

# The 3S Art Blog

## **B&B - Bike & Breakfast - on the Jersey Shore**

### **List of Places - pg.2**

See the list of restaurants on page 2 of this blog to get a good place to have breakfast. It doesn't matter if you ride your bike to get there.

### **Jersey shore towns**

I have lived on the Jersey shore most of my life. I have found that each beach town to be unique and having its own vibe and history. There is about 140 miles of coastline that stretches from Sandy Hook to the north to Cape May to the south. I have personal favorites but I think everyone has their memories of the Jersey shore. My personal favorites include: Sandy Hook for its natural beauty, Ocean Grove and Asbury Park for its rich history and Cape May for its architecture. What are your favorite beach town?

### **Who is #1 on the shore?**

[Click for Answer](#)



### **B&B - Bike and Breakfast**

This blog is a bikers (or a foodies) guide to places to bike and go for breakfast on the Jersey Shore. For the past year, my Brother-In-Law (Frank) and myself have been biking along the Jersey shore. Along the way, we have been trying various breakfast establishments. We are known as the R.O.M.E.Os (Retired Old Men Eating Out). This is a great acronym bestowed upon us by our wives. I consider myself to be very lucky to be on the Jersey shore because there are so many great places to ride our bikes and there are so many great places to have a good breakfast. Most of all, we are extremely lucky that we have our health to be providing this valuable guide. We love to ride along the board walk and be able to enjoy the ocean and all the different towns along the Jersey shore. The list on page 2 is a result of a lot of miles and some good eating.

R.O.M.E.O - Retired Old Men Eating Out

#	Resturant	Town	Recommendation
1	<a href="#">Avon Pavillion</a>	Avon, NJ	Great place in the summer to have a meal and watch the waves on the beach
2	<a href="#">Maeberrie Market</a>	Avon, NJ	
3	<a href="#">Delight Bakery</a>	Allenhurst, NJ	
4	<a href="#">Purple Glaze</a>	Asbury Park, NJ	<b>#1 Donut shop in Asbury</b> - Best place in Asbury Park to buy fresh donuts.
5	<a href="#">Asbury Hotel</a>	Asbury Park, NJ	Comfortable lobby, pool table
6	Cafe Volan.	Asbury Park, NJ	
7	<a href="#">Cardinal Provision</a>	Asbury Park, NJ	<b>#2 on the Shore</b> -Got to try their chicken and waffle breakfast. Also try their fresh baked goods.
8	Franks Deli.	Asbury Park, NJ	
9	Porto	Asbury Park, NJ	
10	Sunset Landing	Asbury Park, NJ	
11	Sweetwaters	Asbury Park, NJ	
12	Talatu Pizza.	Asbury Park, NJ	Very good Pizza
13	Sissies	Atlantic Highland, NJ	Very good breakfast and watch the boats in the marina and NYC ferry Seastreet
14	<a href="#">Comfi</a>	Belmar, NJ	<b>#1 on the Shore for Breakfast</b> , huge portions, also get Perogies, YUM
15	<a href="#">Main Street Donut</a>	Belmar, NJ	Great Donut shop
16	<a href="#">Back in Time Cafe</a>	Bradley Beach, NJ	Great out door dining at the RR station
17	Bagel International	Bradley Beach, NJ	
18	Butter Biscuit.	Bradley Beach, NJ	
19	<a href="#">The General Store</a>	Farmingdale, NJ	Great breakfast with a unique antique atmosphere
20	Dunking Donuts	Highlands, NJ	
21	Route 36 Pizza	Highlands, NJ	
22	Water Witch	Highlands, NJ	
23	<a href="#">Colonial Coffee Shop</a>	Howell, NJ	Nice place to go if you bike ride around <a href="#">Manasquan Reservoir</a>
24	Jillaneys.	Keansburg, NJ	
25	Amy's.	Long Branch, NJ	
26	Bagel Boy	Long Branch, NJ	
27	Bagel Store	Long Branch, NJ	
28	<a href="#">Caputo Bakery</a>	Long Branch, NJ	<b>#1 Bakery for pastries on the Shore</b>
29	<a href="#">Miller's Luncheonette</a>	Long Branch, NJ	<b>#1 Value for Breakfast</b> Great place for the money, only takes cash, very reasonable.
30	Shore coffee	Long Branch, NJ	Expensive
31	Tony Baloney.	Long Branch, NJ	
32	Turning Point.	Long Branch, NJ	
33	Alittos	Lyncroft, NJ	
34	Dunkin' donuts	Lyncroft, NJ	
35	Kitchen Witch.	Monmouth Beach, NJ	
36	All Star Bagel shop	Ocean Grove, NJ	
37	Bake Shop-	Ocean Grove, NJ	
38	Bing's Deli	Ocean Grove, NJ	
39	Starving Artist- Ocean	Ocean Grove, NJ	
40	<a href="#">The Porch Crepe Cafe</a>	<a href="#">Ocean Grove, NJ</a>	Only open in the summer but tasty crepes
41	Brennan Deli- Ocean	Ocean, NJ	
42	GiGi.	Sea Bright, NJ	
43	<a href="#">AM Kitchen</a>	Spring Lake, NJ	Great breakfast place on Main Street in town
44	<a href="#">Dunes Donuts</a>	Spring Lake, NJ	<b>#1 Donut shop on the shore</b>
45	<a href="#">Nick and Sons Bakery</a>	Spring Lake, NJ	<b>#1 Bakery on Shore for bread</b> - Excellent bakery for breads and pastries
46	<a href="#">Scone Pony Bakery</a>	Spring Lake, NJ	Clever name and great scones. Try punkin or carrort scone.
47	Spring Lake Cafe	Spring Lake, NJ	

