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BHG SPECIALS

Local's Guide

MID-ATLANTIC



Where To Start Your Engines

Skip the cereal, and head to one of these unforgettable spots for breakfast or brunch

BY JULIA RUTLAND ILLUSTRATION BY KENDYLL HILLEGAS

Delaware

WILMINGTON

Blume

The cozy restaurant on North Market Street is a delicious contribution to Wilmington's daytime dining scene. Colorful flowers and greenery, black-and-white prints on the walls, and plenty of natural light create a cheery vibe. While the atmosphere certainly brightens the feeling of a morning meal, the beautifully presented entrées, desserts, and beverages are the highlights. Menu items rotate, but a few remain all year, like the Caramel Chicken and Biscuits and Strawberry Shortcake French Toast. Creative beverages, such as the Salted Lavender Latte or the Blume Signature Mocktail with ginger beer and hibiscus, round out the offerings. Owner Nery Burgos recommends the Banana Foster Cinnamon Bun Toast, which features a cara-

melized brown sugar-banana topping served over deep-dish cinnamon French toast. Burgos says the unique brunch dishes are influenced by her background and patrons. "I implemented items from my Cuban and Puerto Rican heritage and mixed them with American fare," she explains. "If our customers love it, we keep it."

Missouri

NIXA

Morning Day Cafe

Walk through the rainbow- and flower-painted door at Morning Day Cafe to instantly elevate your mood. Vintage architectural features and chunky pottery create an eclectic vibe that extends to their menu. The S.S. Wafflebird (fluffy Belgian waffles layered with honey-cayenne chicken and topped with can-

died jalapeños and a drizzle of maple-marshmallow cream) satisfies any sweet-and-savory craving. The Hot Mess, a filling combination of potatoes smothered in poblano cheese sauce, onions, and bell peppers and served with two eggs, is another standout. (Help the dish earn its name with a side of the cafe's Devils Pickles.) Enjoy a steaming hot cup of coffee (the beans are roasted on-site for freshness), or try a Blueberry Almond or Toasted Coconut Mango Smoothie. For an indulgent or celebratory wake-up call, the Bloody Mary menu has something for just about everyone, including Mary's Garden Mary (a veggie-based blend for traditionalists), the Candied Bacon Bloody (complete with bacon-infused vodka), and the Bloody Ninja (a spicy soy- and wasabi-powered mix). Can't decide? No worries: Order the flight, and get three to sample. You'll leave more than ready to start your day on the right foot.



WASHINGTON, D.C.

1310 Kitchen & Bar

From acai bowls to buttermilk pancakes to brisket hash, there's something for everyone here

N **ARROW COBBLESTONE** streets, row houses, and historic architecture epitomize Georgetown, but the diverse dining options also bring visitors and locals to this iconic D.C. neighborhood. One community gathering spot, 1310 Kitchen & Bar, serves a wonderfully eclectic breakfast and brunch menu to suit just about every type of diner. A frequently ordered dish is the shakshuka, a zesty blend of tomatoes, spices, and feta topped with poached eggs and served with toast. Others of note include bagels with smoked salmon, challah French toast, ham-and-cheese croissant sandwiches, and smoked beef brisket hash topped with a fried egg. Owner Jenn Crovato, a D.C. native, works with many local purveyors, getting bagels from the area deli Call Your Mother.

Bloody Marys, mimosas, and Bellinis, which feature a variety of mixers so everyone can create their own custom cocktail. The wide-ranging menu has a full English breakfast complete with beans and sausages; Buttermilk Chicken and Waffles with honey-Thai chile sauce; stuffed brioche French toast; and a Southern Benedict with fried green tomatoes, bacon, and a pimiento cheese sauce. Those with special diets will find plenty of vegan and gluten-free options including the Build a Brunch Burger (with plant-based or beef patties) and the wood-fired Veggie Pie with roasted tomatoes, caramelized onions, sautéed mushrooms, basil, vegan mozzarella, and tofu cream.