

Clean Eats Delivery – Health and Results, Without You Sacrificing Time or Flavor

Meal preparation or meal delivery services are more popular than ever. Haven't heard of them? Haven't considered using them? Why should you?

In this day and age, we are busier than ever. Between hectic work hours, raising a family, managing a business, keeping the house and yard maintained, exercising, and the myriad of other responsibilities in our lives, we are always pressed for time. There doesn't seem to be enough time in the day to get it all done, let alone "me" time or time just to HAVE FUN. Remember that?



Michael Glassman and his team have made it possible to eat healthy, save time, and do it in an affordable way.

More often than not we stop at a drive-thru or order a pizza. If we can't stop for lunch we grab a candy bar instead, just

to keep going; Months down the road we've packed on some extra weight, elevated our cholesterol levels and raised our blood pressure.

So, based on the modern American lifestyle, we're always on the go and pinching pennies where we can, while still trying to maintain a healthy diet. This is how meal preparation companies began. You're simply not interested in eating poorly, but you might feel that meal preparation or delivery service is too expensive, you put aside time to make your own meals – which *really* puts a time constraint into the picture and added stress.

The thing is that most of these services are thriving *because* they are affordable, on top of being convenient. Their idea is to provide healthy, nutritious, affordable meals that free up your time to do more important things.

Reputation of consistency and quality product, mouth-watering flavors with fresh ingredients.

One meal delivery service that exemplifies the quintessential meal preparation and delivery service is CleanEatsDelivery.com based out of Tiverton, RI. President/CEO Michael Glassman started CleanEatsDelivery.com in 2015 and built the company on a reputation of consistency and quality product, mouth-watering flavors with fresh ingredients.

If the name sounds familiar it's because Michael was the owner of the popular Healthy Grille (started in 2002) in Dartmouth, the town where he was raised. After 12 years at the Healthy Grille, he took what the customers were saying to heart: "Please deliver!"

Glassman and the team have had such dramatic success because they not only listen to their customers, but they reach a wide range of people – from homemakers and housewives, to the elderly, athletes, and the common man or woman. They feel that health and wellness is for *everyone* and made it their personal

mission to educate the consumers through food and the medicinal benefits that lead to wellness. The feedback, testimonials, and reviews on the website and Facebook speak for themselves as evidence that what CleanEatsDelivery.com is doing simply **works**.



*Honey drizzled Salmon
getting the treatment.*

He has accomplished this mission and continues to do so with the help of a team of like minded, equally passionate individuals: Randy King, Sr., (Vice President and C.O.O.), Jennifer Pacheco who is the V.P. of Operations, Jessica Caldas V.P. of sales, exercise physiologist and Personal Trainer, as well as owner of CrossFit Dartmouth and Crossfit Bridgewater Jason Caldas, Dr. Todd Dersham, a movement specialist and Chiropractor, Vada Boulay – Executive Assistant and Rene St. Laurent who is a nutritionist, biochemist, and a compound pharmacist.

The newest addition to Clean Eats is Ashley Bendiksen who has helped the company add plant-based, vegan meal options for customers. Ashley is a native of the South Coast and has been advocating for plant-based and vegan food choices for more than nine years. She has experienced the power of plant-based nutrition firsthand by curing her own health ailments, and now continues to see it help others as well in her role as a fitness and nutrition coach. She has been featured in news publications as an expert on health, and will be offering additional guidance, support, and education to Clean Eats'

followers and clients.

With Ashley on board, Clean Eats has now launched a vegan menu line of delicious, hearty, and nutritious meals. Despite any 'stereotypes' about what vegans eat, her meals are packed with protein, whole grains, nutrient-dense veggies, and healing herbs and spices that leave you full, but also full of energy. This brings Clean Eats one step further in providing the best options to customers for optimal health and wellness.

As you can tell, they form a network of health and wellness professionals united on a mission to make the world healthier through movement and nutrition. Their goal is to educate the public and the consumer with information of how to move, how to eat properly and how it will make their body thrive.

Motivation, inspiration, and passion to eat for health, wellness, and fitness

Glassman's inspiration and motivation sprung from personal experience: his father had pancreatitis since before he was born and his first memories of his father are of a scar that ran from the middle of his chest down to his stomach 8 to 12 inches long accompanied by two puncture holes with tubes for drainage. He recalls the many surgeries and suffering he had to go through.

"I didn't know the why or what I just knew that when dad had bad foods, he would have a pancreatic attack and then possibly end up in the hospital."

This pushed the family to eat healthier – growing up Michael's mom would make sure everyone had three square meals a day – including packed lunches for school – all freshly made, without any processed ingredients.

The problems for Michael developed when he strayed from his mom's direction – once he was a young adult and began attending junior high school and high school, he would prepare

his own breakfast, mostly comprised of a sugary breakfast cereals from a box.



Homemade lean ground turkey & veggie burger served bun-less and topped with Organic Tomato Sauce. Sided with our Famous Roasted Cinnamon Sweet Potatoes and a mixed vegetable stir-fry

“I assumed I had some sort of stomach issue because every day around 9:00am-9:30am I would end up in the nurse’s office with a terrible stomachache. Every morning I was consuming refined, sugary, processed foods and dairy. Little did I know that my stomachache was caused by the food I was consuming.”

Because of his smaller build and passion for sports he started a weight training regimen and began the process of learning how diet affects health in hopes of finding out the source his stomachaches and how it could improve his muscle development. Throughout high school he made dramatic, improvements in both areas and began to excel at sports.

When high school ended, he went off to university – in this case UMass Amherst – and wanted to focus solely on academics. However, his passion for nutrition and exercise served him so well, he decided to revolve his studies around them choosing exercise science and nutrition as areas of study. So, he

decided to make his electives revolve around these aspects and chose exercise science, food science, nutrition and anything else that was related. For four years he studied how the body works, moves and what it needed to be fueled by food.

Catering a plan that suits you and no one else but you

This led to a **lot** of cooking. There was a lot of exploring and researching – finding out ways to transfer the book knowledge into real world applications that got results. Not just results, but good tasting food, as well. He would enjoy a meal so much, that if he shared some of his food, people would rant and rave about how good it was and not even realize that it was “healthy.” Sadly, many people equate eating healthy with bland, tasteless, boring food. It’s a misconception he enjoys proving wrong.



Yes. This is an actual image of Clean Eats' "Triple Play Chocolate Delight" being prepared. There is dessert!

This is something that CleanEatsDelivery.com has become known for and one of the reasons they have had so much success. In addition, another contributing element to this success is how he takes this customization that he did with himself and applies it to the business model – he doesn't believe in a “one size fits all” model. Each individual gets their own meal

plan after a complete consultation. It's individualized to the point that the team at Clean Eats likes to call themselves "personal chefs."

What is involved in this consultation? Michael stated that " A complete consultation is when we sit down with a client and find out exactly what their lifestyle is, how they have been eating, what their goals are and while we're there we perform a metabolic test with the same machine that was used with great success on the show 'The Biggest Loser.'"

He will find out what your resting metabolic rate is – the exact amount of calories you need to simply exist. Then they delve into your lifestyle: how much sleep do you get, what is your exercise plan consist of, what do you do for a living, what are your caloric demands?

Once all the information is gathered, he will devise a plan with dates and goals. Week by week, day by day, everything is mapped out so you get a sense of accomplishment, stay fired up and motivated, and have a clear visual of the progress. They give you all the tools you need to succeed and know exactly how to keep you motivated and inspired – something oft ignored, but incredibly important.

Furthermore, you will be educated and learn how your body works optimally, how energy sources function, clear up the many misconceptions about how calories really work, how fat is stored, the role of endorphins, enzymes and amino acids, how to get through plateaus, prevent crashing, how to effectively and healthily utilize the vegetarian, vegan and gluten-free diets, and much more.

How to get started!

Clean Eats offers two options. Customers can order and pay as they go, saving them time and money and making healthy eating convenient. The second option is to contact Clean Eats for a customized plan. Clean Eats does not require contracts or

commitments. You may order, stop, or continue, at any time. Orders are a 5-meal minimum and should be placed by Friday nights at midnight.



*Seasonal Berries,
Walnuts, Almonds and
Grilled Chicken Breast
over a bed of Fresh
Baby Spinach with a
side of house Olive
Oil Vinaigrette.*

CleanEatsDelivery.com has the ability to be a main food choice not only for those who want to eat healthy, or to improve sports performance for you athletes, but it can be just for someone who wants to save time and money. The average meal cost somewhere around \$10. That's \$10 for a meal that is ideally suited to **you**, and has the most nutritional benefits.

Lastly, these meals are delivered every Monday from the CleanEatsDelivery.com kitchen to your home or business, so there are no lines, no waits, no dealing with frustrating customer service. The website is an amazing source of information whereby you can see the CleanEatsDelivery.com team biographies and credentials, set goals, make a goal-oriented plan, even browse and order from the menu which is replete with mouth-watering images that have the description, calories, and nutritional information.

The website and Facebook also have plenty of testimonials for a real kick in the pants to get you started today on the path

to health, wellness, or your fitness goals!

CleanEatsDelivery.com

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Cyd's Creative Kitchen brings their mouth watering meals on the road with "Dinner To Your Door" service

Cyd's Creative Kitchen at 2331 Acushnet Avenue is a popular spot for breakfast and lunch. Being right around the corner from my house, I eat there frequently and know all too well the reason for its popularity.

Americans in general and New Englanders specifically, have a love affair with diners and comfort food. You get honest, stick to your belly, delicious food in a relaxed, comfortable atmosphere for a price affordable enough to feed the family. Cyd's is no exception to that rule, but *is* an exception to

what else they do and offer. As the descriptor in the name of the eatery implies, they go beyond the standard diner in a creative way.



The popular destination for breakfast or lunch now brings meals to you.

That creativity has its roots in owner and chef Cyd Ryle's personality. It's who she is and everything she touches. It comes out in full effect in the daily markerboard specials. You can't contain her and her gears are always turning when it comes to offering something beyond the menu. You really never know what will be up on that markerboard.

This translates into an eatery whereby you can come for the standards that everyone loves, but if you or someone in your group has an eclectic palate or always likes to try something new, you can come with as well. There is something for everyone.

Cyd has always had a passion for cooking and found the smiles and happy faces that were the result of that passion, to be inspirational and rewarding. It seemed an organic step to bring that passion beyond her friends and family and to the community she grew up in, so she had a dream to open her own restaurant.

With that in mind, she felt she just needed to compliment that

passion with some technical training so she went to Johnson & Wales and graduated in 2004. That same year she realized her dream by opening Cyd's Creative Kitchen in October.

Since then she has offered an inventive menu with all of the diner standards we are all familiar with: Coffee, tea, home fries, eggs any way, omelettes, waffles, pancakes, salads, hamburgers, Fish and Chips, etc. Reflecting the local community there is, of course, linguica offered in many ways, cacoila sandwiches, bolos, along with French Meat pie and all the New England favorites like clam chowder, lobster rolls, and fish 'n chips.



An example of how generous Cyd's and the staff are when it comes to portions.

There are breakfast specials like the early bird, the **Hungry Man's Special**: 2 Eggs (any style), 2 Pancakes, 2 Strips of Bacon, 2 Sausage Links, Home Fries (\$9.99) with Coffee & Small Juice. Or the **Hungry Woman's Special**: Hungry Woman's Special: 1 Egg (any style), 1 Pancakes, 1 Strip of Bacon, 1 Sausage Link, Home Fries (\$8.99) with Coffee & Small Juice or the **Country Birds Nest**: 2 Eggs (any style), 2 Sausage Patties, 2 Hash Brown Patties topped w/ Country Gravy (\$7.99) with Coffee

& Small Juice.

For lunch specials, there is one for each day, Monday through Friday. Purchase one for \$6.89 and a beverage and you can choose between Chicken Pie with Choice of 2 Sides (Monday), Shepherd's Pie with a Cup of Soup of the Day (Tuesday), Meatloaf with Choice of 2 Sides (Wednesday), American Chop Suey and a Side Salad (Thursday) or a Cup of Chowder and Fish Sandwich, served with French Fries, Cole Slaw and Tartar Sauce (Friday.)

In addition she offers a Kid's Menu with smaller portions at even more affordable price. If you're an adult, with a little kid inside you can go ahead and order the Smiley Faced pancake. Your secret is safe with us.

Best of all, these are all large portions that don't sacrifice quality. Priced so that you wonder how it is that you get so much for the price and how Cyd's makes money. Picture all the classics and standards but at a restaurant, not diner, quality. No greasy spoon here. Only the freshest ingredients, vegetables with snap, fruit and berries perfectly ripe and naturally sweet, and everything in abundance. The icing on the cake – pardon the pun – is the waitstaff. In the years I have been going there I have never had a gruff or moody waitress nor a problem with my order. Always friendly, always consistent.

If Cyd did just that she would thrive. It is enough on its own for her to prosper. However, those creative gears are always turning and she is always exploring and being inspired. So, she just couldn't be limited to a standard menu and certainly would be stifling to her to not have a markerboard to share what she has found on her culinary journey. It is something that anyone who knows her understands.



The popular destination for breakfast, lunch or dinner now brings meals to you.

Carrying on in that vein, she is now moving into offering dinner to her rabid fans. Here's the rub: Cyd's Creative Kitchen is delivering these meals once per week with a sort of "meals on wheels" style service called "Dinner To Your Door." If you are busy, had a long day or don't have enough time to cook dinner and want healthy, prepared meals this service is the way to go. You can even order them days ahead and freeze them to really save time, but they are best eaten when they arrive! The same affordable price, generous portions, and fresh ingredients that they put into breakfast and lunch, go into these meals. In fact, in spite of its name you can order breakfast, lunch and/or dinner. How it works is that you order a minimum of \$21 worth of food and there is a \$2 delivery fee.

Keeping in line with her creativity and markerboard specials, each month there is a different menu. While this may sound like a meal on wheels for the elderly, you would be mistaken to believe so. It is for people of all ages.

The inspiration for this, believe it or not, came about when she started receiving requests from residents in nearby towns in Massachusetts and subsequently other states like New Hampshire and Maine. People were putting in orders to bring to their elderly parents. If there is any better validation on

what Cyd and her staff are putting out, that's about as good as one can get.

Of course, there's no better way than to simply stop in and see what I'm talking about, for yourself. Tell them Joe sent you!

Cyd's Creative Kitchen

2331 Acushnet Ave

New Bedford, MA

Mon-Sat: 6:00am-2:00pm

Sun: 6:00am-1:00pm

Phone: 508-998-6212

Email: cydscreativekitchen@comcast.net

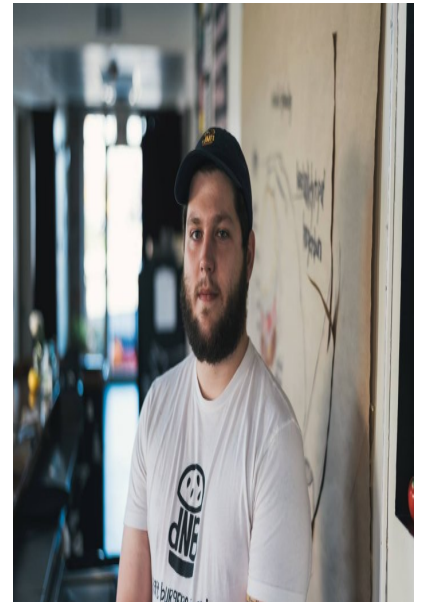
Facebook: facebook.com/cydscreativekitchen/

Website: cydscreativekitchen.com/

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Faces Of New Bedford – #24: Joshua Lemaire

Meet Joshua Lemaire, 27-year-old chef and owner of dNB Burger.



Having lived in the area his entire life, he was drawn by the charm of the city to the downtown area. After working in restaurants for 10 years and attending Le Cordon Bleu, his passion for cooking resulted in the birth of dNB Burger.

Now dNB isn't your normal restaurant, that seems to be molded by a cookie cutter and operated in the typical manner every other establishment is. It is the home to a from-scratch kitchen, which only 400 years ago was common place but now it is an almost non-existent commodity. With the commercialization of almost everything in our lives, Josh wanted to break the mold, which they do at dNB Burger everyday.

Although he may work longer days and work harder to grind the meat and prepare the sauces (just to name a few of the things they do daily), this is a sacrifice Josh is willing to make to serve great food to his customers. He doesn't do what he does for the money, but for the satisfaction of serving something mind blowing to his customers.

He hopes to see the community realize what a precious city we have and start cutting some slack for the good that is really going on here. So many local entrepreneurs are taking risks in hopes to make this city better and he encourages everyone to

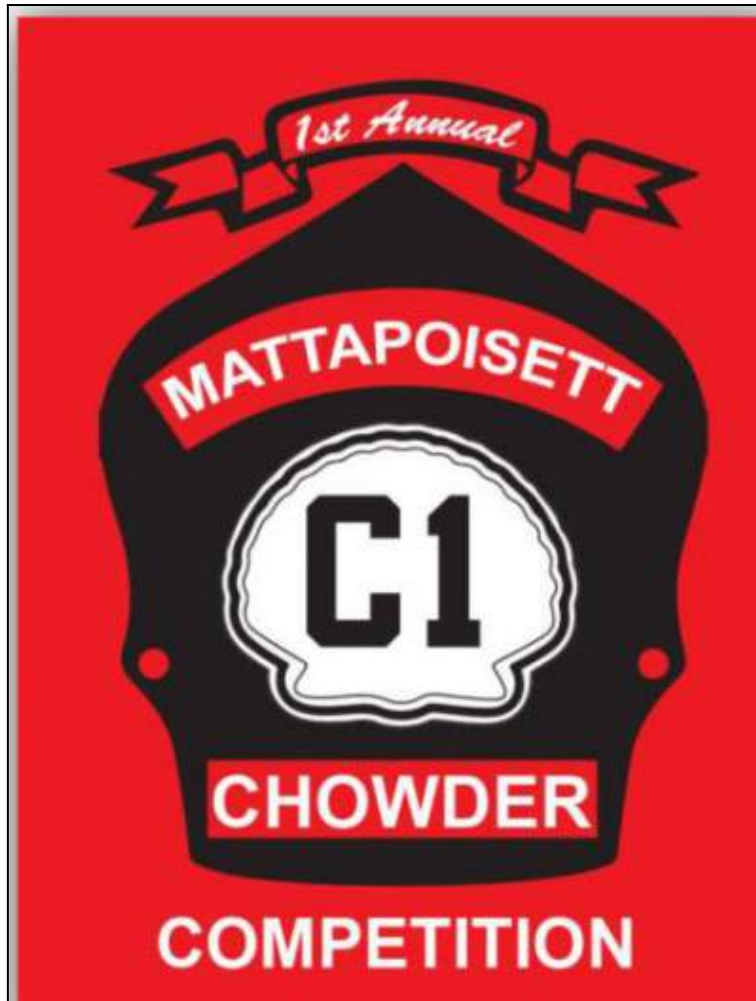
continue their hard work.

"Someone once told me that you 'Need to be the change you want to see in the world,' and that really stuck with me."

Faces of New Bedford is a project by Colton Simmons. If you are interested in booking a shoot or getting prints from the series email all inquiries to colton@coltonsimmons.com

Follow Colton on Instagram:
<https://instagram.com/simmonscolton>

1st Annual Mattapoissett Firefighter's Chowder Competition



All proceeds go to the Mattapoisett Firefighter's Association, a nonprofit organization.

Sunday – September 13, 2015

12pm-4pm

RAINDATE: SUNDAY OCTOBER 10, 2015

The competition will begin at 12pm at the Knights of Columbus Hall (52 Fairhaven Road) on Route 6 in Mattapoisett. Teams and Chef's can begin to arrive at 11am to set up and prepare their equipment. The competition judges will make their rounds sampling everyone's chowders and then the winners will be announced and awarded around 3pm. Prizes will also be awarded at 3pm for the raffle winners. The competition will be over and clean up will begin around 4pm.

1st Annual Mattapoisett Firefighter's Chowder Competition

Rules

The competition features two categories:

Professional/Establishment: Local businesses

Public Safety: Fire, Police and EMS departments/associations

What equipment will you need?

COOKS MUST PROVIDE THEIR OWN EQUIPMENT FOR COOKING. YOU WILL NEED TO BRING AS A MINIMUM, THE FOLLOWING EQUIPMENT:

- Hot Plate(s)
- Pot Holders
- Ladles, both large and small
- Pot with lid (5-8 quart variety)
- 2 Gallons of Chowder
- Tent – It is the recommendation of the association and the Mattapoisett Board of Health that a tent be brought and placed over the serving area – No tents larger than a 10×10

Food Safety

Chowder temperature must remain constant in a range from 140-160 degrees. Plan on maintaining that temperature throughout the event as the temperature will be periodically checked during serving times.

Definition of Chowder -“A rich soup typically containing fish, clams, or corn with potatoes and onions”

Chowder can be made a variety of different ways and anyway will be accepted.

Traditional – Clam Chowder

Seafood – Fish Chowder, Lobster Chowder, Scallop Chowder etc...

Creative – Clam & Chourico Chowder, Scallop & Sausage Chowder etc...

General Information

Admission: Tickets for admission to the competition will be sold prior to the event and at the door. Tickets are \$10.00 and all you can sample for anyone over 12yrs old. Kids under

the age of 12 are free for the event.

Team: The team buy-in cost is \$50.00 for Professional or Establishments and \$25.00 for Public Safety teams. This will supply the team a table, few chairs, electricity, spoons, napkins and serving cups. Teams are asked not to have more than 5 members assigned. Teams wishing to pay by check are asked to make the check payable to "Mattapoissett Firefighter's Association".

Food: Hamburgers and Hot Dogs, Soda and Water will be served and cooked by the Mattapoissett Firefighter's Association. The food will be available for a small fee.

T-Shirts: T-shirts remembering the event will be sold with all proceeds going to the Mattapoissett Firefighter's Association. The shirts will be available in adult and kids sizes.

Alcohol/Smoking: Smoking is prohibited at the event. Alcoholic beverages are prohibited to be brought into the event. A cash bar will be available inside the Knights of Columbus building.

Parking: Parking will be on site at the Knights of Columbus Hall. If the parking lot becomes full, parking will then be brought to Tallman Street. Do not block drive-ways or make the road impassable.

Raffle: Tickets will be sold for the raffle the day of the event. All items being raffled off were donated by local businesses and organizations.

Liability: The Mattapoissett Firefighter's Association will not be held responsibility for any injuries or damages received at the 1st Annual Chowder Competition. The Mattapoissett Firefighters will also not be liable for any lost or stolen items.

Allergies: Anyone with food allergies must notify every server before sampling the chowder to ensure the food they are

consuming does not contain their allergen.

Restrooms: Restrooms will be located inside the Knights of Columbus Hall.

Antique Apparatus: Any public service department wishing to bring an antique vehicle belonging to their association is urged to do so. It just needs to be noted early in advance to ensure there will be enough space.

Any team interested in joining must have the registration form in by August 27. Professional and Establishment teams are \$50.00 and Public Safety teams are \$25.00.

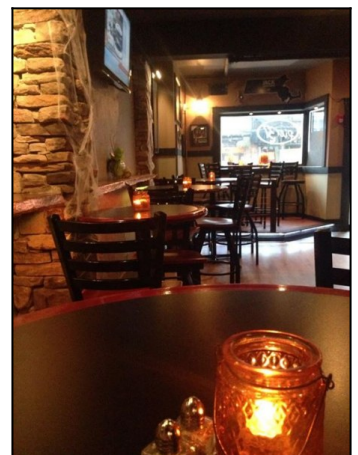
For a registration form visit:
http://www.mattapoissett.net/Pages/MattapoissettMA_Fire/chowdercomp1.pdf

Pier 37's new leadership brings the modern bistro experience to the downtown historic area in impressive fashion



The Pier 37 family and interior.

I've been visiting 37 Union Street in all its incarnations for decades. When I first started going there, it was known simply as "37 Union Street." No, really. That was the name of the bar. Since then, it has been known by a number of names, including most recently, "Fins" before it earned its current name.



Brick and stone interior, water feature, dark hardwood and a variety of light features characterize Pier 37's welcoming interior.

Pier 37 today is under new ownership and management – it is certainly nothing like its seedy beginnings or a disreputable hangout. It is light years apart from that. Today it is a classy, yet not stuffy, modern bistro. I wouldn't deign to use the term gastro-pub – since this is not a pub. A pub typically refers to a place where there are either a large variety of beers on tap or a place that focuses on micro-beers. Almost always, the fare is typically hamburgers or pizza, albeit gourmet or “upscale.”

A modern-bistro is a legitimate eatery with restaurant quality food that features cocktails and wine, with beer taking a backseat – not a hidden one, mind you. It swaps out the stuffy atmosphere you may find at an upscale restaurant, for a more casual one. You get upscale food, in a casual environment for affordable prices.

Located downtown; new ownership, new chef, new menu

Pier 37, now owned and operated by Jeremy Dias and Eddy Yedlin, manages to do this in exemplary fashion. The menu was devised by Yedlin, an experienced chef who has a bachelor's degree from The Connecticut Culinary Institute and master's degree from Johnson and Wales University. After graduating, he went on to hone his craft at the prestigious Vanderbilt Grace Hotel and Relais & Chateaux properties throughout New England. He has a genuine passion for cooking up mouth-watering dishes and has chiseled the modest menu to one page full of

favorites...and a few surprises.

Mike and I sauntered into Pier 37 at lunch time. On approach, you could see the energy – an “Open!” flag waved to us, and the blackboard with the day’s specials beckoned for a closer look. The door was open which allowed a gentle breeze and ample air circulation. We were greeted immediately and warmly, by manager Cindy Sylvia and sat near the window – our preference.



A variety of daily specials compliment the modest menu.

If you have been to Pier 37, you are aware of the water feature, stunning wood bar, granite decorated counter-tops, aquarium and hardwood floors. The atmosphere is a warm, welcoming one and the seating is arranged so that you have a choice in distinctly different environments. You can sit at high tables near the window and do some people watching. You can sit along the wall and the counter-tops in the middle of the “flow” of people. You can sit among the group of tables in the main dining area, closer to the aquarium and the small dance floor. Or you can, of course, mosey on up to the bar. Finally, if weather permits there is outdoor seating starting in July.

Starters to start

Poring over the “starters” section of the menu, we saw, as expected, the old stand-bys for this area: Caesar salad, New England Clam Chowder, kale soup, quesadillas, stuffed quahogs,

wings, fried calamari, etc. However, there were plenty of original creations: **Spinach Balls** w/ balsamic vinegar, fried avocado rolled in panko and drizzled with chipotle mayo, a **Cheese Plate** (three cheeses of the day, pickled vegetables, jam, honey, and grilled bread), the **Pier 37 Salad** (mixed greens, goat cheese, grilled asparagus, pickled beets and tossed in balsamic dressing – you can add chicken, salmon or shrimp) and some delicious sounding flatbreads – **artichoke & arugula** w/ garlic herb spread, and mozzarella and a **wild mushroom** w/ cheddar cheese and truffle oil.

All were priced between \$4-\$13 with most starters around the \$5-\$8 range.



One of three flatbreads offered at Pier 37: the Lobster B.L.T. Flatbread

The two that caught our eye were the **Lobster B.L.T. Flatbread** and the **Crab & Spinach Dip**. The flatbread was loaded with chunks of lobster, real bacon, tomatoes, garlic oil, provolone cheese and topped with lettuce. Just amazing. Chef Yedlin was generous with the amount of lobster he placed on this flatbread putting it over the top.

The crab & artichoke dish actually bested this. Real crab meat, not imitation crab meat – yes, you read that right. The bane of every seafood lover was not present. Again, Yedlin was generous, a theme here, with the crab meat. The dip was jam packed with it. The spinach had a bright, earthy flavor

indicating that it was fresh spinach. The chips that formed a moat around the dipping bowl, came out piping hot – showing that these are made to order.

The Main Dishes

The main section is comprised of a variety of entrees, including burgers and sandwiches which came with a choice of french fries or sweet potato fries. They range from the \$8 pulled pork sandwich (cabbage slaw, dill pickles, cheddar cheese) to the \$17 lobster roll. The standards were there: chicken Caesar wrap, steak & cheese on a pretzel bun, chicken panini, bacon cheeseburger, fish & chips, grilled sirloin tips and seafood scampi – scallops, shrimp, mussels, scrod, fettuccine pasta.

The rest of the menu contained items that Yedlin jazzed up or created altogether. The Blue Burger was a burger topped with blue cheese but also had prosciutto and a balsamic reduction. There was a delectable sounding baked lobster mac & cheese, moules-frites – mussels in a red tomato broth served over french fries, and a house specialty, the smoked fried chicken – with garlic mashed potatoes, grilled asparagus, and covered in a bistro sauce.



Pier 37's lobster roll features a mountain of lobster meat on a butter-toasted bun. Happy, happy time.

I opted for the **Chicken Panini** and Mike ordered the **Lobster**

Roll. The panini was filled with juicy, spot-on charred chicken breast with vibrant pesto, sweet caramelized onions, tomato, and mozzarella on a perfectly grilled ciabatta bread. It came with a heaping pile of homemade french fries that had a light coating – piping hot, crispy on the outside and creamy on the inside. Generous portions again. This was a fantastic sandwich and certainly one I would come back to time and again.

Mike's lobster roll was massive. Jam packed with large chunks of lobster spilling over the butter-toasted bun, without any filler – that “other” stuff people fill a lobster roll with to make you think you are making out. This was lobster madness. The roll was a hot dog bun that was, again, perfectly toasted and a nice contrast to the lobster meat. Great attention to the little details. It came with a huge helping of the aforementioned fries, cole slaw on a lettuce leaf, pickle, and a wedge of lemon. One of the best lobster rolls I've tasted in ages.

Entertainment and Summary

Great atmosphere and fare is one part of any equation for a decent eatery. How about some entertainment? What the owners, and manager Cindy Sylvia have done is replicate a similar format to what the New Wave Cafe used to have: live music, DJ, karaoke, jukebox. There is something for everyone. Going beyond that and having something only one other place in the city has: LGBT themed entertainment. There is a “Drag Brunch” that takes place on the last Sunday of each month (11:00am-4:00pm) and often the karaoke nights have a different theme.



Chicken Panini: filled with juicy, spot-on charred chicken breast with vibrant pesto, sweet caramelized onions, tomato, and mozzarella on a perfectly grilled ciabatta bread.

It's best to be prudent and monitor the Facebook page to see what is in store. The page is frequently updated and any events are showcased there. The page is also a great way to see some more of the inside and glorious images of the mouth-watering fare.

Pier 37 compliments the downtown area – which has greasy spoons, diners, cafes, pubs, and proper restaurants – with the sole addition of the modern bistro. The food is some of the best that you will find locally, in one of the friendliest environments and affordable enough to eat at with some regularity. With the addition of the huge variety of entertainment, you have a place that you will want to visit with regularity. While the bistro is LGBT friendly, it is not, by any means, exclusively an LGBT establishment. In fact, you would do yourself a serious disservice if you did not stop in at Pier 37 – regardless of your sexual preference. If you are looking for a fun place, with lots of entertainment, that is affordable and offers fantastic food, then you just found it. At the end of the day, that's all that matters.

Pier 37 accepts Visa, American Express, Mastercard and Discover. Walk-Ins Welcome, Good For Groups and Waiter Service. The city has removed parking for the first block on the bottom of Union Street, but there is ample parking in the small parking lot on the corner of Union and South Water Street.

Pier 37

37 Union St

New Bedford, Massachusetts

Phone: (508) 990-0117

EMail: Pier37@Gmail.com

Hours of Operation:

6am-2pm everyday (Fridays till 8 PM).

Facebook: facebook.com/barpier37

Website: Pier37Restaurant.com/

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Fay's Restaurant elevates Italian cuisine by marrying traditional recipes from

Fabrizia, Italy with culinary schooling

Fay's perfectly lit, amply spaced, friendly atmosphere.

My visit to Fay's taught me a lesson: do NOT go only by what you hear. It's part of the truth. I never stopped in at Fay's because all I heard was "Pizza, pizza, pizza." I guess, I am a stubborn mule. Over the years people told me about Fay's pizza. So many people in fact, that I didn't doubt that their pizza was great at all – I was convinced without ever even having sampled it, I just suffered from pizza fatigue; everyone is doing pizza.

Funny thing is that you would think I would have learned my lesson – I've mentioned making assumptions about places before. While I am out and about, people will tell me "Do a spotlight on such and such a place, please!"



12 year old Fay Costa DiPiro left Fabrizia, Italy in 1931 and came to America.

The list is a long one, and how I determine which one to do next is to choose the place that people are clubbing me over the head with; if I am told by three, four, eight different people, I know I need to prioritize that place.

This was exactly the case with Fay's. "When are you going to do Fay's?" folks would say. I would invariably reply with "Isn't that the pizza place?" After much scoffing, I realized that it wasn't a "pizza place." Or rather, it was a pizza place and then some. As most people know, Fay's made its name – placed itself on the gourmet map – with their Knotty Pine in the north end. Food – especially pizza – done so well, that it has grown to mythical status.

Humble beginnings; Fay's Knotty Pine

Why was their food so good? How have they lasted for decades? Using generations old, traditional recipes brought by Fay Costa DiPiro from Fabrizia, Italy, doesn't hurt. I've heard through the grapevine that Italians know a thing or two about pizza and pasta. Fay grew up making pasta, pizza and even sausages from scratch.

When she arrived in the 1930s, she and her husband Alexander, cooked at a number of spots locally and distant: Haskell's Place (now Freestone's Restaurant), the prestigious Thousands Islands in New York, various resorts throughout Vermont, Lucas' Diner and Smith's Restaurant in New Bedford, Nap's at the Fairhaven Bridge, and even at restaurants in the Italian enclave of Naples, Florida.

In 1959, Fay and her brother Mike put in a stint at Mattapoisett's "The Nest," before showcasing their talents at Tony Lopes' "The Knotty Pine" in 1961. Two years later they bought the restaurant from Mr. Lopes and it began to be known colloquially as "Fay's Knotty Pine."



*Fay's Restaurant on
Dartmouth Street uses*

*generations old
recipes from Fabrizia,
Italy.*

Eventually Mike would move on and open a little place you may have heard of called Mike's Restaurant in Fairhaven. Daughter Evelyn and other family members would open up The Nephew's. Eventually Fay's would be run by no fewer than 8 family members.

Point? Decades of experience cooking and serving people have culminated in a restaurant that produces exemplar food. Every person in the family has had restaurant success – it's no accident. It all started with those old recipes and Italian cultural tradition!

In 1983 Fay retired and handed the business to daughter Evelyn, but the staff is still decorated with family members in a truly family-owned and operated business. In 1998, they needed to expand, so relocated to the current spot in Dartmouth on Dartmouth Street. That's where I found myself one Thursday evening.

Location, atmosphere, welcome

When I arrived at Fay's, I pulled into the parking lot. I'm sure people pointed and laughed at the noob thinking he was going to get a parking space. When I pulled in, my first thought was "Looks busy." Boy was that an understatement. I pulled out of the parking lot and drive down the road – problem was that all the available spots down the road were taken. One block, two blocks, 3 blocks away. Turn around, pick a different street...same thing.

Jumping Jehoshaphat. Something big is going on here. Good thing for Fay's that there are a LOT of streets to park on if you can't find a home in their parking lot. I found a spot about 100 feet away and met my brother and friend Craig at the entrance.



*Fay's perfectly lit,
amply spaced, friendly
atmosphere.*

Heading into Fay's was my third confirmation that this was more than a pizza place – it was a *proper* restaurant. Perfectly lit dining rooms with old black and white photos lending a nostalgic feel. Music from the popular and immensely talented Dori Legge was piping in from the barroom adding even more life to the vibrant atmosphere.

After being warmly greeted by the hostess, we were immediately seated by an equally friendly waitress. A great vibe so far and precursor to the evening ahead. The full drink menu ranged from wines and beer to cocktails and of course, non-alcoholic beverages. The two dozen draft and bottled beers start at \$3.50. The red, white and sparkling wines start at a very affordable \$5 per glass. The cocktail menu featured a variety of Margaritas, sangrias, daiquiris, cosmos and the interesting sounding Nantucket Mule (Tito's Cranberry Infused Vodka, Fresh Lime Juice & Gosling Ginger Beer), Grown-Up Shake (Kahlua, Bailey's, Absolut Vanilla Vodka, White Crème De'Cacao & Whipped Cream, shaken and served on the rocks.) Craig is a beer man, Mike and I are winos...er...oenophiles.

Appetizers

Food. Let the madness begin. We each ordered our own appetizer and a fourth for good measure. All three of us are seafood lovers. Well, we're more than that. We are seafood stalkers. We will readily admit that we have a problem. The cure is to devour seafood and we came to do business.

The **Portuguese Style Clams** came out first and were the perfect start: sautéed butter clams with linguica, onions, sweet peppers and tomatoes in a mild spicy saffron broth. These are made everywhere and one of my favorite appetizers on the planet. A healthy portion of fresh clams in a perfectly seasoned broth of natural juices. Bravo.

Next was something I had never seen before: **Pan Seared Lobster Cakes** – Lobster, peppers, onions, and bread crumbs, pan seared, served with Caper Remoulade and mixed greens. These moderate proportioned cakes had generous amounts of lobster chunks in them. You could see the glorious white meat poking through the cakes. We could tell this was going to be good. It was nothing short of amazing. Sorry Crab Cakes. Move over, you've been fired.



You've heard of Crab Cakes – here is the new kid on the block: Lobster Cakes!

We had to try one of the specials: **Lobster Stuffed Mushroom Caps**: a half dozen, juicy mushroom caps stuffed with a homemade Portuguese style stuffing, drizzled with a delightful mayo-based sauce and served with a bed of greens, shredded carrots and a lemon wedge. Oh, man. These reminded me of childhood – my mom made these on a regular basis growing up and they always made me feel like I was being rewarded for some unknown good I did. Same thing here. What did I do to deserve the love? These were fantastic and I could come, order 3 of these appetizers and some white wine and make it a meal

and be HAPPY.

Our **Tuna Cucumber Snapps** were the perfect palate cleansing appetizer to prepare us for our entrees – Sesame seed crusted Ahi Tuna with tomato, scallions, pickled ginger on sliced European cucumber with sweet chili soy sauce. The crunch and snap of the cucumber and the delicate softness of the tuna was a nice contrast.

I was relieved and delighted that these dishes were not salted to death. As those of you who have read these reviews before know: in my opinion, overly salting food is an attempt to either disguise poor ingredients or a lack of ability by the chef. It's also disrespectful to the ingredients and the consumer. We should have a choice of how much salt we can add to our dish and while we can always add more, we can't take it out. These three appetizers came out fast, contained fresh ingredients, were intelligently concocted and were perfectly salted. We were off to a stellar start.

Entrees

Mike ordered the **Petite Filet Mignon**: Open fire grilled Angus Filet Mignon with pesto pureed potatoes, Chef's vegetables, roasted garlic demi-glace and crispy onion. Mike stabbed me in the hand with his fork, when I went to try it. Well, he didn't really, but the look in his eyes told me that a second sampling wouldn't be without repercussions.

I can say a lot of great things about this dish – juicy, tender, the right amount of char, aromatic pesto potatoes that were clearly just made, not spooned out of a tub and heated – but this says more than any adjectives or descriptors can: we used a butter-knife to cut the meat. It was that tender. Amazing. Sublime. Divine.

Now – onward to trying the pizza that mad Fay's famous. The legendary pizza that everyone talks about. I am a veteran of dealing with hype. I retain my healthy skepticism, yet I also

don't overcompensate by joining the "eager-to hate-anything-popular" crowd. I go into these food experiences by being an objective "juror." Ignoring what I've heard and keeping an open mind.



A heaping pile of happiness.

We ordered the **Portuguese Feast**: House made cacoila, white cheddar cheese, linguica and banana peppers. Oh, man was it good. The crust was perfect – when you picked up a slice it stayed almost horizontal. There was no “slippage” – the dumping of the cheese and toppings onto your plate leaving you holding a soggy piece of sauce and dough. Usually one had to do the fold to prevent this. This is a non-folding pizza dough. The sauce was perfectly proportioned like you would encounter in Italy or Italian households. Sauce is supposed to compliment, not become a swimming pool for food to dive into. Here the sauce was the right amount – allowing you to enjoy not only the sauce, but the toppings and the dough. The pizza lived up to it's hype.

We finished out the evening with a decadent **Chocolate Pots de Crème**: A rich chocolate mousse served with fresh raspberries and raspberry sauce. Dessert is rarely a thing I do, but this work of art needed to be sampled. It wasn't only beautiful in appearance, but the fresh berries, mousse and whip cream all kicked out an aroma too powerful to resist. We did something we rarely do: we ate the whole thing and left nothing.

The Fay's Experience and Chef Victor Vieira

This was a stellar overall experience. The Fay's family –

whether genetic or extended – clearly has one objective: a positive experience for the customer. The food that comes to the table is of upscale quality, but astonishingly affordable. I get the idea that they would rather have you make a second home with repeat visits – they would rather your frequent company – than have you come only on special occasions. They want you to feel like any occasion is a special occasion. The attention to detail in terms of ambience, food, and service is simply exemplar.



Chef Victor Vieira sharing his creations during a Sunday Brunch.

One of those extended family members that is responsible for the quality that comes out of the kitchen is Executive Chef Victor Vieira. Victor has been in the restaurant industry since he was thirteen years old and likely worked in a restaurant that you frequented. On a quest to improve and expand his canvas, he honed his skills in Florida, Caribbean, Hamptons, N.Y., Pittsburgh and Mississippi before returning home where he worked in Boston and Plymouth.

He opened his own restaurant, Westport landmark Ellie's Place, with his wife which for 7 $\frac{1}{2}$ years. He then opened Fresca Grill in New Bedford, ran the Country Club of New Bedford for 4 $\frac{1}{2}$

years until partnering with Fay's Restaurant & Catering. Chef Victor's love of food and creativity speaks for itself in his dishes. He loves to create specials using local fresh ingredients and tries to focus on local sustainable product for his dishes.

Marrying tradition with a modernity has created something pretty darn special. The packed house of happy smiles, positive reviews and our experience bear that out.

Summation

In addition to in-house dining and take-out, Fay's brings all these values to their catering. You get the chef quality dishes at an affordable rate brought to any special event you may have. This is NOT a big tin foil tub of lasagna and pizza – take a look at the photos below and see that this is a restaurant that comes to you.

The regular menu includes a specialty sandwiches, a healthy section (grilled items, veggie burgers, etc.), a kid's menu where most items are \$5, and an insane Sunday brunch.



*Fay's perfectly lit,
amply spaced, friendly
atmosphere.*

Fay's averages live entertainment three nights a week with popular local acts. There are constantly rotating specials, so if you are thinking of visiting check their frequently updated Facebook page for that week's specials. You'll see things like Wine & Dine Thursday (3 course dinner for two – appetizers, entree & dessert, with a bottle of wine for \$45), Steak Mania, Kids Eat FREE Wednesday, or FREE appetizer Mondays (4:00pm to

close), \$3.99 pizza day.

There are few places that can rival Fay's for putting all the elements that they have put together: a perfect storm of high quality, food & service, entertainment, and atmosphere, yet keeping it affordable. They've kept one eye on the future to make sure they are improving, yet maintain a healthy respect for tradition. Fay's family values and recipes got them started and to where they are today and they keep that at the forefront of what they are doing. It's all about family, and extending it.

Fay's Restaurant

613 Dartmouth Street

Dartmouth, Massachusetts

Phone: (508) 997-8000

Hours of Operation:

Monday–Wednesday: 11:30am–9:00pm

Thursday–Saturday: 11:30am–10:00pm

Sunday: 9:00am–8:00pm

Facebook: facebook.com/FaysRestaurant

Website: faysrestaurant.com/

Photos:: facebook.com/FaysRestaurant/photos_stream

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The End Zone Sports Pub – two decades marrying the best of Portuguese and American cuisine!

The Endzone Sports Pub is a place dear to my heart and belly. It represents the perfect marriage of the best that American and Portuguese cuisine has to offer. Improving upon that, it accompanies these mouth-watering dishes with what is hands-down one of the best atmospheres in the South Coast in an affordable way.

From the first time you arrive, the Demelo family and End Zone staff will make you feel like you know them from somewhere. Spend five minutes at the Endzone and you will discover a restaurant whose servers effortlessly and consistently convey warmth and professionalism. This isn't something you can enforce or regulate. You can't make people be warm and friendly.

As I've mentioned in the past – these are things that trickle down from the top. Servers treated well, will be enthusiastic and relaxed. Servers trained well, will be attentive and focused – meaning you get your fare exactly as you ordered it. Chefs and cooks treated well, will demonstrate consistency and that special TLC that gives the food the extra “umph.”



Want to be happy? You need Alentejana in

your life!

Treat people well and they will stay. That means I don't get three variations of *cacoila*, because of turnover. This is a product of twenty years of experience and listening to customer's feedback. An organic product of constant evolution, refinement and improvement.

The End Zone is a creative casual family dining establishment with a sports flair that has all these things in abundance. There's a lot of pride circulating at one of the city's best pubs – with darn good reason. The Endzone staff is one happy family. That means happy food. That means happy me. That means happy us. Get in my belly.

“Pregame” (Appetizers) soups, and salad

So what are these American and Portuguese favorites you'll encounter at the Endzone? One of the aromas you are guaranteed to pick up on when you walk in the door is the “Gold Rush Wings.” In fact, by the time you sit down, you'll hear a few people order them. “Chicken tenderloins tossed in our own special honey BBQ sauce served with crisp celery.” If you've had these, you **know**. Oh, you know all too well.

There are the classic appetizers like fried mozzarella sticks, a heaping mountain of Cheese Nachos, delectable boneless Buffalo wings, chicken tenders, *chicken quesadillas*, and the massive combo platter. Stuffed quahogs, cherrystones on the half shell, clam cakes and potato skins round out the standards. But there are less common appetizers to be found here: Shrimp a la Garlic (and Parmesan cheese), Buffalo shrimp – “Twelve tender Gulf shrimp tossed in a Buffalo sauce, served hot or mild with crisp celery,” or the popular favorite Meltdown Fries smothered in cheese and bacon.

In addition to New England clam chowder there is the Soup of the day – a different soup made fresh each morning. There's tangy chili, and a wide variety of salads – Caesar, tuna, char-grilled chicken, house and antipasto. Can't decide on

soup or salad? Get them both with the Soup and Salad combo for \$5.99!



Police Office & Watch House on Second Street in 1856. (Spinner Publications)

Half-Time and pizza, pizza!

Never mind the pizza chains! Sunday through Thursday you can order a 12 inch pizza with their signature sauce without breaking the bank. They even have specialty pizzas like the out of this world scallop and bacon pizza, a clams casino pizza, even a chicken Mozambique! Their End Zone pizza is jam packed with linguica, pepperoni, sausage, meatball, onion, pepper, mushroom, olive, bacon and ham for only \$11.99! Madness!

The Half-Time aspect of the menu is my personal favorite and where I immediately head to when I arrive. Eighteen sandwiches and wraps (\$5.99-\$8.99) to choose from served with a fresh batch of fries, served on your choice of white, wheat, rye, marble or a Portuguese bun. Again – as is the theme at End Zone – they have the “safe” American classics like char-grilled chicken, BLT, ham and cheese club, or tuna melt, but have non-classics like Ralph’s Reuben – a Reuben with roast beef and turkey, served on marble rye – and plenty of Portuguese favorites like Carne de espito, linguica, and cacoila.

Accompanying these sandwiches is a full array of burgers. Hamburger, cheeseburger and turkey burgers are the stand-bys.

Then there's the French onion burger, a Red Sox burger (with bacon, lettuce, tomato, and American cheese), and a Portuguese style burger which is egg, red peppers, American cheese and a side of Portuguese gravy. A particular favorite of mine is the Big Texan: BBQ sauce, cheese, bacon, onion rings served on an onion roll.

Most of these large beasts are \$8.99. Barely a dollar or two more than you would pay at a burger chain!



Ice cold drinks, mouth-watering fare...served with a healthy serving of smiles!

Main Attractions

Here is where the End Zone really shines. The "Main Attraction" aspect of the menu sets the End Zone apart from the chains which I won't mention and at a far more affordable price. The menu starts out standard enough with Baby Back BBQ ribs, grilled chicken dinner and New York Sirloin. There's an old classic that has virtually disappeared: Liver and Onions served with bacon, potato and a vegetable.

Then come the Portuguese greats *Carne Alentejana*, Chicken Mozambique, *Carne de espeto*, and *cacoila* plate. There are two End Zone specialties that will knock your socks off. The Azorean Chicken and Shrimp is cooked in a spicy saffron sauce with onion, linguica and fried potatoes. The Filet Mignon Bourbon Steak Tips will make you hover over your plate lest someone with makes a bad move on them. One glance or sniff and

they **will** betray you. You may have to fork a reaching hand.

Accompanying these are a few Sirloin Tip Combos which are seasoned tips char-broiled to perfection. You can pair them with grilled chicken, chicken tenders (plain, Buffalo or Gold Rush), or fried shrimp. Same price regardless.

From The Sea

Are you a seafood lover? Whether you want fried or broiled choices or Italian-American classics like linguine a la shrimp and shrimp scampi, you'll find something to like. Broiled sea scallops, a seafood scampi, and of course, shrimp Mozambique round out the full seafood menu.

The mark of any seafood restaurant is the Seafood Platter and the End Zone bats it out of the park (pardon the pun – couldn't resist) in terms of price (\$17.99) and portion.



After devouring some Azorean Chicken and Shrimp, you'll wonder where it's been all your life!

This heaping plate is loaded with golden brown clams, sea scallops and shrimp on a large serving of cod and fries. Cole slaw and tartar sauce on the side of course. One of my all time favorite dishes in any restaurant ever is the Portuguese Style Littlenecks and Shrimp. Unlike many other restaurants in the area this version comes with linguica.

Pee Wee Menu

The End Zone places an important emphasis on family. The folks there understand that a family of four would have to spend a

fortune to go out and eat at a decent establishment – with no guarantee that the kids will eat every bite. You don't have to sacrifice and head out to a fast food chain to save money.

Everything on the Pee Wee menu is either \$2.99 or \$4.99. All the things kids just love – hot dogs, cheeseburger sliders, grilled cheese, chicken tenders and mac & cheese. All but the Mac & Cheese are served with fries.

You won't need to convince the little ones to eat at the End Zone!



World class cuisine starts with passion in the kitchen!

Party Platters and private functions

Got a special event or game coming up? Take a load off and order the End Zone's best offerings by the pound, half-pan or full-pan. Imagine a massive serving of *carne alentejana*, *carne de espeto* or shrimp Mozambique to devour while watching the fights? Boneless Buffalo tenders are a must for any game. Have something a little more upscale? Grab some baked lasagna, chicken, broccoli & ziti, a huge antipasto or Bourbon Tenderloin tips. Their version of paella is the Seafood Rice – Portuguese seasoned rice with scallops, shrimp, calamari & mussels. Oh my.

Don't feel like having that special function or game at your house? Don't want a mess to deal with? No problem. The End Zone has a private backroom with a full sized bar that seats 20. You can watch the game on the "big, big wide screen TV."

The End Zone does Portuguese-American in exemplar fashion. You will find great Portuguese and American restaurants in the city, but you won't find a better Portuguese-American one. A mouth-watering menu alone isn't enough to succeed. Attentive, friendly servers can't make food taste better. Having a fast, consistent backhouse won't do it either. Nor will progressive, efficient management and affordable prices. To be one of the best and survive – nay to thrive – you need to marry all of these elements together and do it day after day without faltering. Some can do well just utilizing two of these factors. Every once in a while comes a diamond in the rough that perfectly assembles all of these factors together.

The End Zone is one of those places. They just **get** it.

Started twenty years ago by Manuel Demelo and run by his sons today, the End Zone will have no problem doing another twenty years. Sons Troy and Ryan took over in 2010 and have continued a tradition built on the bedrock of principles their father laid down. A formula of excellence passed to another generation who want to respect what their father has accomplished. One experience at End Zone and you'll feel that they have nothing to worry about.

I'll see you there!

ENDZONE RESTAURANT & BAR

Come celebrate our 20th Anniversary!

**During the month of September we
are going back to 1994 prices:**

September 1st - 7th:
Cheese Nacho \$4.99

September 8th - 14th:
Boneless Buffalo Wings \$4.99

September 15th - 21st:
Chicken Parmesan Dinner \$7.99

September 22nd - 28th:
Shrimp Mozambique \$5.99

Every day during September:
Endzone Light 16 oz. Draft \$0.99
Killians Red Lager 16oz \$1.99

**Check out our entertainment schedule
on EndzoneSportsPub.com/events**

*Look at those prices!!! For the month of
September only!*

Endzone Sports Pub

218 Coggeshall St

New Bedford, Massachusetts 02746

Phone: (508) 997-7309

E-mail: info@endzonesportspub.com

Facebook: facebook.com/pages/Endzone-Sports-Pub/108200325888324

Website: endzonesportspub.com/

Menu: endzonesportspub.com/menu/u

Special Coupons: endzonesportspub.com/specials

Mon – Wed: 11:00 am – 9:00 pm

Thu – Sat: 11:00 am – 10:00 pm

Sun: 11:00 am – 9:00 pm

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**Seafire Grillhouse and Bar
wastes no time in becoming a
premier Southcoast
destination**



My Seafood Delight: "Littlenecks, Mussels, Scallops, Shrimp and Lump Crab Meat in White Cream Sauce, Marinara Sauce or White Wine Sauce Over Fresh Linguini."

I won't beat around the bush. I won't lead you on a vague trail of allusions keeping you guessing as you read. I'll be transparent as possible and state that last night I had one of the best meals in my life.

I'm a bonafide, passionate foodie. I'm willing to admit that I may even be a food curmudgeon. I'm getting a bit of "cranky, old man" syndrome as I get older. In this day and age, it seems you pay a modest amount to dine out and often it's a disappointing one. The food is delicious, but the service is dismal. The service is friendly, but the salad is wilted and the portions small. How many of you have eaten out and received a bill, only to be overcome with diner's remorse?

I'm apprehensive these days when I dine at a new place, my shoulders tense up. My back slumps. I'm already anticipating the diner's remorse. Well...that's a bit of exaggeration, but my expectations are typically set low, so the let down isn't from so high. In fact, I have had so much poor, processed seafood that you need to twist my arm to order it. I need multiple confirmations from "experts" that the seafood is unprocessed and fresh. Who wants to pay \$20+ to bite into a flavorless, sterile saltball? If I want that, I'll go to the beach and

pretend to drown...for FREE.



A stunning water feature is just one element of Seafire's elegant decor.

Arrival, Ambiance, Atmosphere

My brother and I arrived on a Wednesday evening figuring there would only be a small to moderate crowd. Parking in a parking lot downtown feels odd. Seafire Grill one of the last prime real estate parking spots in the city. That's nice. Nothing worse than starting out an evening with the frustration of finding available parking.

Walking into Seafire and turning towards the entrance is a genuine treat. What a gorgeous facility. Owner Greg Kulpinski exposed much of the building's old character knowing full well it would set the ideal ambiance and atmosphere. Being a history buff, I simply adore seeing interior stone walls and exposed timber ceilings. It's New Bedford after all!

After the doors open, you are immediately in the dining room. There is a hosting platform to the left and a rectangular island bar that seats approximately 20 people to the right – with about 8-9 people enjoying themselves. We were immediately greeted by the exuberant bartender and within a few seconds restaurant manager Adam pleasantly greeted and sat us. Total waiting time? About 8 seconds. About a dozen gorgeous, ebony wood tables impeccably set (they won “Best Table at the **Taste of Southcoast in 2014**) filled the primary dining area which

was also decorated with a fabulous water feature and some stunning art.

While we had this area to ourselves, the adjacent patio area was filled. It was elegant, gorgeous and had us considering a move to it. Loud, hunger pangs kept us practical. In addition, to the regular menu book, you receive a cocktail menu and a wine list (and champagne) all bound in hardcover.



*Atmosphere, ambiance
done right without
being pretentious!*

Very light music – on this night it was 80s music which I enjoyed being class of '88 – filled the room. Perfectly piped volume so as to not force anyone to have to compete it with it to have conversation, but amplified enough to set the atmosphere.

Service and Appetizers

Our server Taylor came within a minute to take a drink order. I ordered a Pinot Noir and Mike stuck with water since he didn't spot his stand-by, Chianti by the glass, on the wine list. Only took him 4 minutes to change his mind and order a Pinot Noir though!

Taylor returned with the wine and some spectacular bread rolls. These round balls of joy were accompanied with a small ramakin of what appeared to be homemade butter. Off to great

start. Poring over the menu, I was delighted to see some originality. Clearly a significant amount of care went into crafting the menu. This wasn't a menu that was 6 pages with an 200 choices. It was a modest menu that declares "We know what we do...what we excel at. We're sticking to it." A menu that has just the right amount of items on it is a key to success. Day in, day out, night after night creating a menu of this size translates into consistency and excellence.

A number of appetizers jumped out at us. Portuguese or Rhode Island Style Calamari, Crab Cakes, Coconut Crusted Shrimp, Lobster Ravioli, Mussels and an unusual Crunchy Ahi Tuna Tacos which are described as "Pan-Seared Tuna, Sesame Seeds with Cucumber, Fresh Wasabi Aioli and Sriracha." I love Sriracha. In addition to French Onion Soup and Clam Chowder, Seafire has their own signature Lobster Bisque: "Traditional Topped with a Lobster Crostini and Lobster Butter."

A wide variety of salads are offered. In addition to House and Ceasar salads, there is an Asian Soba Noodles Salad of "Fresh Vegetables and Sesame Dressing Topped with Fried Wontons with the option of adding Teriyaki (Salmon, Chicken or Shrimp) or Sesame Ahi Tuna. A Wedge salad, Caprese, Gorgonzola and Spinach Pear Salad.



*You need this antipasto
in your life!*

It was difficult to choose an appetizer, but we settled on the Littlenecks "White Wine, Onions, Garlic, Olive Oil and

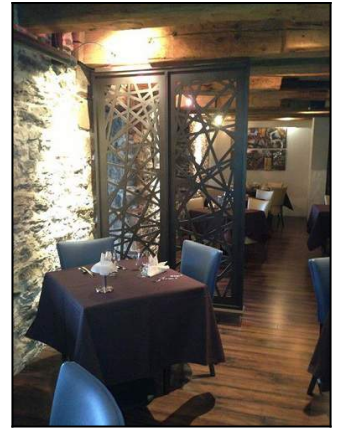
Marinara Sauce or Portuguese Sauce.” (\$10.99). We opted for the Portuguese sauce. While Taylor put the order in, we dug deeper into the menu. It was clear that Seafire Grill chose “Surf and Turf” as their specialty.

The opening act

The Littlenecks arrived – a dozen little treasures piled upon one another. The aroma was magnificent. The taste was grander. These were the freshest, most tender littlenecks I’ve ever had lightly tossed with cooked onion slices and topped with two crostini. Cooked perfectly. *Perfect*. The white wine sauce was a successful marriage of wine, garlic and the proper amount of saltiness. These poor things had no chance. I considered the merit of explaining to Mike that since I had 50lbs on him, I should get 7 or 8 of them and he should get 4 or 5. It would have only been fair. I could honestly sit at the bar and make 4-5 orders of these, stabbing any greedy hand with my fork.

Everything to this point had instilled a confidence in me that it was going to be a *good* night. This is the entire point of going out to dine with friend or family. A restaurant is supposed to be interdependent to your company and conversation. The atmosphere is there to energize and push the dialogue. The introduction of dishes intermittently is to compliment and pace the chat. A synergy of give and take to provide a positive experience. Seafire nails it. My brother and I could relax – just “let go” and enjoy ourselves.

Being the churlish lot that I am, when Taylor returned to clear the plates I asked her if it would be in bad form to lick the plate. She replied “Do you want me to hold the plate for you?” I wish she wasn’t kidding. Bravo, Taylor.



*Exposed stone,
antique timbers
and a modern
setting.*

Choosing Mains

We again pored over the menu and there was quite a selection: Blackened Mahi Mahi, Cajun Rare Seared Ahi Tuna (Steamed Rice, Wakame Salad, Wasabi, Stuffed Salmon or Grand Marnier Salmon (With Raspberry *Beurre Blanc* Over Spinach and Potato of the Day, Pickled Ginger and Soy Sauce). A Lazyman's Lobster, Risottos, Sole and even Fish And Chips. There were pasta dishes, and a fabulous "Steak and Chops" section.

Kobe Beef Burger, 8oz Filet Mignon Gorgonzola Butter and Port Wine Sauce, Filet Mignon, Prime Rib, Chicken Mushroom Marsala and Asian Ribs with Hoison Glaze "Served with Soba Noodles and Grilled Vegetable Stir-Fry." In case, you wanted the best of both worlds there is an option to make your own Surf & Turf Combo.

I ended up choosing the **Seafood Delight** which was a medley of "Littlenecks, Mussels, Scallops, Shrimp and Lump Crab Meat in White Cream Sauce, Marinara Sauce or White Wine Sauce Over Fresh Linguini." (\$22.99) I chose the white cream sauce. Mike chose the New York Sirloin "Topped with a Bourbon Butter Served with Roasted Garlic Mashed Potato and Grilled Vegetable." (\$19.99).

The grand performance

A few moments later, she arrived with our mains. The mingling aromas of steak and seafood were maddening. I was full absorbed in the artwork in front of me. The first thing I noticed was the heaping pile of fresh picked crab meat dead center of the plate. Apparently I was stunned because I said out loud “Is that real crabmeat?!” There must have been a mistake! I grabbed my fork and brutishly stabbed at the strings and chunks. Yes, it was the genuine article. My brother and Taylor vanished. The world dissolved into an unimportant backdrop.



Seared scallops fresh from the Seafire's own boats – over crab and chorizo cakes!

I snapped to and realized there were other items! A dozen, small tender mussels ringed a bed of *al dente* linguini gently dressed in a light, not salty, flavorful white wine cream sauce. Sweet, medium shrimp – I have to say unprocessed and FRESH. My biggest pet peeve is processed seafood and processed shrimp makes me see red. Same goes for the scallops – 20/30 count, slightly sweet medallions of delight. And of course, more of those delectable littlenecks. This was seafood done with respect. Put on a pedestal like it rightfully deserves. No surprise here as Seafire owns two boats epitomizing the from boat to plate concept. They aren't tampering with a good thing.

The subtle touch was the sizes of the seafood. People love

seafood, but not necessarily gargantuan mussels and clams. Massive bellied clams aren't something most people are particularly fond of. Seafire, unlike many places, clearly feels that in addition to freshness being a priority, so isn't hand picking the proper size. It's this extra care and attention to detail that is a common theme at Seafire Grill.

Here was a dish that made me feel guilty. It was so good that I felt like I was doing something wrong. There had to be a catch. Things this good don't just happen to me. Someone must have slipped something into my drink. I eyed my brother, Adam and Taylor suspiciously.

Mike's New York Sirloin (medium well) was a gorgeous thing to look at. Simmering juices and the perfect amount of char accompanied with bright colored, fresh vegetables and a side of chopped, seasoned potatoes. Contrasting my aforementioned churlish and greedy ways, my brother sliced a portion of his steak and offered it to me.



The patio – one of three seating areas plus the rectangular island bar.

I had a Seinfeld-ian moment: knowing the rules of engagement, he knew I would have to return the offer and allow him a go at my seafood. Does he think I'm an amateur? Why is he looking directly at the scallops? I mean, he can have some linguini if he wants.

My first bite into the steak flooded me with memories of the old **York Steak House** – only this was better. York was great, but this was light years ahead. Here I am having one of the best seafood dishes in my life, and now I am tasting one of the best steaks ever? 80s music is playing overhead. In my head, Joey Lawrence let out a “Whoa.”

Grand finale or *coup de grace*

Often in American dining, quality is often sacrificed for portions. It's not always a bad thing – in some cases it's a good thing – but it renders dessert superfluous. The beauty of qualitative, perfect portions is I had a tiny corner of my stomach requesting to be filled. For the first time in a long time, dessert was a possibility. Taylor detailed the half dozen dessert options and we settled on the interesting sounding Chocolate Bag – filled with white chocolate mousse and raspberries and blackberries.

When it arrived, we were a bit puzzled on how to approach it. Do we slice into it? Scoop it out, waiting for the chocolate to soften before eating? So like the rubes we are, we began smacking the chocolate with our spoons. Real sophisticates we are! After scooping a few blueberries, blackberries and strawberries out and devouring them, I noticed they weren't sweetened.



*The glorious
“Chocolate Bag”!*

Here was another theme threaded throughout the Seafire experience: don't oversalt and oversweeten the ingredients. Let the quality and freshness of the ingredients combine with the chef's ability stand on its own. It's an insult to add copious amounts of salt and sugar to ingredients. In my opinion, it's what poor chefs hide behind.

Anyhow, underneath the delightful fruit was handmade sorbet. Wonderful crimson chunks of slightly sweet, citrus-infused deliciousness. Mixing these with a few cracked shells of superior chocolate played for a complex symphony on the tongue. An absolutely divine dessert and a wonderful way to cap off the night.

Conclusion and summation

I should mention that our server Taylor was superlative. Light conversation, attentive to detail, and magically appearing when needed. Distant but always available. That's how I like my servers. Her delightful attitude and presence was the perfect compliment to a perfect night of dining.

With Seafire Grill I found a place that I intend to frequent regularly. Throughout the day, I wondered what some of the other items on the menu were like. The bar is my type of bar and since I didn't experience it that night, I'd like to return and give it a go. A night on the town for me, is a sitting at a bar drinking wine and having great conversation with good company and the atmosphere there is just right.

The pricing of the menu is spot on for what you are getting. Yes, some people wouldn't be able to afford it on a regular basis, but they would certainly make Seafire their destination for a special night, like an anniversary, birthday, or work promotion. Having said that, Seafire is not a pretentious, arrogant high-end restaurant.



*Asian Short Ribs
– Served with
Soba Noodles and
Grilled
Vegetable Stir-
Fry.*

It is highly approachable. A menu designed with care, a world class chef, competent management, and affable servers are a clear recipe for success. Once word-of-mouth gets out, I fully expect Seafire Grill to be a spot that you will need a week out to get a reservation. It's quite simply a spectacular dining experience and one that I'd like to revisit again and again.

There are a lot of similarities between Seafire Grill, Cork and the Pasta House. In terms of detail, care, and excellence they are all siblings. The menus are distinctly different, but these are three of the finest dining establishments in the region. They retain that "upscale" dining service, but without being pretentious.

Seafire Grill has an active Facebook (where they give away free meals!) and website where you can check on [specials](#), [make reservations right online](#), and browse their [menu](#). There is even a [calendar](#), so you can keep abreast of live music, DJ and Dancing or "Make your own hamburger" nights.

You can call for reservations, however walk-ins are welcome.

Got a group or want take-out? No problem. Want to have a special event there? You're in good hands. They accept Visa, Mastercard, and of course, cash.

The Seafire Grill is on the map. They have fired a shot across the bow of all the South Coast's restaurants with the standard they've set here. It's a must have dining experience.

And yes, no brothers were harmed in this dining experience. I did not stab Mike's hand with a fork and I returned his generous offer to sample from my plate.

Or did I?

Seafire Grillhouse and Bar

72 N Water St

New Bedford, Massachusetts 02740

Phone: (508) 999-3333

Email: info@seafiregrillhouseandbar.com

Tue – Thu: 11:30 am – 10:00 pm

Fri: 11:30 am – 11:00 pm

Sat: 3:30 pm – 11:00 pm

Sun: 11:30 am – 9:00 pm

Facebook: www.facebook.com/SeaFireNB

Website: seafiregrillhouseandbar.com/

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All Friends Catering Places Greater New Bedford on the BBQ Map!

Yes. This is an actual picture of Littlenecks made by All Friends Catering!

How does a business -in this case, a caterer- go from unknown to have everyone in the greater New Bedford area talking about it in a three year period? How does one get their business to be highly in demand? By offering mouth watering food and backing it with world-class service, that's how.

Since the economic downturn in 2008, the South Coast region - or the nation for that matter- hasn't exactly been the best environment to get a business started *and* survive. There's plenty of competition too. So, when a business *does* survive past its first year, it can't be simply chalked up to luck or chance. You have to do something right and do that something right better than most.



Down South isn't the only place you can get authentic BBQ!

That's exactly the case with New Bedford native Jonathan Abreu's "All Friends Catering," which serves the greater New Bedford area and beyond, specializing in a BBQ (which is unique to the area) that has a Portuguese and New England twist. While there is no doubt that his training at Johnson

and Wales University in the field of Culinary Arts and Food Service Management, and 15+ years in the food service industry and local restaurants helped – that’s indubitably not enough. You have to make damn good food, to put it simply.

Chances are you’ve heard some word of mouth, read some **testimonials**, or seen some of the drool-inducing images on his **website** or **Facebook**. If you haven’t, the previous sentence contains links. If you are a fan of “drool-inducing” images, don’t fret – there will be plenty in the article and in an album at the end.

This area seriously lacks in the BBQ department, so I’m overjoyed that “All Friends” is around – especially since I’m a foodie! What makes Abreu’s BBQ so darn good? The flavored woods, like hickory, peach, pecan, cherry and apple are a factor. A delectable homemade BBQ sauce, a sweet coleslaw, and all the side dishes as well.

The fact that he buys local -supporting farms like **Silverbrook Farm of Acushnet** in the process- is a HUGE part of it. Using local foods, as opposed to shipped in produce, means it isn’t picked before it’s ripened and shipped on a truck for 4-5 days. You get the freshest fruits, vegetables and meat that are harvested when they are perfectly ready. There is a taste difference that goes far beyond the subtle. In fact, top chefs the world over know this and the vast majority incorporate the idea.



*AFC caters for
weddings, backyards,
corporate functions,*

*and other special
dates*

The idea that there is a New England and Portuguese twist to the BBQ, just tickles me pink. What is a Portuguese and New England twist? Imagine all the traditional BBQ offerings like hand-pulled, tender pork, or dry rubbed, smoked to perfection brisket, or the juiciest chicken tossed with their signature BBQ sauce and topped with pickles. Yes, there's all this tradition and much more.

Add to these a *Portuguese Cheeseburger*: "seasoned ground beef blended with fresh ground chourico, onions, and peppers. Topped with Cheddar cheese," a *Black Bean Burger*: "seasoned black beans blended with garlic, onions, peppers, and bread crumbs," and *Apple Cider & Cranberry Turkey*: "whole turkey in an apple cider brine seasoned with a special cranberry and herb blend and smoked over pecan wood."

Oh, man.

There are plenty of fixings too. BBQ beans, potato salad, cornbread -with or without jalapeño- grilled veggies, Mac-n-cheese and more. Full BBQ menu can be seen here: [**allfriendscatering.com/bbq-menu/**](http://allfriendscatering.com/bbq-menu/)

Lest you think that they only do BBQ, check out their **traditonal menu**, packed with salads, burgers, Hors d'oeuvres, soups, entrees, a carving station and, yes even vegetarian options. As expected, there are Portuguese favorites like bifanas, bacalhau, pork Alentejana, chicken or shrimp Mozambique, cacoila, an Kale soup.



New Bedford's
own Jonathan
Abreu.

But if you think a BBQ, may not be fancy enough for your formal gathering, a quick look at their menu will show some “upscale” entrees like braised pork belly with a sweet cabbage roll, butternut Squash Risotto with peas topped with fresh herbs and a freshly toasted Parmesan chip, and pan-seared hybrid bass with a fresh clam, greens, and a spinach infused sauce to name but a few.

What launches “All Friends” into the stratosphere of salivation is that they will either drop it off or bring this BBQ – and more – to you. They will show up with their trailer, smoker and 6 burner gas grills and make it happen. Have a special day coming? Whether a wedding reception, birthday, anniversary, Baptisms, corporate or just because it's Saturday and sunny, they will save you precious time, fill bellies, and put smiling, blissful faces on every one of your guests. All at an affordable rate to boot, which you can get online using the **Request a Quote** feature, or by calling Jonathan at 774.628.9735.

You don't have to head down south, to have authentic, world-class BBQ. You can have it right here in greater New Bedford. Sure, there will be BBQ snobs, who say, “You have to head to

St. Louis or Texas to get authentic BBQ,” but there’s only one place on planet earth that you can get authentic BBQ with a Portuguese and New England twist, All Friends Catering.

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Cook it Yourself: The Southern Gentleman

Airport Grille Chef Rob Cassi tells you how to make his favorite burger recipe.