



For Daydreaming Purposes Only

A brain escape today, perhaps a real escape next year



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How to Do Mystic, Connecticut

By *Bridget Shirvell*

Tucked against the Connecticut shoreline, you'll find all the ingredients for a dreamy getaway in Mystic. There's seafood caught by local fishermen; burgers topped with mushrooms grown down the road; even an old-school ice cream shop. Here, farm-to-table was never a buzzword - it's always been a given. Here's where to eat and drink in Mystic: bookmark it for next year.



Sift Bake Shop

Start your day at Sift Bake Shop with a lavender-honey iced latte and a chive omelet on a croissant, a chocolate raspberry croissant, or the “Ebbieoché,” a braided croissant topped with cinnamon and sugar that will remind you of an old-fashioned doughnut. Go ahead and order all three, just don't forget to pick up one of the cookies as well. Who doesn't need a cookie as big as their head? The patio is lovely,

but walk away from Main Street to find the Mystic Art Association and a few almost-always empty benches nestled beside the river where you can enjoy breakfast.



Sea Swirl

Picnic tables, disposable utensils, fresh and unfussy seafood, and unbeatable views. Summer is clam shack season in New England, and you'll find one of the best, [Sea Swirl](#), is just up the road from the downtown area. Order up the fried clams or a scallop roll, pull up a picnic table bench and settle in under the sun.

Engine Room

At [Engine Room](#), you can't go wrong with a burger. There are options galore. My pick: the "Mushroom Mae," made with locally-grown mushrooms and locally-raised beef. Pair it with a craft beer and don't forget to order the hush puppies. They're a must.



Mystic Drawbridge Ice Cream Shop

Name something better than strolling through town on a balmy day licking a drippy ice cream cone.

Mystic Drawbridge is famous for its signature flavors like ginger spice, Maine blueberry, and Vermont maple nut. The Mystic Mud is an especially good time: chocolate ice cream, brownies, fudge, and candy pieces. Have allergies? No worries, there are vegan and dairy-free options as well. 🌞

This newsletter is edited by Katherine Spiers, host of the podcast Smart Mouth.

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