Food:

On campus there is the student union which has a bunch of concessions (a salad place, a panda express a burrito place, a papa John's, a sandwich place, an Einstein bros. some grab and go)

Two blocks off campus on 1300 East there is a burger place, a greek place, a vietnamese place and a brewery all in a row.

One block off campus on 200 south there is the Pie pizzeria.

Further afield:

Red Iguana 736 W North Temple- You will pass this on the light rail from the airport. It is a SLC institution, serving great Mexican (especially molés) since 1985. Be prepared for a wait. There is a second one as well (866 W South Temple).

Takashi 18 W Market st - This serves inventive sushi. I strongly recommend the torched sablefish nigiri. Pricey and closed Sunday. Be prepared for a wait unless you go early (5:30 or for lunch).

Settebello 260 S 200 W- This serves Italian style pizza that has met the approval from an Italian postdoc in the department. I recommend the Margaritta DOC.

Red Rock Brewery 254 S 200 W - This is an SLC brewery that serves good food too.

Himalayan Kitchen 360 S State st- Good Indian food.

Mazza 1515 S 1500 E-Middle Eastern/Mediterannean.

Chanon Thai 278 E 900 S- The best Thai in SLC.

Bars:

Jackalope Lounge 372 S State st- A dive bar with a surprisingly good bottle selection. Near Himalayan Kitchen.

Beer hive 128 S Main- A beer centric bar

Beer bar-161 S 200 E- another beer centric bar, but this one attached to a cocktail centric bar. Has excellent fries.

Cafes:

Tea Grotto 401 E 900 S- A nice place to drink or buy tea.

Salt Lake Roasting Co 320 E 400 S- A nice big coffee shop to work in.

The Rose Establishment 235 S 400 W- A nicer coffee shop.

Sights:

Red Butte Garden 300 Wakara Way-A lovely garden on the University campus (though in an out of the way part).

Natural history museum of Utah 301 Wakara Way.

Tracy Aviary 589 E 1300 S- A nice place to see birds in a nice park (Liberty Park). I like the Argentina exhibit which has Flamingos and ducks.

Main Library-An award winning library with great architecture and views. You can go out on the roof.

Temple square where Main st intersects with S Temple- A pretty place to walk around. Has a visitor center where you can learn about Mormonism.

Family history library 35 N West Temple- Genealogy stuff. My mother in law found it very comprehensive and the people there super helpful.

Church history Museum (closed Sunday)- 45 West Temple. First floor is mostly about the history of the Mormon Church. Second floor has exhibits.

The livingroom hike- starts near the natural history museum. See http://www.sltrib.com/sltrib/blogshiking/58036542-150/living-trail-hike-path.html.csp for more details.