

Fall Food Report

Taking the pulse of Newport's dining scene.

BY MICHELLE PANIK



▲ BEET



▲ BLACK GARLIC

Eggs are turning up on lunch and dinner menus, and not a one is scrambled. The Sol Grill and Back Bay Bistro both serve burgers topped with a fried egg, while Patril Bistro & Catering offers it on a pizza. Keeping things simple, Blackie's by the Sea has them pickled, and R + D Kitchen serves deviled eggs as a side. **Beets**, too, are being offered as a side dish, with Gulfstream featuring an oven-roasted version. This versatile vegetable has proven to be a trend with lasting quality, and it's brightening salads in shades of yellow, red and purple at Bayside Restaurant, Café Beau Soleil and Canaletto Ristorante Veneto. Everyone's favorite Swedish appetizer, **gravlax**, is just beginning to appear at fine restaurants. Instead of navigating the meandering floor of Ikea, get it at The Ritz Restaurant and First Cabin Restaurant. Speaking of starter menus, **cornichons** have become popular selections at Bistro Le Crillon and Basilic Restaurant. And with the appearance of **farro**, carbs are hip again. This protein- and fiber-rich grain has turned up at True Food Kitchen and Pasta Pomodoro, and is highlighted at the eponymous Il Farro.

Black garlic may be all the rage in Manhattan and San Francisco, but it's yet to secure a foothold in our city. Still, you can find it at Roy's in their prosciutto-wrapped hebi, which comes with a fennel salad, black garlic and plum relish. More successful has been the widespread addition of **pork belly** to menus, from The Lido Deck to Nesai Restaurant. And there's room for more than one meaty indulgence: **bone marrow** is the new osso bucco. Look for it at Brasserie Pascal, A Restaurant and—for a barbecued version—Yi-Dynasty Korean BBQ. **Sliders** have moved beyond simple ground beef, and are being built with everything from crab cakes to ahi to cheese at Newport



▲ FRIED EGG ON PIZZA

Landing and 3-Thirty-3. And more about small servings: Bluewater Grill Seafood Restaurant, Palm Terrace Restaurant and Nana San all offer **small plates**, a

move that reflects the current interest in both portion control and economical dining. In what is perhaps a takeoff from the food cart rage, **sausages** are appearing on the menus of Pescadou Bistro and Coliseum Bar and Grill. Meanwhile, menus are still featuring **upscale comfort foods**. From Wildfish Seafood Grille's truffled macaroni and cheese to The Blue Beet's beef stroganoff to Daily Grill's meat loaf, we love a meal that consoles. The flavor of **horchata** is popping up throughout the country in everything from cupcakes to frozen yogurt, but this trend has yet to appear here. Stay tuned until winter, when this sweetened and spiced milk could be infusing everything from cocktails to desserts. Our palates aren't completely rejecting Mexican flavors, though. In the world of libations, **michelada** beer cocktails have sprung up at SOL Cocina and Rockin' Baja Coastal Cantina. For something a bit stronger, **classic cocktails**—such as Dark 'n' Stormys, Bellinis and Harvey Wallbangers—are appearing in the hands of bar patrons everywhere, from The District Lounge to Mutt Lynchs to Tommy Bahama's Island Grille. Those who have celiac disease or are just looking for low-glycemic options are ordering **gluten-free** at Cucina Alessa and Yard House. Increasing awareness about carbon footprints has revved up the **farm-to-table concept**, with Modo Mio Cucina Rustica, Sage Restaurant and Taco Rosa driving the green charge. **Gourmet takeout** is proving a better alternative to fresh fast food chains. Refusing to skimp on quality, Pascal Épicerie and A Market offer everything from cassoulet to duck confit pressed sandwiches to go. *



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