

I Love to Eat in Hampton Bays and Environs Updated 6/26/16

By Jim Dreeben of Peconic Paddler (In business over 51 years.)

Hampton Bays is the place to visit for very good food in great restaurants of all types, including breakfast, burgers, seafood, Italian, Caribbean, steaks, Indian, Asian and Mexican. Here is a list of my favorite dish(s) in each restaurant. This list will be updated occasionally. Visit Hampton Bays often, enjoy your meal(s), go paddling at Red Creek Pond and Shinnecock Bay, swim in the Atlantic. Bike down Dune Road or Meadow Lane or walk, jog or bike over the New Ponquogue Bridge (not the old one) to the Atlantic Ocean or the Shinnecock Inlet.

Backbar Gril, on the way to the Old Ponquogue Bridge has unbelievably delicious **Tuna Tacos**, New England clam chowder, steamed lobster and great burgers. They have **1/2 off burgers on Tuesdays** and half price drinks during happy hour, including the B-52, Almond Joy and merlot. My favorite: Tuna Tacos, small Caesar, Salmon BLT and a pint of dark beer.

Villa Paul, 162 West Montauk Highway, has been serving great food for many decades. My favorite meal is the **escargot appetizer, roast L.I. duckling w/cherry sauce**, house salad w/blue cheese dressing, a Beefeater martini (w/3 olives) and peach melba for dessert. We like to sit by the warm, romantic fireplace and eat and drink slowly; the food is so good.

Rumba on Canoe Place Road serves the best **guacamole** and cheese and **Ahi Tuna** appetizers. I love their jerk chicken and Dominican ribs. Rumba makes refreshing **sangria** and rum punch by the pitcher or Mason jar. Sit outside for a view of the beautiful Shinnecock Bay. Best way to get to Rumba is by kayak or SUP. Leave your car by the old bridge.

Edgewater on Rt. 27A, ½ mile east of the canal, serves an unbelievably yummy **roasted corn salad** in the summertime, and, paired with a bowl of PEI mussels and a pint, you will have died and gone to heaven. They also make delicious linguini w/white clam sauce, lobster pasta and potato gnocchi. Finish up with a Baileys on the rocks or a hot cappuccino.

Canal Café is very busy because the food is unbelievably delicious. I love their PEI Mussels, Clam Fritters, Caesar Salad w/chicken, thick BLT sandwich and Oyster Po-Bo, and a 6 bucks draft beer. The view from the outside deck is beautiful; it overlooks the Shinnecock Canal. You can visit Canal Café by car or kayak. 44 Newtown Road. 631-723-2155.

Cor-J's Fish Market, 36 Lighthouse Road, has mahi-mahi, top neck clams, swordfish, squid, mussels, bluefish, scallops, porgies and flounder from local waters, and sushi-grade tuna and shrimp from somewhere else. I shop there on the way home from the ocean (Atlantic) or from paddling on Shinnecock Bay. The fish is always fresh and delicious, raw or grilled.

Dockers Waterside on Dune Rd. E. Quogue has beautiful sunsets, **great lobsters** and other seafood dishes. Happy Hour is on Fridays: beer and wine: \$5.00, appetizers: \$5 each. Easter at Docker's: you will feel like you are at Prince William's and Kate's wedding reception: **caviar, oysters, shrimp, baklava, beer, wine, martinis**.

Stone Creek Inn, Montauk Highway, East Quogue, is one of the best restaurants on Long Island. I love their Rack of Lamb, the Oven Roasted Chicken and their **Octopus, Calamari and Tuna Tartare appetizers**. Stone Creek has a \$30.00 Prix Fixe menu. They have a unique, interesting wine list and great desserts. 653-6770.

1 North Steakhouse is about 1 mile west of Rt. 24. I order delicious **bacon wrapped scallops**, prime beef burger w/onion rings and a glass of draft beer. They have a prix fixe menu on Tuesday nights and prime rib dinner on Thursdays.

The Inn Spot on the Bay has food to die for – Be hungry and order this perfect meal: crab bisque, **salmon and caviar and oyster appetizers**, sesame seared tuna, Banana Napoleon and Bailey's on the rocks. 32 Lighthouse Road, HB.

Saaz on Route 27 in Southampton has outstanding Indian cuisine. Go for the buffet, especially the goat, mushrooms, okra and mulligatawny soup. Over 20 items are on the buffet table; try all of them; they are all delicious. 631-259-2222

Riverhead: Hy Ting – Best egg foo young. Crooked Ladder – Best porter beer. Maple Tree Deli – Best barbeque. Carlo's Pizza – Best meatball/sausage heros. Spicy's – Best fried oysters. Snow Flake – Best chocolate ice cream w/rainbow sprinkles. Lolly's – Best breakfast. Perebell – Great burgers and tap beer. Dark Horse "Trio" for lunch. Jerry's mussels.

Please don't drink and drive in the Hamptons. Southampton Cops and New York State Police can smell alcohol before their radar can even clock your speed. Please drive safely.

Swim-Paddle-Workout-Bike-Walk **Other Reasons to Visit Hampton Bays** Exercise-Drink Beer- Run-Sleep

The **ocean beach at Ponquogue** is the place to be on a hot summer day. The ocean water and the beach are clean. The swimming is good, although, on rough days, it can be a challenge, but, the lifeguards are capable and well trained. Ponquogue Beach is great for surfing, **stand up paddling**, body surfing and taking long walks.

Hampton Theater Company in Quogue puts on "**Broadway caliber**" shows at less than ½ the New York City price. You can get reserved seating and you don't have to drive (and park in) to NYC. Before or after the show, you can have dinner at one of the above New York City caliber restaurants.

Peconic Paddler in Riverhead is a **paddle sport specialty shop**. You can rent or buy a variety of kayaks, canoes and stand up paddleboards. They offer a 7 mile canoe trip on the scenic Peconic River or you can take **SUPs and kayaks into Peconic Bay**. Paddlers on staff, Jim and Jared, have been paddling for over 75 years.

Wildlife: Fist-sized **baby seagulls** are on an island 300 yards east of the Old Ponquogue Bridge from June 20 until about July 10. In the wetlands and marshes to the west of **Docker's**, there are so many birds that Alfred Hitchcock could make a movie and call it "**The Birds**". We look at the birds by kayak or SUP, and binoculars. **Tropical fish** are in Shinnecock Bay east of the inlet. We paddle there by sea kayaks with our snorkels and fins.

Anyone can do it.

Try Stand Up Paddling for a Full Body/Core Workout.

No kidding.

Delicious food, must be tasted, not to be missed, to die for, last meal before execution!:

Elbow Room Steak Carlo's Hero Spicy's Oysters Maple Tree Grilled Reuben Bagel Lovers Lox Backbar Tuna Taco Stone Creek Octopus Edgewater Roasted Corn Salad Docker's Raw Bar Jerry's Mussels Rumba Guacamole Canal BLT Jamesport Merlot 1 North- Scallops w/Bacon Crooked Ladder Porter Turkuaz Turkish and Mediterranean Food

Call me or e-mail for "I Love to Eat in Riverhead" and "I Love to Eat on the North Fork" and "I Love to Paddle to Eat (or Eat to Paddle)". We have a hiking list also. jim@peconicpaddler.com or 631-727-9895.

Wear a PFD, paddle hard and eat well.

Peconic Paddler Promotions:

- 1) **\$100.00 store credit** if you paddle from Orient Point to Riverhead in under 8 ½ hours.
- 2) **20% off** all lightweight carbon kayak and SUP paddles and all PFDs and dollies.
- 3) **50% off snow plowing** and snow shoveling from April through October.
- 4) Bring this letter to get **25% off SUP and kayak rentals** through July 31, 2016.