



Sunlight Juice (16 oz. for "Happy Cells")

- 4 stalks celery
 - 2 apples
 - 2 handfuls spinach (add more celery or another apple for a 20 oz. drink)
 - ½ bunch parsley
 - ½ lemon
 - ½ inch ginger
- Blend and serve

KEVIN W. REESE, HOLISTIC HEALTH COACH, MELI-MELO, BEST LUNCH SPOT

Liquid Gold

Ever since its expansion two years ago, Méli-Mélo has been the go-to destination for anyone looking for a quick, fresh, satisfying bite. Of course its pastries are to die for, but for an instant healthy energy boost, check out its hand-pressed juice and smoothie combos. We asked holistic health coach Kevin W. Reese, who created the restaurant's new juice-bar menu, for the scoop on these delicious thirst-quenchers: "They're a great way for people with various lifestyles to maximize their nutritional value quickly. The juice-bar menu includes juices that help the digestive system process heavier foods, and smoothies that act as meal replacements."

362 Greenwich Ave., 203-629-6153; melimelogreenwich.com



Showing Up in Style

SONIA SOTIRE MALLOY, OWNER, SPLURGE, BEST HOME ACCESSORIES BOUTIQUE

When it comes to a hostess gift, a bottle of wine is a no-brainer, but for something a little more unusual, Splurge owner Sonia Sotire Malloy has you covered. Here are her top picks for ways to **SAY THANKS TO YOUR SUMMER HOSTESSES:**

1 Three nifty ways to open, cool and store that unfinished bottle:

Cork Pops Legacy (\$35) has a built-in cutter. Push the needle into the cork and press the air cartridge on top. The cork pops out quickly and easily. The freeze-gel filled Corkcicle (\$25) keeps white wine chilled for up to an hour. The Air Cork (\$29.95) creates a seal for seamless wine preservation.

2 In less than a week, Donovan Designs will create an **adorable set of notepads** with a monogram, a name, even an address. From \$24.

3 Scented bath and body products from Lollia, \$12 to \$62, have dreamy names like Wish, Breathe, Relax and At Last.

4 Featured in colored enamel with a mother-of-pearl finish, **the store's signature Julia Knight collection** handmade serve-ware, \$20 to \$275, appeals to both traditional and contemporary tastes.

5 **The Gurgle Pot** (\$46) produces a delightful "gurgling" sound when you pour—it's a pretty pitcher and a conversation piece in one.

39 Lewis St., 203-869-7600; splurgegifts.com

BAGELS
UPPER CRUST
BAGEL COMPANY
197 Sound Beach Ave.
203-698-0079
uppercrustbagel.com



FISH MARKET
FJORD FISHERIES
158 East Putnam Ave.
203-661-5006
fjordct.com

PIZZA
THE PIZZA POST
522 East Putnam Ave.
203-661-0909
thepizzapost.com

HAMBURGERS
BURGERS, SHAKES
& FRIES
302 Delavan Ave.
203-531-7433
burgersshakesnfries.com

DINER
GLORY DAYS
69 East Putnam Ave.
203-661-9067
glorydaysdiner.com

AMERICAN + STEAKS + SERVICE
GABRIELE'S ITALIAN STEAKHOUSE
35 Church St.
203-622-4223
gabrielesofgreenwich.com

VEGETARIAN
GREENWICH HEALTHMART
30 Greenwich Ave.
203-869-9658

COFFEE SHOP + CAFÉ/BISTRO
THE DRAWING ROOM
5 Suburban Ave
203-661-3737
thedrawingroom.cc

DESSERTS + BAKERY
DIMARE PASTRY SHOP
1245 Post Rd.
203-637-4781
dimarepastry.com

WEEKEND BRUNCH
HYATT REGENCY GREENWICH
1800 East Putnam Ave.
203-637-1234
greenwich.hyatt.com

BREAKFAST
PUTNAM RESTAURANT
373 Greenwich Ave.
203-869-4683
putnamrestaurant.com

LUNCH SPOT
MÉLI-MÉLO
362 Greenwich Ave.
203-629-6153
melimelogreenwich.com

HOTEL RESTAURANT + MARTINI
ELEVEN14 KITCHEN
1114 East Putnam Ave.
203-698-6999
eleven14kitchen.com

OUTDOOR DINING + OUTDOOR BAR
L'ESCALE RESTAURANT
500 Steamboat Rd.
203-661-4600
lescalerestaurant.com

TAKEOUT
AUX DÉLICES
3 West Elm St.
203-622-6644;
1075 East Putnam Ave.
203-698-1066
auxdelicesfoods.com

NEW RESTAURANT
HARVEST WINE BAR AND RESTAURANT
372 Greenwich Ave.
203-869-4080
harvestwinebar.com

HEALTH FOOD + RAW/ORGANIC MARKET
GREEN & TONIC
7 Strickland Rd.
203-869-1376;
85 Railroad Ave
203-622-1479
greenandtonic.com

BEER SELECTION + SPECIALTY BEER
THE GINGER MAN
64 Greenwich Ave.
203-861-6400
gingermangreenwich.com

PUB
MACDUFF'S PUBLIC HOUSE
99 Railroad Ave
203-422-0563
macduffspub.com

DELI
CORBOS
1380 East Putnam Ave.
203-354-4675;
59 East Putnam Ave.
203-869-8500;
470 West Putnam Ave.
203-629-4987
corbosdeli.com