

# COASTAL menu GUIDE

From the sea, the river, the fields and the forests, North Coast food is fresh, seasonal and, of course, delicious. It starts with our doesn't-get-any-fresher spring chinook salmon and Dungeness crab, and kicks into high gear in early summer, when local produce hits the farmers markets.

The list goes on, with wild mushrooms, albacore tuna and so much more. It's always a good time to eat on the North Coast, but where do you go to find the crispiest fish & chips? Or the juiciest burger? Craving an authentic Mexican meal, or a locally-sourced vegetarian repast? It's all right here.

Chefs and restaurateurs from Long Beach to Manzanita have dedicated themselves to serving up meals that reflect the bounty of our region. In these pages, you'll find everything from family-friendly casual spots to the special occasion destinations that the locals favor.

So whether you're here for just one meal or you're a full-time resident, we wish you good eating.



## ON THE COVER

### T? PAUL? S URBAN CAFE

Fresh Strawberry Spinach Salad with Grilled Prawns paired with a Lange Pinot Gris. A T?Paul's Favorite at T?Paul's Urban Cafe

## VISIT OUR VIRTUAL COASTAL MENU

Turn through virtual pages, click on direct links to restaurant websites, view and download entire menus at [coastweekend.com/menuguide](http://coastweekend.com/menuguide)

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