

Newsday

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Culinary highlights at Eric's Italian Bistro in Mineola include grilled octopus, mussels Posillipo and roasted vegetable ravioli.

digest these deals

LI Restaurant Week cooks up top meals for under \$30

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Diners, prepare for a bargain. Long Island Restaurant Week is on right now through Sunday, with three-course meals offered for \$28.95 at participating establishments.

The weeklong promotional event has the fixed-price menu available every day, but only until 7 p.m. on Saturday at some locations.

Scores of restaurants are taking part in restaurant week. Here are 10 of them, and some of the items on their special menus.

NASSAU

1 THE BAYOU: 2823 Jerusalem Ave., Bellmore, 516-785-9263, bayou4bigfun.com

This Cajun eatery plans to offer chicken-and-andouille gumbo, a wedge salad, chicken and waffles, shrimp and grits (\$4 supplement), bread pudding. New York-style cheesecake, lemon chess pie.

LONG ISLAND RESTAURANT WEEK
WHEN | WHERE Through Sunday at participating restaurants. May not be offered after 7 p.m. seatings Saturday.
INFO longislandrestaurantweek.com
COST \$28.95

2 CARACARA MEXICAN GRILL: 354 Main St., Farmingdale, 516-777-2272, caracaramez.com
The grill expects to present tortilla soup, mushroom quesadillas; enchiladas with grilled chicken, hanger steak or chorizo sausage; grilled pork chop; roasted and stuffed poblano peppers, churros and flan.

3 ERIC'S ITALIAN BISTRO: 70 E. Old Country Rd., Mineola, 516-280-5675, ericsbistro.com
Highlights include roasted corn chowder with shrimp, grilled octopus, mussels Posillipo, roasted vegetable

ravioli, lasagna with veal-and-beef Bolognese sauce, steak au poivre (\$9.95 supplement), pork chop with broccoli rabe and cherry peppers, dessert sampler plate.

4 MOONSTONE: 14 Northern Blvd., Great Neck, 516-500-1000, moonstoneny.com

Specialties at Moonstone include crabmeat-and-pork soup dumplings, steamed Sichuan dumplings, avocado salad, wonton soup, chicken with nuts in brown sauce, Lake Tung Ting shrimp, kung pao rib-eye steak, beef short rib pad thai, Scottish salmon teriyaki.

5 THYME: 8 Tower Place, Roslyn, 516-625-2566, thymenewyork.com

Notable dishes include ricotta ravioli, jumbo crabcake (\$4 supplement), barbecued duck tacos, pan-roasted chicken, pappardelle with short-rib ragu, seared salmon with spring asparagus risotto, bread pudding, caramelized apple tart.



A specialty of the Bayou in Bellmore is tupeo honey shrimp and grits.

SUFFOLK

6 LE CHARLOT, 36 Main St., Southampton, 631-353-3222, lecharlot.us

Figure on country-style pate, hearts of palm-and-avocado salad, arugula salad, chicken curry with rice, grilled salmon, mussels mariniere, pasta with either pesto or tomato sauce, cheeseburger with fries, crème caramel, chocolate mousse, ice cream or sorbet.

7 A LURE, 62300 Main Rd. (Route 25), Southold, 631-876-5300, alurenorthfork.com

Situated waterside, A Lure's choices include fish chowder, Thai red curry mussels, grilled calamari, pan-seared crabcake (\$3 supplement), fish and chips, macadamia-coconut crusted flounder, grilled sirloin (\$9 supplement), chocolate brownie, warm cranberry-walnut blondie.

8 MAC'S STEAKHOUSE, 12 Gerard St., Huntington, 631-549-5300, macssteakhouse.com

The selections take in Caesar salad, braised short ribs, shrimp-

and-scallop risotto, grilled-salmon, roasted chicken, osso buco with mashed potatoes (\$4 supplement), Argentinian cowboy steak with mozzarella (\$3 supplement), chocolate cake, bread pudding, New York-style cheesecake.

9 MIRABELLE, 150 Main St. (Three Village Inn), Stony Brook, 631-751-0555, lessings.com

The choices at the restaurant and tavern include warm goat cheese salad, asparagus-and-peas creamed soup, baby octopus and calamari salad, roasted spring vegetable risotto, herb-crusted swordfish, Cuban sandwich, osso buco (\$12 supplement), ginger-almond tart, coconut-rhubarb panna cotta.

10 LA TAVOLA, 183 W. Main St., Sayville, 631-750-6900, latavolasayville.com

The rustic Italian spot is set to prepare fried calamari, rosemary-roasted shrimp, tuna crudo, burrata with heirloom tomatoes, grilled pork chop with polenta, gnocchi Bolognese, grilled strip steak, chocolate-espresso brownie.



Fried calamari is served with spicy marinara at La Tavola in Sayville.