

**EAT**



**“MEET ME AT THE F. & T.”**  
A clean, convenient cafe, in the heart of Kendall Sq. Choice  
liquors, wines, ales, beers. Daily meal specials.  
**F. & T. DELICATESSEN**  
304 MAIN ST. ELI. 9311  
ON THE STREET FLOOR  
**Easy to get in and Easy to get out**

*"Over the decades, the restaurant's counter and tables were filled with truck drivers, hard hats, MIT faculty and students, and tradespeople of all kinds. The conversations ranged from the Red Sox to the race tracks; from problems at construction sites to how frogs see, to the origins of the universe.*

*The restaurant's relaxed and friendly atmosphere encouraged creativity. Many ideas and projects that became important to science and technology were born here over beer and coffee."*



The F&T . . . 1924-1986

# A CAMBRIDGE INSTITUTION

The Fox & Tishman Diner, Delicatessen and Restaurant at 304-310 Main Street fed the Kendall Square neighborhood through the Depression and World War II, and became a favorite of locals & MIT students. Founded in 1924 by Isaac Fox and Robert Tishman, it was later run by Marvin Fox & Maynard Tishman the second generation of the F&T.

The original dining car was expanded towards the street to add booth seating, and the adjacent restaurant could seat 125 people at wooden booths and a long bar. The iconic "EAT" sign served as a beacon, drawing in customers from all walks of life to this neighborhood favorite.

For many years, it was the only restaurant in Kendall Square as the area underwent a transformation in the 1970s and 1980s. For years the F&T changed with the neighborhood, as Marvin remarked to the *Boston Globe* in 1982, "we're doing terrific now and we're not going to change all that much. Maybe a little change in the menu . . . we serve quiche now, for instance."





## Fox and Tishmans

If you have a neat taste for liquors with your lunch, and you happen to be at Kendall Sq., may we remind you that for the varied qualities that make up a comfortable meal, the Fox and Tishman restaurant at 304 Main St. is incomparable. Not only in the cooking, but the service and the atmosphere here is attractive. Contentment is the popular appeal at Fox and Tishman's. They stand behind their slogan of "The largest sandwich in the world for a dime."

*Cambridge Sentinel, April 1939*

## FOX & TISHMAN CAFE IS EVER POPULAR

Located in the heart of the industrial section at 304 Main St., Kendall Sq., the F. & T. Delicatessen (Messrs. Fox & Tishman, Props.) maintains a golden popularity.

The "F. & T." is a clean, spacious, airy cafe, featuring the highest quality foods, liquors, ales and beers.

It is one of the best conducted places in the city, catering to ladies and gentlemen. Full course meals or just a sandwich, the taste is pleasing, the prices likewise.

The slogan of folks in the area is "F. and T. for me."

*Cambridge Sentinel, May 1939*

## FOX AND TISHMAN PLAN TO ENLARGE THEIR COZY CAFE

Increased business, a reward for attentive personal service plus only the highest quality of food and liquors at the F. and T. (Fox and Tishman) Delicatessen and Restaurant, 304 Main St., near Kendall Sq., will soon result in a greatly needed enlargement of the present spacious quarters.

This cafe easily ranks among the best in Greater Boston, modernly equipped, clean, cheerful and refined. Sandwiches, all wholesome and strictly fresh, are made right in view of the patron, and there is a wide variety to choose from. Complete meals are also offered daily. A corps of attractive waitresses render speedy service. A complete line of the best in liquors, ales, wines and beers are available for all tastes.

Messrs. Fox and Tishman, proprietors, also owners of the building, are two of the most popular business men in the Kendall Sq. district, where they have been located for 20 years or more.

Alterations are expected to start shortly to provide seating space for from 50 to 100 more patrons.

Quality and service pay!

*Cambridge Sentinel, June 1939*

## F. & T. Delicatessen Is a Favorite Dining Place

Despite the present-day food problems, the popular F. & T. delicatessen at 304 Main St., Kendall Sq., is making every effort to continue its high-grade policy of the best in quality and service.

The "F. & T." is famous for its daily luncheon specials and tasty sandwiches. It has been serving business and professional folks in the Kendall Sq. area the past 18 years, with Messrs. Fox and Tishman, genial proprietors, giving personal attention.

A clean, comfortable cafe, the "F. & T." also features the best quality of wines, liquors, ales and beers. A visit will assure you.

*Cambridge Sentinel, December 1942*

## KEEP WARM

These cold days — stimulating drinks — Quality Liquors,  
Fine Meals — Giant Sandwiches, Popular Ales, Wines,  
Beers.

**F. & T. Delicatessen** 304 Main St.  
Telephone ELliot 9311



Cambridge Sentinel, January 1941

**BUD**  
RESTAURANT

Schlitz

**BUD**  
DELICATESSEN

## THINGS LOOK BRIGHTER!

The dim-out has been given a "K.O."—Victory is on the horizon. Relax at the "F. & T." Meet your friends here. Fine food, quality liquors, wines, ales and beers. Special dinners!

## THE F. & T. DELICATESSEN

304 Main St. (near Kendall Sq. El.) ELI. 9311

Shop early!

Mail early!

## F. & T. Delicatessen a Kendall Sq. Mecca

Proving to be as popular as ever during these exciting war times, the F. & T. Delicatessen, Messrs. Fox and Tishman, the genial proprietors at

304 Main St., Kendall Sq., continues to maintain its high quality of service and supplies. Meeting new problems as they crop up, the F. & T. directors insist on the continuance of their long established policy of providing only the best stock available.

Daily dinner specials are still featured plus those favorite filling

sandwiches. Yes, the liquors, ales and wines are of the finest.

Recently Isaac Fox was admitted to membership in the Mass. Restaurant Assn., an organization aimed to promote better ethics in the trade, including cleanliness and nutrition.

The F. & T. is a popular Kendall Sq. spot.

Cambridge Sentinel, February 1944



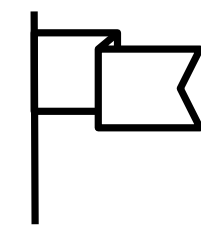
## DINER, DELI & MORE

The original F&T Dining Car was paired with the attached Deli & Restaurant at 304-310 Main Street.



## THE “RED DEATH DINER”

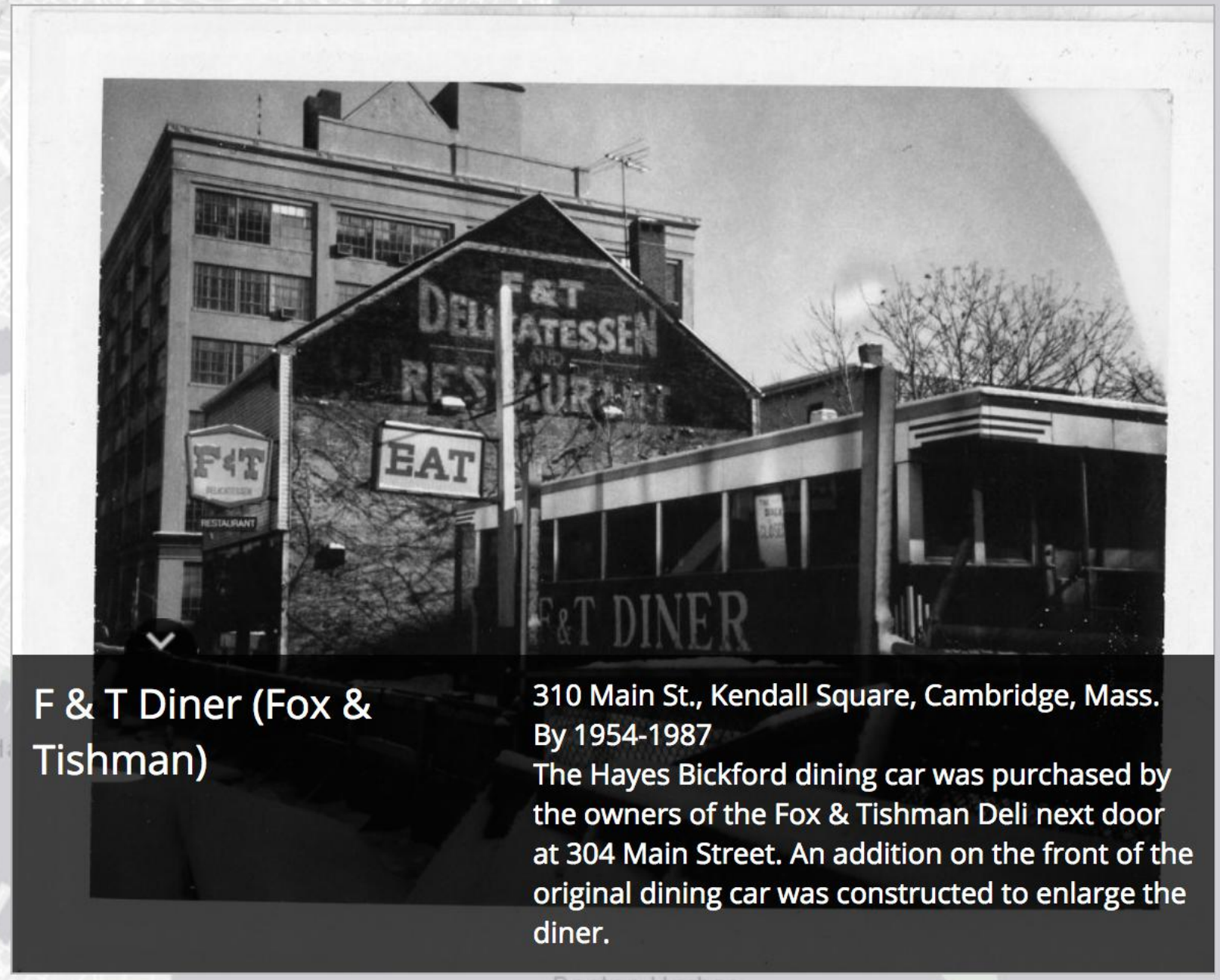
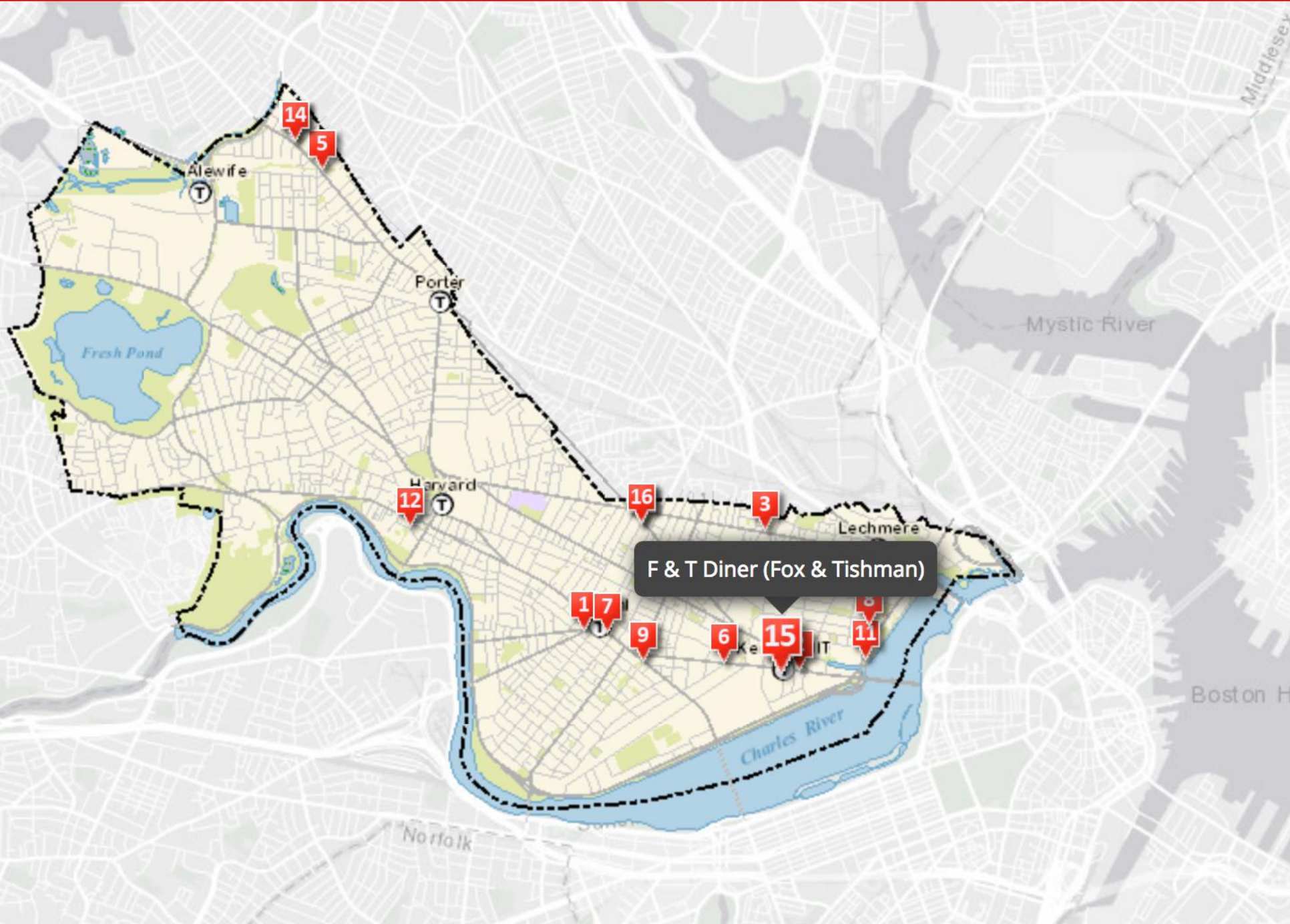
The nickname given to the F&T by MIT Students, ostensibly due to the red metal exterior paneling.



## 60 YEARS IN KENDALL

The F&T was one of the few restaurants in Kendall Square before the area was transformed.

From the earliest horse-drawn lunch carts to the streamlined stainless steel cars, diners were once plentiful in Cambridge. But where did they all go? Some diners moved into brick and mortar locations and others relocated to other towns. The recent Food Truck trend appears to be a revival of the portable dining car, but they don't offer the seating and table service of yesterday. Enjoy this tour of diner photos and share your diner memories with us at [histcomm@cambridgema.gov](mailto:histcomm@cambridgema.gov).



F & T Diner (Fox & Tishman)

310 Main St., Kendall Square, Cambridge, Mass.  
By 1954-1987  
The Hayes Bickford dining car was purchased by the owners of the Fox & Tishman Deli next door at 304 Main Street. An addition on the front of the original dining car was constructed to enlarge the diner.



C A M B R I D G E H I S T O R I C A L C O M M I S S I O N

# LUNCH CARTS & DINING CARS OF CAMBRIDGE, MA

The Cambridge Historical Commission (<http://arcg.is/1OLXu>) has assembled a map, photographs, and stories of 16 diners that once called Cambridge home. Although none remain in Cambridge today, the Rosebud Diner in Somerville's Davis Square is a recent example of how these iconic neighborhood institutions can be restored and reinvented.

1980s

# IN THE PATH OF PROGRESS

The site of the F&T was adjacent to the new Kendall Square MBTA station. Efforts were made to protect the F&T, but the restaurant would eventually close and the building was torn down and was a parking lot for decades.



304-310 Main Street, Cambridge

# A POETIC MEMORIAL

All that remains at the former site of the F&T is this memorial plaque outside the Kendall Square MBTA station. It was placed in June of 2001 when the City and MIT organized a memorial to the F&T.



**HONORS TO GO** — Cambridge Mayor Walter J. Sullivan surprised the owners of the F & T Delicatessen and Restaurant, as well as their customers, when he arrived with citations of thanks to the restaurant's two owners prior to its closing on November 26 after 62 years in the Kendall Square neighborhood. Shown receiving citations from the mayor are Marvin Fox (left), and Maynard Tishman (right). Sullivan said, "On behalf of a grateful community, I want you to know that we appreciate how you made us a part of you, and we pledge that you will always be a part of us"

Cambridge Chronicle, December 1986

## F & T RESTAURANT 1924 - 1986

ISAAC FOX AND ROBERT TISHMAN ESTABLISHED A DELICATESSEN AT THIS LOCATION WHEN IT WAS A NEIGHBORHOOD OF SMALL BUSINESSES AND RESIDENCES. THE RESTAURANT BECAME A NEIGHBORHOOD CENTER, SUSTAINING THE RESIDENTS DURING THE DEPRESSION.

OVER THE DECADES, THE RESTAURANT'S COUNTER AND TABLES WERE FILLED WITH TRUCK DRIVERS, HARD HATS, MIT FACULTY AND STUDENTS, AND TRADESPEOPLE OF ALL KINDS. THE CONVERSATIONS RANGED FROM THE RED SOX TO THE RACE TRACKS; FROM PROBLEMS AT CONSTRUCTION SITES TO HOW FROGS SEE, TO THE ORIGINS OF THE UNIVERSE.

THE RESTAURANT'S RELAXED AND FRIENDLY ATMOSPHERE ENCOURAGED CREATIVITY. MANY IDEAS AND PROJECTS THAT BECAME IMPORTANT TO SCIENCE AND TECHNOLOGY WERE BORN HERE OVER BEER AND COFFEE.

THE RESTAURANT CLOSED WHEN MAYNARD TISHMAN AND MARVIN FOX, SONS OF THE ORIGINAL OWNERS, HAD TO MAKE ROOM FOR THE MBTA STATION AT YOUR LEFT.

FONDLY REMEMBERED BY THE CITY OF CAMBRIDGE AND THE MIT COMMUNITY.

JUNE 11, 2001

Dr. Jerrome Lettvin, MIT Professor Emeritus

# A MEMORABLE POEM

There's no pub  
in the Hub--  
only singles bars  
and bistros run by hockey stars.

There's no fare  
in the Square--  
only Harvard Yard  
and clip-joints that take a credit card.

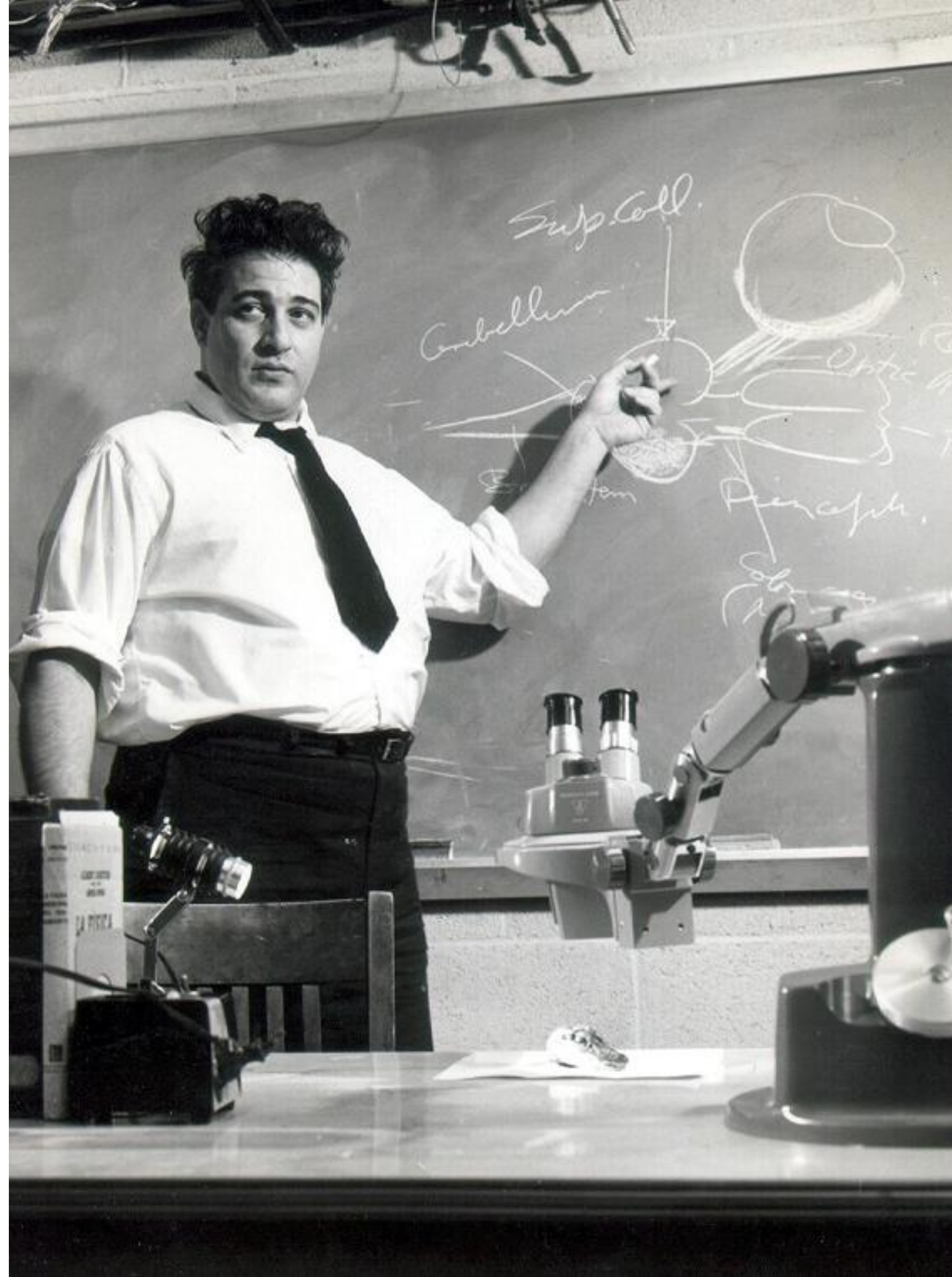
What they sell  
at Lobdell  
is recycled sludge  
prepared to nourish, at best, a grudge.

Sky and school and spirit are gray--  
Where can we eat in a civilized way?

Fox and Tishman, Tishman and Fox,  
dealt us compassion with bagels and lox,  
meatloaf with morals, lentils with leers--  
they warped our palates as we bent their ears.  
Execs and secs, jocks and crocks  
lunched in leisure at Tishman and Fox.

Now this bastion  
has cashed in.  
The sagging ceiling, the flaked chrome  
that gave us home  
are no more to be.

Because  
Fox and Tishman,  
Fox and Tishman,  
Fox and Tishman,  
Have been f'd by the "T."





AN ATTEMPT  
**TO SAVE IT**

The dining car was trailered and moved for potential re-use at One Kendall Square.



BUT TOO  
**FAR GONE**

The diner made the move but was structurally compromised and unable to be reused.



MEMORIES & MEMENTOS

# ALL THAT REMAINS

After the 304–310 Main Street parcel was sold for the MBTA station, a significant effort was made to move the dining car for potential re-use. The interior of the restaurant and diner was salvaged as best as possible and put into storage, and the dining car jacked up and moved on a trailer to a parking lot near One Kendall Square.

Ultimately the many adaptations made to the dining car over the years proved to be too much, and the structure did not survive. However, much of the exterior paneling was carefully removed and preserved.

The red paneling was part of an 1995 exhibit at the *Museum of Our National Heritage* called “American Diner,” and the 2006 exhibit “Counter Culture: The Diner in American Life” at *Copia: The American Center for Wine, Food & the Arts* in Napa, California by historian and Boston-based diner expert Richard Gutman ([www.richardgutman.com/curatorial](http://www.richardgutman.com/curatorial))

# HAND-PAINTED SIGNS

Painted on card-stock from the J.L. Hammet Company factory next door (now Building E38 at MIT), the F&T's rotating specials were displayed on these colorful signs hung in the front windows. Approximately 120 of the original signs by Cambridge sign artist Joe Laycox remain.

*Fried*  
**SHRIMP**  
*Fru. Fries Cole Slaw*  
BB

**\$ 1.65**

*New England*  
**BOILED DINNER**  
B.B.

**\$ 1.05**

*Baked*  
STUFFED  
**HADDOCK**  
*POT. VEG. BB*

**\$ 1.30**

*Italian*  
**RAVIOLI**  
*WITH*  
**MEAT BALLS**  
*Meat Sauce Cheese B.B.*

**95¢**

*Fried*  
**CLAMS**  
*FR. FRIES*  
*COLE SLAW* BB

**\$ 1.65**

*Baked*  
**HALIBUT**  
*CAU GRATIN*  
*Pot. Veg. B.B.*

**\$ 1.19**

*Full Order*  
**BACON**  
*and*  
**EGGS**  
*Potatoes.*  
*Buttered Toast*

**55¢**

*Fried*  
**SCALLOPS**  
*FR. FRIES,*  
*COLE SLAW* BB

**\$ 1.65**

**99¢ SPECIAL**  
*with* **SOUP**  
*And*  
*FR. FRIES*  
*COLE SLAW* **CRACKERS**  
*ROLL*  
*AND BUTT.* **Southern**  
**FRIED CHICKEN**  
*COFFEE*  
*OR*  
*TEA*

**99¢**

*Broiled*  
**HALIBUT**  
**STEAK**  
*MASHED POT.*  
*LEMON BUTT.* *Peas*  
BB

**\$ 1.65**

125 HISTORIC SEATS

# IF THESE BOOTHS COULD TALK

Running the length of the restaurant, numbered, and completed by a chrome stand upon which to hang your hat, these wooden booths were home to thousands of meaningful- and meaningless!- conversations in Kendall Square's history. Approximately 125 seats and formica-topped tables remain and can be restored and reused .



Circa 1980s

## *“DEUCE”*

The shorthand term for a two-seat table at the F&T



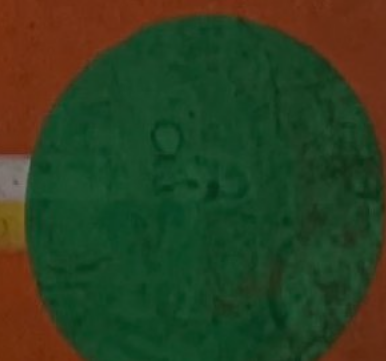
WANTED



THE FUTURE OF  
FOX & TISHMAN

BUS BOY

PART TIME



TODAY'S DEMAND TO INCREASE KENDALL SQUARE'S

## “BUMP FACTOR”

*“places that promote openness and cross-fertilization, kind of like how the old **F&T Diner** did from 1924 to 1986. It was a place where all were welcome and encouraged to break bread together—you could see Nobel Prize winners, MIT students and staff, Cambridge residents, and Kendall Square employees all swapping ideas and experiences in an organic and catalytic manner.”*

**Sarah Gallop**

Board Chair

Kendall Square Association

March 4, 2019

Yes! We Supply Everything  
 But The GUESTS !!!  
 CALL F & T Caterers  
 KI 7-3674  
 FOR YOUR Christmas AND  
 New Years PARTY • ORDER NOW

FR. FRIES  
 LETTUCE  
 And TOMATO  
 70¢  
 Sandwich  
 Open STEAK

YOU ARE WELCOME

VEAL  
 CACCIATORE

THE F. & T. DELICATESSEN  
 304 Main St. (near Kendall Sq. El.) ELI. 9311

**YOU'RE WELCOME!**  
*We are trying to keep you happy and well fed, despite war worries. Victory is on the way! Enjoy the highest quality food and liquors here. Special dinners — choice sandwiches.*



*Notice!*  
 WE ARE  
*NOW* OPEN  
 SUNDAYS  
*to serve*  
*Special* DINNERS  
*Steaks • Chops*  
*Hot Sandwiches*  
 LIQUORS SERVED AS USUAL

v2.0

# FOX AND TISHMAN

Any attempt to replicate the F&T will surely fail, because nostalgia is almost never done right. No one wants to see it bastardized in the style of a Johnny Rockets. But a modern interpretation of this historic institution has a chance to fill a hole in the neighborhood fabric of Kendall Square.

A faithful recreation of a neighborhood joint where people can meet and conversations can flow freely like bottomless coffee. A new venue, making use of the historic elements from the F&T that harnesses the history of the F&T but taps into the current changes and demands in Kendall Square.

Whether it's a new restaurant named "Fox & Tishman," or an expanded concept that builds upon the F&T's organic identity as a gathering spot and place to exchange ideas about what is building the next generation of Kendall Square.



ONLINE PROPERTIES

# REBUILDING IDENTITY

As the project progresses, capturing excitement and soliciting memories and stories about the F&T will help build community support..



## **FOXANDTISHMAN.COM**

Domain name registered and website under development.



## **@FOXANDTISHMAN**

Name registered on Instagram, Twitter, Facebook,



## **FOX AND TISHMAN**

Reservation of Name filed with Massachusetts Secretary of State



CONTACT US

617 - 982 - 3494  
[info@foxandtishman.com](mailto:info@foxandtishman.com)



ONLINE

[twitter.com/foxandtishman](https://twitter.com/foxandtishman)  
[instagram.com/foxandtishman](https://www.instagram.com/foxandtishman)



WEBSITE

[www.foxandtishman.com](http://www.foxandtishman.com)  
[morecoffee@foxandtishman.com](mailto:morecoffee@foxandtishman.com)