

"TATE'S BAKE SHOP'S NEW ESPRESSO AND CAPPUCCINO SERVICE USES FRESH ROASTED ALDO'S TOO COFFEE. COMBINE THIS WITH THE WORLD-CLASS BAKED GOODS AND THE IDYLIC SETTING OF THOSE LITTLE OUTDOOR TABLES AND YOU HAVE THE ULTIMATE OUTDOOR CAFE EXPERIENCE." -BRIAN BRADY, BRADY DESIGN
TATE'S BAKE SHOP, 43 N. SEA RD., SOUTHAMPTON, (631) 780-6511, WWW.TATESBAKESHOP.COM; **ALDO'S TOO**, 136 FRONT ST., GREENPORT, (631) 477-2859, WWW.ALDOS.COM

Mix Up

"Moi secret: Go to Marika's Antiques on Shelter Island for an amazing mix of Gothic, Victoriana and Modern, all at amazing prices." -JONATHAN ADLER
Marika's Antiques, 6 S. Ferry Rd., Shelter Island, (631) 749-1168, www.marikasantiques.com

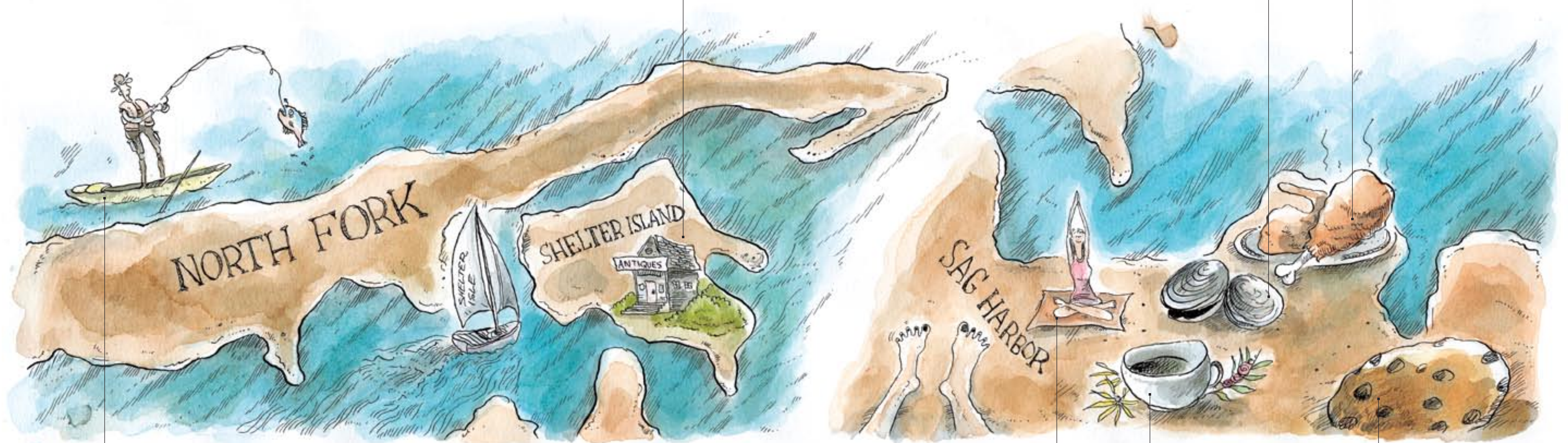
"MIYAMOTO JAPANESE ANTIQUES IS A BREATH OF FRESH AIR IN THE ANTIQUES BUSINESS." -MATKO TOMICIC, LONGHOUSE RESERVE
MIYAMOTO JAPANESE ANTIQUES, 75 WASHINGTON ST., SAG HARBOR, (631) 725-1533, WWW.MIYAMOTOANTIQUES.COM

Power Lunch

"Since real estate keeps me busy every day I like to stop for quick 20 minute lunches in order to break up my schedule, return some calls and check my BlackBerry. B Smith's in Sag Harbor, a tremendously under appreciated spot, gets my nod many days. It's perfect for a dozen Cherrystones while I watch boats come and go from the marina. If you're particularly lucky, the very gracious B. Smith herself and her husband, the ever gregarious Dan Gasby will be there to greet you," -GARY DEPERIA, SENIOR VICE PRESIDENT, THE CORCORAN GROUP.
B Smith's, Long Wharf at Bay St., Sag Harbor, (631) 725-5858, www.bsmith.com

What's Cooking

"Cromer's has the best, best, best fried chicken. They make it every day and it's got an excellent, crispy crust." -ANDREA STARK, STARK CARPET CORPORATION
Cromer's Country Market, 3500 Noyack Rd., Sag Harbor, (631) 725-9087



Row Your Boat

"When I'm tired of laying on the beach I head to the North Fork in search of adventure. When I feel like fishing, I rent a kayak from Eagle's Neck Paddling Company that is equipped to hold all my gear." -DUNCAN DARROW, CHAIRMAN, FIGHTING CHANCE.
Eagle's Neck Paddling Company, 49295 Main Rd., Southold, (631) 765-3502, www.eaglesneck.com

"WHEN YOU REALLY NEED TO CHILL, TRY FREDERICKA FAIRCHILD'S DAILY ELIXIRS (FEATURED AT THE NEW TRUMP SPAS IN LAS VEGAS AND CHICAGO), HARVESTED FROM HER MEDITATION GARDENS ON SHELTER ISLAND. SHE ALSO UTILIZES MEDITATION AND ASTROLOGY IN HER WORLD-WIDE PRACTICE AS A CORPORATE COACH." -ANNETTE ROSE-SHAPIRO, MANAGING EDITOR, C&G PUBLICATIONS
FREDERICKA FAIRCHILD, SHELTER ISLAND, (631) 749-1532, WWW.FREDERICKAFAIRCHILD.COM

To Your Health

"My best kept treasure is Erika Halweil at Yoga Shanti. She is the most lovely person ever and her yoga classes at 10:30 on Saturday morning last much longer than the hour and half on the mat...your sore body will remind you of Erica all week long." -BLAIR CLARKE, VOLTZ CLARKE.
Yoga Shanti, 23 Washington St., Sag Harbor, (631) 725-6424, www.yogashanti.com

Health Nut

"I love the turkey tacos at Provisions (an all-natural organic cafe)...and for a great selection of vintage clothing I head to Havens House." -LISA PERRY, OF THE NEW LISA PERRY SHOP AT THE AMERICAN HOTEL, 49 MAIN ST., SAG HARBOR, (631) 725-3535.
Provisions, at the corner of Bay St. and Division St., Sag Harbor, (631) 725-3636; **Havens House**, 16 S. Ferry Rd., Shelter Island, (631) 749-0025

Soul Food

"My absolute, hands-down, favorite coffee is the dreamy blend from Sylvester. Combined with their chocolate-chunk cookie, it's the answer to all my prayers." -RUSSELL GROVES, PRINCIPAL S. RUSSEL GROVES.
Sylvester & Co., 103 Main St., Sag Harbor, (631) 725-5012