

## Santa Rosa Beach Half-Day Itinerary

### Late Afternoon Beach Time (3–5 PM)

Start with a peaceful stretch of shoreline—great spots include Grayton Beach State Park or Deer Lake State Park for their quieter, unspoiled feel. Consider renting a beach chair and umbrella for extra comfort.

### Vegan Eats Nearby (5–6 PM)

- Raw & Juicy (Grayton Beach): Beloved vegan café with dishes like chickpea scramble breakfast sandwiches and Costa Rican breakfast bowls. - Prema Organic Cafe: 100% organic and gluten-free, great for light lunches or early dinners. - Nanbu Noodle Bar: Vegan-friendly Japanese noodle spot with Soba Stir-Fry and Assari Veggie Ramen. - 30A Thai Cuisine: Upscale, vegan-friendly dishes including fresh rolls, noodles, and sticky rice with mango. - Beach Happy Cafe (WaterColor): Casual and beachside, with a popular vegan chicken salad wrap.

### Live Music as the Sun Sets (6–8 PM)

- AJ's Grayton Beach: Today (Aug 19, 2025) Emily Bass from 4–8 PM. Fridays feature Bryan Bludworth at 4 PM. Later sets often include DJ Charles and Smith Distillery. - Shunk Gulley Oyster Bar: Known for daily live music in a scenic setting. - Old Florida Fish House: Features Dueling Pianos starting at 7:30 PM plus other acts.

### Summary Itinerary

Time	Activity
3–5 PM	Relax at the beach (Grayton Beach / Deer Lake)
5–6 PM	Enjoy vegan fare (Raw & Juicy, Prema, etc.)
6–8 PM	Listen to live music at AJ's or Old Florida Fish House