

Throughout the MFI regional conference, there will be different breaks that we encourage you and your team to take to break bread, spend time bonding with each other, and make memories that will last a lifetime!

We have compiled a list of our staff's favorite spots near and far!
We hope this time blesses you and your entire team!

Good Eats (5-15 minutes from Real Life Church)

- Sonora Steak: Mexican Steakhouse, great apps
- Burger Buds: Smash Burgers
- Crockett's: American / comfort food
- JP's Taphouse: Bar & grill
- Egghole: Breakfast & Burgers, unique spot
- Asadero: Mexican Steakhouse, lunch
- Cascadia Pizza: Local wood-fired pizza

Coffee Shops & Cafes

- Woods Coffee, Covington (3 min drive): Great open space for plenty of people.
- Candor Coffee, Kent (12 min drive): Great coffee & food
- Boon Boona, Renton (20 min drive): Open space, great coffee & food
- Ristrettos, Maple Valley (5 min drive): Lots of food options, lots of seating, open late
- Bruchelle's Bagels, Covington (3 min drive): Good bagels & sandwiches

Quick Eats (~5 minutes from Real Life Church)

- Chipotle
- Chick-fil-A
- Iron Grill (Mongolian)
- Wendy's & other fast food chains
- Covington Teriyaki
- Jersey Mikes & Jimmy Johns

Good Eats (Renton & Tacoma, 20 minutes+)

- Wooden City: Upscale American (Tacoma)
- Red Star Taco Bar: Tacos! (Tacoma)
- Matador: Mexican street food / late night (Tacoma)
- Dough Zone: modern Chinese comfort food (Renton)
- The Brick Kitchen + Lounge: Pub, American Food (Renton)
- The Melrose Grill: Classic steakhouse (Renton)

Fun Team Activities

- Top Golf, Renton: A great team building activity with a healthy dose of competition.
- Walking Trail at Lake Wilderness, Maple Valley: Great for teams who want to walk off some energy, watch for gnomes!
- Disc Golf Courses @ Lake Wilderness, Covington Park, etc
- Bowlero, Tukwila: Put your bowling skills to the test.
- Sure Lock Escapes, Renton: A fun team building activity.



anointed

2026 MFI REGIONAL CONFERENCE