

A Taste of Long Island



Cabo Fresh

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There are two elements to the barely 2-month-old Cabo Fresh California-Mexican Surf Grill in Stony Brook. One is the obvious — the food, which is fantastic. The other is less obvious, and that's the owner Jim DiVilio's impassioned commitment to being sustainable, green and leaving a small carbon footprint, which in Cabo's case translates into a cool-looking eatery with hip recycled décor (from floor to ceiling) and recyclable bowls and cups (you can bury them in your garden and they'll grow). The lights are LED and even the beautiful ceiling fans run on their own energy. When a restaurateur puts that much thought and money (sometimes it's more expensive going green) into his physical setup, then imagine how much thought goes into the food and keeping his customers satisfied.

While I was surprised to learn that DiVilio is also the owner of the popular Eldorado Southern Grill in Port Jeff, Baja Fresh in East Northport and the fabulous Laguna Grille in Woodbury, it was really no surprise that he once again has opened a restaurant that offers the best quality food. Cabo's ingredients are local, fresh and the food is made daily (and sometimes hourly depending on the crowds).

Think of Chipotle, but better. As with Chipotle, or Subway for that matter, you choose the ingredients that go into your Salad, Burrito, Baja Bowl (burrito ingredients just served in bowl instead of tortilla), Quesadillas, Nachos or Tacos. Your choices include fire-grilled chicken or steak, chile-roasted beef, sweet pork carnitas, vegetarian or seared rock shrimp. The salsas include a brisk Pico de gallo, a bold roasted corn and bean, a refreshing mango, a medium hot cabo and a "really hot" habanera. The true-to-

California Guacamole is the freshest I've had in a while and everything we ordered was delicious and thankfully not overbearing. The crispy Beef Taco was boldly scrumptious the ample Gourmet Whole Wheat Burrito was filled with well-seasoned, flavorful chicken, rice, black beans, lettuce, sour cream, and was wonderfully complemented by the kick of the habanera. The Fajita Burrito was filled with fire-grilled peppers and onions. The Steak Baja Bowl was piled high with rice and other goodies I chose like lettuce, rice, corn, guacamole, pico de gallo, Cabo salsa, jalapeños and very flavorful steak. The Whole Wheat Chicken Quesadillas were cooked perfectly and were cheesy good. The Shrimp Burrito boasted a lot of succulent, flavorful shrimp and was filled out with cilantro-lime rice, spinach and the real-deal mango salsa, all bursting with sweet flavor. There are always specials including seared Ahi Tuna and Barbecued Chicken.

The Fruit Smoothies do not mislead. Unlike many other places that sell smoothies, Cabo's are fruit-only, no water or ice, no sugar — just the real deal, and they are delicious. I recommend The Mango Madness (mangos, strawberries, mango pineapple juice) and the Tropical Twister with bananas, blueberries, peaches, mangos strawberries and mango-pineapple juice.

Cabo has already caught on, becoming the must-go-to new kid on the block, and don't be surprised if they start popping up all over the Island. The food is fresher and tastier than its competitors, and the reasonable prices can't be beat. And they're saving the environment. Cabo Fresh is a winner on all fronts. Gotta rush home now and plant my plates and cups.

By Rob Donovan

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