

Food Trend: Mood Foods



By [Emily Green](#)

Ever get in those moods where you want to eat only a certain type of food? Whether it's ice cream, pizza, smoothies, etc, more and more [popular restaurants](#) and companies are advertising their products to be eaten when someone wants to feel a certain type of way.

Everyone has their go-to mood foods. It's a great food trend that everyone can make their own! What

are some moods where these foods can be the perfect boost?

Cravings can fall in directly with the type of mood we are in. Whether we are happy, sad, etc, there is a food that is perfect for the type of mood we're in. Here are some of Cupid's moods where these foods can be a great boost:

1. Feeling happy: Having a great day? Feeling like it's time to treat yourself? Grab some dark chocolate as a snack. Dark chocolate is a great snack full of antioxidants, but also is known to reduce stress hormones.

Related Link: [Food Trend: Rolled Ice Cream](#)

2. Feeling sad: If today hasn't been the best day, you deserve some "you" time. Sit back, relax and grab your favorite tub of ice cream. Ice cream is notoriously known to help people feel better when they're feeling down, so grab your favorite flavor and chow down!

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3. Feeling lonely: When people feel lonely, many tend to actually overeat. Rather than chowing down on your favorite junk food full of calories, opt for some pretzels or pita chips and hummus. It'll fill you up quick, and will still have your body feeling healthy.

4. Feeling tired: Need a pick-me-up before your long day at school or work? Rather than trying coffee, opt for a drink made with matcha. Matcha will give you that energy boost to keep you awake and alert throughout your entire day.

What are some other moods where mood foods help give you that boost you need? Let us know in the comments below!

Restaurant Review: Take In Soft Jazz & Creole Eats at Arnaud's



By [Bonnie Griffin](#)

In this [restaurant review](#), Arnaud's in New Orleans serves classic Creole Cuisine in the heart of the French Quarter. Arnaud's has been serving people since 1918. With an award-winning bar, great food, and dinner with Jazz music, you can't go wrong if you're looking for a great meal or romantic date night dinner for two.

Restaurant Review: Arnaud's offers a supreme New Orleans dining experience!



Arnaud's signature dish, Shrimp Arnaud. Photo: Yelp.com

Looking for a romantic dinner date that is bound to impress. Arnaud's offers two main dining areas that are sure to meet your needs. Looking for beautiful elegance, then book your reservation in the main dining room. How about a little music to liven up the night? Reserve dinner in the Jazz Bistro room and enjoy your classic Creole dish with a little pizzazz with some live Dixieland Jazz.



Arnaud's Filet Mignon. Photo: Instagram/@arnaudsnola

This [popular restaurant](#) has a delicious Creole menu that is sure to keep you wanting to come back for more. They offer wonderful signature dishes like Shrimp Arnaud, Smoked Pompano, and Filet Mignon au Poivre. Everything is elegant from the rooms and decore, to the staff's attire and the guest dress code which recommends jackets for gentlemen in the Main Dining Room. You won't catch anyone wearing shorts and flip flops in this restaurant.



Arnaud's Fine Dining. Photo: Instagram/@arnaudsnola

Arnaud's is great for a sophisticated taste of the French Quarter located only steps away from Bourbon Street. Want an elegant night out? Reserve dinner in the Main Dining Room. Or, if you're looking to add a little spice to [date night](#), you can enjoy live Jazz music in the Jazz Bistro, all while eating some of the best Creole Cuisine that New Orleans has to offer. You can find more about Arnaud's and make reservations online at <https://www.arnaudsrestaurant.com/>, or through social media on [Facebook](#) and [Twitter](#).

Restaurant Review: Enjoy

Haute Creole Cuisine at Commander's Palace



By [Bonnie Griffin](#)

In this [restaurant review](#), Commander's Palace in New Orleans has been voted one of the best restaurants in the South by *Southern Living*. Commander's Palace is known for award-winning food and a lively atmosphere full of history, giving visitors an enjoyable glimpse into New Orleans history while enjoying Haute Creole cuisine.

Restaurant Review: Commander's

Palace is the go-to for Haute Creole cuisine!



Outside view of Commanders Palace in New Orleans. Photo: Facebook/@Andrew Schuld

It is no wonder that Commander's Palace has won seven James Beard Foundation Awards. The restaurant has had numerous renowned chefs working there, preparing delicious cuisine from Emeril Lagasse, to Tory McPhail.



Commander's Palace Turtle Soup. Photo: Yelp.com

Thanks to the owner's pride in the restaurant and these famous chefs, Commander's Palace is a world-class restaurant you'll be dying to try if you make a trip to New Orleans.



Commanders Palace Pecan Crusted Gulf Fish. Photo: Yelp.com

If you're looking for a great place to eat on [date night](#) and wanting to dress up for your partner, look no further than Commander's Palace. This [popular restaurant](#) has a strictly enforced dress code, and the restaurant is all about fine dining with elegant white tablecloths and crystal chandeliers. It will be sure to impress your date. You can enjoy one of the chef's innovative meals like pecan-crusted gulf fish, turtle soup, or gumbo du jour. Top it all off with a glass of wine from their award-winning wine list.



Commanders Palace Wine. Photo: Instagram/@commanderspalace

Commander's Palace is great for date night, or dinner anytime. Although many patrons are from out of town the atmosphere is elegant and welcoming with an air of sophistication. You can enjoy award-winning food and wine while receiving top-notch service. You can find them on their website at

<https://www.commanderspalace.com/>, or through social media on [Facebook](#) and [Twitter](#).

Food Trend: Global Spices Are Heating Up



By [Emily Green](#)

Everyone needs to spice up their lives in one way or another, and what better way to do it then start playing with different spices in your food! In every aspect of society, we are constantly bringing bits of pieces of other cultures into our lives. [Popular restaurants](#) all around the world are adding

these spices into their meals, and you can too!

Adding global spices to your dishes is quite the up and coming food trend. What are some of the best global spices to try in your meals?

Every country has unique spices that truly bring out the best in some signature dishes. By switching up some spices in your dishes, you can find a new flavor that your taste buds will absolutely love! Here are some of Cupid's favorite global spices to try in your meals:

1. Urfa Biber: Also called isot pepper, urfa biber is a chili pepper from Urfa, Turkey. This spice is commonly used in the Middle East and brings that slight kick to any meal. If you love a smoky and fruity taste to your meals, this is the spice for you.

Related Link: [Food Trend: Millennial Flavors to Watch](#)

2. Zhoug: While not an actual spice itself, this Middle Eastern cuisine will definitely bring the spice to your taste buds. This condiment is made of every mouth-watering spice you can think of- jalapeno peppers, chili flakes, garlic, cardamom and much more. Even if you love spice, we recommend you take it slow with zhoug, especially if you don't want your mouth on fire.

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3. Ground Sumac: If you love a tangy flavor, ground sumac is the spice for you. Sumac brings a lemony flavor to your meals, all the way from the Middle East that you won't ever regret trying.

4. Fennel: Fennel is a spice that brings a warm, flavorful taste you won't forget. Fennel is commonly used in Italian, Indian and Middle Eastern cooking, and leaves every meal with a taste you will absolutely savor.

5. Harissa: A North African chili pepper powder, or paste that will leave your mouth on fire and wanting more! Many people use harissa by sprinkling it over their pasta, meat, anything, and give you that kick that will send your taste buds into overdrive.

What are some other global spices we should try? Let us know in the comments below!

Food Trend: Zero Waste Eating





By [Bonnie Griffin](#)

In recent [food trends](#), restaurants and bars are taking the age-old saying “less is more” to new heights with zero waste eating. Restaurants are using many different methods to ensure no food goes to waste, from composting to donating glass trash for recycling. Some [popular restaurants](#) are even passing the trend along to customers with no cutlery waste and reusable packaging. When enough food is thrown away each year to feed 870 million people, it is nice to see a food trend that helps eliminate unnecessary waste.

Zero Waste Eating is a new food trend that can help you cut down on food waste. Here are some ways to waste less food.

Restaurants and bars typically have a lot of waste from food that doesn't get served or eaten to paper and plastic cutlery and broken dishes. When people are starving while food is

being thrown away by the gallons it is nice to see restaurants stepping up and working to eliminate waste. You don't have to be a restaurant or bar to practice zero waste eating. Cupid has some food tips on zero waste eating:

1. Only cook what will be eaten: It's unimaginable to imagine we would throw away perfectly good food when people around the world are starving, yet it happens often. Large portions lead to food waste that is unnecessary and this can easily be avoided. When preparing meals or ordering at a restaurant only order or make what you know you and your family will eat. If you do wind up with too much food, don't throw it out. Leftovers taste great a day after and can make for a great lunch for work. If you really don't want your leftovers, give it to someone else who will want it.

Related Link: [Product Review: Harlow's Harvest](#)

2. Composting: Have too many leftovers, or you are tired of eating the same thing after night two and considering throwing away perfectly good food? Why not try composting? Composting helps you build up your soil so that it retains moisture and reduces the need for chemical fertilizers. It is great for that beautiful flower bed you've been wanting to plant to liven up your curb appeal or can be used to plant your very own garden where you can grow your own fresh vegetables.

Related Link: [Food Trend: 5 Ways Pickles Are Better Than Bread on Sandwiches](#)

3. Stop using disposable dishes and utensils: We all know using paper plates and plastic utensils are convenient. All you need to do after you're done eating is toss it in the trash. Have you thought of the impact doing this has on the environment? Bright white paper plates are composed of wood fibers which must be bleached and have chlorine compounds in them. Plastic doesn't rot, so it harms wildlife. Instead, use dishes that can be reused and washed to eliminate the waste

you created when you eat. It only takes a few minutes to wash your dishes after you are done with your meal.

Related Link: [Love & Libations: Celebrity Pink Sips For The Summer](#)

4. Store food properly: How often do you throw away food that went bad because it wasn't stored properly or wasn't used in a timely manner? Cut down on food waste by storing food properly so it lasts longer, and only buy perishables that you know you will be used within a set amount of time. You can buy plastic storage bowls or plastic bags to store your food. Also, don't underestimate the power of your freezer, which will help keep certain foods longer (even bread) until you can get to them.

5. Shop with a plan: Start meal planning. This way, you'll know exactly what you need to buy after you make a shopping list for your next trip to the grocery store. As long as you can keep yourself from deviating from your list, you'll prevent yourself from buying food you don't need and won't need to worry about expiration dates. You'll also eliminate waste by throwing out food that has gone bad, so you'll save more money.

This zero waste food trend is one we can get behind. Tell us your ideas on cutting down on food-related waste below.

Restaurant Review: Rue 57 in NYC Serving Up Superb Flavor!



By [Bonnie Griffin](#)

In this [restaurant review](#), Rue 57 in New York City takes a drab corner bar to new heights. Critic Rob Patronite and Robin Raisfeld rave, saying, “What used to be the dreariest corner on 57th Street is now a boisterously attractive destination with quirkily superb dishes like mission fig turnovers with Parma ham and duck crumble.”

Restaurant Review: Rue 57 in NYC is serving up superb flavor and a luxurious atmosphere for every meal of the day!



Rue 57 Lobster dish. Photo: Instagram/@rue57nyc

Rue 57 may look small and quaint from the outside, but it touts three stories once you walk inside and is decked out in lavish decorations making for a truly elegant experience. The decor will set the mood for dinner and makes a great location for [date night](#). Don't want to eat lunch outside? That okay because they have a beautiful outdoor section where you can enjoy your brunch in the sun.



Rue 57 NYC Beautiful Dining Hall. Photo: Yelp.com

Not only does Rue 57 offer a beautiful environment with succulent food, but their bottomless brunches keep the customers coming back for more. Their menu is bound to meet your taste bud's desires ranging from burgers and steaks, to seafood and incredible sushi. All of this served by their friendly and attentive staff makes it one restaurant you will not want to miss the next time you're visiting New York City.



Rue 57 NYC Brunch. Photo: Instagram/@ms.knowwheretogo

Rue 57 in New York City is great for brunch, lunch, and dinner. Essentially, if you're in NYC and looking for a great atmosphere with stellar service and amazing food, look no further than Rue 57. You can find them on their website <https://rue57.com/>, or through social media on [Facebook](#) and [Instagram](#).

**Popular Restaurants: Choose a
Beef Alternative Like
bRestaurant**



By [Bonnie Griffin](#)

Finding a good restaurant that caters to your dietary needs if you are vegan can often be a challenge. One [popular restaurant](#) found a way to meet that need. bRestaurant became popular when they decided to step up and serve a delicious burger with their vegan customers in mind. The impossible burger was created in March of 2018. The burger has been met with great responses, even from the restaurant's meat-eating burger fans. Next time you're looking for a great-tasting vegan option, bRestaurant has a great burger you might want to give a try at one of their multiple locations in the United States.

This restaurant took beef alternatives to a new level with

their impossible burger. What are some other great beef alternatives that you could enjoy?

Finding alternatives to beef that taste good can seem like an unwarranted chore. With so many restaurants looking at vegan dishes like the leftover corner on their menu, we often have to look to ourselves for a good vegan meal. Cupid has some suggestions when it comes to vegan-friendly beef alternatives that you might enjoy:

1. Tofu: Tofu can be a great alternative for meats like seafood, chicken, pork, and beef. The trick to using tofu as a tasty meat substitute is making sure you pick up extra firm tofu, and be sure to press it. Because of its incredible ability to absorb seasonings, you can give it just about any flavor your tastebuds desire.

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2. Seitan: As long as you don't have any gluten allergies, seitan is a good meat alternative. It is a great source of protein, and dense and chewy enough that you can cook it any way you want including grilling or frying. You choose how to season it, and the right seasoning can give it the flavor of chicken, beef, or pork.

Related Link: [Travel Destination: Top 5 Bakeries You Need to Try in NYC](#)

3. Pea protein: Not everyone wants to eat veggie burgers all the time. If you are sick of them or hate them all together, try pea protein products. Pea protein products do a great job of creating a solid meat-like texture. It is seasoned to mimic the flavor of beef, pork, and even hotdogs. On top of being vegan, pea protein products are soy, gluten, and GMO-free, and

they contain a lot of protein.

What are some of your favorite meat alternatives? Let us know your thoughts in the comments below.

Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non- Vegans



By [Jessica Gomez](#)

Veganism is growing rapidly! We can tell by the number of restaurants popping up in populated cities – New York City being one of them. There are many delicious New York restaurants that both vegan and non-vegans alike enjoy. In New York City, there is so much variety and that serves true for the vegan restaurants. Want to know which yummy places to dine at pronto?

Here are five popular restaurants that are sure to satisfy your cravings (in no particular order), along with some other places with tasty vegan eats:

The restaurants listed here all happen to be located in Brooklyn and Manhattan – not a bad commute for many!

1. [Champs Diner](#): Oh, how we love Champs. This is a great diner located in Williamsburg, Brooklyn and is open Monday through Sunday 9am to 12am – Yeah, you heard (read) right! Craving milkshakes, burgers, and sandwiches? Craving pancakes, waffles, and tofu scrambled? Then add this place to your list. The mac n cheese and mozzarella sticks are also lovely and cheesy, without the cruelty and guilt! This laid back, hipster joint is sure to please.

2. [VSPOT](#): Want some vegan Latin flavor? We know we do! VSPOT has two locations: one in St Marks, Manhattan and one in Park Slope, Brooklyn. They have slightly different menus, so check 'em out before choosing the location you desire. They have empanadas, quesadillas, tacos, burritos, burgers, sandwiches, rice and beans – you mention it! We're drooling just thinking of all these options. Want to know what else is cool? The St

Marks location has free stand up comedy shows once a week in the evening, check out their social media for more info.

Related Link: [Food Trend: How To Utilize Farmers' Markets Near You](#)

3. **[Red Bamboo:](#)** Comfort food? Yes, please! Located in Manhattan off the West 4th train stop, Red Bamboo is a little, underground (literally) gem that you need to try! Phone reception there isn't good, so bring good company, whether it be a person or a book. Now, on to the food... they have a diverse and extensive menu, so be sure to check it out. Order the popcorn chicken and shrimp, and try their delicious sandwiches (we love the chicken cutlet sandwich!). And now just like that, we're all hungry.

4. **[By Chloe:](#)** There are multiple locations all across Manhattan, so take your pick. Salads, pasta, burgers, sandwiches, sweets, and Brunch! Take your pick again, this place has tons of options for everyone. It can be hard to get a seat at times for certain locations, so be ready to grab and go.

Related Link: [Celebrity Diets: 5 Celebrity-Approved Diets to Achieve Your Summer Body](#)

5. **[Rip's Malt Shop:](#)** This Brooklyn luncheonette brings you with love American-classic vegan, comfort food! Need delicious protein? This place has 'em. Full of plant-based protein, this joint brings you burgers, hot dogs, sandwiches, and ice cream! We hear your stomach growling! There's nothing simple about the food here. Just checking out the photos on their site will make you crave these delicious meals.

Other honorable mentions are the following (in no particular order): [The Cinnamon Snail](#), [Blossom Du Jour](#), [Beyond Sushi](#), [Terri](#) , [Vegetarian Palate](#), [Loving Hut](#), and [Dao Palate](#). Stop by these places and grab a bite, you won't regret tasting all the deliciousness vegan food provides!

Which place are you dying to try? Comment below!

Restaurant Review: SUR Restaurant & Lounge in LA Is a One-of-a-Kind Dining Experience



By Bre Gajewski

In West Hollywood, just a block off of Melrose Avenue lies SUR Restaurant & Lounge, a beautifully designed space with several unique rooms, a charming wait-staff and delicious food.

Restaurant Review: [SUR](#)
[Restaurant](#) is serving up delectable Southern European cuisine, making you feel like you have traveled abroad without leaving LA.



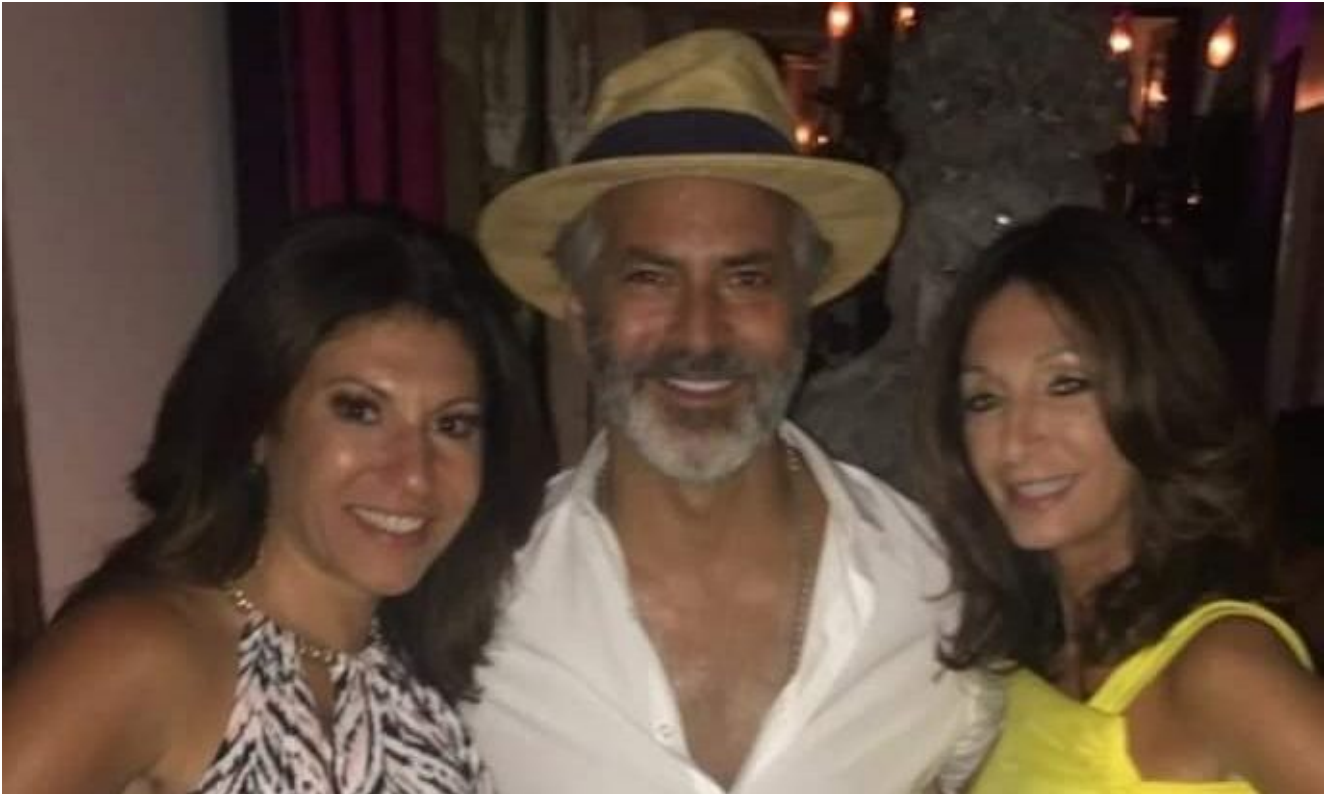
An elegant dining area at SUR

SUR is owned by two couples: Guillermo Zapata (the original owner) and his wife Natalie alongside Lisa Vanderpump and Ken Todd, whom you may know from hit reality TV show *Real Housewives of Beverly Hills* and *Vanderpump Rules*. In fact, the latter show follows the employees at SUR as they build their futures.



The owners of SUR restaurant: Ken Todd, Lisa Vanderpump, Guillermo Zapata and Nathalie Zapata

Lori Bizzoco, Founder and Executive Editor of Cupid's Pulse, recently had the opportunity to not only meet Guillermo and the staff at SUR, but also to enjoy a meal when she was in Los Angeles last week. "What you see on the show does not depict the politeness and attentiveness of the staff," said Bizzoco. "We were definitely expecting to see some more drama but everyone we met were so sweet."



Lori Bizzoco, Guillermo Zapata and Tonia DeCosimo at SUR

It turns out that the ambiance at SUR truly stands up to its name: Sexy Unique Restaurant. Each smaller room in this large venue creates an intimate dining setting. Along with its indoor dining, SUR also has a romantic outdoor patio and a chic private-party room. "It was beautifully decorated with fresh flowers everywhere," Bizzoco mused. "It felt like I was in an old mansion or walking through a Victorian maze. There was room after room, each one more elegant than the last."



One of the many dining rooms at SUR

Outside of the ambiance, the food is what makes this restaurant stand out. Bizzoco had the opportunity to try out various items from the SUR menu. She started out with the Chicken Steamed Dumplings and Fried Goat Cheese appetizers, which were both delicious.

Bizzoco also tried the Shrimp Risotto, which she described as “incredible” in addition to the Jumbo Shrimp Fettuccine. “The shrimp melted in your mouth, and the fettuccine was so creamy and smooth,” she said.



Roasted Salmon Dish

That being said, Bizzoco's favorite dish was the Roasted Natural Salmon depicted above. "It was amazing," she said. "Beautifully seared on the outside and so moist on the inside that it melted right in my mouth."

With its beautiful ambiance, seasoned wait-staff, and delicious menu, SUR definitely stands up to its self-description as being on the "cutting-edge of style and cuisine." Dining at SUR (or even just stopping in for drinks) is an experience unlike any other.

Check out their [website](#) for more information and don't forget to follow them on [Facebook](#), [Twitter](#) and [Instagram](#) to fill your timeline with mouth-watering food.

Popular Restaurants: The Best Bakeries in NYC



By [Ashleigh Underwood](#)

New York City is the place to be when it comes to the best and most exciting restaurants. The city is always up to date with the latest trends and hottest foods that everyone is dying to try. And what do people love more than a bakery that serves up the tastiest bread and pastries? Well, your search for the most popular restaurants is over because here they are!

There is nothing better than

finding a restaurant you love and having them serve up your favorite treats. So, take a look at this list of the best bakeries in NYC and find out which one is your new favorite spot!

1. Arcade Bakery: If their creative name doesn't make you want to visit, the taste of their delicious pastries will. This simple little restaurant is home to NYC's best croissants. Talented baker Roger Gural is serving up an amazing variety of cafe food including breads, pizzas, sandwiches and babka. However, their hours are limited to 8am-4pm on the weekdays, so you have to get there early and snag your treats!

Related Link: [Popular Restaurant: The Best NYC Vegetarian Spots](#)

2. Maman: Filled with the most beautiful french aesthetic, this restaurant is sure to win your heart (and stomach). With six locations to choose from, there is no excuse not to check out this cute cafe. With their inspiration coming from Southern France and North America, the restaurant offers many types of food such as; sandwiches, salads, quiches, soups, pastries and desserts, breads, and coffee. Their ingredients are all local and fresh, so we are sure that you will find something to satisfy your french craving.

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3. Butter & Scotch: This bar/dessert parlor is unlike any place you have been to before. Pairing together alcohol and your favorite sweet treats, this restaurant puts a new twist

on your childhood ice cream parlor memories. While this fun combinations seems to be their specialty, the restaurant also offers a regular menu during the daytime which is guaranteed to tickle your taste buds. Butter & Scotch is also a proud supporter of the “girl gang” and shows it with a specialty menu. Any drink bought off this menu will send a portion of the proceeds to Planned Parenthood and help women everywhere.

Related Link: [5 Surprising Foods Your Favorite Celebrity Chefs Love to Hate](#)

4. High Street On Hudson: Originating in Philadelphia, this unique menu creating sandwiches with the best bread around comes together in this exciting restaurant. High Street On Hudson offers a variety of bread and pastries, that are truly unlike any other. The bread used for their meals, are their main focus. Each sandwich has its own unique bread creation that shifts from morning to night. Their appeal grows even more as they offer the opportunity for customers to purchase loaves of bread separately to form their own creations at home.

Related Link: [Famous Restaurants: Hottest Happy Hours in NYC](#)

5. Great Northern Food Hall: Located in Grand Central Terminal, this Nordic restaurant is perfect for business lunches, quick snacks, or even dinner with friends. Since they have a Nordic inspired menu, this restaurant is dedicated to their breads. They even have their own unique bread making process adopted straight from Denmark. They hand shape their loaves with very wet dough allowing for a perfect texture and crumb which their customers love. Along with their delicious breads, they also offer fabulous danishes and tarts that are as sweet to look at as they are to eat.

What are the best bakeries you have been to in NYC? Comment below?

Popular Restaurants: The Best NYC Vegetarian Spots



By [Ashleigh Underwood](#)

For quite a long time, it was tough for vegetarians to find a good meal in New York City. Most of the time, vegetarian food would be bland, poorly cooked or of the cheapest quality—definitely not something you would be dying to eat. However, as more and more people have traded in their meat loving ways and opted for a vegetable-based diet, NYC has finally gotten on board. Now, there are many food options and places to choose from that will have vegetarians swooning.

Are you a vegetarian looking to try out some awesome new meals? Check out the most popular veggie-friendly restaurants in NYC!

1. Beyond Sushi: When most people think of sushi, they automatically think of raw fish wrapped in rice, which is not necessarily ideal for a vegetarian. What if there were a place that took your love for sushi and made it vegan? Well, Beyond Sushi is the place for you. With many options beyond the basic California roll, there is certainly something for everyone. This restaurant opts for foods such as curried cauliflower, mushrooms and charred corn instead of typical sushi ingredients. If sushi isn't quite your thing, they also offer a variety of dumplings, noodle salads, soups and rice wraps to satisfy your hunger.

Related Link: [Popular Restaurants: Best Bagels in NYC](#)

2. Dirt Candy: If you are on the hunt for the most popular restaurant, this place should definitely be on your list. Dirty Candy was the first vegetarian-focused restaurant in NYC, and it has not disappointed their customers since opening many years ago. While offering brunch, dinner, dessert and a drink menu, their options are quite extensive. For brunch, there are a variety of à la carte choices with their most popular being the Brussels sprouts tacos. For dinner, they do not serve à la carte, however guests are welcome to choose from either a five or 10 course meal with a wide range of veggie options.

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3. Avant Garden: For a special night out with a fancy setting,

this is the place to be. With a quaint and intimate atmosphere, this place is perfect for celebrating a special occasion. While, this place is on the more expensive side, all the reviews point to it being well worth the money. If you're very hungry, expect to try many of their menu options, since their portions are fairly small. Also, check out their menu before you go! If you go once, odds are the menu has changed since the last time you were there, as they have a rotating seasonal menu.

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4. Narcissa: The menu at this popular restaurant is sure to have something for everyone! Bring along your meat eating friends, and they are sure to find something they like as well. Their dinner options have many meat-based appetizers to choose from, and then a healthy variation of vegetable-based meals. They also have the option to order by the course, offering two appetizers, main dishes, sides and one dessert per person. Alongside their delicious food choices, Narcissa is also happy to offer local products coming from Hudson Valley Farm.

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5. Superiority Burger: For so long, it was extremely rare for any vegetarian to find a quality burger that didn't fall apart at the seams. This eatery takes the classic vegetarian burger to the next level, pleasing all types of customers. Their burgers are made with lentil, quinoa and black beans, creating the most incredible taste blend. To make this place even better, they are insanely affordable! With prices ranging from \$4.00 to \$9.00, everyone is able to eat out as often as they like!

What are the best vegetarian restaurants in NYC you have tried? Comment below!

Popular Restaurants: The Best NYC Date Night Spots



By [Melissa Lee](#)

Perhaps one of the most romantic cities in the world, New York City is the place to be if you're treating your sweetheart to a [date night](#). There are thousands of amazing restaurants tucked into the vast neighborhoods and areas of the city, each individual spot giving you a new experience all based on the environment and food. If you're on the hunt for a romantic restaurant to take your honey on your next date night, check out some of the best spots in the city.

Interested in heading to a popular restaurant for a romantic date night? Here are a few of these hottest spots in NYC!

1. The River Cafe, Brooklyn: Considered to be the best (and most expensive) restaurant in Brooklyn, The River Cafe is a romantic spot complete with views of downtown Manhattan and some of the best chefs in the world. The current chef offers an incredible dining experience by giving two menus: three entrees that you and your partner choose, or six entrees that he chooses.

2. La Grenouille, Manhattan: This French spot is one of the last in the city. Located on the East side, the restaurant has amazing food that has been raved about since 1962. The menu also has an extensive wine list, many of which are encouraged to be paired with certain entrees.

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3. Le Coucou, Little Italy: Located in, perhaps, one of the most cultural neighborhoods in the city, Le Coucou does not shy away from its Italian roots. The gorgeously decorated restaurant is quite intimate, making it a fantastic date night spot. If you stop by, make sure to try their notorious rabbit cooked three ways.

4. Marea, Manhattan: Another Italian hotspot on our list, Marea is located in Midtown West. Featuring a huge menu filled with expensive delicacies, only the freshest and best ingredients are being served to its customers. The experience is completely unique, especially since it's the only place in town that serves Petrossian special reserve caviar at \$385 an

ounce!

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5. Augustine, Manhattan: Yet another French restaurant that's based in the Beekman Hotel restaurant in the Financial District. Augustine is decorated with floral murals and beautiful chandeliers, giving it a rustic and classic vibe. Their food is incredible, and the spot serves some of the best steak tartare in the entire city.

What are your favorite date night spots? Share your thoughts below!

Popular Restaurants: Are Liquid Nitrogen Cocktails Safe?





By [Melissa Lee](#)

Mixing liquid nitrogen with your favorite drink might not sound like the greatest idea – but it's actually a food trend that's become quite popular within the past year. Restaurants like [Employees Only](#) and [Please Don't Tell](#) in NYC are known for their creative drinks, liquid nitrogen cocktails being one of them. Although this may seem like an awesome idea, it raises a pretty important question – are they even safe?

Popular restaurants have been serving up liquid nitrogen cocktails, but Cupid's here to let you know whether or not these drinks are a good idea.

1. We consume liquid nitrogen all the time: First off, it's important to know that liquid nitrogen to make certain foods like ice cream, but this is not the same form of consumption

that occurs in liquid nitrogen drinks. When it's in ice cream, the nitrogen has already evaporated, so it's a-okay to eat. However, with these cocktails, most bartenders tend to chill the glasses in liquid nitrogen – but the bartender should be trained in the proper use of the element.

Related Link: [Famous Restaurants: Hottest Happy Hours in NYC](#)

2. It is non-toxic: Research has been done to reveal that nitrogen is technically non-toxic, but this doesn't necessarily alleviate all safety hazards. Liquid nitrogen is still cold enough to cause frostbite. Additionally, even if it evaporates, the remaining liquid can be dangerously cold and even has the power to leak into tissues after the nitrogen gas exerts pressure.

Related Link: [Popular Restaurants: Best Bagels in NYC](#)

3. Drink in moderation: As long as the bartender is familiar with liquid nitrogen and is aware of safety pre-cautions, having one cocktail shouldn't result in anything dangerous. But this shouldn't become your drink of choice – regularly consuming liquid nitrogen in this form can cause severe damage to your mouth, stomach and esophagus.

Have you ever tried liquid nitrogen cocktails? Share your thoughts below.

Top 10 Essential NYC Restaurants for 2017



By [Cortney Moore](#)

New York City is known for its restaurants, but with over 24,000 to choose from, it can be overwhelming to decide on where to dine. This is especially true if you're looking for a unique [date idea](#). However, with the new year upon us, it's a perfect time to try out some [popular restaurants](#). Take a look at these ten essential restaurants in NYC for your next [date night](#).

Excellent NYC restaurants that are sure to satisfy your tummy this year!

1. Arabesque: Enjoy a meal inside this lovely, ornamental restaurant. Arabesque features Moor-inspired architecture and

decor, along with a delicious North African, Middle Eastern and Mediterranean menu. Visit on a weekend, and you might be treated to live music and belly dance performances.

2. Aquavit: A modern New York hotspot that brings Nordic food to the forefront. Inspired by Swedish culinary traditions, Aquavit will treat you to yummy seafood, meat, and wild fruits and vegetables. Since this restaurant is extremely popular, it might be worth it make a reservation ahead of time.

3. Blue Smoke: Jazzy music and southern cuisine, what else could you ask for? Blue Smoke is a New York staple that offers soulful barbecue classics and fine cocktails. Luckily there are two locations, so you have options while you're traveling through lower Manhattan. If you're a fan of music, then the flatiron location is right for you with it's basement jazz club!

4. Churrascaria Plataforma: Do you know someone who is a carnivore at heart? This all-you-can-eat Brazilian steakhouse is just what they need. If meat isn't your thing, Churrascaria Plataforma also features a gourmet salad bar and, delicious side dishes like fried bananas and polenta. Another perk... dessert is included!

5. Di Fara Pizza: You can't have New York City without pizza. Di Fara Pizza is one of Brooklyn's best pizzerias. It's an old school spot that has been making quality pizza pies since 1965. Pizza legend and owner Domenico De Marco has received acclaim from Zagat, *Serious Eats* and Anthony Bourdain! So you know you're in the right hands when you visit Di Fara.

Related Link: [Top Restaurants in NYC for Holiday Decor](#)

6. Duane Park: If you're a fan of burlesque, then Duane Park is the place for you. It's so much more than a burlesque club though, Duane Park features an impressive and luxurious menu, such as Nova Scotia Salmon and Pan-Roasted Organic Chicken. With so much to enjoy, Duane Park might be a great spot to

have a fun date night or private party.

7. Enoteca Maria: Grandmas make the best food, right? Well Enoteca Maria agrees with that too. At this Staten Island restaurant, Italian grandmothers cook delicious homemade meals. Most recently, Enoteca has gained popularity for it's "Nonnas of The World," which includes famous dishes made by grandmothers from all over the world!

8. Gabriel Kreuther: Started by a world-renowned chef, Gabriel Kreuther offers sophisticated French and Alsatian cuisine. Overlooking Bryant Park, you're sure to enjoy lovely sights along with culinary delights. It's a perfect spot for a variety of occasions: birthdays, anniversaries, dinner parties and more.

9. Ninja New York: Experience adventure while you dine at Ninja New York. Guests are treated to scrumptious Japanese dishes in this ninja-themed restaurant. It's like hibachi, but taken to another level. Don't forget to tip your ninja waiter though, you don't want them coming after you.

10. Yaya Tea Garden: Are you a fan of bubble tea, rice balls and Asian snacks? Yaya Tea Garden has got you covered! From noodles, to green tea KitKats, Yaya's has it all. You can also leave your mark at Yaya's by creating your own tea blend that can be added to their menu.

Are there any NYC restaurants we missed? Share your favorites in the comments below!

Top Restaurants in NYC for Holiday Decor



By [Mallory McDonald](#)

Going to New York during the holiday season is something that you will never forget. The entire city is filled with lights and holiday decorations that are to die for. But it isn't just the city that gets in the holiday spirit, the restaurants are all in full swing too! So while you are in New York seeing the Broadway plays, shopping and sightseeing, you don't want to miss out on these [popular restaurants](#) known for their holiday spirit!

Rosemary's, Rolfs & Blue Water Grill are the perfect places to enjoy a delicious meal under twinkling Christmas lights & ornate decorations!

[Rosemary's](#)

Rosemary's is an Italian restaurant located in Greenwich Village. The restaurant serves all three meals, breakfast, lunch and dinner and is known to be one of the best spots in NYC for [date night](#). You and your partner this holiday season can enjoy a nice romantic dinner and feel the holiday magic come alive. You can see the massive Christmas tree that sits atop Rosemary's from three blocks away. The dining room also has some tasteful holiday lighting, and another, smaller tree. Their menu is all under thirty dollars and is perfect for sharing a meal!



[Rolfs](#)

Located in the center of Manhattan, Rolfs features German and French cuisine and is especially known to be popular during the month of December. While the food is talked about year round, the decorations during Christmas time are over the top

and are known nationwide. Their Christmas decorations are extreme, large and overwhelmingly beautiful. While their entrees are in the high twenties to mid-thirties, you are paying for not only their high-quality food but the atmosphere and ambiance as well!



Rolfs ornate Christmas Decorations fill the entire dining area!

[Blue Water Grill](#)

If you are looking for seafood during the holiday season, Blue Water Grill located on 31 Union Square West is the place for you. With a unique seafood menu, Blue Water Grill attracts all kinds of people and they are open from brunch to dinner. With their meals are higher in price normally in the thirties, the reviews and critiques say it is well worth it! While their decor is subtle, during the winter months they cover their dining areas with twinkling lights that make the place sparkle!



Main Dining Area at Blue
Water Grill

Before the holiday season is over, be sure to check out these restaurants in NYC that are not only festive but delicious!