

Our World Canvas ✈️

How to Eat Like a New Yorker
A Sampling of Our Local Favorites
by Amanda & Daniel Gay

Some of America's finest meals can be found across the five boroughs, and many of them don't have the New York City price tag visitors have come to expect. There are countless delicious options that cost less than a 5 Star establishment or the many chains Times Square has to offer.



Our goal with this guide is to offer some local insight on great places to eat in this amazing city without breaking the bank. So take a journey with us a few blocks away from Bubba Gumps. We may even introduce you to some new foods and cultures along the way!

Just a note: We didn't bother to put addresses in this guide as many of these restaurants have several locations. Google Maps is very accurate in New York. It will be your friend.

1

The Meatball Shop

With locations all over Manhattan and one in Williamsburg, there is almost always a Meatball Shop nearby! For \$12, you can score a hero with a side salad. We suggest chicken balls slathered in their tasty house made pesto sauce. Mmmm.



2

Pies N' Thighs

Fried chicken headlines this diner's menu of Southern specialties and signature pies. We both get chicken biscuits with hot sauce and honey butter, then split a side platter of mac & cheese and cheese grits. There are locations in Williamsburg and the Lower East Side.



3

Freda's Caribbean & Soul Cuisine

Hop on the C Train to the Northwest edge of Central Park to get a taste of authentic Caribbean without leaving Manhattan. Freda herself serves up affordable and heaping portions of jerk chicken, curried goat, and calaloo. Take a walk around Columbia's campus or Morningside Park when you're done.



4

Shake Shack

This New York original now has branches all around the world, but to us its still a taste of home. Excellent burgers, fries, and shakes. The lines can be quite long. In our experience, the Upper West Side location @ Columbus Ave and 77th has the shortest waits in the evening.



5

Mamoun's Falafel

A true hole in the wall. Masses flock here for delicious Middle Eastern takeout (there are very few seats at both locations). Try the shawarma & falafel sandwiches. Cash only. Both locations are close to Washington Square Park. Head on over to watch some musicians, dancers, magicians, and artists while you eat.



6

Blend

Blend serves Latin fusion cuisine at a great price during their brunch and lunch hours. (It's one of our favorite brunches in the city.) The mimosas are tasty and you can't go wrong with their churrasco. Take the 7 train out to Long Island City for a visit.





Spritzenhaus

This Brooklyn Beer Hall isn't just known for its drink selection, but also its German sausages. You can get a traditional bratwurst or if you're feeling adventurous, try something like the Rabbit Sausage with Mango Chutney. We like to grab the seats by the fireplace and play a game of Jenga.



Nightlife

Surprise! A guide hidden within a guide. Weren't expecting that, were you? Obviously New York City has countless choices for nightlife, but while we were on the topic with Spritzenhaus, we figured we'd throw in a few other options as a bonus. We're into bars that are fun and have a relaxed vibe. These are a few of our favorites.

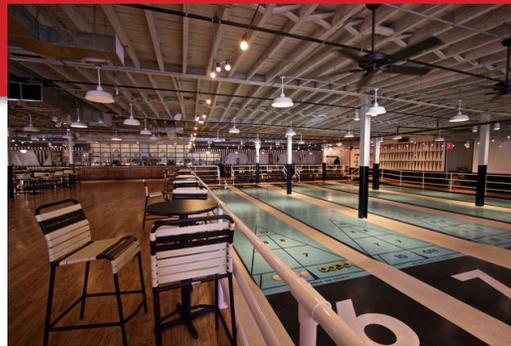
Agozar

This bistro has tasty Cuban eats and buy 1 get 1 free happy hour drinks.



The Royal Palms

Grab a drink, a snack from the food truck, and play some shuffleboard.



Barcade

Bring quarters for arcade games galore. Brooklyn & Manhattan locations.



8

Calexico

Citrus flavors and fish tacos mix with traditional Mexican cuisine in this unique California fusion experience. Whatever you end up getting, try it with some of their famous “crack sauce”. They have food carts and restaurants located in several places around Manhattan and Brooklyn.



9

Num Pang Sandwich Shop

A local Cambodian Sandwich shop that has eight locations from Times Square to the Financial District. The Village Voice voted them “Best Sandwich” in the city in 2013. All sandwiches are served With cucumber, pickled carrots, cilantro & chili mayo on a semolina or quinoa baguette.



10

Mable's Smokehouse

Finding authentic Texas style Barbecue in Williamsburg, Brooklyn is possible with a stop at Mable's Smokehouse. Order at the counter and grab a table while you wait for your brisket, pulled pork, and mac & cheese (or whatever else you decide to order).



Jackson Heights

It makes sense that one of the most diverse zip codes in America would also be home to some of the most diverse food choices. This Queens enclave (just 20 minutes out of Manhattan) is rarely explored by tourists. Even many locals miss out on what it has to offer. This page covers just a few of our favorites.

11

Arunee Thai

Gothamist declared it the best Thai in NYC. We'd have to agree. They have amazing 'lunchbox' deals until 3:45PM.



12

Arepa Lady

Before her restaurant, the Arepa Lady was cooking this Colombian staple on the NYC streets for decades. Utilize their homemade sauces, especially the pineapple relish.



13

Sammy's Halal

Try the Combo Platter at this Vendy Award winning street cart @ 73rd St. and Broadway. We hear 'The Halal Guys' cart in Manhattan is great too!



14

Louie's Pizzeria

The Grandma Pie at this Baxter Ave shop is our favorite pizza in all of NYC!



Bite Sized Tip

While you're in the neighborhood, sample some momos (the Tibetan equivalent of a Chinese dumpling). Jackson Heights, Queens boasts the largest amount of momo vendors in a square mile outside of Nepal! Our favorites come from the Potala truck on Broadway between 73rd and 74th (usually found from 2pm-after midnight). Be careful with the hot sauce!



15

Sweet Green

This one isn't technically NYC based, but it's a very popular option with the local lunch crowds. Picture healthy fast food. We recommend the Kale Caesar Salad - add spicy quinoa. Another very popular option is the the seasonal Harvest Bowl.



16

Joanne Trattoria

A quaint Italian restaurant located in the bottom of a brownstone home on the Upper West Side. Owned by Lady Gaga's parents; her father is often present. Art Smith, who runs the kitchen, used to be Oprah's personal chef. Delicious, but definitely our most expensive recommendation.



17

Dinosaur BBQ

Originally from Syracuse, but who wants to venture all the way upstate. This restaurant offers phenomenal BBQ chicken, ribs, and live music. Thrillist listed them as being one of the top wing joints in the city. Locations in Harlem & Brooklyn.



Desserts

18

Levain Bakery

Over-sized cookies made with love in an undersized kitchen. The line at this Upper West Side store can sometimes be quite long but the wait is #WorthIt. We recommend the **dark chocolate peanut butter chip cookie**.



20

Wafels & Dinges

Belgian Wafels with tasty toppings served out of carts all around the city. Get yours with some "Spekuloots" Ice Cream and Nutella spread.



22

Martha's Country Bakery



Saving the best for last - Martha's is a local's little secret. They serve the best cheesecake in the city. Locations in Astoria & Forest Hills, Queens plus a new location in Williamsburg to open in 2016.

19

Peter Pan Donuts

Donut shops are popping up all over New York, but the Polish/Italian crew at Peter Pan Donuts have been baking them over in Brooklyn since the 1950s. Not only are they delicious, but their prices are a steal at just \$1.10 a donut.



21

Ralph's Italian Ices

This Staten Island original is home to a unique cream based variety of italian ice. Try some out on a hot day at either their Manhattan location (E. 24th & Lexington Ave) or one of the many scattered across Staten Island and Queens.



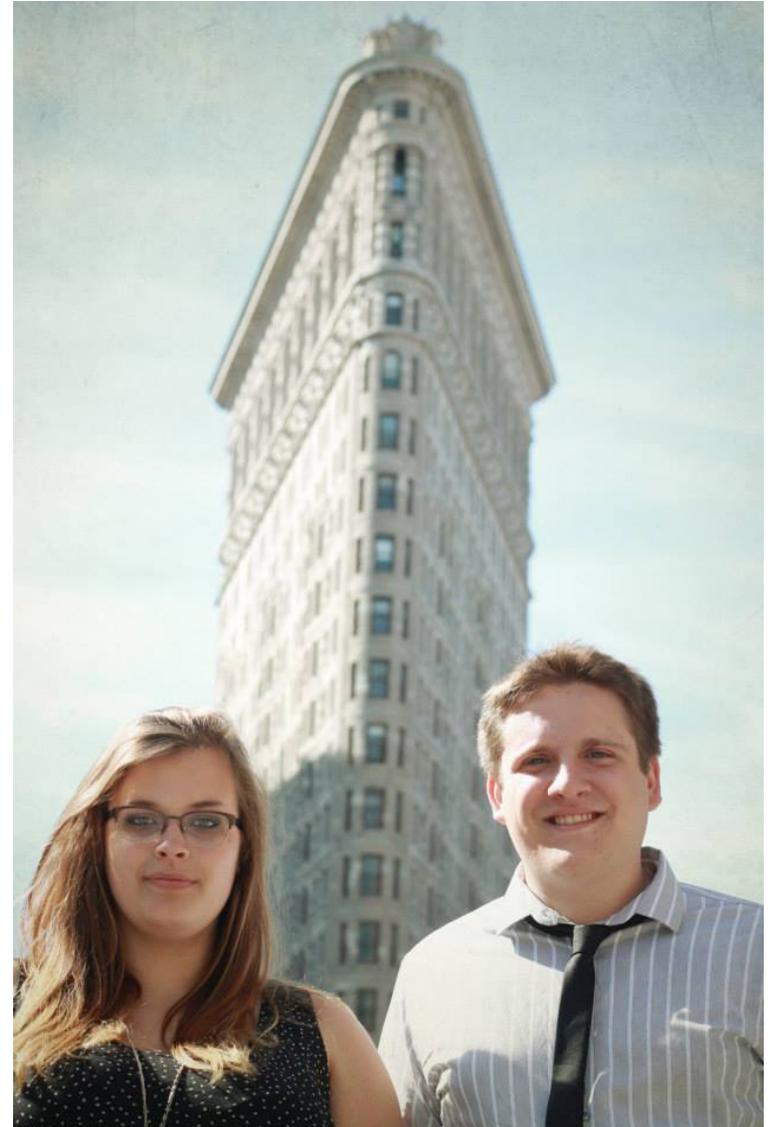
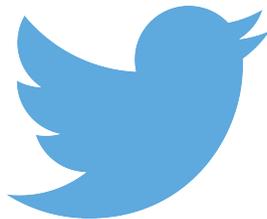
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Our World Canvas would be nothing without loyal readers like you. We appreciate your continued support of this passion project. We hope you make it to New York to try some of our suggestions. If you do, let us know what you think!

Email us with any comments or questions:
ourworldcanvas@gmail.com

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