



INSIDE BAY AREA

*A guide to what's happening
now in your neighborhood*

Bar manager James Gatts pours a cocktail at Shakewell (page 40J).

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Urban exercise guru Jennifer Pattee holds her own on the San Francisco waterfront.

MEET / *San Francisco*

Let's get physical

The creator of the Bay Area's newest outdoor workout space invites you to monkey around.

Since launching her outdoor exercise company, Basic Training, in 2008, **Jennifer Pattee** has had one goal in mind: Get San Francisco's hyper-focused, tech-obsessed urbanites to put down their electronic devices and play outside. So last spring, Pattee raised more than \$40,000 on Indiegogo and linked up with local design firm Envelope A+D to turn a parking lot in Hayes Valley's Proxy space into a public fitness hub. We tried to keep up with her on the monkey

bars long enough to find out the best ways to use the space. *Hayes St. at Octavia St.; basictraining.sf.com. —Jenna Scatena*

What was your last job?

I worked for Apple as a senior graphic designer. When I got a repetitive stress injury from spending too much time on the computer, I decided to apply my design background to the exercise world and come up with interesting workouts.

Describe the outdoor gym?

In a nutshell, it's a playground scaled to adult size, made for playing and engaging with your surroundings. There are structures for jumping and crawling, monkey bars, climbing poles that have attachments for TRX bands, and video game-inspired

graphics that create a map for agility exercises.

What are the rules?

There are no real rules to speak of, and that's the point. It's an open floor plan. We're trying to encourage people to look at the city in a new way, to interact with the constructs around them. We like to think of it as a Bermuda Triangle, where the normal rules don't apply. The space gives people permission to play.

How are people using it?

We host workouts here regularly, but I've also seen couples stop here on their way to dinner and goof off, hoisting themselves on climbing poles. It's also common to see people who are walking home from work put down their briefcase, swing across the

monkey bars, then continue on their way. And that's exactly what we hoped for: It invites people to be spontaneous.

Why do we need this?

Play is a big part of solving riddles, understanding relationships, and making breakthroughs. And a playground is essentially a physical problem you're trying to figure out with your brain and your body. So in a way, this is just as much of a mental jungle gym as a physical one.

What's in store?

A lot of events. The website The Bold Italic just threw a party here, and we're working on a community speaker series for next year. There's even talk of installing a movie screen and hosting a film festival. Now that would be fun.

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Clockwise from above: Homeroom makes the best mac 'n' cheese in the East Bay; Hog's Apothecary; the W.C. Morse building, now Blue Bottle Café.

RIDE Manifesto Bicycles stocks an array of minimalist city-friendly bikes in its tiny store. If you're not in the market for new wheels, rent one for a day of getting around the neighborhood. The two-wheelers are perfect for cruising Uptown Oakland, or pedal up to the shops in Temescal Alley on a flashy fixie. And each rental arms you with all the urban riding necessities: a U-lock, a helmet, and lights. \$25/day; 421 40th; wearmanifesto.com.

SAVOR Since opening last spring in the historic W.C. Morse building, the newest **Blue Bottle Café** has become a hub for the neighborhood's coffee connoisseurs. An espresso machine repair shop occupies one side of the sunny white room, while on the other side, baristas pour slow-drip and espresso 13 ways, and tinker with new concoctions. Try the Cascara Fizz for a midday jolt. 4270 Broadway; bluebottlecoffee.com. —J.S.

VISIT / Oakland

Eastbound & down

If you strolled along 40th Street four years ago, you were probably en route to the trendy Temescal District, a few blocks to the north. But recently, the vacant stretch between Webster Street and Broadway has grown into a lively row of mom-and-pop businesses, where people queue up for gooey mac 'n' cheese, live music, and tasty craft brews. It has even earned its own micro-hood label, **Lower Temescal**. Here are five spots we love.

EAT The mac 'n' cheese queens behind Homeroom, the restaurant that started the Lower Temescal buzz, are about to open a new storefront.

Homeroom To-Go is a walk-up counter with all the usual schoolhouse kitsch: paper airplanes dangling from the ceiling, a chalkboard menu, and a periodic table of beer and wine for a (pseudo) scientific lesson in what to pair with their 13 takes on mac 'n' cheese. \$; 401 40th; homeroom510.com.

DRINK There's no surprise **Hog's Apothecary** has garnered cult status in the beer-obsessed East Bay. The list of more than 25 California brews

on tap helps. And the long communal tables and traditional pint glasses give it a beer-hall vibe. Don't overlook the swine-driven menu, with fancy sausage sandwiches, great for sopping up suds. \$\$\$; 375 40th; hogsapothecary.com.

LISTEN The spin doctors at **1-2-3-4 Go Records** haven't let the digital age jade their love of vinyl and intimate live shows. The tiny shop, full of retro and contemporary records, is outfitted in framed cover art, and it has a small nook for nerding out on music lit. Even if you don't have a turntable, come for the local art shows or all-ages concerts. 420 40th; 1234gorecords.com.

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From top left: Serena & Lily; La Nebbia; La Nebbia's owners, Lorella Degan and Massimiliano Conti.

SHOP / San Francisco DIY with some help

Redecorating? Get your hands dirty—well, as dirty as they can get fingering fabrics and chair finishes—at **Serena & Lily Design Shop**, the company's new brick-and-mortar outpost in Presidio Heights. The shop pulls in the design-it-yourself crowd with generous samples of the complete fabric and wallpaper lines, a wall of chair offerings, a library of rugs, plus work islands large enough to spread everything out and piece together a custom look. If you get stuck, consultants are on hand to give advice. This is primarily a showroom, so don't expect to walk out with your picks, but orders placed in-store can be

sent to your house or picked up at the distribution center in Richmond. 3457 Sacramento St.; serenaandlily.com/designshop.

EAT / San Francisco Foggy with a chance of meatballs

Locals in the know will tell you that the best Italian restaurant in S.F. isn't in North Beach but tucked away on a nondescript block in outer Noe Valley—and that it's always booked solid. But now you can slide into La Ciccia's new sidekick, **La Nebbia** (Italian for "the fog"), right across the street. Although it bills itself as a wine bar, this dimly lit spot is filled with plenty of four-tops and a menu that will keep you interested well after your glass is empty. Expect to find the same Old World charm and chummy service, plus a lengthy and affordable all-Italian wine list; mind-rupturingly good meatballs; thin-crust pizzas, and

more cuts of prosciutto than your cardiologist would recommend sampling, including paper-thin-sliced, 36-month-aged San Daniele Riserva Dok. \$\$; 1781 Church St.; lanebbia.com.

EAT / San Francisco Modern family

Bill your restaurant as a "modern bistro," and you give yourself permission to be a lot of things. At Pacific Heights hot spot **Nico**, French-born Nicolas Delaroque and his wife, Andrea, take advantage of that creative leeway with a menu that comes off as at once rustic and refined. A gathering of peas makes a showing in a bath of its own jus, with white peaches, *fromage blanc*, and nutty quinoa. Moist chile pepper cod, topped with frothy fish foam, takes on the earthy flavors of artichoke *barigoule*. In keeping with the cuisine, the dining room is elegant without feeling fussy, its

blocky wooden tables left uncovered for cooking that is worthy of white cloths. \$\$\$; 3228 Sacramento St.; nicosf.com.

EAT / San Francisco Sublime sushi

For those who think of sushi simply as raw fish on rice, **Maruya** stands as a revelation: a reminder that the real stuff approaches the sublime. Behind a blond-wood bar in the Mission District, the chefs work in near-monastic silence, tending to the *omakase* (chef's choice) menu. Diners respond with a worshipful hush, impressed, no doubt, by a short list of hot dishes but mostly paying homage to the buttery bluefin, the sweet sea bream, and other sushi so pure that you don't dunk it in soy sauce. With a splash of vinegar, say, or a dash of yuzu, the chef provides the only seasoning it needs. \$\$\$; 2931 16th St.; maruyasf.com.

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A new car-free path opens up views of the Carquinez Strait Regional Shoreline.

SEE & DO / East Bay **Strait joy**

As it snakes between Martinez and Crockett, **Carquinez Scenic Drive** delivers everything from bald eagles to jaw-dropping views across the Carquinez Strait to the hills of Benicia. It's a primo path to bike, full of small dips and climbs that keep the ride zippy. But landslides had left portions eroded, and the best sections were fenced off. No longer. In October, East Bay Parks, which owns much of the surrounding land, reopened the 1.7-mile stretch after a \$5.5 million renovation. Now free of cars and super-

smooth, it's just begging to be ridden. ebparks.org/parks/carquinez.

SEE & DO / San Francisco **Curtain call**

The **Masonic** auditorium emerged this fall from an expensive revamp ready to rock big-name acts in its mid-size room. The midcentury exterior is much the same as in 1964, when Bob Dylan performed there. But inside, the sound is sweeter, courtesy of an upgraded high-tech system. The theater got new cocktail bars and a kitchen, and the redesigned auditorium allows it to go from open-floor (for

must-dance shows) to seated (for audiences that might've been around during that '64 show). Chrissie Hynde appears December 2, and Yusuf (aka Cat Stevens) on the 12th. *1111 California St.*; sfmasonic.com.

EAT / San Francisco **The carnivore's deli**

A few months after shuttering Incanto, a restaurant where he served an awful lot of offal, Chris Cosentino helped recast this space as an eatery with wider neighborhood appeal. A salumeria, sandwich shop, and wine bar all in one, **Porcellino** makes takeout enticing, its deli cases stocked with beautiful

cured meat, like spreadable nduja and peppery soppressata—the building blocks of a rustic picnic lunch. But it's tempting to stay put for more substantial options, which range from hearty roasts and pastas to hulking hoagies, piled with prosciutto, porchetta, and the like. You order at the counter, right there in Noe Valley, and sit down for a meal that tastes like Italy. \$\$; *1550 Church St.*; porcellinosf.com.

SHOP / Oakland **A better bouquet**

At **FloraCultural Society**, owner Anna Campbell takes

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Clockwise from top: Chef Jen Biesty of Shakewell; the clam and chorizo *bomba*; FloraCultural Society delivers fresh-cut flowers; it also sells botanical products in its store.

the food industry's "know your farmer" ethos and applies it to flowers. After stints at Anthropologie and Pottery Barn, Campbell turned an abandoned parking lot beneath a busy freeway overpass into an urban garden specializing in rare and heirloom flowers. Then, last year, she opened the FloraCultural Society, a light-filled retail space five blocks away in Old Oakland to sell her fresh-cut flowers. There you'll also find plant-dyed

textiles, botanical beauty products from Marble & Milkweed, and shapely vases by Oakland artist Whitney Smith, in addition to Campbell's own artful arrangements and take-home bouquets. Can't make it to the shop? Sign up for its CSF (community-supported flowers) subscription, and you'll have beautiful bouquets delivered right to your door each week. *461A Ninth St.; flora.culturalsociety.com.*

EAT / Oakland Reality bites

With television stints behind them, former reality stars of *Top Chef* (and Scala's Bistro vets) Jen Biesty and Tim Nugent are back to the real-

world work of running a restaurant. Their Spanish and Middle Eastern–inflected outpost, **Shakewell**, stars both lively small plates and more substantial *platos*, from *bacalao* croquettes and grilled octopus with olives to braised pork shoulder with pickled green tomatoes, flanked by Lebanese flatbread. As the restaurant's name suggests, the lively bar is a showpiece, and a sweet place to plop down for a glass of sangria or a pisco sour. But Shakewell's true scene-stealers are its paella-like *bombas*, deeply flavored dishes that would please even the pickiest Bravo network judge. \$\$; *3407 Lakeshore Ave.; shakewell.oakland.com.*

EAT / San Francisco The new meat up

In a large corner space in Nopa that used to house a throwback barbecue shack, we now have **4505 Burgers & BBQ**. And at the brick pit is Ryan Farr, a classically trained chef from Kansas City, sharing his updated views on 'cue. For all its tributes to tradition—smoldering spare ribs, brisket, and other slow-cooked standards, served by the pound on metal trays with white bread and pickles—the menu draws freely on contemporary currents. The meat is of pristine pedigree, the grass-fed burgers are house-ground, and the familiar fixings are joined by fashionable sides like

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tallow-bronzed french fries with lemon-parsley aioli and chimichurri sauce. Inside seating is scarce, but there's plenty on the patio, where picnic tables fill up fast with tattooed patrons, a tailgate party for the urban set. \$\$; 705 Divisadero St.; 4505meats.com.

EAT / San Francisco
The French connection

You'll always have Paris, by way of high-rent Hayes Valley,



Chefs prepare sophisticated French bistro fare in Monsieur Benjamin's open kitchen.

at **Monsieur Benjamin**, a modern bistro from Corey Lee, the chef behind two-Michelin-star Benu. Remember escargots? Sweetbreads sautéed in brown

butter? They're back in their full glory, along with camembert beignets, veal blanquette, and other dishes you may have first encountered on

chalkboard menus while strolling through the Seventh Arrondissement. Lee's considerations of the classics unfold against a chic and shiny backdrop, with a gleaming open kitchen at its core, and the presentations are more refined

FROM LEFT: JOHN STOKEY (2)



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than what you recall from your own trip across the pond. The prices (\$36 steak frites), as well, are anything but Old World. But it's the sharpness of the cooking that leaves you satisfied with the way things are, not longing for the way they were. \$\$\$; 451 Gough St.; monsieurbenjamin.com.

STAY / Forestville
Wine country makeover

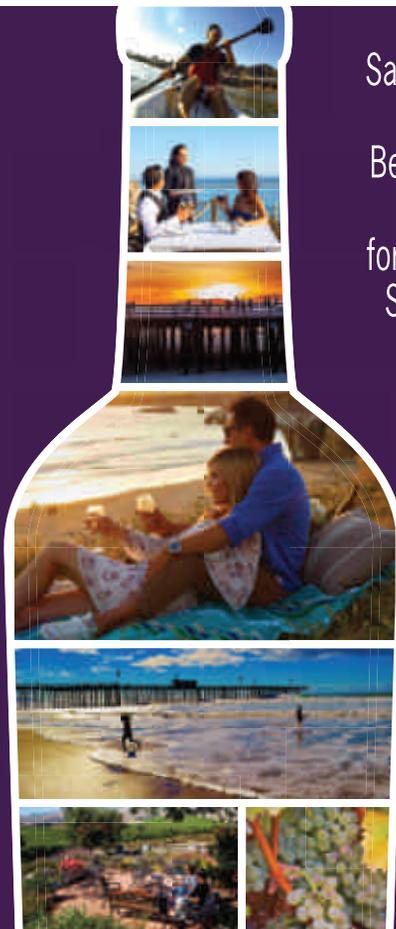
On the southeast banks of the Russian River, "farmhouse" means something a little different from a splintered wood structure in an overgrown field. At the **Farmhouse Inn**, it means swank cottages and

Michelin-starred meals in a sweet country setting. Thanks to an \$8 million upgrade, nine guest rooms boast plush bedding, jumbo bathtubs, outdoor stone fireplaces, and picture windows that look out at the forest. The new spa pulls fresh figs and pomegranates from the garden for its soothing scrubs. Although the place may feel a bit precious for this little-known slice of Sonoma County, it manages to stay true to its agrarian roots: You can expect a three-course breakfast of homemade berry scones, chickpea salad, and french toast using fresh dairy. From \$595; farmhouseinn.com.



The posh pool at the Farmhouse Inn in Forestville.

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ClassicCalifornia.com

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SHOP / *San Francisco*

Boarding house

At the new **Burton** snowboard store in Haight-Ashbury, firewood is stacked beside a hearth, and maple syrup tins sit on shelves next to small taxidermied animals. A model train circles the room like an old-fashioned Christmas-morning fantasy. The customer wish list here, however, is more of-the-moment. Burton is at the pinnacle of snowboard manufacturers, with



Haight Street gets a splash of color with Burton, a new snowboard shop.



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high-performance equipment (boards, boots, bindings) used by the pros. If you're not already shredding the slopes, you can take one of the Burton-sponsored classes at Tahoe resorts (check the website), or buy yourself a chill jacket. *1630 Haight St.; burton.com.*

DO & EAT / San Mateo
Open kitchen

Finally, there's a place for food truck and pop-up graduates to take their game to the next level. **KitchenTown** is a small-scale collective that allows local makers and food entrepreneurs to use its production kitchen to scale up their businesses—and lets spectators watch. In an unassuming warehouse just west of U.S. 101, the space is split into two sections. The first is the sunny

cafe with sky blue walls and fresh baked goods churned out by the house pastry chef. A retail corner has shelves stocked with products such as mason jar cocktail shakers, ceramic mugs, and packaged foods like caramel corn. But on the opposite side of a floor-to-ceiling glass wall is the pulse of KitchenTown: a massive drool-worthy production kitchen housing about 20 small local purveyors you might recognize from their stints elsewhere, including Slow Girl Foods, Belinda Chocolates, and Skylite Snowballs. Plus, the warehouse was designed as a flex space, so expect pop-up dinners, cooking classes, and food-focused seminars down the line. *1007 Howard Ave.; kitchentowncentral.com.*



Tomato jars, baked goods, and the spare interior of KitchenTown.



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