

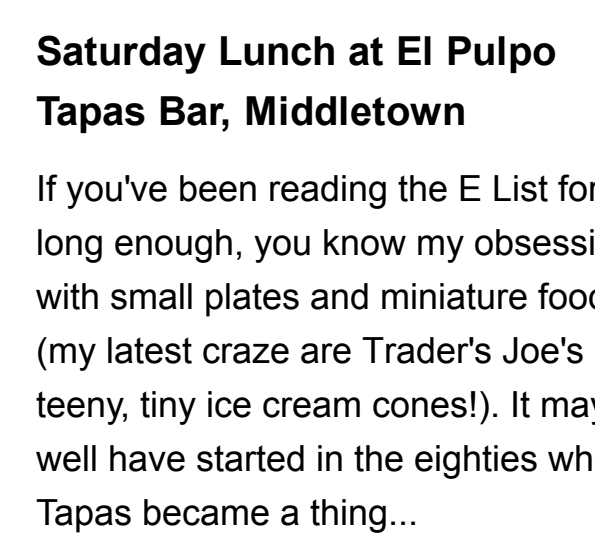
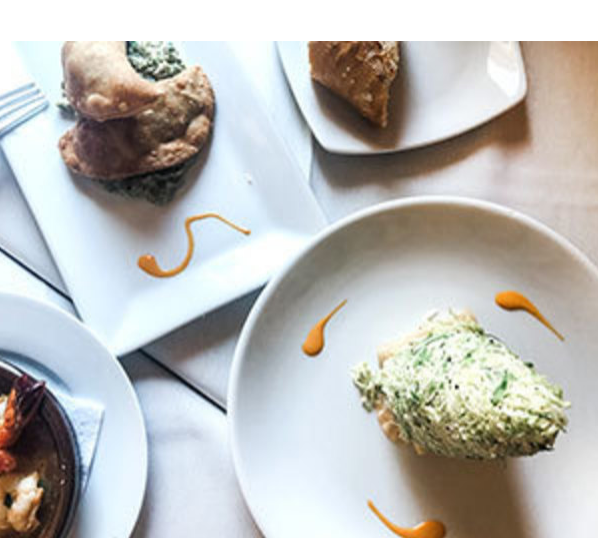
Now that we're out and about again, we're zipping around to see what's new! There's quite the foodie scene happening in Middletown, so we headed up to check it out.

The Main Street Market has filled up with a slew of small businesses and has plenty of handy parking in the back. We didn't make it to all of them (next time, crepes at Perk on Main, Pokemoto for a fresh salmon bowl, and the gastropub Celtic Cavern), but we did find lots to share. Absolutely worth a day trip, starting with a traipse through the Marketplace and ending with craft cocktails at Harrie's Jailhouse Bar.

Love, Erica

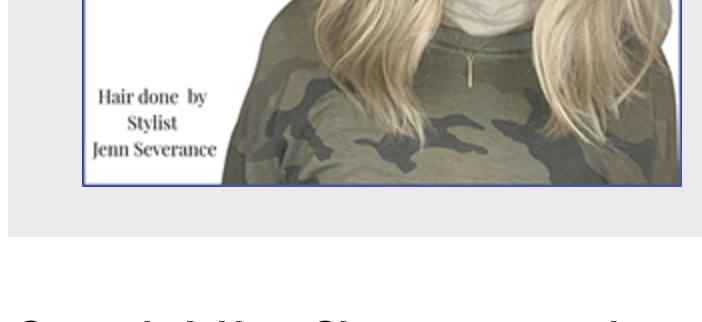


p.s. Share the E-List love!
Please forward to friends and family.

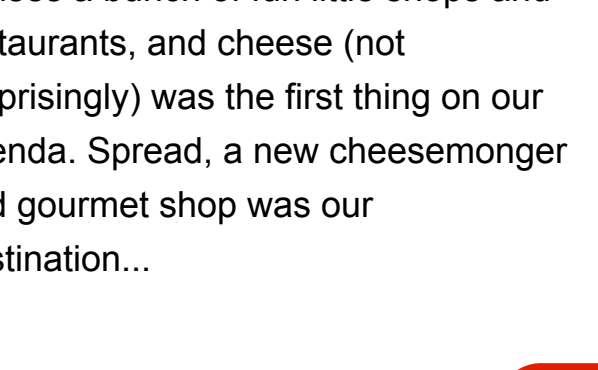


Saturday Lunch at El Pulpo Tapas Bar, Middletown

If you've been reading the E List for long enough, you know my obsession with small plates and miniature food (my latest craze are Trader's Joe's teeny, tiny ice cream cones!). It may well have started in the eighties when Tapas became a thing...



[More Tapas!](#)

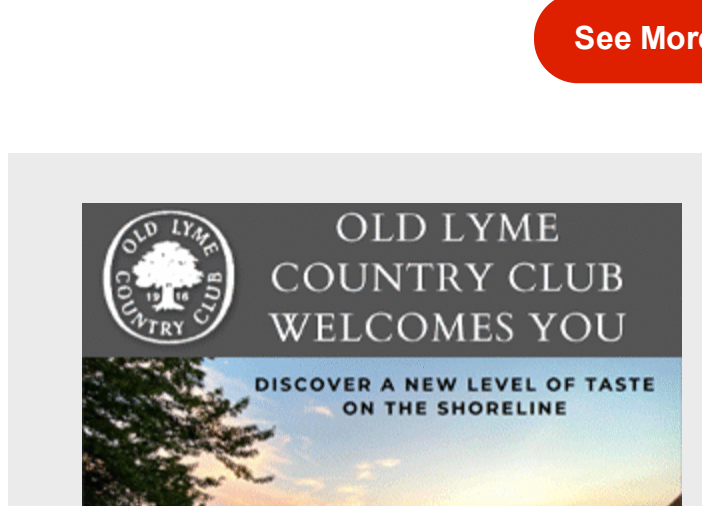
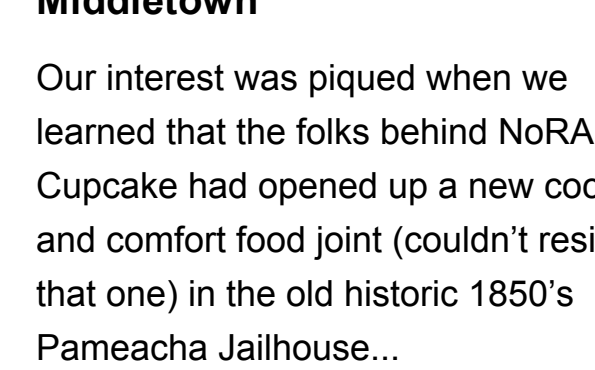


Spread, A New Cheesemonger in Middletown

The Main Street Market in Middletown houses a bunch of fun little shops and restaurants, and cheese (not surprisingly) was the first thing on our agenda. Spread, a new cheesemonger and gourmet shop was our destination...



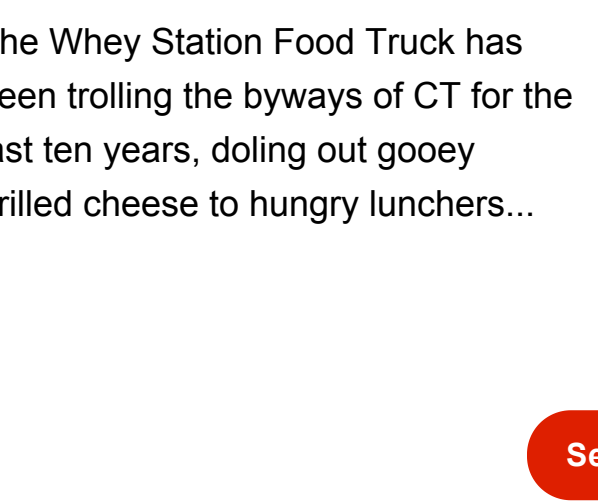
[More Cheese](#)



Craft Cocktails and Snacks at Harrie's Jailhouse Bar, Middletown

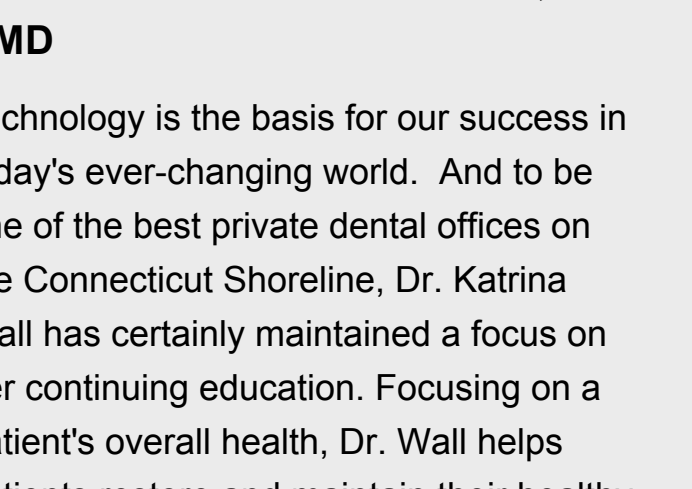
Our interest was piqued when NoRA Cupcake had opened up a new cocktail and comfort food joint (couldn't resist that one) in the old historic 1850's Pameacha Jailhouse...

[See More Harrie's](#)



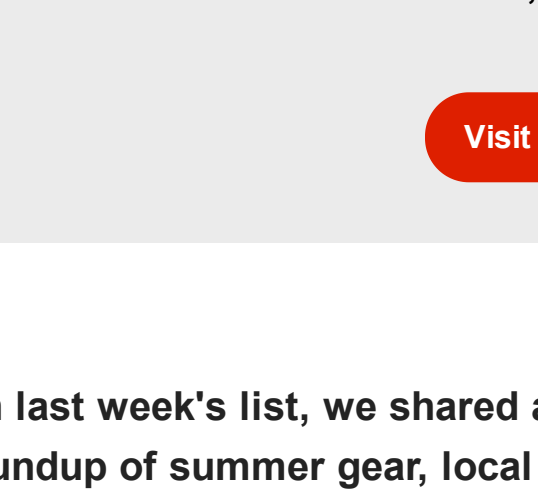
Grown-Up Grilled Cheese at the Whey Stationary, Middletown

The Whey Station Food Truck has been trolling the byways of CT for the last ten years, doling out gooey grilled cheese to hungry lunchers...



[See More](#)

Sponsored Story



Essex Dentist: Katrina A. Wall, DMD

Technology is the basis for our success in today's ever-changing world. And to be one of the best private dental offices on the Connecticut Shoreline, Dr. Katrina Wall has certainly maintained a focus on her continuing education. Focusing on a patient's overall health, Dr. Wall helps patients restore and maintain their healthy smiles through all ceramic restorations done right in her office. Crowns are generally done in one visit, making the dental visits even more streamlined!

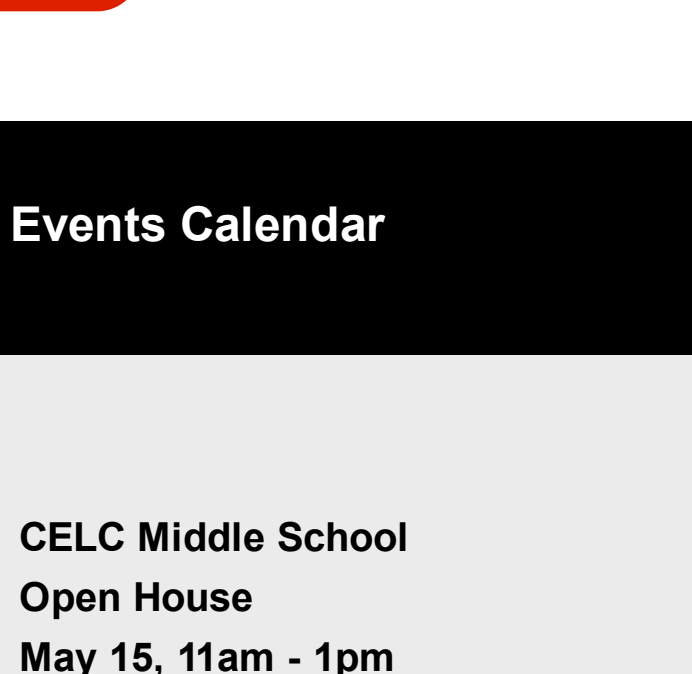
Intraoral scanners and digital x-rays make patient involvement super easy. Currently, Dr. Wall is accepting new patients to the practice.

180 Westbrook Road, Route 153, Essex 860.767.2262

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On last week's list, we shared a roundup of summer gear, local French fare, and an inspired art video.

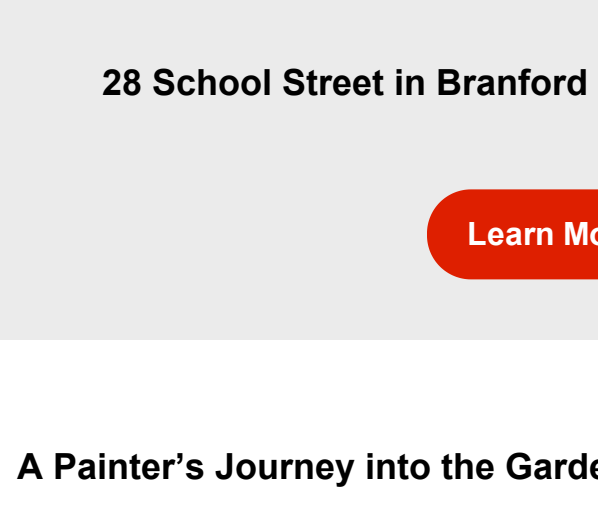
[Read it here if you missed it.](#)



[Read It Here](#)

From The E List Events Calendar

Featured Event Listing



CELC Middle School Open House

May 15, 11am - 1pm

CELC Middle School is a school catering only to middle school-aged students, using highly qualified middle school teachers who discover and nurture the gifts of each student.

With a 6:1 student: teacher ratio, CELC provides personalized instruction in a complete range of subject areas, both in the classroom and outside of the classroom. The methodology of employing this type of instruction in a multidisciplinary, hands-on program engages and motivates, achieving results that are transformational to each student's life.

Get to Know CELC Middle School
Small Class Size | Personalized Learning | Robust Academics
Outdoor Adventures | Transformative Program

28 School Street in Branford | 203-433-4658 | [ctexperiential.org](#)

[Learn More & Register](#)

A Painter's Journey into the Garden: A virtual talk by Christian Brechneff, 5/13

Join Lyme-based artist Christian Brechneff for stories of his travels and experiences painting in some of the world's most beautiful settings! [Read more...](#)

Staehtly Farms Wine and Container Planting Workshop, 5/14

Head on over to Staehtly Farms Cider Barn for a container planting workshop and a complimentary glass of Staehtly wine. [Read more...](#)

Hollister House Garden 'Barn Talks', 5/15

Get ready for spring with Hollister House Garden's gardening lecture series. [Read more...](#)

Niantic Artisan & Vintage Market, 5/15

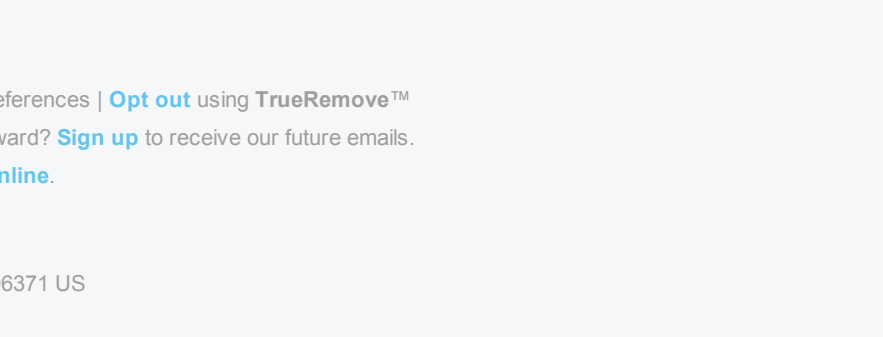
Stop by for some outdoor fun at Niantic's Artisan & Vintage market. [Read more...](#)

BBQ Tent Event with Page Hardware & Appliance, 5/13 - 5/16

Join Page Hardware & Appliance for live grilling demos and the chance to win a \$500 gift card. [Read more...](#)

Looking for more to do? Find sales, specials, outdoor activities, and more on The E List Calendar:

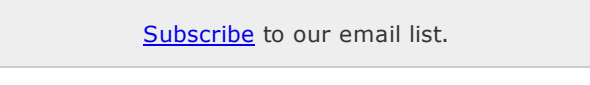
[BROWSE THE CALENDAR](#)



[See the First Edition Here](#)

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