DJ T-Roy also spins at The Rabbit Hole Uptown on Wednesdays). Cafe Negril has some hype cover bands, while Bamboula's offers tasty bites and live jazz. There's a cool outdoor nighttime art market with various creations by local artists.
- [Dew Drop Inn](#), 2836 Lasalle Street (Central City)
 - A historic venue that used to be part of the Chitlin' Circuit and one of the city's LGBTQ havens in the 1950s and 60s. It's now restored as a music venue featuring local talent with a bar, restaurant, and hotel. Black-owned.
- [AllWays Lounge & Cabaret](#), 2240 St. Claude Avenue (Marigny)
 - Thee spot for burlesque, drag and hella queer entertainment. Check the calendar – there's two stages and shows happening 7 nights a week. Woman-owned.
- [Thursday at Vaughan's Lounge](#), 4229 Dauphine Street (Bywater)
 - Dodging the trombone slide on the packed dance floor during Corey Henry and the Treme Funktet's Thursday night show is a rite of passage. Don't miss a free bowl of red beans and rice from the huge communal pot in the back. \$20 cash cover. 10:30p until late. Woman-owned.
- [Twelve Mile Limit](#), 500 S. Telemachus Street (Mid-City)
 - A neighborhood "cocktail dive bar" with [values](#). Also drink specials and rotating events, including Purrsday (Thursday) Karaoke with DJ AlleeCat 9p-1a. No cover.

Hot Tip: Shows often start later than promised in New Orleans, except when they start on time. Go with the flow. Also, many music listings aren't announced until the week before, and not always on WWOZ's calendar. Check out [The Saturn Bar](#), [The Rabbit Hole](#), [Tipitina's](#), [St. Roch Tavern](#), [Poor Boys Bar](#), [GrrlSpot](#), and [Pleasure Savior](#) for upcoming listings.

Special Event

- [Wednesday at the Square](#), Lafayette Square (Central Business District)
 - Catch some foot-stomping Cajun French fiddle music from Jourdan Thibodeaux et les Rôdailleurs and local indie rock/dance opener Bon Bon Vivant on the last night of this popular, relaxed, and free concert series. Local food booths and an art market included. May 7, 5-8p.

Cocktail Bars:

- [Nightbloom](#), 3100 St. Claude Avenue (St. Claude)
 - Craft cocktail bar with a creative menu and lots of local patrons. Black and Latinx-owned; a sexy yet chill little neighborhood spot.
- [Bar Tonique](#), 820 N. Rampart Street (French Quarter)
 - Unassuming dive bar on the edge of the Quarter with impeccably made, yet affordable, cocktails. Used to be the lobby of a bordello. Minority-owned.
- [Arnaud's French 75](#), 813 Bienville Street (French Quarter)
 - Go for a fancy toast with an original French 75 (the kind with Cognac). Don't miss the soufflé potatoes or the secret museum upstairs.
- [Cane & Table](#), 1113 Decatur Street (French Quarter)
 - Get your sub-tropical New Orleans-induced fix of rum and Caribbean vibes. Stay for a sensuous linger at the bar or interior courtyard. Latinx-owned.
- [Junebug](#), 744 Camp Street (Warehouse District)
 - The frozen Ramos gin fizz alone is worth the trip. Great cocktails and beautiful plant-filled outdoor patio for kiki and kicking it.
- [Jewel of the South](#), 1026 Saint Louis Street (French Quarter)
 - The modern classic embodiment of Southern hospitality housed in an 1830s Creole cottage has one of the most enchanting courtyards in the Quarter. Winner of multiple international awards, including the 2024 James Beard Best Bar Program.

Treats:

- [Loretta's Pralines](#) (two locations: one in the French Market, the other on 2101 N. Rampart Street)
 - Sweet and savory beignet goodness! Much better than Café du Monde and won't have the lines. Traditional beignets, crab beignets, fried chicken beignets - oh my! Get the pralines and the sweet potato pies or cookies too. Black-owned and family-run.
- [Chance in Hell Snoballs](#), 805 Louisa Street (Bywater)

- Snoballs are a low-key New Orleans delicacy, and this spot, run by two legendary drag performers, serves up icy treats with seasonal flavors and housemade syrups. Both boozy and alcohol-free options. Woman-owned.
- [Pandora's Snowballs](#), 901 N. Carrollton Avenue (near City Park)
 - A New Orleans institution. 50 years of serving snowballs. A huge menu of flavors – get it stuffed with their homemade ice cream!
- [Lagniappe Bakehouse](#), 1825 Euterpe Street (Central City)
 - Opened in 2024, this small, first-floor bake house is dedicated to the simple perfection of baked treats that connect Southern foodways with West African ingredients. Get there early, they often sell out after already receiving multiple national awards. Black woman-owned.

Stay a Little Longer (before or after)

If you've got some extra hours:

- [New Orleans Botanical Garden](#), 5 Victory Avenue in City Park (Mid-City)
 - A gorgeous 10-acre complex with various gardens, including a relaxing Japanese garden, train garden, orchids, and much more.
- [Besthoff Sculpture Garden](#), City Park near the New Orleans Museum of Art (Mid-City)
 - Get your steps in and take in some art in this free sculpture garden in City Park. Local and internationally renowned artists provide the Instagram-friendly backdrops. A little oasis from the city.
- [Backstreet Cultural Museum](#), 1531 St. Phillip Street (Tremé)
 - A beloved museum maintaining the history of Black Masking Indian (also known as Mardi Gras Indian) culture. Be sure to ask questions to the women who run the space – they have stories to share! Black woman-led and family-owned.
 - If you have extra time on a Sunday, [book a second line tour](#).
- [StudioBE](#), 2941 Royal Street (Bywater)
 - A warehouse gallery established by the visual artist Brandan “BMike” Odums showcasing mural art that engages dialogue about resistance, now...and then. Book an hour-long tour with a guide or take a self-guided experience to move at your own pace. Black-owned.
- [Historic New Orleans Collection](#), 520 Royal Street (French Quarter)
 - This free museum in the French Quarter hosts exhibitions focused on the city's migration and immigrant communities, climate justice, and civil rights history through art and multimedia.
- [New Orleans African-American Museum](#), 1417 Governor Nicholls Street (Tremé)

- A small museum in the Tremé with rotating exhibits that reflect various aspects of African-American history and culture in New Orleans. Visit the Calas Café pop-up for calas (the original beignet) and coffee - a West African and Creole treat. Black-owned and led.
- [Tremé's Petit Jazz Museum](#), 1500 Governor Nicholls Street (Tremé)
 - The history of New Orleans music is told through Tremé native Al Jackson's personal collection of memorabilia, photographs, artifacts, musical instruments, and recordings. Black-owned.
- [Move Ya Brass](#) (locations vary)
 - Free group fitness classes to dance, run, and stretch your body outdoors to New Orleans Bounce and Brass beats. Black woman-founded (the great Robin Barnes, aka "The Songbird of New Orleans.")

If you've got an extra day or more:

- [Drink and Learn Cocktail Tour](#) (French Quarter)
 - Historian and author Elizabeth Pearce's French Quarter walking tour uses famous drinks and ingredients to tell the rich history of New Orleans. Cerebral and highly entertaining. Drinks included, so try to keep up. Woman-owned.
- [Anansi Daughters Walking Tours](#) (French Quarter)
 - Skip the cheesy, whitewashed ghost tours and check out "The Blackest Ghost Tour" created by a local High Priestess of Vodou. She also offers Vodou and Black History tours. Black woman-owned.
- [Honey Island Kayak Tours](#) (Pearl River, Louisiana)
 - You want a swamp experience, but trust us, you don't want a loud airboat ride that feeds marshmallows to alligators. Go with Jessica, who loves and respects the swamp because she grew up on this very one. You will, too, when you're done. Woman-owned. (Want eco-friendly, but not in a kayak? Check out [Beyond the Bayou](#) for a flat-bottom boat tour.)
- [2nd Line Tours](#) (Tours begin in the French Quarter)
 - Bus tours focused on New Orleans' Afro, Indigenous, and Creole culture and history, including the Civil Rights movement, Black Masking Indians, slave rebellions, and historical landmarks. The Urban Culture City Tour includes a trip into the Lower Ninth Ward to explore the impact of Hurricane Katrina, plus a stop at StudioBE. Add on the Whitney Plantation Museum tour (or take it as a stand-alone) to visit the first museum in the U.S. dedicated to the enslaved experience, about 45 minutes out of town. Black-owned and family-run.
- [Know NOLA Tours](#) (Tours begin in the French Quarter)

- With a passion for all things New Orleans, native historian and researcher Malik Bartholomew offers walking tours centered on African Diasporic culture. Black-owned.
- [Our Sacred Stories](#) (Tours begin in the French Quarter)
 - Seventh-generation Tremé-native and Creole griot (a West African term for storyteller) Denise Augustine has been telling her riveting stories on walking tours for more than 20 years. Black woman-owned.
- [LGBT Queer History Tour](#) (French Quarter)
 - Learn about, celebrate, and pay tribute to the city's LGBTQ pioneers and creatives and the rich culture their experiences have fostered.
- [Flambeaux Tours](#), 626 N. Rampart Street (Tours begin in the French Quarter)
 - Book one of these engaging bike tours to learn about the history and culture of New Orleans by neighborhood. ("Heart of the City" is excellent!) Run and owned by a local bike advocate and Creole historian. If you don't want to do a guided tour, they offer bike rentals for you to explore on your own. Black-owned.
- [Bounce Dance Twerk and Walk Tour](#) (7th Ward/Tremé)
 - Culture-bearer and fierce fun-leader Mika Terry is the creator and guide of this group walk/dance challenge to learn the history—and actual dance moves—of New Orleans Bounce music. Photo ops abound. She's holding two options for a Narrative Summit group: May 7 (Wed.) or May 8 (Thu.) at 7:30p. Gather your krewe and make this happen by emailing mikaterry@gmail.com. Black woman-owned.
- [Treme Luxury Experience](#) (locations vary)
 - To access the deeply cultural experience of a Sunday Second Line Parade hosted by a Social Aid & Pleasure Club, the former king of the Tremé, Hollis, is the one to bring you. (He's got a seafood bar crawl and a Ninth Ward history tour, too.) Transportation provided. Black-owned.