

11TH STREET DINER

Corner 11th Street and Washington Ave.,
MB 305.534.6373

Array of home-style American diner cuisine, from meatloaf to fried chicken. Daily specials and great prix fixe menu for only \$12.99. Can't beat the prices here! It's where the locals eat as well as the starving tourists.

A LA FOLIE

516 Espanola Way MB | 305.538.4484

South Florida's original crêperie that is more café-like in its offerings of classic French crepes, sandwiches, salads, and platters. A very casual, friendly lounge with competent, knowledgeable wait staff. No need to rush here! It's French, after all! Sit, relax, peruse the numerous periodicals over a glass of Pouilly Fumé or a Stella Artois. Or maybe an herbal tea or infusion. Right in the heart of the fabulous Española Way neighborhood. Outside lounge open for special champagne nights in season. Call for special prix fixe international dinners.

CAFÉ AT BOOKS & BOOKS

933 Lincoln Road, MB | 305.695.8898

One of the most important things that Books & Books has that sets it apart from any other

chain bookstore is a wonderful personality. Not only can you find the latest books and coolest magazines, now you can enjoy truly delicious and generous food in one of the most relaxed environments possible on Lincoln Road. The food is really quite something, especially their Miami Cheese Steak Sandwich.

DA LEO TRATTORIA

819 Lincoln Road, MB | 305.674.0350

One of the pioneers of Lincoln Road, Da Leo is popular spot with locals, tourists, and celebrities. Where else could you enjoy rich, tasty food, which is basic home-style pastas and meat dishes, and some of the best people-watching while dining al fresco. Ask about their special prix fixe menus – one at \$15.95 and one at \$28.50. They can't be beat. Full bar with drink specials, too. The service has been outstanding as owners Leo and Mario keep careful watch.

DAVID'S CAFÉ II

1654 Meridian Ave., MB | 305.672.8707

You don't have to travel 90 miles to enjoy Cuban cuisine. Just walk over to David's Café II off of Lincoln Road Mall on Meridian Avenue for some of the finest Cuban dishes anywhere. And all at very reasonable prices.

They're open 24 hours. Full bar. Incredible buffets for those on the go.

FRONT PORCH CAFÉ

1418 Ocean Drive, MB | 305.531.8300

After 17 years of serving South Beach locals the freshest, impeccable meals in generous portions, this restaurant has nothing to prove. It's the best for casual fare at any time, but especially for their breakfasts. A great menu with the most reasonable prices. You might have to wait, but be patient, it's well worth the effort as Larry, Michael, and Dawn cater to your every need.

JOEY'S

2506 NW 2nd Ave., Miami |
305.438.0488

Swing by this new artsy Italian eatery for some incredibly authentic Italian nibbles as chef Ivo takes you on a culinary journey through the Veneto region of Italy. The mista salad is a great way to kick off your meal and the spaghetti alle vongole – spaghetti with mussels – or the butter flied beef tenderloin are two tasty dishes to enjoy as an entrée.

KONE RESTAURANT

445 Espanola Way, MB | 305.420.5809

Brazil's most well known Japanese Brazilian

restaurant concept is now in Miami Beach, and offering an assortment of delicious Kones, sushi rolls, sakes, and salads. Swing by for Sake-Bomb Fridays starting Nov. 20th at 6 p.m. for \$5 sake-bombs and free sushi.

LA SANDWICHERIE

229 14th St., MB | 305.532.8934

Sandwiches and salads along with fruit smoothies and shakes is what you will find at this landmark sandwich shop on 14th Street between Washington and Collins. It's one of the best places on the Beach for an outstanding selection of light fare with a French flair. Very reasonable prices. Open from 9 a.m. to 5 a.m. and delivery until 10 p.m.

MAYA TAPAS & GRILL

809 Lincoln Road, MB | 305.538.0058

Lincoln Road is jam packed with some of the trendiest places to grab a bite in SoBe, and Maya is definitely one of them. Indulge in their succulent steak and imbibe on one of their fantastic wine selections – all while enjoying a front row seat of Miami's most beautiful and glamorous!



WIRED ON: MENTAL HEALTH

DR. GREGG A. PIZZI, PSYCHOLOGIST

IS IT CHEATING?



What's your definition of cheating? People seem to have vastly differing ideas nowadays about what constitutes infidelity in a relationship. For many, it means sexual intercourse with anyone other than one's spouse or partner. Some people draw the line with oral sex. Others

Each of us brings into a relationship our own wealth of experiences, which determine our value system. These beliefs should be talked-about openly with our partner. Having sex outside of one's relationship is not immoral or unhealthy when it has been openly discussed and agreed-upon by the partners, when it does not bring harm to anyone, and when it is done in a way that brings the couple closer to one another (more on that in a future column).

My definition of cheating is based on the belief that honesty is the best policy, 99.9 percent of the time. (This basically means that if someone holds a gun to your head and you are forced to tell a lie to save your life, honesty is not the best policy.) It's difficult to cheat if you choose not to do anything that you would not be willing to tell your partner about.

Therefore, other than having a gun held to my head, I feel that the truth is more likely to bring me true health and happiness and to bring me closer to those I love. Cheating is basically deception or lying for a selfish motive. Leading someone to believe something, which is not true or deliberately omitting something which is true, constitutes cheating in my book. There is no way to be emotionally close and vulnerable with a partner if you are keeping things from them or outright lying. Furthermore, cheating is not limited to sexual infidelities. It can happen anywhere and with anyone.

Dr. Gregg A. Pizzi, Licensed Psychologist, specializes in the Emotional Health & Wellness of the GLBT community. An Imago Relationship Therapist and HIV Psychologist Trainer, he can be reached at 1.888.DRPIZZI or www.DrPizzi.com.