

Heading for the Shore? Food choices abound

Just what are “the dog days of summer”? If they’re the hottest, stickiest, gotta-get-to-the-beach days in August, then they are definitely here.

I have no idea why they’re called “the dog days,” just as I’ve never understood why people say they’re “happy as a clam.” Personally, I’ve never met a clam that was the life of the party, but it’s possible I’m getting way too literal here. Or maybe I’m cranky because my flowers are burned crisp from too many straight days of relentless heat. At any rate, if you, too, are feeling out of sorts in this weather and you’re looking for a great way to break out of the August rut,

TASTE OF N.J.



**BROOKE
TARABOUR**

there is a solution.

Pile into the car, turn on the air conditioner full-blast and head to the Shore for some good food and cool ocean breezes. But first, read on, because today, it’s all about everything from doughnuts to dinner in northern Monmouth County.

First, if you’re heading to the beach on Saturday

or Sunday morning, you might want to stop at Crown Palace in Middletown (732-615-9888) for an excellent traditional dim sum service. With more than 10,000 dumplings, cakes, rolls, buns and other small Chinese delicacies, you’re sure to find several winners. Don’t miss the rice noodles with shrimp and the stuffed eggplant.

If you’re looking for something lighter for breakfast, head to All Things Cranberry in Monmouth Beach (732-870-8866) for a cranberry bagel, a cranberry orange muffin or a cranberry cream scone. My personal favorite is the cranberry pistachio biscotti, and you might want to take a dozen with you in the car, just in case.