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**[ KEY TO SYMBOLS ]**

- \$ most entrées under \$10
- \$\$ most entrées \$10 to \$25
- \$\$\$ most entrées over \$25
- P free parking
- † valet
- 🍷 full bar
- 🍺 beer and / or wine only
- \* outdoor dining
- ☎ reservations accepted
- 🎵 live music
- 🕒 late-night dining

**AMERICAN**

**1886 CAFE & BAKERY** 116 Sixth St., 391-7121, [www.1886cafeandbakery.com](http://www.1886cafeandbakery.com). Located within the historic Driskill Hotel, 1886 was known as “Austin’s socializing parlor” for many years; the café and bakery reopened in 2002. Breakfast is a treat here, with Texan twists on old standbys. Try the Hippy Hollow cast-iron skillet breakfast scramble or Helen Corbett’s cheese soup. Breakfast, lunch and dinner daily. **\$\$ 🚗 🍷 \* ☎ 🕒**

**NEW**

**EIGHTEENTH OVER AUSTIN** 500 N. I-35 (within the Hilton Garden Inn), 480-8181. The view alone is enough of an allure, but if picture-perfect skyline vistas of Central Austin perched 18 floors above downtown isn’t enough, the delectable Texas cuisine should be. For starters, try the smoked brisket potstickers, served with an ancho-honey dipping sauce. For the main course, try the snapper Galvez, topped with mushrooms, capers, artichokes and crab meat. Breakfast, lunch and dinner daily. **\$\$\$ † 🍷 \* ☎ 🕒**

**BESS BISTRO ON PECAN** 500 W. Sixth St., 477-BESS (2377), [www.bessbistro.com](http://www.bessbistro.com). When Sandra Bullock decided to open her own restaurant, the novice restaurateur hit it right on the mark. Located in the Stratford Arms building, this quaint, cozy space is dark, intimate and inviting. The cuisine is best described as classic European meets the Old South. Not to be missed are the Bess chopped salad and macaroni and cheese gratin. Lunch and dinner Mon-Sat. **\$\$\$ † 🍷 \* ☎ 🕒**

**THE BELMONT** 305 W. Sixth St., 457-0300, [www.thebelmontaustin.com](http://www.thebelmontaustin.com). Executive chef Benjamin Nathan has developed a menu in which comfort food melds with American classics at this swanky hot spot (described as “Vegas-meets-Palm Springs circa 1963”). Think juicy burgers, large salads, steaks and seafood. Order the shrimp with cheese grits, cedar-planked salmon or the Belmont chopped salad



# Akaushi Beef

## Heart-Healthy Meat

**S**teak that is good for your health ... come again? HeartBrand Beef, located in Yoakum, Texas, says that its product—from Texas Akaushi cattle—is actually good for your heart. Texas Akaushi cattle are 100-percent pure and direct descendants of the Mount Aso region’s Akaushi herds, a highly hallowed and protected breed in Japan (the first Akaushi cattle herd was brought to the United States in 1994 via a legal loophole). “The cattle naturally store fat throughout the muscle—which is very different from American cattle that tend to store fat on the exterior of the muscle—making the Akaushi meat extremely tender and juicy,” explains Dr. Jose Antonio Elias-Calles, president of HeartBrand Beef and the foremost authority on Akaushi cattle outside of Japan. In fact, the marbling in Akaushi beef contains a much higher percentage of monounsaturated fat—often called “good fat”—as compared to any other beef in America. In large part, this accounts for Akaushi’s buttery flavor and velvet-like texture. Now, consumers can order this high-quality beef in the form of tenderloins, rib-eyes, loin strips, ground beef and more cuts through HeartBrand’s Web site ([www.heartbrandbeef.com](http://www.heartbrandbeef.com)), or look for it on the menu at a number of fine dining establishments in Texas (try Bohanan’s Prime Steak & Seafood in San Antonio or Republique Restaurant in Kerrville).

Laura Kelso

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