Restaurants in Middletown: A Compendium
October 2012

**BREAKFAST OPTIONS**

**Brew Bakers**, Casual gourmet deli/bakery

- 169 Main St.; (860) 852-0001; [mybrewbakers.com](http://mybrewbakers.com)
- Close to hotel. Other side of street
- Mon-Sat 7a–5p; Sun 8a-4p
- Specialty salads, sandwiches, paninis: $5-9
- Breakfast wraps, omelette sandwiches: $4-8
- Traditional and specialty sandwiches with interesting ingredients
- Many bagel and cream cheese options
- Much better for lunch than it might seem
- Panera Bread atmosphere, rather small place

**O’Rourke’s Diner**, Renowned atypical diner with menu full of unique specialties and traditional favorites. Worth the trip. Great food, huge selection.

- 728 Main St.; (860) 346-6101; [www.orourkesmiddletown.com](http://www.orourkesmiddletown.com)
- Same side of street as hotel, but 10 minute walk.
- Mon–Sun 6a-3p
- Specialty pancakes, eggs, French toast, and omelettes: $10-14
- Lunch specials, including burgers, Reubens, and hot sandwiches: $9-11
- Huge menu with unusual and delicious options, especially Irish-inspired
- Very friendly staff and owner
- Small family-owned place, often a line outside on weekend mornings
- Was featured on Food Network’s *Diners, Drive-Ins, and Dives*

**Ford News Diner**, inexpensive, good breakfast.

- 358 Main St.; (860) 346-4655; [www.fordnewsdiner.com](http://www.fordnewsdiner.com)
- Mon-Sat 7a-2p, Sun 7:30a-2p
- Pretty standard breakfast food at reasonable prices.
- Most expensive breakfast item is $6.25
- Generally busy around peak breakfast hours.
- Also has sandwiches, salads, and burgers for lunch.
**Klekolo World Coffee**, good selection of coffees and other drinks as well as pastries and other standard coffee-shop food on the corner of Court and Main.

- 181 Court St.; (860) 343-9444; [www.klekolo.com](http://www.klekolo.com)
- Mon-Thurs 6:30a-10p, Fri-Sat 6:30a-12p
- Great atmosphere, organic fair trade coffee, chai is supposed to be delicious
- Can be a bit pricey, but mostly reasonable
- Has a strong environmentally friendly, fair trade theme
- Free internet
- Doesn’t accept credit cards

**The New England Emporium**, eatery within a larger setup. Know for their crepes.

- 386 Main St.; (860) 346-1200; [www.newenglandemporium.com](http://www.newenglandemporium.com)
- Mon-Thurs 8a-8p, Fri-Sat 8a-9p, Sun 9a-7p
- Good for all meals with sandwiches and savory crepes, but has a large breakfast menu.
- Crepes $6-9
- Omlettes $5-9
- Large selection of sandwiches, most notably grilled cheese variations for around $7
- Free internet

**LUNCH BEST BETS**

**O'Rourke's Diner (see above)**

**Brew Bakers (see above)**

**Sweet Harmony Café**, Bakery with sandwiches and specials

- 158 Broad St.; (860) 344-9646; [www.sweetharmonycafebakery.com](http://www.sweetharmonycafebakery.com)
- Close to Wesleyan. Broad St. parallel to High
- Mon 11a-2p; Tue-Sat 11a-3p
- Unique salads: $7-11
- Specialty sandwiches and melts: $9-11
- House specials, including chicken dishes and specialty wraps: $9-11
- Fresh ingredients, home-style food
- Not many vegetarian options
- Large selection of cakes, desserts, and loose leaf teas
- House-turned-restaurant, homey atmosphere
**Michael’s Deli**, great selection of sandwiches, close to Wesleyan

- 83 Broad St.; (860) 788-2650; [www.themichaelsdeli.com](http://www.themichaelsdeli.com)
- Close to Wesleyan, on Broad Street just off of College (which runs parallel to High St.)
- Mon-Fri 10a-7p; Sat 10a-3p
- Salads $6-11
- Gourmet sandwiches $6-9
- Huge selection of sandwich meats

**AMERICAN**

**K. LaMay’s**, Steamed cheeseburgers, family friendly menu

- 170-5 Main St.; (860) 347-0602; [www.klamayssteamedcheeseburgers.com](http://www.klamayssteamedcheeseburgers.com)
- Mon-Thu 11a-8p; Fri-Sat 11a-3a
- Burgers and sandwiches: $3-6.50
- Large burgers, free toppings
- Family friendly atmosphere
- Winner of several local awards for Best Burger

**ASIAN**

**Anoho Asian Noodle House**, Various Asian cuisines under one roof. Not a best bet.

- 320 Main St.; (860) 346-0727; [www.anoho.com](http://www.anoho.com)
- Mon-Thu 11:30a-9:30p; Fri-Sat 11:30a-10:30p; Sun 12-9:30p
- Appetizers such as dumplings and spring rolls: $3-7
- Entrées and specialty dishes: $8-14
- Noodle soups: $8-10
- Lunch specials available Mon-Sat 11:30a-3p
- Customize your entrée by choosing among various meats and noodles
- Many vegetarian and vegan options
- Also serves bubble teas and Japanese soda
- Reviewer has been underwhelmed recently.
Forbidden City Bistro, Creative cuisine from China

- 335 Main St.; (860) 343-8288; www.forbiddencitybistro.com
- Mon-Thu 11:30a-9:30p; Fri-Sat 11:30a-10:30p; Sun 12-9:30p
- Appetizers, from crab cake to rack of lamb: $7-12
- Lunch entrées, which include soup: $9-13
- Dinner entrées: $16-26
- Unique flavor combinations
- Upscale atmosphere featuring a full bar and art gallery
- Nice place

Mikado Sushi Bar, A feast straight from Japan

- 3 Melilli Plaza; (860) 346-6655; www.micadocit.com
- In plaza "behind" Main Street.
- Mon-Fri 11a-9:30p, closed 2:30-4:30
  Sat 11a-10:30p; Sun 1p-9:30p
- Lunch entrées: $5-9
- Special rolls: $9-13
- Combination dinners: $20-24
- Not just sushi, also an extensive menu of meat, rice, and noodle dinners
- Intimate ambience, fresh ingredients

Osaka Japanese Steak House, Hibachi and Yakitori grill, sushi bar

- 130 Main St.; (860) 854-6292
- Mon-Thu 11a-10p; Fri-Sat 11a-11p; Sun 12p-10p
- Rolls: $4-12; Special rolls: $6-15
- Entrées: $12-20
- Hibachi solo: $12-20; Hibachi combos: $20-27
- Lunch sushi specials available
- The food may outshine the service
- Chainlike feel
- Mikado better according to this reviewer
Thai Gardens, “Very Good,” says NYTimes

- 300 Plaza Middlesex/Main St.; (860) 346-3322
- Mon-Sat 11:30a-10p; Sun 12-9p
- Appetizers: $4-7
- Standard meat entrées: $8-15
- House specials: $14-19
- Extensive menu, including meat, seafood, and spicy curry options
- Decent selection of vegetarian soups and entrées

Typhoon Asian Cuisine, Friendly and fabulous fusion cuisine

- 360 Main St.; (860) 344-9667; www.thaityphoon.com
- Mon-Sat 11a-3p, 5p-10p
- Appetizers, salads, and soups: $4-9
- Entrées: $10-16
- Duck and seafood entrées: $19-22
- All dishes can be made vegetarian
- BYOB at night
- Excellent service, large menu with customizable options
- Excellent and cheap lunch

Tibetan Kitchen, small, authentic restaurant with simple Tibetan cuisine.

- 574 Main St; (860) 343-3073; www.tibetankichen.us
- Mon-Thurs 11:30a-3p, 5p-9p; Fri-Sat 11:30a-3p, 5p-10p
- Inexpensive, many entrees are around $10
- Large vegetarian and vegan selection
- No liquor license, so it’s BYOB with a $5 cork charge
- Small space but they take reservations
- Good service, good atmosphere
**Pho Mai**, small niche restaurant specializing in Pho soup

- 570 Main St.; (860) 347-0773; [http://www.yelp.com/biz/pho-mai-middletown](http://www.yelp.com/biz/pho-mai-middletown)
- Open for lunch and dinner every day except for Sunday
- Very positive reviews. Has, by reputation, great Pho and excellent side dishes
- Inexpensive for relatively large quantities
- No liquor license, so it’s BYOB
- Family owned with a good atmosphere
- Cash only

**INDIAN**

**Tandoor – The Clay Oven**, Variety of traditional Indian dishes

- 170-4 Main St./Metro Square; (860) 398-6152; [www.tandoormiddletown.com](http://www.tandoormiddletown.com)
- Mon-Sun 11:30a-10:30p
- Unlimited lunch buffet 11:30-3p: $8.95
- Dinner entrées, including Tandoori barbecue specials: $14-20
- Spiciness gauge of 1(min) to 6(extreme)
- Many vegetarian options
- Free delivery

**Haveli**, Indian food and ambience worthy of the drive

- 1300 South Main St. – 8min drive from Wesleyan; (860) 347-7773; [www.haveliindia.com](http://www.haveliindia.com)
- Sun-Wed 11:30a-3p, 5p-10:30p; Thu-Sat 11:30a-3p, 5p-11p
- Excellent unlimited lunch buffet Fri-Sun 12p-3p: $9.95
- Lunch specials: $8-10
- Dinner entrées: $12-16
- Happy Hour Mon-Thu 4p-7
- Great food, great service
**ITALIAN**

**Amici Italian Grill**, Family-style Northern Italian dining

- 280 Main St/Riverview Center; (860) 346-0075; [www.amiciitaliangrill.com](http://www.amiciitaliangrill.com)
- Mon-Thu, Sun 11a-10p; Fri-Sat 11a-11p
- Extensive lunch menu, including salads, sandwiches, pastas: $6-14
- Large selection of dinner entrées: $16-25
- Full bar with menu and wine, martini, and beer lists
- Consistently good food, beautiful ambience

**Esca Restaurant & Wine Bar**, Southern and Northern Italian cuisine and delicacies

- 437 Main St.; (860) 316-2552; [www.escact.com](http://www.escact.com)
- Mon-Thu 11a-midnight; Fri-Sat 11a-2a; Sun 12p-10p
- Appetizers: $10-20
- Entrées, from pasta to seafood dishes: $15-30
- Extensive wine list
- Beautiful décor
- Reviewer’s favorite

**Fiore II**, Intimate setting and fine Italian dining

- 332 Main St.; (860) 344-5557; [www.fioremiddletown.com](http://www.fioremiddletown.com)
- Tue-Thu 11a-10p; Fri 11a-10:30p; Sat 12p-10:30p; Sun 12p-9:30p
- Large lunch menu: $8-12
- Meat entrées: $15-25
- Pasta dinners: $12-15
- Well-portioned food
- Small place, not ideal for large groups
**First & Last Tavern**, “Brick-oven pizza, pasta, ambiance”

- 220 Main St.; (860) 347-2220; [www.firstandlastmiddletown.com](http://www.firstandlastmiddletown.com)
- Mon-Tue 11:30a-8:45p; Wed-Thu 11:30a-9:45p; Sat 11:30a-10:45p; Sun 10:30a-8:45p
- Weekday lunch served until 3, items include pizza, pasta specials, and sandwiches: $4-9
- Appetizers, including soups and salads: $5-10
- Meat and pasta entrées: $14-20
- Specialty pizzas: $15-20 (medium-size)
- Also many grinder and calzone options
- Warm atmosphere and large portions
- The pizza shines

**Luce Restaurant**, Aged steaks and a Tuscan flair

- 98 Washington St.; (860) 344-0222; [www.lucect.com](http://www.lucect.com)
- Mon-Fri, 11:30a-3:30p, 4p- 10p; Sat 11:30a-3p, 4p-10:30p; Sun 11:30-2:30p, 4p-10p
- Bar open until 2a; Sunday Bar open until 10p
- Paninis, wraps, and sandwiches for lunch: $8-11
- Lunch entrées: $13-21
- Dinner entrées, including perfectly prepared steaks: $16-33
- Features a raw bar, with oysters and clams
- *Extensive* wine list from around the world
- REVIEWER FAVORITE

**Mondo**, New York-style Pizza, pasta, panini, beer and wine bar

- 10 Main St.; (860) 343-3300; [www.mondomiddletown.com](http://www.mondomiddletown.com)
- Mon-Thu 11a-10p; Fri-Sat 11a-12a; Sun 12p-10p
- Paninis $8-10
- Artisan pies: $14-16
- Specialty pies: $13-18 (medium)
- Call to hear about pasta specials
- Trendy ambience with a full bar
- Large selection of additional toppings
**Tuscany Grill**, Italian specialties, popular bar

- 120 College St.; (860) 346-7096; [www.Tuscany-grill.com](http://www.Tuscany-grill.com)
- Mon-Thu 11:30a-10p; Fri-Sat 11:30a-11p; Sun 3p-10p
- Lounge is open Sun-Thu until 1a; Fri-Sat until 2a
- Large lunch menu, including pizzas, sandwiches, salads, and wraps: $7-13
- Lunch entrées: $10-15
- Appetizers, salads: $7-15
- Dinner entrées: $15-25
- Large portions, large wine and beer menu
- Live entertainment most Thursday and Friday nights

**MEXICAN**

**Iguanas Ranas**, Affordable and authentic Mexican cooking

- 574 Main St.; (860) 346-8630; [www.iguanasranastaqueria.com](http://www.iguanasranastaqueria.com)
- Mon-Sat 11a-9p
- Tacos: $2
- Tortas, Burritos: $8
- Lunch and dinner specials: $3-10
- Casual dining
- Stocked with full bar
- Minimally decorated, but excellent value for delicious food
- Homestyle family recipes

**La Boca**, “Casual yet upscale Mexican dining”

- 520 Main St.; (860) 347-4777; [www.labocaonline.com](http://www.labocaonline.com)
- Sun-Thu 4p-7p; Fri-Sat 4p-10p
- Cantina open Sun-Thu until 1a; Fri-Sat until 2a
- Appetizers: $7-16
- Favoritos (burritos, quesadillas, fajitas, etc.): $14-18
- Cantina features 78 fine tequilas and award-winning margaritas
**Puerto Vallarta**, Flavorful and fiesty Mexican-American food

- 200 Main St./Metro Square; (860) 852-0080; [www.middletown.puertovallartact.com](http://www.middletown.puertovallartact.com)
- Sun-Thu 11a-10:30p; Fri-Sat 11a-11p
- Appetizers: $7-11
- Main entrées, including burritos, enchiladas, and meat or seafood dishes: $10-17
- Fun atmosphere, friendly service
- Table-side guacamole

**VEGETARIAN**

**It’s Only Natural Restaurant**, Natural foods, vegan, art

- 386 Main St.; (860) 346-9210; [www.ionrestaurant.com](http://www.ionrestaurant.com)
- Mon-Sun 11a-9p
- Sandwiches, salads: $10-13
- Entrées: $12-18
- Moderately priced all-vegetarian fare
- Many drinks and juices to try out
- Must-try vegan desserts
- Mon-Tues nights is half-off organic wine and beer

**Udupi Bhavan**, All-vegetarian Indian cuisine

- 749 Saybrook Road (8 min drive from campus); (860) 346-3355; [www.ctudupi.com](http://www.ctudupi.com)
- Tue-Fri 11:30a-3p, 5p-9:30p; Sat-Sun 11:30a-9:30p (closed Mon)
- All items under $10, including dosas (rice-lentil crepes) and uthappams (Indian pancakes)
- Yelp.com’s best rated restaurant in Middletown
- Affordable, authentic South Indian cuisine
- Can get very crowded on weekends
- Bare decorations, plastic cutlery, cafeteria-style dining
- Friendly service