



ANNA MUCCI

COURTESY OF ESSENTIALS GROUP

JUPITER COMPASS DIGITAL MARKETING

COURTESY OF THE HILTON WEST PALM BEACH

COURTESY OF MARY LOUIS

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MARK YOUR CALENDAR FOR THESE DAILY SPECIALS, COOL EXPERIENCES, AND TRENDING BITES ACROSS PALM BEACH COUNTY

BY MARY MURRAY

SUNDAY



JUST FOR NERDS

NOON

Lobsta Disco Brunch, Pink Steak, West Palm Beach

Whether you prefer to start your week with a sleep-in, a church service, or a walk on the beach, Pink Steak is at the ready to fill you up with great food and good vibes after your morning routine. Available every Sunday from noon to 3 p.m., the Lobsta Disco Brunch features a live DJ, cocktails, Champagne, and a trio of Maine lobster entrées all priced at \$39. (pinksteak.com)

Bingo, Swifty's, Palm Beach

Game night under the stars? Count us in! Make a reservation and secure a table for Bingo, held every Sunday from 5:30 to 7 p.m. at Swifty's, The Colony Hotel's signature poolside restaurant. While you await that lucky draw, snack on a special game night menu, which includes charcuterie, tuna tartare nachos, and a themed flatbread. (thecolonypalmbeach.com)



3 P.M.

A Proper Tea, Proper Grit, West Palm Beach

From the decadence of disco to the refinement of a traditional tea service, continue your day with a Proper Tea at Proper Grit inside The Ben hotel. Offered daily between 3 and 5 p.m., this tea service includes unlimited pots of tea and multiple tiers of gourmet finger sandwiches, scones, and pastries. Guests can also sip on Champagne or a specialty cocktail while soaking in views of the Intracoastal. (propergrit.com)



COURTESY OF THE COLONY

5:30 P.M.

HAPPY HOUR PICKS

BLACKBIRD MODERN ASIAN

Jupiter

Tuesday to Sunday 4 to 6 p.m., Monday 4 to 10 p.m.

Half off cocktails, wine, and beer. Selection of discounted small and large plates. (blackbirdmodernasian.com)



PALM BEACH INFLUENCE



COURTESY OF ESSENTIALS GROUP

8 P.M.

Dessert and a Nightcap, Waterway Café, Palm Beach Gardens

Shoo off those Sunday scaries with the ultimate Floridian experience: dessert and a nightcap on the water. Head to Waterway Café—which debuted a full-scale renovation in January—to savor such sweets as key lime pie or Orange Florida Sunshine Cake. Belly up to the floating bar (the only one in the state!) for a tropical-tinged cocktail to end the night. (waterwaycafe.com)



COURTESY OF THE COLONY

MONDAY



8 A.M.

Juice Happy Hour, Amici Market, Palm Beach

As if starting the day the healthy way wasn't its own reward, the good people at Amici Market offer a half-price deal on all juices between 8 and 9 a.m., Monday through Saturday. The early bird gets the Poinciana (carrot, pineapple, lemon, ginger) or one of a dozen other, equally delicious options. (amicimarket.com)

11 A.M.

Early Lunch and a Milkshake, Green's Pharmacy, Palm Beach

Okay, so you've finished your morning meetings on the island and are ravenous. You're craving pancakes but your colleague wants a club sandwich. While this may be a predicament for some, you know you can have the best of both at Green's, a circa-1938 pharmacy and luncheonette that has become a Palm Beach institution. The one thing you can agree on? Milkshakes for dessert. (greenspb.com)



MORE MEATLESS DINING

Many restaurants are closed on Mondays, so we recommend getting your veg on another day at:



COURTESY OF MR. B'S

5 P.M.

Meatloaf and Martini Mondays, Mr. B's, West Palm Beach

It's 5 o'clock always at Mr. B's, Central County's coolest new hot spot. Swing by on Mondays, when Mr. B's Meatloaf (with mashed potatoes, cremini gravy, and Parmesan string beans) is on special and martinis with either Tito's Vodka or Hendrick's Gin are \$12 a pop. And don't request the check without ordering a slice of coconut cake—a perennial favorite from Mr. B's sister restaurant, Kitchen in West Palm Beach and Palm Beach Gardens. (mrbspb.com)



COURTESY OF LE COLONIAL

HAPPY HOUR PICKS

LE COLONIAL Delray Beach

Saigon Social happy hour, Monday to Friday 4 to 6 p.m.

Curated menu of discounted drinks and dishes (including house martinis for \$11) in the restaurant's lounge area. (lecolonial.com/delray-beach)



5 P.M.

Meatless Monday, Christopher's Kitchen, Palm Beach Gardens

If you prefer your Monday dinner sans meat, then visit Christopher's Kitchen, a temple to all things plant-based. Highlights include vegan "sushi" rolls, stacked nachos with cashew cheese, and pizzas made on gluten-free crust. (christopherskitchenfl.com)



Darbster, West Palm Beach

Culinary staples get a vegan-friendly makeover at Darbster, which serves dinner Tuesday through Sunday and brunch on the weekend. (darbster.com)

Queen of Sheeba, West Palm Beach Open for lunch and dinner Wednesday through Saturday, Queen of Sheeba presents authentic Ethiopian food (including many vegetarian options) from James Beard Award-nominated chef Lojo Washington. (queenofsheebawpb.com)

TUESDAY



HAPPY HOUR PICKS

LAMARINA West Palm Beach

Tuesday to Friday 5 to 6 p.m.
Half-priced sushi rolls, cocktails, wine, and beer at the bar lounge. (lamarinawestpalm.com)



ELEVATED MEDIA/SPENCER RAMIREZ

NOON

Taco Tuesday, PapiChulo, Jupiter and Royal Palm Beach

Is it even Tuesday if you don't eat tacos? We'll leave that question to the philosophers while we eat our weight in tacos at PapiChulo. Swing by one of two locations from 11 a.m. until close to sample a selection of tacos priced at \$3.75 each, plus other bites for \$6.50 and half off all drinks. (papichulotacos.com)



PHOTO: STYLING BY AS31/ISTOCK

5 P.M.

Oyster Night, Fern, West Palm Beach

When it comes to oysters, it's impossible to eat just one. Try the BOGO special at Fern, a Rancher's Reserve restaurant that celebrates the gems of the sea and land in equal measure. (ranchersreservefl.com/fern)



8 A.M.

Smoothie and Breakfast, Garden Butcher, Boca Raton

For a breakfast that tastes as good as it looks—and is also good for you—make a beeline to Garden Butcher, which doesn't utilize any refined sugar or seed oils in its food. Pair your breakfast burrito or protein waffle with one of the smoothies, which have garnered attention on social media for their Erewhon-like aesthetics and ingredients. Craving Hailey Bieber's viral Strawberry Glaze Skin Smoothie but don't want to fly to L.A.? Scratch the same itch with the Garden Butcher's Strawberry Glow. (gardenbutcher.com)



JUPITER COMPASS DIGITAL MARKETING

11 P.M.

Late-Night Munchies, Flanigan's, multiple locations

Flanigan's is beloved for lunch and dinner (hello, baby back ribs of our dreams), but it really comes alive after a night on the town (the West Palm location is down the street from Mary Lou's, just saying). Order a pitcher of anything and dig into a pile of curly fries, chicken wings, or Tumbleweed onions on the house. (flanigans.net)



COURTESY OF FLANIGANS

WEDNESDAY

10 A.M.

Chicken Caesar Wrap, Viny's Café, Boca Raton

☘ Skip breakfast and be at Viny's Café as soon as it opens to get your hands on the viral chicken Caesar wrap. While the wrap is available throughout the day, you'll want to arrive early to avoid waiting in what can be an hourlong line. But is the wait worth it? Absolutely. Chicken Caesar wraps are having a moment—and Viny's chopped, loaded, and massive wrap is one of the best in the country. (vinnyscafe.net)



MARY MURRAY



COURTESY OF LYNORA'S

8 P.M.

Wine Wednesday, Lynora's, multiple locations

☘ Keep the Italian vibes going at Lynora's, which offers half off select bottles of wine at its restaurants in Boca Raton, West Palm Beach, Palm Beach Gardens, Jupiter, and Palm City. Round out your meal with the Piccante pizza and the Tiramisu Classico cake. (lynoras.com)



1 P.M.

Midday Dessert, Sant Ambroeus, Palm Beach

☘ Having dessert after a meal is fine, but if you really want to enjoy it without any savory distractions, give it top billing—and finish the whole thing! You can't go wrong with any of the cakes, but let's just say a slice of the Sant Ambroeus, with its moist almond sponge and heavenly chocolate mousse, gives new meaning to "afternoon delight." (santambroeus.com)



4 P.M.

BOGO Wings, Death by Pizza, Delray Beach

☘ With two Delray locations—in downtown and out west—Death by Pizza and its Detroit-style pies have garnered a cult following among foodies ever since it opened in 2020. On Wednesdays, D by P disciples pray to the altar of chicken wings. Patrons receive 10 wings free with the purchase of 10 wings. This special is takeout only, and the wings come in such craveable flavors as honey buffalo and Korean barbecue. (deathbypizzadelray.com)



HAPPY HOUR PICKS

NOVECEN TO
Delray Beach
Tuesday to Sunday 3 to 7 p.m.
Two-for-one drink specials and discounted food menu. (novecento.com)



COURTESY OF NOVECEN TO

THURSDAY

NOON

Beauregard's Fine Meats & Butchery, Boca Raton

☘ Open Tuesday through Saturday, Beauregard's delivers New York deli tastes via Florida-sourced ingredients. Owner and chef Cameron Falls cures, smokes, and steams his own pastrami—a multiweek process that makes all the difference in his best-selling pastrami sandwich and pastrami Reuben. (beauregardsfinemeads.com)



COURTESY OF BEAUREGARD'S FINE MEATS & BUTCHERY

8 A.M.

Breakfast Etc., Hive Bakery & Café, West Palm Beach

☘ Hive has become an absolute must for the ladies who lunch and everyone in between. As of May 1, Hive has introduced an all-day menu, available from 7 a.m. to 9 p.m., Monday through Saturday. Swing by for a pastry and latte to go, grab a table for a leisurely brunch, or return later for top-notch lunch and dinner classics. (hivebakeryandcafe.com)



SARGENT PHOTOGRAPHY

4 P.M.

Adult Happy Meal, Hap & Hooch, Jupiter

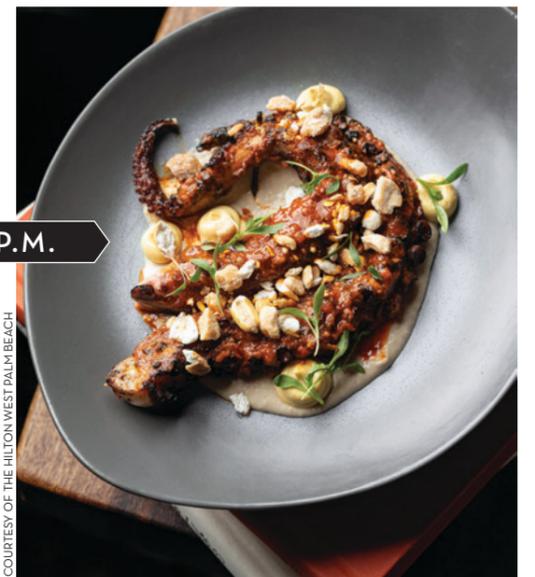
☘ At this "five-star dive bar," nostalgic surrounds, playful comfort food, and whimsical cocktails are all on tap. Swing by on Thursdays for the \$24 Adult Happy Meal: your choice of a smash burger or chicken sandwich with an old-fashioned, margarita, or daisy (vodka, elderflower, lemon, blackberry, and mint). Of course, every Happy Meal needs a surprise—and this one comes with a custom scratch off redeemable for discounts during your next visit. (hapandhooch.com)



8 P.M.

Dine for a Cause, Galley, West Palm Beach

☘ Nestled inside the Hilton West Palm Beach, Galley turns philanthropy into a culinary endeavor on Thursdays, when 10 percent of proceeds are donated to a Palm Beach County charity. There is a new nonprofit beneficiary every month; May proceeds will benefit the Palm Beach Symphony, while June's will support Compass LGBTQ+ Community Center. (galleywestpalmbeach.com)



COURTESY OF THE HILTON WEST PALM BEACH



ALLISSA DRAGUN

HAPPY HOUR PICKS

MIA ROSEBUD *Boca Raton*

Tuesday to Saturday 4 to 7 p.m.,
Sunday and Monday 4 to 9:30 p.m.

Selection of half-priced spirits, cocktails, wine, and beer, as well as discounts on small and large plates at the bar and on the outdoor piazza. (rosebudrestaurants.com)



COURTESY OF ROSE'S DAUGHTER

9 A.M.

Pastries and More, The Pantry by Rose's Daughter, Delray Beach

☘ If Friday is your designated cheat day, then buckle up. Make The Pantry by Rose's Daughter your first stop. While there are plenty of healthy options to be had (we recommend the acai bowls), this spot is known for its made-from-scratch pastries and innovative mash-ups, including elevated Pop-Tarts, cookie croissants, and savory macarons. ([instagram.com/thepantrydelray](https://www.instagram.com/thepantrydelray))



FRIDAY



COURTESY OF CAFÉ BOULUD

7 P.M.

White Cosmo and Tasting Menu, Café Boulud, Palm Beach

☘ For the ultimate treat-yourself dinner, make a reservation to experience the tasting menu at Café Boulud inside The Brazilian Court Hotel. The meal includes six courses of seasonal chef selections, with wine pairings available for an additional charge. Arrive a few minutes early to have a White Cosmo—easily one of the island's best cocktails—prior to your four-star feast. ([cafeboulud.com/palmbeach](https://www.cafeboulud.com/palmbeach))



1 P.M.

Box Lunch, Buccan Sandwich Shop, West Palm Beach

☘ In the years since Clay Conley introduced this casual daytime complement to his popular Palm Beach restaurant, Buccan, the sandwich shop has all but dwarfed its predecessor—at least in terms of social media fame. The beef carpaccio sandwich, in particular, has received millions of views and likes on Instagram alone. Make it the centerpiece of your box lunch, which comes with a nonalcoholic drink, pickle, house-made chips, and a chocolate chip cookie for \$24. Though this deal is only at the West Palm location, as of press time, plans were in action to offer it at the Palm Beach outpost too. ([buccansandwichshop.com](https://www.buccansandwichshop.com))



IN-HOUSE CREATIVE



COURTESY OF THE BREAKERS PALM BEACH

HAPPY HOUR PICKS



ECHO Palm Beach

Monday to Friday 5 to 6 p.m.

Half-priced cocktails and sushi in the Dragonfly Lounge and restaurant terrace. ([thebreakers.com](https://www.thebreakers.com))

SATURDAY

7 A.M.

Doughnuts, Aioli, West Palm Beach

☘ There aren't many good reasons to wake up before 7 on a Saturday morning, but Aioli's doughnuts are one of them. Early is key when it comes to scoring these brioche beauties, which boast such flavors as pumpkin spice, strawberry lemonade, and dulce de leche. Press the snooze button too many times, and you'll have to wait until next week. Besides, you can always grab a signature Crack Coffee (espresso with your choice of milk, coconut oil, organic coconut sugar, cayenne, and cinnamon) to help wake up. ([aioliwpb.com](https://www.aioliwpb.com))



IN-HOUSE CREATIVE

2:30 P.M.

Afternoon Menu, Pistache, West Palm Beach

☘ For a lazy but tasty afternoon à la Paris, pull up a chair at Pistache and order a dish or two from the French bistro's afternoon menu, available daily from 2:30 to 5 p.m. While "linner" may not be as catchy a portmanteau as "brunch," this menu's light yet flavorful dishes capture the best of lunch and dinner. ([pistachewpb.com](https://www.pistachewpb.com))



HAPPY HOUR PICKS

ELA CURRY & COCKTAILS Palm Beach Gardens

Reverse happy hour, daily 9 to 11 p.m. Half off spirits and wine, \$5 off all specialty cocktails, \$5 beer, \$12 bar bites outdoors at Peacock Tiki and inside at the restaurant's bar and lounge area. ([elacurryandcocktails.com](https://www.elacurryandcocktails.com))

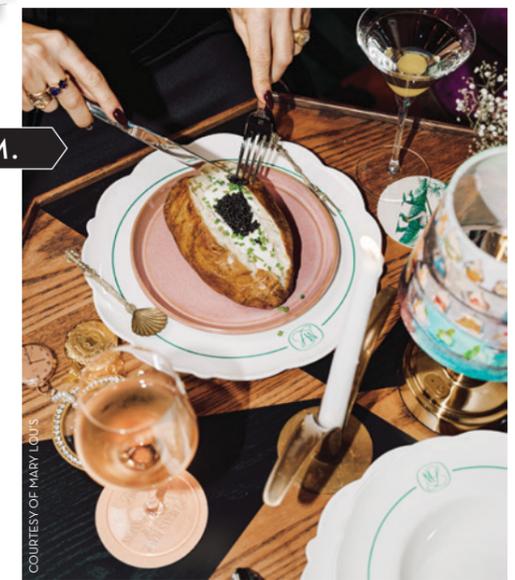


EAT PALM BEACH

9 P.M.

Late Dinner, Mary Lou's, West Palm Beach

☘ When a venue's hours are listed as 6 p.m. to "late," you know you're in for a good time. Such is the case at Mary Lou's. Whether you want a table for dancing or dining, reservations are essential. Should you be interested in the latter, Mary Lou's slings an array of over-the-top indulgences, including a millionaire's baked potato and burnt honey ice cream. The pièce de résistance? An A5 Wagyu Big Mac priced at \$50. ([marylouspb.com](https://www.marylouspb.com))



COURTESY OF MARY LOU'S

6 P.M.

Cocktails and Bar Bites, Juicy, West Palm Beach

☘ Walk the few blocks from Pistache to Juicy, a 22-seat bar from the same culinary masterminds behind Tropical Smokehouse. As the name might suggest, tropical fruits are a star ingredient in Juicy's cocktails. Order a round of Guava Pastelitos (the drink, not the pastry) and bar bites like a brisket quesadilla or the Elena Ruz, a salty-sweet sandwich named for a twentieth-century Cuban socialite. ([juicywpb.com](https://www.juicywpb.com))



ANNA MUCCI