



August 2, 2013

## From Fresh to Gula Gula

BY AJI JONES



**FRESH** in Bridgehampton offers menu items to satisfy vegetarian and vegan diets for lunch and dinner seven days a week. Specialty items include raw fresh summer roll with julienned hearts of romaine, beets, carrots, avocado, peppers, scallions and asparagus wrapped

in a collard green leaf with tomato chipotle vegan aioli (\$16); Thai red curried summer vegetables with zucchini squash, spinach, carrots, string beans, asparagus, leeks, bamboo shoots and onions, coconut milk, ginger and cilantro in a garlic and red curry paste (\$9); and Mecox Bay dairy raw milk cheese plate with Atlantic mist camembert, cheddar, gruyere and aged shawondasse with fresh berries on tasted baguette (\$16).

631-537-4700

**360 EAST** at Montauk Downs in Montauk offers a 19th Hole menu daily from 5:30 a.m. to 4 p.m. The menu includes marinated sliced hanger steak with mozzarella cheese, crispy onions, lettuce and tomato on garlic bread with a choice of French fries, potato salad or side salad (\$10.95); open faced grilled cheese, bacon and tomato with choice of French fries, potato salad or side salad (\$6.95); and roast beef melt with garlic bread, mozzarella cheese, au jus, lettuce and tomato with a choice of French fries, potato salad or side salad (\$9.75). 631-483-5025

**EDIBLE EAST END** presents The Great Food Truck Derby in Bridgehampton on Friday, August 9 from 4 to 7:30 p.m. Trucks from Manhattan to Montauk will gather at the Hayground School for an evening of ethnic and local mobile eats along with regional wine and craft beer. Participating trucks include Montaco serving fish, pollo verde and roasted veggie tacos; Hamptons Foodie serving sesame noodles and shrimp ceviche; and Silver Spoon Specialties serving pulled pork sliders. The

every food truck and complimentary beverages. Buy tickets at [bit.ly/GreatFoodTruckDerby2013](http://bit.ly/GreatFoodTruckDerby2013). 631-537-4673

**EDGEWATER RESTAURANT** in Hampton Bays serves dinner Thursday through Monday beginning at 5 p.m. and Tuesday and Wednesday beginning at 4 p.m. Dinner selections include cod livornese roasted with an herb crust and topped with pomodoro, capers, whole roasted garlic and pitted kalamata olives and served over braised white beans (\$26); grilled herb crusted chicken with diced tomato, red onion and feta cheese served over arugula and sliced beets (\$23); and grilled filet mignon topped with a crimini mushroom sauce and shrimp oreganata over spinach served with roasted potatoes (\$38).

631-723-2323

**THE CANAL CAFÉ** in Hampton Bays is open for lunch and dinner Monday through Sunday beginning at 12 p.m. Dinner entrées include grilled flank steak sandwich with sautéed onions, melted swiss and served with fries and coleslaw; fried shrimp hero with beer battered shrimp, slaw and tartar on toasted ciabatta with fries; and crab cakes with jumbo lump crab meat and served with fries and coleslaw.

631-723-2155

**MIRKO'S RESTAURANT** in East Hampton is open for dinner. Menu selections include spice-rubbed-roasted Long Island duck breast with wild rice griddle cake, blueberry compote, orange-honey pomegranate sauce (\$39); herb and panko crusted halibut with sautéed kale asparagus, wild mushrooms, truffle oil vinaigrette and carrot juice (\$39); and pappardelle pasta with fresh asparagus, lobster, caramelized fennel, leeks, lemon zest and red pepper chile flakes (\$44). 631-726-4444

Luchi Masliah's famous **GULA GULA EMPANADAS** are now available—hot and delicious—from Sag Town Coffee at 78 Main Street in Sag Harbor 631-725-8696, [sagtowncoffee.com](http://sagtowncoffee.com). Now in season: Balsam Farm organic corn and onion empanadas! To order empanadas in quantity call